

Little Bridges News



February 2012

Calendar of Events

All Day School Age Camp

Friday 2/17

CLOSED – President’s Day

Monday 2/20

Open House

Saturday 2/25
10:00am – 12:00pm

Spring Pictures

3/5 & 3/6

Hop-A-Thon

3/5 – 3/9

Preschool Conferences

3/12 – 3/23

Book Fair

3/19 – 3/23

Spring Show

4/5 7:00 pm

Canyon Creek Church

Sunday Services

8:30 am & 10:00 am

Sunday School

8:30 am & 10:00 am

Open House February 25th 10am – 12pm

You are invited to come to our Open House on Saturday, Feb. 25th. All classrooms will be open from 10:00 a.m. to 12:00 p.m. This is the perfect time for your child to show off his/her school to you and for you to visit other classrooms. It also provides a wonderful opportunity for prospective families to tour Little Bridges.

Teachers will be available to talk informally with parents about our philosophy, curriculum and daily schedules. If your child will be “moving up” any time this year, please use this Open House as a chance to review next year’s curriculum and to get a preview to what your child’s experiences will be like.

All pre-k families should make a stop at the Gathering Hall, which is where our after school program takes place.

Everyone is welcome – so invite your family, friends and neighbors!

Calendar Up Dates

We have moved the Spring Show date up by one week. Our annual Spring Show will be held on Thursday, April 5th, instead of the original April 12th date. The original date fell during Spring Break for the public school and we want to accommodate as many families as we can.

The San Ramon School District’s 2012-2013 calendar has been approved and we have scheduled our first day of school to mirror the districts calendar. Please note these important dates.

- All Pre-school and Summer Camp programs will run through Thursday August 23rd.
- Our First Day of School for the 2012/2013 school year will be on Tuesday, August 28th.
- Little Bridges will be **CLOSED on Friday, August 24th and Monday, August 27th for our annual In-Service Training Days.**

School Age Summer Camp

Our School Age Summer Camp brochures will be going home with all our current school age families at the end of this month. **Space will be limited this year!** Please return these by March 15th for priority enrollment.

Spring Pictures

Spring pictures will be taken on Monday, March 5th and Tuesday, March 6th. Look for class news about specific times as the dates gets closer.

Happy Valentine's Day Honey

It's 7:15 am and I'm in the get-the-kids-to-school/me-ready-for-work shuffle: shoes, breakfast, backpacks, sign the permission slip, lunches, check the sports practice schedule for the day, take dinner out of freezer, and no you can't bring your phone to school zone. I watch my husband give me a funny look. "What?" I say, wondering if I have toothpaste on my shirt. "You look really nice today," Dana says with a wistful smile. I pause for a moment. His compliment stops me in my tracks, makes me smile and puts a twinkle in my eye.

My husband and I are still very much in love, but like other couples, we've fallen into a pattern and don't always appreciate and nurture our relationship. Our lives are more about our kids and schedules. Quite frankly, we have forgotten about "us".

During that brief moment I realize that I miss my husband. He's the greatest guy I know and I miss him. So, this year for Valentines Day, I am making it a priority to find ways of reconnecting.

It's no surprise that researchers agree that the foundation of a happy family is a strong, loving relationship between parents. The single, most important thing that we can do for our children is to do everything in our power to have the best possible relationship with each other. If our kids see us getting along and supporting each other, they will mirror that and will likely get along with each other and their friends.

In fact, no matter how sacrilegious it sounds...sometimes we need to put our relationship before our children. A strong relationship provides security for our kids and demonstrates how a loving, respectful partnership should be.

So how can two overworked, overtired, over-every-thinged parents realistically stay connected? After all, there's only 24 hours in a day and there's a living to earn, a house to tend, errands to run and kids to take care of. I've asked around and here are a list of suggestions that seem doable.

Find Time Alone: The trick is to make the most out of being together and making bubbles of intimacy throughout the day. Wake up together 15 minutes early and chat over coffee, dine late at night after the kids are in bed over candles, or stay up late on a Saturday night and play that Springsteen album that reminds you of each other. Suddenly it's just the two of you again.

Go on a date: After kids, "dinner and a movie" has become "dinner and a movie and money for a babysitter." The high cost of going out makes staying in and renting a movie hard to resist, but getting out of the house is vital. To cut down on costs, order a gourmet drink or dessert instead of dinner. Window shop, take an afternoon hike or scan the papers for free concerts.

Have Kid- Free Conversations: When you schedule a date, make a rule that you can talk about the kids in the car on the way to dinner, but once there; it's all about you and your spouse. My wise mother (married to my dad 50 years) once told me that her and dad would always share a highlight and lowlight of their day – one specific thing that made them really happy, and one thing that annoyed them. It helped to instantly re-connect them and spark longer conversations.

Stay in touch during the day: Quickies are fine! Text-message just to say hi or share something. Send pictures over your phone of you smiling or of an article your partner may be interested in. Dana and I Skype during the day and it feels great when I know he's thinking of me – even if he is just sending me a picture of a lamp that may work for our living room.

Bring on the PDA. I'm not suggesting you make out in front of the kids, but being affectionate keeps you connected and shows your children an important part of your marriage. Hold hands, spoon on the couch and give those playful love pats to each other. You're modeling what a good relationship looks like.

Show Empathy: Is it really worth chewing out your partner because they forgot to pick up milk? Phrases like, "It happens to everybody," "Nobody's perfect," and "I've done that myself", bring couples together rather than pushing them apart.

Compliment Each Other: Thanking and praising your partner are easy ways to strengthen your relationship. Compliments on your looks are wonderful, but remember to praise actions as well. "The kids really responded to your talk with them," "Thanks for emptying the dishwasher," and "You make me laugh", show appreciation for your spouse's characteristics that you first fell in love with.

Ultimately, good parenting isn't about putting our children or our marriages first. It is about remembering - daily - to nurture them both. Before you know it, those kids will fly the coop. What will they leave behind: an empty nest or a couple of lovebirds?