



2017-2018 | ISSUE 2

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# THE **PURPLE** kangaroo

AN IRVINE COMMUNITY NURSERY  
SCHOOL PUBLICATION



*thankful*



# DONNA'S CORNER

## AFTER OUR GENERAL MEETING ON THURSDAY, I REALIZED HOW VERY FORTUNATE I AM TO BE WORKING AT ICNS.

I am grateful for the children who challenge and sustain me daily; whose funny stories, snotty hugs, and questionable behaviors keep me thinking, planning, and being excited to come to school every day. I am grateful for the parents who support our program; who are so generous with their time; and who care and connect with all the children. I am so grateful that I have a passionate and hard working staff: Bushra, Tanya, and Armida, each bringing a set of skills and interests that keep our school running successfully. Our Board of Directors works behind the scenes to oversee the programs and events that make ICNS fun for the kids and all the families, while taking care of the running of a business. This is a team effort and I couldn't be prouder or more grateful.

I read an article written by Hayley Goldberg, on her blog, **Heart of Connecting** titled **"The Antidote to Entitlement."** She begins with a definition of entitlement: *"Entitlement is believing that you are special and people owe you something. It's the attitude that having good things is your birthright, not a privilege or a gift-and the very best antidote we have to combat entitlement is gratitude."*

This article made me not only think about the children in our lives, but my life as well. When my children were young I was very conscious of teaching them to be grateful. It was a challenge growing up in very affluent Irvine where kids

received gifts and things just because they wanted them. This was made somewhat easier by the fact that we did not have the means to grant their every wish and desire! So my husband and I focused on what we could do- for and with our children, and became creative with our time.

I know there is a lot of pressure on parents today to give their children every advantage they can, truly believing that these things will lead them to better and successful lives. **It has been proven often that what children really need is their parents' time and loving attention. Shared experiences are what children will remember more than the latest and greatest toy. When we sit around talking as a family now, we laugh about our adventures and the silly, spontaneous things that happened to us as a family. We are grateful for each other and any time we can spend together. These are some of my happiest moments.**

Hayley further writes: *"Research shows that gratitude is healthy for us and benefits kids and adults alike. Regularly experiencing gratitude plays a major role in increasing our happiness and protects us from entitlement, stress, and depression. More than just happiness, gratitude is known to increase self-esteem, hope, empathy, and optimism. We know that kids who practice grateful thinking are less materialistic, less envious, and more satisfied with life. When we struggle emotionally, feeling grateful can help heal us. The truth is the deeper our gratitude and the more we find to be grateful for, the more we get out of life."*

# CALENDAR

**GENERAL MEETING**  
FEBRUARY 15TH

**PRESIDENT'S DAY  
NO SCHOOL**  
FEBRUARY 19TH

**FIRE STATION TOUR**  
FEBRUARY 22/23

**"INTO THE WOODS"  
PLAY AT IHS**  
MARCH 6TH

**MS DONNA'S BDAY**  
MAR 10TH

**GENERAL MEETING**  
MARTH 15TH  
*Summer & Fall Reg Packets Due*

**PARENT TEACHER  
CONFERENCES**  
MAR 20TH (2 DAY)  
MAR 21ST (3 DAY)

**TRIKE-A-TON FUNDRAISER  
NO SCHOOL**  
MAR 23RD

**OPEN ENROLLMENT**  
MAR 27TH

**EASTER EGG HUNT**  
MAR 29TH /30TH

**SPRING BREAK  
(NO SCHOOL)**  
APRIL 2-6TH

**LEGOLAND FIELD TRIP**  
APRIL 9TH

**GENERAL MEETING**  
APRIL 19TH

**EARTH DAY CARNIVAL  
(ALL CLASSES)**  
APRIL 20TH



She talks about **THREE IMPORTANT THINGS PARENTS SHOULD KNOW WHEN FOSTERING GRATITUDE AND APPRECIATION IN CHILDREN**

- 1** Teach your kids to be grateful for people in their lives, not just things.
- 2** Gratitude thrives on specificity.
- 3** Gratitude doesn't make problems disappear.

I hope you will go to her web site and read the whole article:

<http://www.heartofconnecting.com/blog-1/2017/12/5/the-antidote-to-entitlement>

**AT ICNS, ONE OF OUR RULES IS: WE TAKE CARE OF OTHERS**, and a big part of this is helping the children give caring, grateful messages to one another. As adults, we also model grateful attitudes when we are polite and respectful to each other and the children, and recognize when the children are kind and caring to their friends. If you see grateful acts, please acknowledge the children by pointing out what you saw that was caring: *"Thank you for taking care of your friend when she fell down"* or *"I heard you say thank you to your friend when he gave you a shovel."*

I know that when I express my appreciation to the people in my life, and let them know how very much they mean to me, I feel as good as I hope my expression of caring makes them feel. In 2018, a goal I have is to express my gratitude more and complain less! Thank you all.

*Ms. Donna*





## IT'S ABOUT PRESENCE, NOT PRESENTS.

I know the title sounds cheesy but it is a mantra and it works.

Let's face it, it's so easy to fade away as a parent. To become furniture with a phone, or turn on the shows. To justify a little extra screen time. Catching your breath as a parent is a narcotic. It's addictive and can be habit forming. Ask your Doctor to see if **Free Time™** is right for you!

Then there is the cycle of self-guilt when you start to realize it's almost bath time, and you swear you just sat down to watch one cartoon at lunch. Followed with even more apologetic indulgence on our children. Providing little reasoning to our kids for the windfall of spoiling. A toy, treat or more TV. Or better yet the promises of "tomorrow" or "later" you know won't find their way on the schedule. You see where I'm going with this.

**Our window to form bonds and build the foundation of character for our children is so small.** It goes from constantly needing us to do every, last, little thing with them to "let's grab coffee sometime" in a handful of years. For Michelle and I, our oldest is starting to hit that wanting independence stage now and it hurts, it's like early on-set empty nest syndrome. When I start to realize my life is measured by trash nights, I feel that pang. I didn't get to decide when she started to grow up, she's just doing it with or without us. In those moments I think why would you throw those years away? It's about presence, not presents. There will always be stuff but there won't always be time. That would have been a good title too..

It's not easy, but it's not supposed to be. Nothing worth doing ever was.

[This scene](#) from the movie "Storks" that captures this message so painfully funny. (this whole movie is hilarious)

*Disclaimer: Kevin Maginnis has no accreditation nor is he recognized by any organization related to family therapy or child psychology. He's just a guy that always wanted to be a dad and gets to do the newsletter.*

*Kevin & Michelle*

# FUNDRAISING IS A BLAST!

CURRENT MONEY RAISED IS:

**\$7,618**

GOAL!!  
\$13,000

## WE'VE BEEN DOING A GREAT JOB FUNDRAISING THIS YEAR!

Thank you everyone that has been participating, working and contributing to all of our Fundraising efforts so far.

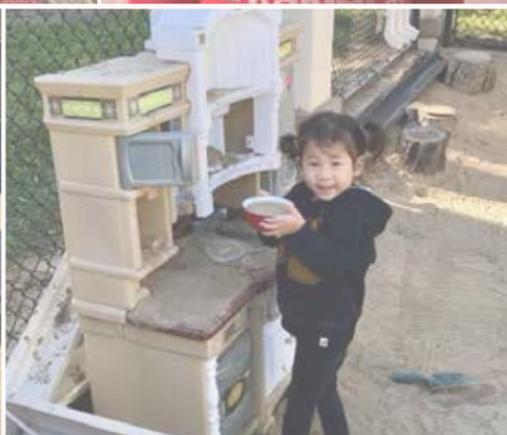
## UPCOMING FUNDRAISER

### TRIKE-A-THON MARCH 23RD

This is one of our most fun fundraising event for kids and families alike. Bring their favorite scooter or bike and enjoy racing around the park. There will be some great raffle prizes to bid on as well.



# 2 DAY FUN & FAMILY



# 3 DAY FUN & FAMILY



# HOLIDAY PARTY



# COOKIE PARTY



PANCAKE BREAKFAST  
DADDY DAY

