Dear parents,

I’ve been thinking about traditions lately. We all know about holiday traditions, especially Christmas, but what about the rest of the year. How can we add rituals and traditions to everyday life? How does this benefit families?

Rituals help keep us grounded and mark the passage of time. Something as simple as movie night, taking a picnic dinner to eat before lacrosse practice, or having a special good night phrase are all ways to give your family identity.

These traditions are seen as special and are helpful to everyone’s well-being. For example, back when I was a stay at home mom, we always met my in-laws for dinner on Friday night. I was able to wear non-spitup stained shirts, I didn’t have to cook and I had something to look forward to. These things make up our family culture.

I have shared some links to articles and ideas about creating traditions in the Parent Corner.

In Christ, Mrs. Susan

***Parent Corner***

<https://www.verywellfamily.com/family-rituals-meaning-examples-3288187>

<https://mommypotamus.com/family-tradition-ideas/>

<https://www.parents.com/fun/activities/fun-family-tradition-ideas/>

<https://amotherfarfromhome.com/family-culture/>

**Saint of the Week**



St. Valentine

Feast Day- February 14

Week of February 10, 2020

Weekly Focus:

|  |  |
| --- | --- |
| Color- red | Shape- heart |
| Letter- Vv | Number- 14 |
| Sight words- red love | Rhyme- Monster Love |
| Story- The Day Before Valentine’s Day | |
|  | |

REMINDERS (and other things)

* Buttons will go home with Ethan-Cole.
* Mary will go home with Brandon.
* PLEASE leave toys at home. Only send in one small “comfort” item for rest time.

Upcoming Events-

2/14- Valentine Party

2/15- Jude’s birthday

2/24- Grace’s Birthday

Sebastian’s birthday

2/26- Ash Wednesday



St. Philip Neri School

Mrs. Susan, Mrs. Heather

& Mrs. Anne

Pre K News

