

St. Peter's Preschool Newsletter



March 2026

From the Director's Chair – by Rita Dai Wang

Safety Drills: As mentioned in our Parent Handbook, we practice Fire Drills every month and other Emergency Drills twice a year. Your kids are such pros at this! For Fire Drills, as soon as they hear the siren, they drop whatever they're doing and head outside to sit on the curb in the Nature Center. We did a Fire Drill Thursday with the 2's, and they did a superb job, even though neither of their usual teachers were present!

21-Day Read Aloud Challenge: Happy Read Across America Day and Dr. Seuss's birthday on Monday 3/2! Join us in a 21-Day Read Aloud Challenge! The goal is to read together for 15 minutes every day for 21 days. Be on the lookout for a Sign-up Genius to be a Mystery Reader!

Stepping Stones (4's only): We would like to invite you to create a stepping stone with your child at **9:30** on **Monday 3/16**. These will go in our Nature Center when finished (you can look under the trellis to see the ones we have made in years past). The project should take approximately 30 minutes. If you cannot come, don't worry. The teachers will help your child create their masterpiece :) We will supply all the materials.

Clothing Swap: We will be having our first-ever St. Peter's Clothing Swap on Saturday 4/18. See the flyer below for more details. If you are interested in helping with this event, please contact Kendall Dougherty (Bennett's mom) at kendall.dougherty@yahoo.com.

Dates to Remember

- 3/2-22 21-Day Read Aloud Challenge
- 3/2-6 Spirit Week
- 3/5 Jump Bunch – 4's
- 3/6 Fun Bus – all classes
- 3/13 Mother Goose visit – all classes
- 3/16 Stepping Stones – 4's
- 3/20 Teacher Work Day – no school
- 3/24 Dinner and Dialogue
- 3/26 Easter Egg Hunt – 2's
- 3/27 Easter Egg Hunt – 3's/4's
- TBD Police Officer visit – 3's/4's
- TBD Restaurant Night

Happy Birthday!



- 3/18 Bennett
- 3/23 Aiden O.
- 3/24 Juniper
- 3/28 Ms. Jen
- 3/29 Ellie



OK, Show of hands...
Who's tired of snow?



Monday 3/2 - Sports Team/College Day

Tuesday 3/3 - Super Hero/Princess Day

Wednesday 3/4 - Favorite Color/St. Peter's T-shirt Day

Thursday 3/5 - Pajama Day

Friday 3/6 - Crazy Hair/Crazy Socks Day



Shared Control: Choices within Limits

Are you going to bed now, or would you like to wait 15 mins?

Would you like to wear your coat or carry it?

Are you going to put your pajamas on first, or brush your teeth first?

Do you want to wear your blue shirt today, or your green shirt?



Love and Logic www.loveandlogic.com



St. Peter's Preschool

CLOTHING SWAP

SAT, APRIL 18TH

RAIN DATE: SAT, APRIL 25TH

9AM-11AM

Current & former St. Peter's families: Clear out your child's closet and pick up anything they'll need for the future!

No donation of items is required to participate, so please come "shop" even if you cannot contribute! All items remaining after the event will be donated to ShareBaby in Baltimore.

\$5 entry fee
includes coffee,
snacks, & as
many items as
you'd like!

Clothing (newborn-Youth XL)

Shoes (newborn-Youth 7)

Hats, mittens, gloves, socks, etc.

New & opened boxes of diapers

Interested in volunteering?

Contact:
kendall.dougherty@yahoo.com

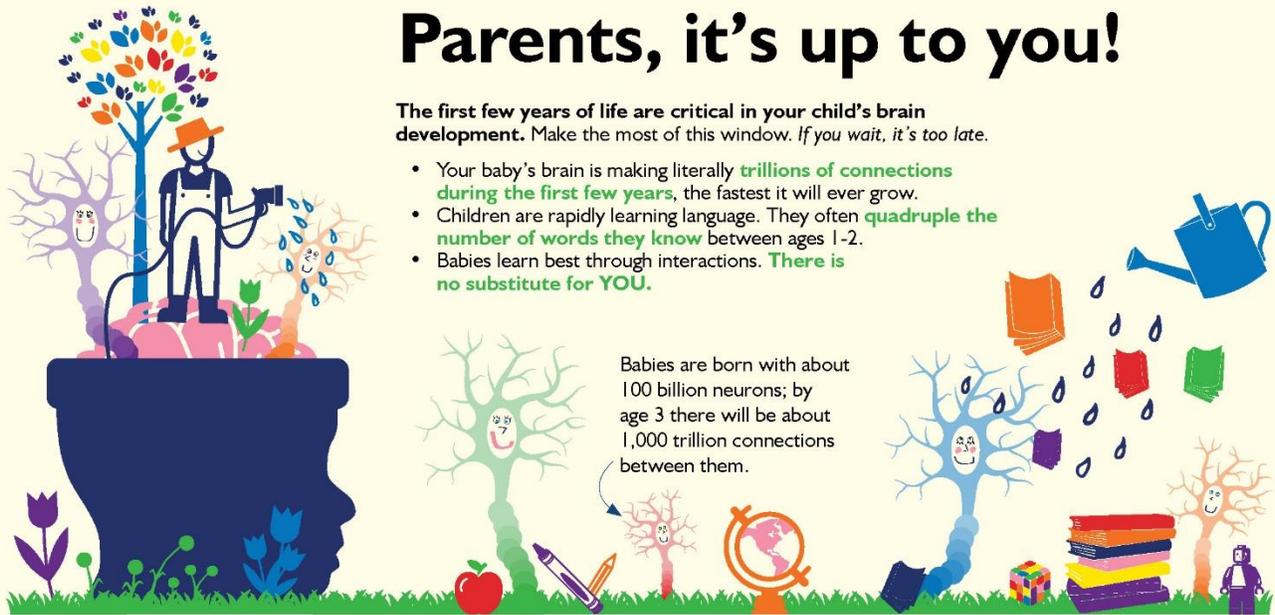
Bring your items to
preschool drop-off
April 13-17.

St. Peter's Preschool
3695 Rogers Avenue
Ellicott City, MD 21043

Parents, it's up to you!

The first few years of life are critical in your child's brain development. Make the most of this window. *If you wait, it's too late.*

- Your baby's brain is making literally **trillions of connections during the first few years**, the fastest it will ever grow.
- Children are rapidly learning language. They often **quadruple the number of words they know** between ages 1-2.
- Babies learn best through interactions. **There is no substitute for YOU.**



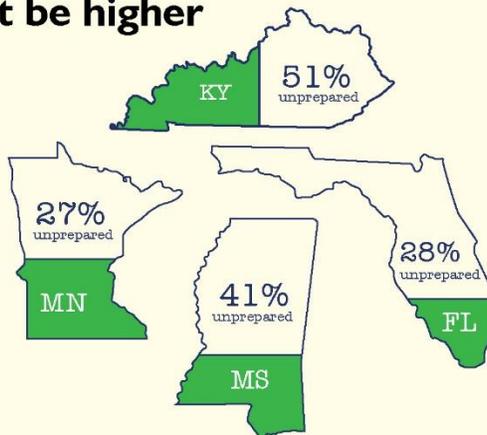
Babies are born with about 100 billion neurons; by age 3 there will be about 1,000 trillion connections between them.

The stakes could not be higher

Dodge the word gap

Some children will hear 30 million fewer words than their peers before age 4. Studies have shown **the number of words a child knows when entering kindergarten is predictive of future learning success.**

Hart and Risley 2003



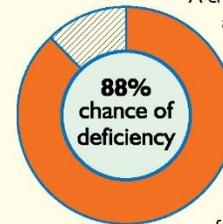
Get ready to learn

Too many children in the U.S. are **not prepared to learn when they enter kindergarten.** Studies show that those who fall behind are likely to stay that way.

Kentucky.com | FloridaEarlyLearning.com | Education.state.mn.us | kidscount.ssrc.msstate.edu | Shonkoff and Phillips 2000 | Carnegie Foundation 1991

Avoid the slippery slope

A child not reading at grade level by the end of first grade has an **88% chance of not reading at grade level** by the end of fourth grade.



Those not reading proficiently by third grade are **four times more likely to drop out of school.**



Juel 1988 | Annie E. Casey Foundation, 2012

Light up your child's brain!



Read aloud 15 MINUTES every day from birth to:

- Grow vocabulary and knowledge
- Bond and provide enriching engagement
- Foster a love of books and learning

You are your child's first and most important teacher.

Read Aloud every day, from birth, for **at least 15 MINUTES** and light up your child's brain.



If you wait, it's too late.



Are you interested in **nature-based play therapy**? Katrina Kessler, a former St. Peter's parent, will be running caregiver-child groups in Catonsville.

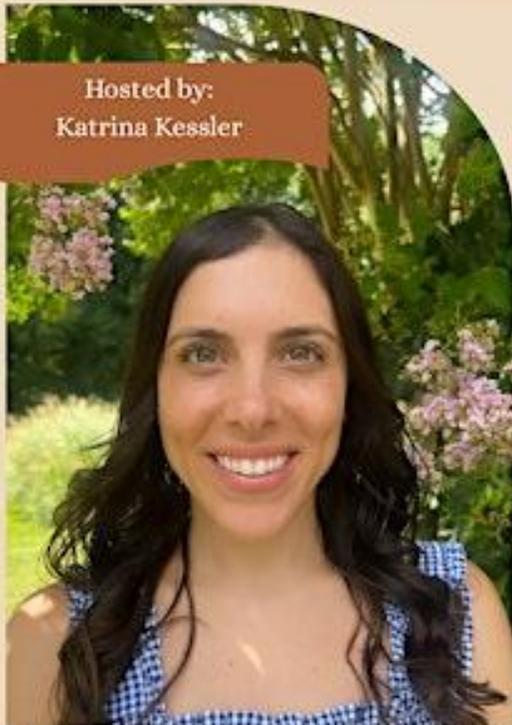
Katrina Kessler is a therapist who works with children and parents and specializes in the Dr. Becky Good Inside Method. Feel free to email connectingwithkatrina@gmail.com for more information or go to <https://www.thecollectivehealingcenter.com/katrinakessler> for more information.



PARENTING WORKSHOP SERIES

Support for Parents & Caregivers of Toddlers and
Elementary Ages

Hosted by:
Katrina Kessler



Katrina Kessler is a licensed therapist and passionate advocate for children's and parents' mental health. She is trained in Dr. Becky's Good Inside approach and supports caregivers in feeling more confident, connected, and grounded in their parenting.

Katrina has led online parenting support groups, offered individual parenting consultations, and facilitated play-based groups for caregivers and their children.

As a parent herself, Katrina brings both professional expertise and lived understanding, bridging evidence-based practice with the realities of everyday parenting.

DATES:

3/27; 4/10; 4/24

TIME:

12-1pm on Fridays

VENUE:

Online

PRICE:

\$50 each (10% off with bundle)



WORKSHOPS

I. Power Struggles to Partnership

Setting Boundaries Without Threats, Bribes, or Shame

II. Big Feelings with Siblings

Support for Navigating Sibling Conflict and Emotional Overwhelm

III. My Body, My Choice

Teaching Body Safety and Voice



LIMITED SEATS AVAILABLE!

**REGISTER
NOW**

410-205-5365

info@thecollectivehealingcenter.com



<https://www.thecollectivehealingcenter.com/>