



HANDS ON NEWSLETTER

Food Drive Extended

Due to the bad weather in February, our food drive has been extended through March 7.

Help us beat last's year's total of donated items!



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Parent-Teacher Conferences

Thursday, March 6

- Please check with your child's teacher if you have not yet scheduled a conference.
- Please be prompt for your conference time. If you are late, you may need to reschedule. If your conference is running over your allotted time, your teacher may need to schedule an additional meeting at a later date.
- If you need to cancel your conference, please call the TLM office at 812-944-2251.
- Please park outside your normal drop off door and come inside for your conference. There will be chairs available outside each classroom if you arrive before your scheduled time.
We look forward to meeting with you!

June 2—July 18

Ages 3 through entering Kindergarten

Send your child to camp in a high quality, trusted environment.

Summer Camp registration opens March 6 for current families and March 18 for new families

Watch your email for registration information from brightwheel.



Mark Your Calendar:

- Mar 6
Closed—Parent Conferences
- March 6
Summer Camp Reg. for current families
- March 12 & 13
Chapel
- March 19 & 20
Kindermusik
- Mar 18
Open registration for Summer Camp
- Mar 24-28
Closed—Spring Break



Tips to help young children prepare for Daylight Saving Time change

1. Maintain bedtime routines and rituals. Limit screen time at least an hour before bed and follow your norm—quiet reading together before bed, bath, brushing teeth, etc.
2. Gradually adjust to the new schedule about a week in advance. Move bedtime 5-10 minutes ahead each day to make the new schedule an easier adjustment. You may want to shift dinner and/or nap times too.
3. Get out and enjoy the sunshine! Exposure to natural light has a strong effect on circadian rhythms.
4. Have some extra patience and expect a little extra crankiness for a few days. Most kids are fully adjusted within a week.