

Special points of interest:

- Holiday Show Dec 14 at 4:30p
- CLOSED Dec 24-25
- Closing early at 1pm on Dec 31
- CLOSED Jan 1

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Happy Holidays!

Greetings, LeafSpring Families and Friends! December is here and we just love this holiday season.

As a part of our annual tradition, we will be hosting our Holiday Show and celebrating LeafSpring School's 29th birthday. This event will be held on Friday, December 14th. The gym usually gets packed. We encourage you to carpool and arrive a few minutes early, if possible. Last, be sure to dress your children in festive attire.

As a reminder, we will be closed December 24th and December 25th. We will also be closing early on December 31st at 4 p.m. Our doors will reopen on January 2nd to ring in the new year! We wish you and your family a very safe and happy holiday season!

Joyce, Angeline, Athena, and Krystal



Winter Weather is Here!

Please be sure to change your children's extra clothes in their cubbies and lockers to winter wear. With everyone gearing up for the weather, please be sure to label your child's hats,

mittens, and coats. Even though it may be a little chilly outside, we need the fresh air to fight those germs! Also, if you bring any lotions, topical oint-

ments or lip balms to combat the cold weather, please be sure to check those in with the teacher, nurse, or an administrator.



Curriculum Highlight for Orange Room

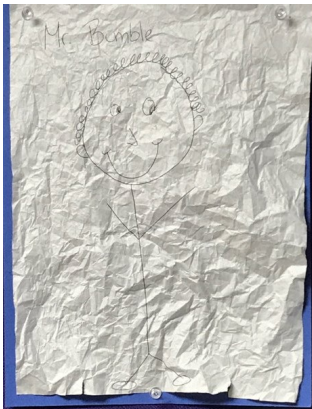
This month we had cooking with Talia. All the children look forward to this fun activity that allows each of them to help and do a required task to make their cooking experience fun! First, Talia and I explained the habitat of fish and pet fish. Since Orange Room has a pet fish named Bruce the children knew exactly in which habitat the fish live in. So, we asked the children if they knew how to make an aquarium with an octopus in it? The children laughed and said, "No." Talia explained how the children

were going to make their own aquarium and add an octopus into their water and eat it up. First things first, the children washed their hands and helped Talia pour the Jell-O powder into a big bowl. Talia then got hot water to pour into the bowl and each child got to help pour cold water after. Once the pouring was done each child took turns stirring the powder and water with a whisk and watched the powder disappear! Talia then filled each child's cup half way with the Jell-O mix and every-

body got to pick out a colorful gummy octopus and add it to the water. Now Talia explained that the Jell-O must go into the refrigerator so it can get firm. Patty would let everybody eat their self-made aquarium after snack. It was so yummy and the children had so much fun cooking with Talia!



Purple Room's INSPIRED Article on Health



For the month of November we reviewed Health ("I choose how I behave") and introduced Environmental ("I protect and care for the Earth."). We learned that how we feel often affects the way others feel. One activity that the children learned from was creating Mr. Bumble. Mr. Bumble is kind, caring and likes to share with his friends. But he often gets picked on.

Each child had a chance to say something mean to Mr. Bumble. After they said something mean, they crumpled him up into a ball. Of course, each child had to apologize for what they said to Mr. Bumble. After that, each child tried to smooth him out. We quickly realized that no matter how much you apologize for something mean, the person will never

be the same; they will be crumpled. We talked about how we need to think about what we say before we say it. We need to think about how it could make our friends feel. We remind our children everyday to think about what they say and do to their friends before they do it. We refer to our Mr. Bumble daily!

Attention VILLAGE Parents! We are here to help!

Village Parent's Morning Out!

Do you need a morning to shop or run errands?

The Village is here to help!



Who: Village Students ONLY

What: Parent's Morning Out!

Where: LeafSpring School at Virginia Beach
When: Saturday, December 8, 2018

Time: 8:00 am – 12:00 pm

Cost: \$25/child; Cash Only

Activities: Light breakfast, holiday activities, and lots of FUN!

Doors will open at 8:00am and all children must be picked up by 12:00pm



Sign Up at the Village Front Desk by:
December 5, 2018

Stress Excellence, Not Perfection

As a parent, of course you want your teen to *do* his best in school. That's different than demanding that he *be* the best. Trying for excellence is healthy and motivating. Insisting on perfection is unrealistic and stressful. It can also be harmful.

If either you or your teen is a perfectionist, it's not too late

to relax a little. Try learning a new skill together. It's a great way to develop a realistic attitude about mistakes.

Mistakes don't mean you're a failure. They mean you're human. They also offer valuable opportunities to learn about a topic ... or yourself!

If your teen has a hard time believing he can ever improve through trial and error,

remind him that he already has. Show him his improvement over the years in scrapbooks and photographs or videos of his earliest attempts at a sport. Point out the kind of book he read two years ago, compared with what he can do now. Let him know he has what it takes to learn and grow.



Is It Strep? By: Dr. Bernadette Leidel, PDC Pediatrics

Three words from your child – “my throat hurts” – can immediately launch three questions in your head.

Is it a cold? Allergies? Strep throat?

Sore throats caused by viruses and some allergy triggers often get better with time, but there's more urgency with strep throat, because it's a bacterial infection that can be treated with antibiotics.

For strep, antibiotics not only reduce pain and complications in your child, but also quicken recovery. Plus, they help keep the illness from spreading to others. Here's some advice from the Centers for Disease Control

and Prevention:

How can you tell it might be strep?

- The sore throat comes on quickly.
 - It's painful for the child to swallow.
 - There's usually a fever.
 - Tonsils are red and swollen, sometimes with white patches or streaks of pus.
 - The roof of the mouth has tiny red spots.
 - Lymph nodes in the front of the neck are swollen.
 - In some cases, strep causes headaches, stomach pain, nausea, vomiting, and a rash known as “scarlet fever.”
- Typically, children with strep

throat don't have a cough, runny nose, or hoarseness, which are more common with colds and the flu.

How is it diagnosed and treated?

Your child's healthcare provider can take a throat swab and do a “rapid strep test” in the office to determine whether or not it's strep. If it is, antibiotics are prescribed, and your child should start feeling better a day or two after starting the medicine. Your child should stay home until they no longer have a fever and have taken the antibiotics for at least 24 hours.

Not better in 48 hours? Call your doctor's office.

Front Desk Notes from Mr. Justin

Welcome December!

I can't believe how fast November came and went. Our Thanksgiving Feast was loads of fun and we hope that all of our visitors had as much fun as we did! Also, seeing all of the kids dressed up for Picture day was such a treat. All of the children were excited and had a lot of fun with the photographers.

A few reminders – Our Founders

Day Celebration and Holiday Show will be on Friday December 14th at 4:30 p.m. in the Village Gym. Get ready to celebrate Founders day and the holidays with us!

Remember we will be closed December 24th & 25th for the Christmas holiday. We will also be closing at 4 p.m. on December 31st and closed January 1st for New Years.

Please see me about your

vacation credits before the year comes to an end! They do not roll over into the new year, you must use them before the year ends. If you have any questions or concerns, please shoot me an email or give us a call!

Happy HOLIDAYS!
Mr. Justin
JScroggins@LeafSpringVB.com



LeafSpring School
at Virginia Beach

1973/1977 Sandbridge
Road
Virginia Beach, VA
23456
(757) 426-6490
www.LeafSpringVB.com

OUR LEADERSHIP CURRICULUM

INSPIRED

Raising Tomorrow's Leaders



December is an **In-Play** month.

We will review the first three months:

Social: I am a friend. I forgive others. I openly listen to the ideas of others.

Health: I take care of myself. I make healthy choices. I choose how I behave.

Environmental: I am a helper. I am kind to the world around me. I protect and care for the Earth.

Important Dates to Remember

2018

We will be closed:

December 24 Christmas Eve

December 25 Christmas Day

We will close early:

December 31 *Closing at 4 pm*

2019 Closings:

January 1

January 21

May 27

July 4

August 29-30

September 2

This Month's Celebrations

Children's Birthdays:

03 Mabel 5

04 Jake 4

06 Amiya 9

07 Emerson 2

10 Sara 3

12 Dylan 11

14 Reagan 3

16 Taylor 9

19 Charleigh 4

21 Jordin 8

Hunter 6

26 Dominic 10

Noelle 3

27 Amina 6

Owen 4

30 Kaiden 6

31 Nora 5

Staff Birthdays:

05 Ms. Brittany

11 Ms. Chloe

13 Ms. Phoebe

23 Mr. Desmond

Staff Anniversaries:

14 Ms. Mar 2 years

18 Mrs. Amanda

1 year

December 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheerios Cereal Cream 3-Cheese Spaghetti Broccoli Peaches Cheez-Its	4 Corn Flakes Cereal Ziti w/ Turkey Meat Corn Mandarin Oranges Animal Crackers	5 String Cheese BBQ Meatball (Beef, chicken, turkey). Roll, Peas & Carrots Fruit Cocktail Oatmeal Cookies	6 Cheerios Cereal Cheesy Chicken & Rice Green Beans Applesauce Graham Crackers	7 Waffles Chicken & Cheese Sandwich Salad Pineapples Trail Mix
10 Roll w/ Butter Veggie Lasagna Green Beans Pineapples Goldfish Crackers	11 Rice Krispies Cereal Turkey Sloppy Joe on a Bun Corn Fruit Cocktail Oatmeal Cookies	12 Cheerios Cereal Turkey Franks & Beans Broccoli Applesauce Animal Crackers	13 Pancakes Beef Stroganoff Mixed Veggies Pineapples Snack Mix	14 Corn Flakes Cereal Ham & Cheese Wrap Salad Peaches Veggie Straws
17 Cheerios Cereal Mexican Casserole Salad Pineapples Cheez-Its	18 String Cheese Turkey Hot Dog on a Bun Mashed Potatoes Applesauce Graham Crackers	19 Rice Krispies Beef Ravioli Green Beans Fruit Cocktail Animal Crackers	20 Waffles Beef-a-Roni Corn Mandarin Oranges String Cheese, Crackers, Water	21 Roll w/ Butter Turkey & Cheese Sandwich Salad Applesauce S'mores Pudding
24 LEAFSPRING SCHOOL IS CLOSED	25 LEAFSPRING SCHOOL IS CLOSED	26 String Cheese Chicken & Cheese Wrap, Salad Pineapples Oatmeal Cookies	27 Pancakes Cheesy Chicken & Rice Broccoli Mandarin Oranges Animal Crackers	28 Roll w/ Butter Beef Hot Dog on a Bun Corn Peaches Veggie Straws
31 Waffles Mac-n-Cheese Green Beans Pineapples Oatmeal Cookies				*Milk served with all meals unless otherwise noted*