

## From the Desk of Cathy Sexton, Director

[cathys@uccdg.org](mailto:cathys@uccdg.org)

### WELCOME!

I hope everyone had a great summer. It was definitely a hot one and it is amazing how all of the children have grown. It was very quiet here at the church. Many people commented on quiet it was in the building without the activity that Family Life brings to the church. For those of you who do not know, Family Life was closed for nine weeks this summer for the first time in many years. We are hoping not to have a repeat next summer. I know it was difficult for families to find alternative care and we thank you for being supportive and returning to us this fall. The teachers are also happy to be back.

Ms. Lisa in the full-day childcare classroom is out on maternity leave and ready to deliver any day. She may even be a mama by the time you receive this letter. We wish her well and will keep you posted. Ms. Lorie, has offered to take over her classroom responsibilities during her leave. Ms. Lorie has been a substitute for us for the past three years and the children love her gentle ways. There are a few other changes to staff schedules this year. I will be working in the full-day classroom with Ms. Lorie/Ms. Lisa in the morning and Ms. Jana will be working from 12-6 in the full-day childcare room Tues., Wed. and Thurs. I will help Ms. Jana for a short time in the afternoon and then take over the kindergarten class when Ms. Jenni leaves at 4pm. Ms. Sharon will be working with Ms. Lorie/Ms Lisa on Mon. and Fri. mornings and with

her 4/5 year old preschool class on Tues., Wed., and Thur. mornings. Ms Mimi will be in the 3/4 year old preschool class on Tues., Wed., and Thurs. mornings. She will also work Monday afternoons in the kindergarten class after 4pm.

Ms. Radika, Administrative Assistant, will be working in the office from 6:45-1:00pm. Ms. Radika also helps with the children at lunch time and meeting children at the bus who join us from the public school kindergarten. If you have any questions regarding payment please contact Radika via phone or email. She may be reached at 630-968-0527 or [radikaj@uccdg.org](mailto:radikaj@uccdg.org).

I will be in the office on Monday's from 10-5 and on Friday's from 10-4. If you send me an e-mail or leave a phone message I will try to get back to you as soon possible. I will be in my office for a couple of hours during nap time each day which is normally between the hours of 1pm-3pm.

I wish everyone a successful year and thank you for joining the Family Life family.

\*\*\*Please be sure to add my e-mail address and Ms. Radika's e-mail address to your safe senders list so you don't miss out on any future e-mails.

Cathy Sexton-[cathys@uccdg.org](mailto:cathys@uccdg.org)  
Radika Jungwirth-[radikaj@uccdg.org](mailto:radikaj@uccdg.org)

## What Can You Do?

Many families come to us and ask what can I do to help the Family Life Program. There are many opportunities throughout the year to participate in helping our program be successful. You could attend our Family Supper Nights or Christmas Family Festival. Volunteer to help on picture day or vision and hearing day. Ask your child's teacher if she needs any help with preparing a project.

Support our Program by joining us for Restaurant Fundraisers where a portion of the proceeds of all sales come back to the Program to help cover the cost of supplies or replacement of equipment for the classrooms. You will find a list of these events on the [Family Life Activity Calendar](#) that you received at the beginning of the school year.

The church sells MANNA cards which is an opportunity for you to give back to the Family Life Program while you shop for food, gas and other necessities. You may even purchase [Sweet Tomatoes](#) gift cards to use at our [September 21st Fun-Raiser](#). Order forms can be picked up in the office or at the east entrance of the building.

The easiest thing that you can do for the program is spread the word about our program. Most of you came to Family Life by word of mouth. We ask that you continue to spread the word about Family Life so we may continue for another 50 years offering a great learning experience for children in our community.

If you have referred a family to us please speak with Cathy about a special offer.

**TUITION AND FEES-If you have not paid the \$60 activity fee please include this with your next tuition payment. Part-day preschool tuition is due on the 1st Tuesday of each month.**

## Donations and Volunteers Needed for 50th Anniversary

The Family Life Program is the longest running preschool in Downers Grove and we are celebrating our 50th Anniversary on October 8. We have received and are working on getting donations and volunteers for our 50th Anniversary Celebration but we still need the following:

Small prizes for carnival games (ages 3-12)

Apple Juice or Cider

Plastic solid fall color rectangular tablecloths

Face paint and face painters

Temporary tattoos for young children

**Strong** person to make badge-a-minut photo buttons during the event

Canon color ink cartridges for photos -  
#8Cyan, #8Yellow, #8Magenta

If you are a crafter and have leftover "Oriental

Trading" like crafts to make or have leftover party trinkets from birthday party treat bags that you would like to get out of your home these items would be acceptable.

We are in need of volunteers to help before during and after the event. If you cannot donate your time or items, monetary donations will be accepted to help cover the cost of the event. If you would like to make a charitable, tax deductible donation please send a check to the Family Life Program and we will send you a Donation Receipt for your records.



Ronald McDonald is expected at 3pm for a Magic Show. We are hoping to have some children available to present Ronald with our Pop can tops that have been collected in recent months for the Ronald McDonald House near

Loyola. This past year the Program collected approximately 12 lbs. of pop can tops. All proceeds from the recycling of the pop tops go directly in to the operating costs of the house. There will be story time with Cat in the Hat, snacks, carnival games, photo buttons and much time to share memories. We hope that you can join us for this historic event.

If you are not sure how you can help please send me an email or call the Family Life office. There is a flyer attached to this newsletter and we ask you to share it with neighbors and friends as there are many people who were involved in the Family Life Program over the years who are still in the area.

We hope you can join us!

## Upcoming Events

## Save the Date Oct. 8th-Celebrating 50 years!

September 21—**Sweet Tomatoes "Fun-Raiser" Night 5pm-8pm** see attached flyer for details

September 24—**Church Garage Sale 8am-3pm**

October 8—**Family Life Celebrating 50 Years! 2pm-5pm**

October 13—**Picture Day** begins at 7:30am

October 19—Fall Progress Reports sent home



**CALLING ALL ALUMNI!**

**Family Life is the oldest running preschool program in the Downers Grove area. If you know anyone who was a part of the Family Life Program during the past 50 years please invite them to our 50th celebration on Oct. 8th from 2pm-5pm.**

October 20— **Identa-Kid Program 9:30-10:30am**

October 27— **Halloween Program 9:30-10:30am**



**The Leaves Are Green**—The leaves are green, the nuts are brown, They hang so high they won't come down. Leave them alone till frosty weather, Then they will all come down together.

From Scholastic an *Old Rhyme*

## Downers Grove Dist. #58 Preschool Screenings

With the start of the school year some of you may come to us with concerns regarding your child's development or behavior. If you have concerns and are not sure if this is "normal" please talk with us and we will do what we can to help or refer you to the Downers Grove Grade School District #58 who is offering free preschool screenings to district children. We strongly urge all 3 year olds to go through the screening process. If you live out of the district, please contact your home school district for more information. Below you

will find contact and schedule information to schedule a screening call 630-719-5800. Please know that we are here to help in any way we can to make your child's learning experience successful.

All screenings will be 1/2 day, AM only at the following Downers Grove Schools:

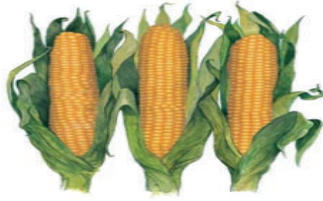


Indian Trail School, 6235 Stonewall Ave.  
or

Henry Puffer School, 2220 Haddow Ave.

Date	Location
Sept. 19	Henry Puffer
Oct. 24	Indian Trail
Nov. 14	Henry Puffer
Dec. 12	Indian Trail
Jan. 9	Henry Puffer
Feb. 6	Indian Trail

## From the Family Life Kitchen-Courtesy of Linda Seidelman, Family Life Cook



### Sweet Corn and Cucumber Salad with Goat Cheese

Serves 6-8 as a side

- 2 large English cucumbers (or 6-8 Kirby/Persian) split lengthwise, and cut into 1/3" half moons
- 4 ears of fresh sweet corn, husk removed
- 2-3 limes, juiced with some zest
- 1/4 cup of extra virgin olive oil (you may use less)
- 1 medium jalapeno, seeded and finely diced

1/4 cup fresh cilantro, chopped and divided (use less if you want just a hint of flavor)

2 ripe avocados, peeled, pitted and cut into cubes (do this just before serving)

2 oz. of your favorite goat cheese, crumbled

1/2 t. kosher salt (more to taste, but wait until salad is mixed)

Remove kernels from the raw corn; Do NOT Cook. Place them in a large bowl with cucumber and jalapeno. Drizzle oil and lime juice and half of the cilantro along with the salt. Toss to combine. Refrigerate if not serving immediately.

When it comes time to serve, fold in avocado and the goat cheese. It will form an avocado-y, goat-cheesy dressing but will still hold its integrity. Taste for salt and lime. Add remaining cilantro and give another stir. Serve and enjoy!

## Health News-Is your child a "W" sitter?



If a child sits with each leg extended to each side of their body, they are "W-Sitting." This is called "W-Sitting" because the pattern of the position the child is sitting resembles a "W."

"W-Sitting" provides increased trunk and hip stability, but does not allow proper trunk rota-

tion or weight shifting and can prevent higher skill levels from developing.

"W-Sitting" can predispose a child to hip dislocation and can cause hamstrings, heel cords and hip muscles to become tightened. If the child has neurological problems that predispose hip internal rotation, "W-Sitting" can increase the abnormal, muscle patterns.

Since the body's trunk is stabilized in one position with "W-Sitting", it minimizes cross body reaching and may deter the development of hand dominance.

Care givers and parents can prevent "W-

Sitting" problems by limiting the use of this position. Alternate positions should be encouraged such as:

- ♥ Side sitting (both legs to one side)
- ♥ Long sitting (legs straight out in front)
- ♥ Tailor sitting (legs crossed at the ankles)
- ♥ Pretzel style (legs crossed)

For more information, go online to [www.tjainc.com/sp\\_w\\_sitting.htm](http://www.tjainc.com/sp_w_sitting.htm)

## Welcome New Children and Families

Several new families have joined us this year and we would like to say WELCOME!

Sophia Boersma (sister of James)

Jenny Buehler

Libby Encina

Abby Gross

Eli and Weston Mathieu

Phoebe McLean

Ethan O'Connor

Emma Schwertfegar

Max Sirovatka

Marlo Thurman (sister of alum)

Drew Zajack (brother of alum)

William Gales

Sofie Blackmore

Andrew Cusack (brother of Sydney)

Gretchen Haselhorst

Johnny Pieranunzi

Avery Shirk (sister of alum)

Lindsey Wright



Family Life Staff

Bottom Row- Ms. Lisa, Ms. Sharon, Ms. Jenni, Ms. Cathy

Top Row- Ms. Radika, Ms. Linda, Ms. Mimi, Ms. Jana