

Monthly Family Newsletter

December 2022



Cummings Families!



During the month of December, we look forward to spending time together as a family. Many of us will travel either nearby or across the country to be with family to share stories and reminisce about the memories we have created with our loved ones. Spending quality time with family is the best investment you can make. The word "family" is a collective term. In other words, it is not simply a couple of people living under the same roof, but a community of people who are connected and share both happy and hard times. Nobody knows you as well as your family, and no one knows your family as well as you! You can be a source of comfort and safety.

Spending quality time with your child can boost their self-esteem and develop a positive sense of self-worth. When a child feels cherished by their parents, they have a more positive self-image. Winter is the perfect time of year for spending time with your child. Perhaps your family could experience a new winter activity together.

Sometimes it is easy to take our family for granted but they are a gift. If you have ever lost a family member, you are reminded how fleeting time is, and how important it is to cherish our loved ones every day. Family is not always flawless, but it is critical to develop family relationships that will see you through difficult times. It gives you an even sturdier foundation to build your life. This month, devote some time to your family and create time for quality, and engaged family time. Enjoy the Holiday Season and time with your family!

FAMILIES!! HEADS UP!



Your FEA staff will reach out to you in this month to set up a time to complete the 2022-23 Cummings Great Expectations Family Interview. This data helps us understand you and your child's needs, figure out if our program is working, and identify what else we can do to keep improving our program. Don't miss it, each family has the choice between a \$25 Kroger gift card or a \$30 Speedway gift card - your support and participation are greatly appreciated! - American Institutes for Research - AIR

Mark Your Calendars:

Important Dates

- **December 15:** Great Expectations Market Order Due
- **December 20:** Great Expectations Market Curbside Pick-Up
- **December 23 - January 2:** Winter Break, NO SCHOOL
- **January 3:** School Resumes



Meet the Cummings Family!

CYNTHIA SUTTLE

Cynthia has been working as a Lead Custodian at Cummings Great Expectations since it opened, 3 years ago. She loves hiking and eating Italian food. Cynthia's favorite season is fall and her favorite color of all is purple. If she could have one superpower it would be to visit with her parents who have passed.

"I love working at Cummings Great Expectations because I love getting to watch the children learn and grow."

From Our Executive Director

JA'NEL JAMERSON

As a son, husband, and father, I value strong connections and bonding time with my family. Spending quality time together with your child provides an opportunity to discover and learn what your child's strengths and weaknesses are. Quality time spent with family and friends can help your child develop important social skills and enhance their mental health.

Participating in happy shared experiences, supporting one another, and communicating effectively are positive steps toward building healthy relationships. The key to positive family time is to give your undivided attention and begin physically and mentally present.

Effort is key, and perhaps, with the winter break, you'll have time to try some of these easy and enjoyable activities for the whole family:

- Go on a **Holiday Walk**
- Play in the Snow
- **Go Sledding**
- **Go Ice Skating**
- Visit **The Sloan Museum**
- Visit FIA for **Preschool Playdates Winter Activities**
- **Christmas at Crossroads Holiday Magic**



CUMMINGS GREAT EXPECTATIONS

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