

# SAC NEWSLETTER

Scranton Preschool

## February News

It has been a cold, snowy start to the new year! In February, we are looking forward to the opportunity to meet with families during parent teacher conferences on the 12th and 13th. Please be looking for a Sign-up Genius link that will be shared by teachers soon. These conferences are a chance to discuss progress as well as goals for the rest of the year.

The children have been busy getting back into the swing of school as well as all things winter. In February, classes will learn about friendship and love in addition to preacademic skills.



# FEBRUARY TIP OF THE MONTH

## Play With Your Child's Name

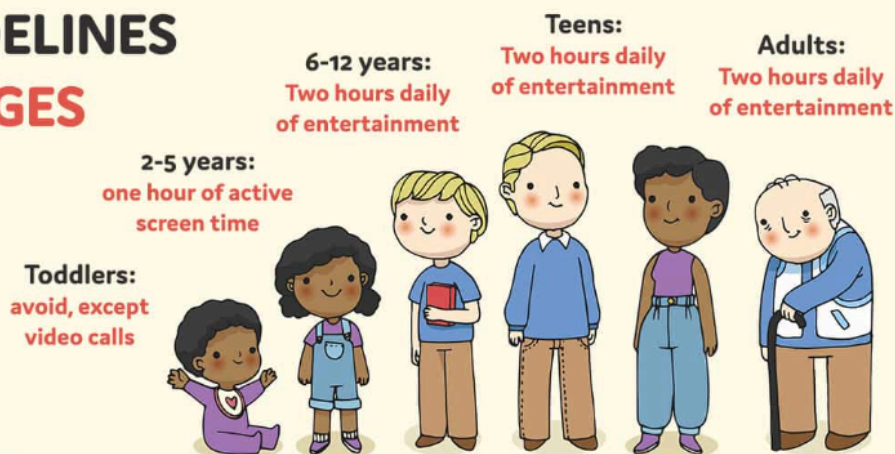
Play around with the sounds in your child's name. Point out things in the environment that start with the same sound as their name. Ask him or her to say words that begin with the same sound - like Rick, rock, raccoon, river.

## SAVE THE DATES

- February 5th: SAC Spring Picture Day
- February 7th: No Preschool- Screening @ SAC
- February 12th & 13th: Parent Teacher Conferences
- February 13th & 14th: No School
- February 28th: No School



# SCREEN TIME GUIDELINES BY AGES



## Some Important Information About Screen Time:

- According to most experts, children under the age of 2 should have no screen time, while children between 2 and 5 years old should be limited to a maximum of one hour of screen time per day, and children 6 and older should not exceed two hours of recreational screen time per day.
- Key Points to Remember
  - Educational Content: For young children, prioritize educational programming when screen time is allowed.
  - Co-Viewing: Parents should actively engage with their children while watching screens.
  - Screen-Free Time: Encourage other activities like outdoor play and social interaction.
  - Bedtime routine: Avoid screens for at least 30 minutes before bedtime.

# Community Resources

## Osage County Resource List

**\*\*unofficial partial list, subject to change- please contact 785-253-3853 if you would like to add to this list\*\***

### **FOOD AND CLOTHING ASSISTANCE**

#### **Help House**

131 W. 15<sup>th</sup> St.  
Lyndon, KS 66451  
785-828-4888  
[osagecountyhh@gmail.com](mailto:osagecountyhh@gmail.com)

- Monday 4-7 PM
- Tuesday 10 AM-1 PM
- Wednesday 10 AM-1 PM
- Thursday 10 AM-1 PM
- Friday 10 AM-1 PM

#### **Hope Against Hunger \*located in Carbondale Cornerstone Church**

334 W. Main St.  
Carbondale, KS 66414  
785-253-3853  
[hopeagainsthunger2021@gmail.com](mailto:hopeagainsthunger2021@gmail.com)  
**\*While food supplies last\***

- Monday 2-6 PM
- Wednesday 12-3PM

Friday 2-6PM  
Every 3<sup>rd</sup> Saturday of the month 10AM-2PM

#### **Trail Community Closet \*Located in Overbrook United Methodist Church**

1005 Maple St.  
Overbrook, KS 66524  
785-338-0350

Tuesday 8AM-12PM; 4PM-7PM  
Wednesday 8AM-12PM  
Thursday 8AM-12PM; 4PM-7PM  
Every 2<sup>nd</sup> Saturday of the month 8AM-12PM

#### **Be Filled of South Topeka**

200 Airport Rd Bldg 818 S1  
Topeka, KS 66619  
785-861-0766

Saturday - 10 a.m.-noon  
Tuesday - 6-8 p.m.

#### **HARVESTERS MOBILE FOOD PANTRY:**

**Carbondale-** 2<sup>nd</sup> Tuesday of each month- 12PM at the Carbondale Church of Christian Fellowship.  
785-828-4888

**Burlingame-** 3<sup>rd</sup> Thursday of each month- 10AM at the Burlingame

Federated Church, 322 S Topeka Ave.  
785-654-3851

**Melvern-** 3<sup>rd</sup> Thursday of each month- 12:30PM at the Melvern Community Center. 102 NE Main

**Osage City-** 3<sup>rd</sup> Thursday of each month from 10AM-11AM at the Osage City Community Center, 517 S 1<sup>st</sup> St.  
785-528-5184

**Lyndon-** 3<sup>rd</sup> Friday of each month starting at 12PM at Jones Park in Lyndon  
785-828-4888

**\*\*Please line up 15 minutes prior to distribution for tallying food portion numbers. Food will be distributed until gone.**

#### **BLESSING BOXES:**

Carbondale UCC- 104 S 4<sup>th</sup> St.  
Carbondale, KS

Overbrook Grace Community Church- 310 E 8<sup>th</sup> St. Overbrook, KS

Cross Road Community Church- 512 Mason St. Scranton, KS