

MGNS NEWSLETTER

March 2022



CALENDAR

MAR 7 – Understanding and Supporting Your and Your Child's Nervous System
Parent Zoom Meeting
7-8pm

MAR 16 – Noodles & Co
4-8pm

MAR 16 – Quality Over Quantity Creating Meaningful Connections at Home
Parent Zoom Meeting
8-9pm

MAR 25 – Spring Fling Online Silent Auction begins

APR 1 – Enrollment for Toddler Time

APR 9 – Virtual Spring Fling
9am

FROM THE SCHOOL PRESIDENT

Happy March, everyone!

Enrollment for next year is well underway. Thanks to all who hosted signs for our "Yard Sign Extravaganza"! And thank you for continually spreading the word about MGNS. There are still some spots open in the 3K and 4K classes for the 2022-23 school year (Toddler Time registration coming soon!) and word-of-mouth advertising (and posting on social media!) goes a long way. Sharing your positive review is always welcome!

In thinking ahead to next year, we are also amidst recruitment for our Parent Board of Directors for the 2022-2023 school year. The positions we need to fill are: Advertising Coordinator, Volunteer Coordinator, Fundraising Coordinator, and Treasurer. I especially want to highlight the Treasurer role as having a background in finance does help! If that's you, or someone in your household, I encourage you to reach out with questions and to learn more. Fill out this form to start the conversation: [Expression of Interest - MGNS Board 2022-2023](#)

In the more immediate future, we are looking forward to our (virtual) parent meetings. As part of our co-op community, each family needs to attend one of the two meetings. The two topics are: *Understanding and Supporting Your and Your Child's Nervous System* (Monday, March 7 @ 7:00pm) and *Quality Over Quantity - Creating Meaningful Connections at Home* (Wednesday, March 16 @ 8:00pm). Be sure to sign up for one of these two meetings if you haven't already (see below for links to sign up).

And of course, at this time of year we always have our Spring Fling to look forward to! Be sure to check brown bags and weekly wrap-ups from teachers (and read on!) for more on that!

Thank you! And hope March is "like a lamb" for you all month long!

Kathryn Mingione - president@mgns.org

We are thrilled to welcome helping parents back to our classroom in March! Your teachers will provide you with a checklist of duties, and convey any important information. But remember! Most of all, we want you to have fun with the whole class while you are here!

AND

Masks will now be optional on the playground. Kids can certainly continue to wear them while outside, but they are no longer required. **Masking is still required inside the building at all times.**

PARKING LOT

The parking lot is a VERY busy space. If you're pulling in or out, please be very aware of where kiddos and grownups are in relation to your car. We have had a couple close calls lately so we just want to remind the whole community of a few things:

- Please look carefully several times before you back out and wait a few minutes if the parking lot is busy.
- Please be sure that you have complete control of your child in the parking lot-hand held, next to you.
- Please do not leave other kids in your car in the parking lot and please do not leave your car running in the parking lot.
- Please pass these messages on to all of the folks on your team who may drop off and pick up your student.

Thank you for keeping our community safe. Feel free to talk to your teachers or Sue if you see

PARENTING AND DOLLY PARTON IMAGINATION LIBRARY

A reminder that we have a borrow-able parenting library on the cart in our main hall! It is divided into two shelves- the top shelf is parenting books, and the lower shelf is kids books meant to be used by parents during life changes for your kiddo- divorce, moving, new baby, etc.

Here is a spreadsheet of what is on the cart (There are two tabs). We just ask that you check the books out on the clipboard, and cross your name off when you bring the books back!

[Parenting Library/Kid's Life Changes](#)

DOLLY PARTON'S IMAGINATION LIBRARY.

For Dane County, this program has partnered with the Madison Reading Project! Get your kiddo signed up and get a free book sent to your house each month. Such a great project!

Registration [Polly Parton](#)

Upcoming Parent Meetings! Each family must have a representative choose one of the two Zoom Meetings to attend. Sign up Genius below and will also be sent out in brown bags!

Understanding and Supporting Your and Your Child's Nervous System

In this training we will explore the role of the nervous system in responding to stressful situations and events, as well as how a balanced nervous system supports co-regulation and calm for both parent and child.

Monday March 7th, 7pm-8pm

[Sign Up Genius – Understanding and Support Your and Your Child's Nervous System](#)

Quality over Quantity-Creating Meaningful Connections at Home

We will discuss tips for spending time with our children during busy times in our lives, how this time together supports learning and creates space for rich conversations.

Wednesday March 16th 8pm-9pm

[Sign Up Genius – Quality over Quantity](#)

Questions - Feel free to email Beth Kernan Vice President at bethiekernan@gmail.com

THANK YOU to those families who braved the winter weather and stopped into MOD Pizza for our dine out night fundraiser. Hopefully, we will have better weather for our next dine out night coming up at **Noodles & Co** (Monona Dr.) **on Wednesday, March 16 from 4-8 p.m.** Place your order online or on the app and use the code **GIVING25** and we'll earn 25% of your purchase! Or use this [flyer](#) to show when ordering in the restaurant.



2022 annual Spring Fling event update – Donations for our silent auction are rolling in and we have some pretty amazing items up for bid! **The online silent auction will go live on Friday, March 25 and will close on the day of our virtual Spring Fling event on Saturday, April 9 at 9 p.m.**, so watch for the link and have fun bidding! If your family would like to donate an item, gift card or gift basket to our silent auction, please use this form ([MGNS Spring Fling Donation Submission](#)) to submit your donation information or please contact Aimee and Clint at fundraising@mgns.org.

Hello Families!

I hope you and all your little ones are doing well as we make our way towards Spring! Yoga with your MGNS kiddos is always a highlight for me, so I would love to share some of the highlights with you all!

Each and every class we start with our 'meditation' - where we practice taking in big breaths and then repeating 'Peace Begins With Me' as we touch each fingertip with our thumb. I like to remind our little yogis this is an excellent tool to use whenever they are having BIG feelings- anger, frustration, sad or even excited. Try practicing it with your yogi!

The songs in our classes are always a hit! 'Sarge Salutation' is one that combines several poses, one right after another so kids get a chance to do a true yoga 'flow'.

Some of our favorite poses right now are chair pose, mountain pose, tree pose, downward dog, upward dog (there may be some howling at the moon here!) and triangle pose!

We also work on a breath every class. A special one we recently did was to send some love in a breath. The kiddos think of someone they love, then start with a squeezed fist. As they slowly breathe in, they open up their fingers one at a time. Once the hand is open they give their palm a kiss, then slowly blow out all that breath as they blow the kiss to the person they love.

We also always end classes with the song 'I Am Yoga'. It is a very catchy tune so prepare for it to be stuck in your head all day after, but if you play [this youtube video](#) your yogi might be able to show you some of the movements we do during it!

Anyway, if you ever have questions or want to talk about your little yogis, I am here to chat. Please feel free to reach out!

Thanks so much for sharing your children with me!

Megan Planey

To the Moon! Yoga for Kids of Madison

