

March 2017



Flower Sale Fundraiser

Its time to start thinking flowers! TLC ELC's annual flower fundraiser will begin on March 8. Orders are due Wednesday, March 29th. Flowers will be available for pick up on Thursday, May 18. Everyone who turns in a flower order will be entered in a drawing to win a \$25 SCRIP gift card of their choice. Thanks in advance for your support. Questions? See Renee in the Aardvark room.

Outdoor Play

Though we have had some very nice weather recently, please be sure to send outdoor gear (snow pants, boots, hats, mittens...) each day for your child. Even when the snow is gone, it's nice to have snow pants and boots for the muddy playground.

SCRIP Gift Cards

It is now easier than ever to purchase gift cards through our SCRIP Gift Cards fundraiser. Orders may now be placed on-line, and some cards are available for IMMEDIATE use. Please look for more information at your child's cubby this week!

For those of you who are unfamiliar with our SCRIP Gift Card Program: Purchasing gift cards through the SCRIP program is an easy way to raise money without buying unwanted items, without selling door-to-door, and **with no extra cost to you**. Supporting TLC ELC has never been easier!

How It Works Scrip refers to gift certificates or gift cards. TLC ELC is able to purchase gift cards from hundreds of retailers nationwide at a discount, which



The KinderPlus class celebrated their 100th day of school!

you can then buy at face value. The difference is our profit. These are the same gift cards that you would purchase if you went to the retailer directly. By purchasing these gift cards before you shop for your everyday items - like groceries, gas, clothes, restaurants – we raise money, without you having to spend a penny extra. It's just that simple. The BEST part is- TLC ELC splits the profits with YOU! You can use the money you earn through this fundraiser to help pay for your child's field trip costs, tuition or purchase more gift cards. Questions? See Renee in the Aardvark room!

Kids Stuff Sale

On Saturday, April 29th, TLC Early Learning Center in conjunction with St. Stephen Lutheran Church will be holding its **Eighteenth Annual Giant Kids' Stuff Sale**. The sale is held at St. Stephen Church.

The sale gives families the opportunity to sell any and all kid-related items, including clothing (infant to teen sizes), toys, books, videos, infant items (strollers, bouncy seats, playpens, highchairs, etc.), bicycles, tricycles and other ride-on toys, sports equipment, furniture, etc., without having to expend the time and energy to have a garage sale themselves.

Families wishing to participate in the sale are responsible for pricing their items (in accordance with the sale guidelines) and delivering them to St. Stephen Lutheran Church, located at 8400 France Avenue South in Bloomington, on either Thursday, April 27th or Friday, April 28th. Sale volunteers will take care of the rest. Participating families will receive 70% of the proceeds earned from the sale of their items (minus a participation fee). The remaining 30% of the profits go to TLC Early Learning Center. You also have the option of dropping off your items and not working the sale and share 50-50, or you can drop off children's items that we price and set up and it will be a total donation to TLC-ELC.

If you are interested in participating, or have any questions at all please contact Karen Wenge at (952) 884-7955.

Screen Time and Rest

Studies show that electronic devices affect the quality and amount of sleep many children are getting (or NOT getting). Screen time negatively influences sleep in many ways:

Timing- use of electronics can lead to delays in children's bedtimes, meaning there is less time for actual sleep

Content- engaging the brain with exciting information before bed can trigger emotional and hormonal responses (like adrenaline), which can reduce the ability to fall asleep and stay asleep

Light Emissions- light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle

Dr. Sarah Loughran, sleep researcher at the University of Wollongong suggests the following:

*Set a 'bedtime' for electronic devices- at least 2 hours before bedtime

*Change children's bedtime routine- replace screen time with calming activities such as, reading, bath time or talking about the day

*Replace screen time with exercise during the day- outdoor exercise in bright, natural light helps balance children's 'virtual' and real lives

Movie Night

A fun time was had by all at our last Family Movie Night, so we have decided to have another. Plan on joining us Friday, March 17! More information to follow.

Playground Committee

We are still looking for people to join our Playground Committee. This will be a long short-term committee because the actual work should be done by the summer of 2018. We need parents who can help with:

- * evaluation of what actually needs to be done,
- * researching to find the right companies & procedures (fencing, painting the climber, redoing the sandbox, etc)
- * the physical work once we have a plan

Please contact Barb to find out more.

Box Tops

Just a reminder to keep clipping Box Tops, as this is an on-going fundraiser. Each Box Top you turn in earns TLC ELC 10 cents.