

St. Peter's Preschool Newsletter



February 2026

From the Director's Chair – by Rita Dai Wang

Change in Snow Policy: We were so happy to see so many families back in school yesterday! I know having school for only an hour and a half feels incredibly short, but I know that all of us here today, teachers and kids alike, loved being back together. We've missed you all!

Nature Center Committee: We are setting up a committee for people who would be interested in helping us explore new projects (like building a Willow Hut) and spruce up our existing nature space (like planting flowers or replenishing mulch/sand). Please reach out to

Katelin.spb@stpeterspreschool.org if you are interested in joining.

Science Camp: St. Peter's offers a fun-packed science camp the first two weeks in June (6/1-6/5 and 6/8-6/12) from 9:30-1:30 (\$210 for one week, \$415 for both weeks). It is open to those exiting the 3 year old and 4 year old classes. Keep an eye out for more details coming soon!

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

Family Fun Day: We are starting up another new event in April – Family Fun Day on Friday 4/24. If you would be interested in helping, please let Ms. Rita know asap. Thanks!

The Benefits of Boredom: One change I've noticed in parenting is the trend toward structuring all aspects of a child's day, from playdates to organized sports. Unfortunately, what often gets lost is time for kids to daydream and "get bored." This unstructured time is crucial in helping kids develop frustration tolerance, imagination, and self-regulation. The article below talks about boredom over the summer, but this last week stuck at home made me think it is relevant all year round 😊 Hope you enjoy reading the article!

Dates to Remember

- 2/6 Jump Bunch – 4's
- 2/13 Valentine's Day Party – 2's
- 2/14 Valentine's Day Party – 3's/4's
- 2/16 President's Day – no school
- 2/19 Goodies with Grandparents – 2's/4's
- 2/20 Goodies with Grandparents – 3's 
- 2/24 Echos of Nature (in school field trip) – 2's (rescheduled date)
- 2/27 Parents' Night Out

Happy Birthday!



- 2/4 Scarlett
- 2/13 Mabel
- 2/19 Ruby
- 2/21 Bryce
- 2/26 Ms. Wendy

4 Reasons Children Should Play Outside in the Cold

Playing outside in the cold weather has many benefits for kids, so bundle them up and send them out!

Playing outside in the winter:

- Strengthens the immune system
- Helps to burn extra energy
- Promotes problem-solving and cognitive thinking
- Boosts vitamin D levels and uplifts mood

<http://www.pentagonplay.co.uk/news-and-info/4-reasons-children-play-outside-cold-weather>



Valentine's Day Foam

1. In a bowl, add 2 tbsp dish soap and ¼ cup water. Add food coloring or liquid water color.
2. Mix with a hand mixer for 1-2 minutes or until the foam forms stiff peaks.
3. Make more as needed!

<http://www.thepaigediaries.com/2018/01/valentines-day-foam-sensory-tub/>



"There is no such thing as bad weather, only bad clothing."

- Norwegian saying

Meet Mother Jennifer!

St. Peter's Church welcomed a new interim rector last week – Jennifer Grimelli.

She was delighted to come to Chapel with the 3's and 4's before the storm hit. See a letter from her below.

Hello St. Peter's Preschool Families,

I am the Rev. Jennifer Grimelli, and I serve as the Interim Headmaster for St. Peter's Preschool. In this role, I act as a bridge between the preschool and the church, partnering with Rita to shape the school's vision and provide strategic leadership. You'll see me leading chapel with the classes on Wednesday and Thursday mornings, offering ashes-to-go on Ash Wednesday, and occasionally greeting students and families out front.

I also serve as the Interim Rector/Priest for St. Peter's Episcopal Church, where I lead worship, provide pastoral care, and support our local leaders as they prepare to call a new Priest and Headmaster.

I am truly excited to join the St. Peter's Preschool team. This is a wonderful program, and I'm proud to be part of it. My connection to early childhood education began in college, when I worked in preschools and daycares and eventually led a school-age program. Later, in ministry, I oversaw children's programming and taught Sunday School for many years. Long before entering the priesthood, caring for children and supporting families became close to my heart—and that commitment continues today.

My husband, Chris, and I moved to Maryland in 2000 while he was serving in the Army and made it our home after his service ended. Our children, Sofia and Matthew, are now in their twenties and (mostly) independent. In my free time, I enjoy reading, hiking, and traveling.

Please feel free to introduce yourself when you see me—I look forward to meeting you.

With joy,
Mother Jennifer



It's Okay to Be Bored: 3 Surprising Benefits of Boredom for Kids

It's time to let go of "perfect" parenting and lean into the benefits of boredom for kids. Here's how unstructured time can boost creativity, independence, and resilience.

By [Dr. Becky Kennedy](#), Clinical Psychologist, founder of [Good Inside](#)



Picture this: You've barely finished your coffee, the breakfast dishes are still in the sink, and your kid is sprawled across the floor surrounded by books, toys, and games, whining: "I'm boooooored!"

Handling boredom in kids is one of the most common summer parenting challenges. If you find yourself rushing to turn on a show, googling "easy summer activities," or frantically texting friends for a last-minute playdate, you're not alone. **When your kid says "I'm bored!"**, it can feel like you're up against parenting failure - like you're supposed to fix something and fix it *fast*.

Well, we're here to tell you: You aren't failing. In fact, it's *healthy* for kids to be bored.

At [Good Inside](#), our mission is to help you raise confident, resilient children - and boredom plays a key part in building these skills! In this article, we'll dive into the benefits of boredom for kids - and share our go-to strategy for parenting without constant entertainment this summer (including how to handle discomfort during unstructured time - yours and your kid's!).

Let's rethink boredom

One of our core beliefs at Good Inside is that we have to understand before we intervene. So, what's *really* going on when a kid says, "I'm bored!"

Boredom usually shows up when a child realizes, "Wait a second, I'm not being entertained right now!" They are missing the fast, frequent dopamine hits that so many kids are used to - especially in our digital-first world. When we jump in to fill this gap and provide that dopamine hit, we actually remove our child's ability to tolerate the frustration of boredom and (eventually) work through it themselves.

The inconvenient truth is that our kids can only learn to tolerate feelings that we tolerate in them. When we make space for boredom - and show our kids it's not a "bad" feeling - they will start to make space for it, too.

The big idea: Boredom isn't a problem for parents to fix. It's an opportunity for kids to build new skills.

3 benefits of boredom:

So, what skills does boredom help build, exactly? Boredom is the gateway to resilience, creativity, and independence. It teaches kids how to:

1. Sit with discomfort

Let's be real: Boredom can feel frustrating! And that's okay. In fact, learning how to tolerate the "blah" feeling of unplanned, open time is a crucial developmental milestone. Sitting with boredom - instead of escaping it - builds frustration tolerance. They learn, "This feels tricky *and* I'm a kid who can sit with tricky feelings."

2. Tap into their imagination

Boredom sparks creativity, storytelling, and problem-solving. Left to their own devices for long enough, and children will turn inward: Inventing imaginary creatures or building cities out of sofa cushions. That's the value of free play vs. entertainment: Open-ended play - play without clear instructions, goals, winners, or losers - is where flexible thinking and confidence take root.

3. Self-regulate

One of the most powerful [benefits of boredom](#) for kids? They learn they don't need an adult (or a snack, or a screen) to "make it better." Instead, they learn to sit with and navigate tricky feelings on their own. Boredom helps our kids [regulate their own emotions](#) - a life-long skill that will serve them far beyond summer.

The parenting pressure of a "perfect summer"

Why does letting our kids be bored feel so hard? Well, we live in a world that tells us children need constant stimulation: summer camps, crafts, sports, pinterest-worthy parties - these are the images parents are sold. It's no wonder summer hardly feels like a break!

During the summer, parents are usually juggling multiple (unofficial) roles: makeshift camp director, sibling referee, personal chef, chauffeur. The pressure to entertain our kids every minute and "make the most" of every day can quickly lead to burnout - and, ironically, make meaningful connection with our kids harder.

When we're stretched thin, it's hard to respond with patience. It's hard to stay grounded. It's hard to be fully present. That's why [reducing summer parenting pressure](#) isn't just a nice-to-have - it's essential in order to access the version of yourself you *want* to be for your kid. After all, the best memories are rarely manufactured: They're conversations in the car, snuggles before bedtime, and giggles over melting popsicles.

Try this: The Boredom Block

One of our favorite strategies to embrace boredom as part of your summer routine? The “boredom block.”

A “boredom block” is a built-in time where *nothing* is planned, no one is entertained, and everyone is just... being. This might sound counterintuitive, especially if your child greets every unstructured moment with “I’m boooored.” But that discomfort? That’s where growth begins.

There’s no magic formula for the boredom block - every family is different, and you know your kid best. Here are a few tips to get started and find what works for you and your kid:

- **Set expectations.** Tell your kid the plan: “We’re going to try something new: It’s called a “boredom block” where we don’t plan *anything*. I know, I know, this might sound... well, boring! And that’s okay. It will feel tricky and you’re a kid who can figure out tricky things!” This way, when boredom hits, they’re not surprised by it... and also, you’re not caught off guard by the whining.
- **Start small.** Consider what feels approachable for your kid based on their current schedule. You can start with a boredom block as short as 15 minutes - or as long as two hours!
- **Validate the feeling, while holding your boundary.** When your kid comes to you whining, “But I don’t know what to doooo!”, you can validate their frustration without changing your mind: “Ooh, I believe you. It’s frustrating to not have a plan. Remember, this is our boredom block. It’s okay to feel bored right now. You’re a creative kid and I know something will come to you...”

So go ahead and try it out: Put “boredom” on the calendar. It’s more powerful than it sounds.

3 key takeaways

Okay, we covered a lot of information about boredom. New ideas can feel exciting... and they can also feel overwhelming! Let’s ground ourselves in three key takeaways:

- Boredom isn’t a problem for parents to solve. It’s an opportunity for kids to build critical skills.
- Being “bored” is the gateway to creativity, independence, and resilience.
- You’re doing enough. You are enough. Ease the mental load of parenting over summer break by scheduling “boredom blocks” for your kid.

Most importantly, remember this: You just took time out of your (very!) busy schedule to reflect on how you’re raising your kid. That’s amazing, and your kid is so lucky to have you as their parent.