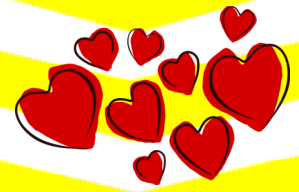


# Good News

Loving Arms Child Care Center



February 2018

## Dates to Remember

Feb 6	8:45am - Storytime with Library Anne
Feb 9	2:45pm - February Birthday Celebrations
Feb 14	9:30-10:30am - Classroom Valentine's Parties
Feb 16	6:30-9:30pm - Parents Night Out
Feb 19	<b>CLOSED</b> - Staff Professional Development Day
March 2	Dr. Seuss' Birthday
March 9	2:45pm - March Birthday Celebrations
March 30	<b>CLOSED</b> - Good Friday

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

**Proverbs 3:5-6**

## Medication Policy Changes

Due to the regulations of the Health Department and the safety and concern for the children in our care, our medication policy will be changing. **All medications** that need to be administered while in care will need to be turned in to the office. Directors will make sure the proper forms are filled out and

any required documentation is provided before it can be administered to a child.

It was actually recommended by the Health Department that no medication, besides necessary prescribed, stay long term at the center. They advised it best practice for parents to administer any medications at home.

## Valentine's Parties

Classroom's will be celebrating Valentine's Day in the morning on Wednesday, February, 14th. The parties will start at 9:30am. Since they will be taking place before lunch, we will be focusing on providing a few healthy snack options. Please watch for sign up sheets being posted in classrooms soon. If you would like your child to pass out valentines to their classmates, please communicate with your child's teacher to know how many

are in their class. You do not need to address the valentines, but your child can sign them. This makes it easier when it comes time for your child to pass them out. If you would like to volunteer and help in the classroom, communicate that with your child's teacher and make sure to note that on the sign up sheet.



## Annual Health Department Audit

We just received our annual Health Department audit. Our surveyors commented on how much they enjoy coming to Loving Arms because they know our program is great. They commented that they see fun, engaging activities for the children and that they are happy, loved, and cared for each day. There were a few minor items they found that dealt with paperwork for files and medications. You may receive communication from us about stopping in to update paperwork. We thank you for helping us comply with our regulations!

## Loving Arms - Giving Back

As we mentioned in our last newsletter, our center will be supporting the Wichita Children's Home over the next year. As Christians, we are instructed to serve others and this cause will provide help in our community.

Our first event will be a family movie night in March. You will be able to purchase tickets for this event in

the front office. Families can bring blankets, pillows, sleeping bags and we will show a movie in the gym.

We are looking forward to supporting a cause, teaching generosity and giving back to our community while strengthening the relationships between families at Loving Arms.



WICHITA  
Children's Home

## Be Mine For Longer!

February is Heart Health Month ... here are a few tips to stay healthy.

1. **Eat well** - cut back on processed foods and eat 5 or more servings of fruits and vegetables each day.
2. **Get moving** - exercise sends oxygen to the brain and makes your memory sharper.
3. **Get a check up** - check your blood pressure, cholesterol and fasting glucose.
4. **Stop smoking** - non-smokers decrease their risk of a heart attack in half, each cigarette reduces your life by 11 minutes.



5. **Maintain a healthy weight** - adults should aim for a BMI of under 25.

## Grace Moments

### Let Others Help You

You know how the script is supposed to go:

How are you doing? Fine.

How was your day? Good.

What's up? Nothing.

Lie. Lie. Lie.

We all know the world is hard, so why do we spend so much time pretending it's not?

Part of God's plan was to place all sorts of people around us to help us get through all the sadness and pain that will inevitably hit. He then tells us, "**Carry each other's burdens, and in this way you will fulfill the law of Christ**" (Galatians 6:2). Yet don't we each think that while it's fine for someone else to need help, it's not as acceptable for us to need support—or even correction—too?

However, when we don't share our struggles, we suffer because our egos are too big to say, "I need help." We get lonely and start to believe that we are all alone. On top of that, we rob someone else of the joy that comes from serving, and we miss out on the blessings that come from being fully connected.

In Ecclesiastes chapter 4, God gently reminds us (because we all need reminding): "**If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!**" (verse 10).

Don't be pitiful. Let others help. Here's how to start:

How are you doing? I could use some prayers.

How was your day? Not so great.

What's up? Do you have a minute?

By Linda Buxa

For more encouragement from Linda and other Time of Grace writers, visit:

<http://www.timeofgrace.org/moments>

