



February, 2025 St. Catherine of Siena Catholic Preschool

ChitCHAT

Your monthly guide to the preschool information and events.

The new year of 2025 got off to a great start!

Our 3's, K-4's and 5's had their parent/teacher conferences. This is such an important time to look back at the last 5 months and discuss the children's progress. It is also a wonderful time to look forward to the next 4 months and discuss skills that can be worked on.

Our Fun Fab Science class with Ms. Melissa was all about colors. The theme was "Colorful Snow." Ms. Melissa taught the children all about primary and secondary colors. They learned that when you mix two primary colors you make a secondary color. The children were amazed! All the children learned about how some animals hibernate. Each class had a hibernation day where they wore their pajamas to school and hibernated. Look at our Facebook page for some adorable pictures of our little hibernating cuties.

Rhyme Time Day is always a favorite in the 3's classes. Each class played games and recited many Mother Goose rhymes that went with the games. Our 3's are all about rhyming!

Safety is an absolute must at St. Catherine's Preschool. To continue to be safe, we have monthly fire drills, quarterly severe weather drills and quarterly lock down drills. Our children are doing a wonderful job with all our drills.

The month of January ended with a very important week – Catholic Schools Week! It is a true blessing that we can share and live our rich Catholic faith each day with the children. During this special week, we celebrated our clergy, parents, teachers, staff, the BIG school, our high school and the preschoolers. We had a fabulous Move-a-thon with our amazing movement teacher – Ms. Karen Grantham. We also enjoyed an interactive puppet show from Lee Bryan titled – "Aesop's Fantastic Fables." This show is full of fun lessons. This puppet show is filled with timeless lessons in character education presented through Aesop's The Tortoise and the Hare, The Who Cried Wolf, and the Lion and the Mouse. The preschoolers enjoyed a special treat after the show! It was an amazing week for all.

We are looking forward to another fabulous month in February.

Thank you again for all you do and for your continued love and support.

Blessings,

Director

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February

Religious Theme

“Love”

Religious Thought

“God is Love”

Church Words

Ambo and Bible

Faith Words

The Holy Spirit

Holy Hero (Saint)

St. Blaise -

Feast day February 3rd

St. Valentine – Feast day February 14th

Monthly Prayer

“Love is Patient”

Wee 2 and 2's Manner

“Keep your hands to yourself” – God is patient

3's Virtue

Love – “God lives in my heart”

K-4's and 5's Commandment # 4

#6 – “You shall not commit adultery”

K-4's and 5's Monthly Seeds of Faith

P – “Praise you the Lord: for it is good to sing praises to God: (Psalm 147:1)

Q – “Quit you like men, be strong”
(1 Corinthians 16:13)

R – “Remember the Sabbath day, to keep it holy” (Exodus 20:8)



Dear Parents, Sharing the gifts of our rich Catholic faith with our preschool children is such an honor. In January Bible Time, we talked all about Holy Water with the children. What makes it “holy”, how it is blessed and by who and what Holy Water is used for. The children received Holy Water from the Narthex and practiced making the Sign of the Cross. Each classroom has a Holy Water Font in their room where they place Holy Water to use each day.

The children learned that our Holy Hero for the month is Jesus’ cousin – John the Baptist. They also learned that John the Baptist baptized Jesus in the Jordan river.

Each preschooler received a very special “Prayer Rock” and poem. They learned how important it is to always know that you can pray (talk) with God – anywhere and at any time.

The children also learned that the Holy Spirit is their best friend and lives in them. They can ask the Holy Spirit to help them be more like Jesus.

In February Bible Time, we will talk about how Jesus lives in their hearts. The children will show how they can be more like Jesus and be kind and loving to everyone. You have received information about our Random Acts of Kindness program. This activity will help us both at home and school to teach the children that Jesus truly lives in their hearts.

Thank you for allowing us to share all of the beautiful facets of our Catholic faith with your children each day in prayer and action.

Blessings,

Karen Pickens
Director

UPCOMING BIBLE CLASSES

February 24-28 , 2025

LOVING THANKS

A loving thank you goes out to Nicole Connelly (Luca's mom); Nicole Squillante (Jillian's mom); Shirley Jervis (Nina's mom); Shelby Cano (Joy's mom) and Erika Rivero-Salado (Marlee's mom) for all the work and support they put into making our 2025 Catholic Schools Week so wonderful. From the creative Move-A-Thon banner, to the BIG school 8th graders homeroom door décor and the delicious lunch for the teachers – the week was a huge hit for all. Thank you for all you do for our preschool.

FEAST OF ST. BLAISE

On Monday, February 3rd, we celebrated the Feast of St. Blaise. Our wonderful Priests and Deacons came to each preschool class and blessed each of our preschooler throats. It was an absolutely beautiful event. The children learned all about St. Blaise and were so reverent when their throats were being blessed. So proud of our preschoolers and so very grateful for our clergy.

THANK YOU TO ALL PARENTS

Thank you to all our 3's, K-4's and 5's parents who attended our in-person parent/teacher conferences. This is such an important time for parents and teachers to come together to discuss the needs of their children. We are so grateful for caring and loving parents in our preschool.

Latest **UPDATES**

Here are 10 Cold Weather Safety Tips to Protect Children:

1. **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
2. **Play it safe.** Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.
3. **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
4. **Check in on warmth.** Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
5. **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
6. **Use caution around fires.** Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put-up protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
7. **Get trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.
8. **Prevent nosebleeds.** If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.
9. **Keep them hydrated.** In drier winter air kids lose more water through their breath. Offer plenty of water and try giving them warm drinks and soup for extra appeal.
10. **Watch for danger signs.** Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia, call 9-1-1 immediately.

SUPER HERO SHUFFLE

Our 10th annual Super Hero Shuffle is set for Saturday, March 29th. As we did last year, we will be hosting this event in our Parish Hall. Our Super Hero Shuffle baskets are coming together beautifully. This fundraiser is the largest event for our preschool for the upcoming school year. If you would like to be a corporate sponsor for this event, please give the preschool office a call. Be on the lookout for family registration forms. Thank you in advance for your support of our preschool and families.





OUR BODIES PROCLAIM THE GOSPEL DR. CHRISTOPHER WEST

St. Catherine of Siena Catholic Church
1618 Ben King Road, Kennesaw, GA

Saturday, February 22, 2025
9:30am-3:30pm

www.stcatherinercc.org/faithandlove



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MARCH 15, 2025

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DATE!

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in the Parish Hall

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Includes breakfast
and lunch



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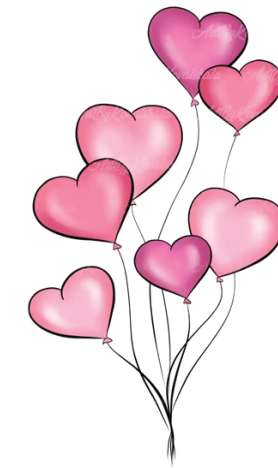
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SATURDAY
MARCH 1, 2025
6:30-10:00PM



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february 2025



SUN

MON

TUE

WED

THU

FRI

SAT

							1
2	3 Celebrate the Feast of St. Blaise Blessing of Throats	4 K-4's and 5's visit their BIG school buddies	5	6	7	8	
9	10	11 Science – "In a Heartbeat"	12 Science – "In a Heartbeat" Noon dismissal 11:00 am - Nicole/Maribel 2's Valentines Day Party	13 Valentines Day Parties– 12:00 pm Park and Pick Up 5 Alive Invention Convention – 2:00 pm	14 Valentines Day Parties– 12:00 pm Park and Pick Up	15	
16	17 Winter Break	18 Winter Break	19 Winter Break	20 Winter Break	21 Winter Break	22	
23	24 Preschool resumes Bible	25 Bible	26 Bible	27 Bible	28 Bible		

APPRECIATION

Future PRESCHOOLERS

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Thank You



FUTURE ST. CATHERINES PRESCHOOLERS

The Igwe Family welcomed the arrival of their second child, daughter **Akuada Chiamaka Igwe**. Weighted **9lb 2oz**. Anozie is a proud brother.

The Morley family welcomed **Patrick James** to their family on **Wednesday, January 29th**. **Mary Jo** is the proud big sister. **Patrick** weighed in at **9 lbs and 2 oz**.

CONGRATULATIONS!

Support our COMMUNITY

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COLDER WEATHER

Winter weather is on its way. Please remember to dress your children in a coat, gloves and hat so that we can go outside and play when the weather permits. We allow the children to go outside and enjoy when the weather is 32 degrees or above.

ALSO, IF YOU HAVE NOT ALREADY DONE SO, please swap out the change of clothing for your child that we keep in the classroom for emergencies. As always, please label your child's belongings with their names. Thank you for your help!

WEATHER NEWS

Please remember that if Cobb County schools close, St. Catherine's Preschool is closed. You can check for delayed openings and closings for our preschool at the following sites:

- 11 Alive News
- Our Preschool website: www.scspreschool.org
- Our Facebook page- St. Catherine of Siena Catholic Preschool @stcatherinespreschool
- Our preschool voicemail at 770-590-0480

Active Play in Cold Weather

As winter arrives and temperatures drop, we often stay indoors to keep warm. Parents and educators share concerns about children playing outside in the cold. Physical activity is crucial year-round in supporting and helping children and adults boost cardiovascular health, strengthen muscles and bones, and improve mental wellbeing. Staying active, especially on gray, cold days, is essential.

Winter's embrace offers a world of possibilities for indoor/outdoor exploration and play. Here are fun and entertaining ideas to engage children, educators, and staff in physical activity as an everyday routine. Watch the temperature and wind chill, and limit outdoors to 20-30 minutes if it's extremely cold.



Indoor Winter Activities:

- **Color Painting:** Ignite creativity and sensory skills with color painting, where children can express their artistic side while learning about different colors. This activity is a fantastic way to explore their artistic expression and understand color, using the white bond paper as their canvas.
- **Toddler Snowstorm:** This activity from SHAPE America is a fun and engaging way for toddlers to develop social, emotional, and motor skills. It involves rolling and catching cotton balls, followed by creating a "snowstorm" by tossing the cotton balls into the air. This activity helps toddlers improve coordination and interaction with others.
- **Winter-Themed Crafts:** Enhance fine motor skills with winter-themed crafts. Crafting activities such as cutting, gluing and assembling various materials not only aid in developing hand-eye coordination, but also foster creativity, allowing children to create their own winter wonderlands.
- **Story Time:** Read aloud "[Winter is Here,](#)" by [Kevin Henkes](#). A celebration of the sights, sounds, and smells of the season, this is perfect for young readers. Snow falls, animals burrow, and children prepare for the wonders winter brings.
- **Tummy Time:** An exercise for infants to 12 months, tummy time is an activity that needs supervised time when an infant is awake and alert, lying on her/his belly. Opportunities for tummy time should last as long as possible to help infants learn to enjoy it and build their strength. For infants who are not used to it or do not enjoy it, each period of tummy time can start at 1-2 minutes, and build up to 5-10 minutes over time.



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