

# Mount Zion - Children's Church News

We are learning, loving and serving God together!

As the Thanksgiving weekend approaches I am so thankful for my church community! I am also thankful to be part of a team that is striving to deliver wonderful teachings to the children every Sunday. Together with our parents let us instill in the children attitudes of thanksgiving.

If you have any questions or concerns please feel free to email me (address below).

Rita Cardarelli (Children's Church Director)

## Children's Church Workers:

Grace Castro-Nolet	Liliane Mingardi
Luisa Thuswaldner	Radina Petrova
Steve Thuswaldner	Vincent Nolet

## October's Theme: Thanksgiving

We are continuing with our Thanksgiving theme. The children have learned:

- It is good to give daily thanks to the Lord for all the blessings He has given us.
- We are thankful that God made each of us unique with our own gifts and talents.
- The parable of the sower. Bring forth your good seed.

In October we will focus on:

- Having a thankful heart and the right attitude
- Learning the different impact of complaining, arguing and having a grateful heart.
- Remembering that your attitude and behaviour affects others.
- Helping other people. It is a way for you to thank the Lord. In practical ways you can show others you care about them.

## October's Scripture Memory Verses:

### Psalm 69:30

"I will praise God's name in song and glorify him with thanksgiving."

### Philippians 2:14

"Do everything without complaining or arguing. "

### Matthew 15:18

"The things that come out of our mouths come from our heart. "

## Upcoming Dates/Events:

If you haven't already done so, please return the two forms (registration and media). Thank you to those who have returned them!

Oct. 6 – Scripture Memory recitation & prizes

Nov. 10 – Scripture Memory recitation & prizes

## What Parents Can Do:

Please review the memory verses every day with your child.

Set an example and encourage a grateful heart! Children not only listen to what their parents say, they watch what they do!

See "Helpful Hints for Parenting" on the next page!

# Mount Zion - Children's Church News

## We are learning, loving and serving God together!

### Helpful Hints for Parenting

The fall season is a busy time for families as children settle back into school and adjust to new routines. Here are a few suggestions to help make it a smooth transition:

- 1. Set up a calendar of events**-Keep a large calendar visible for the whole family and write down all events, activities and even homework assignment due dates, church dates! This will keep everyone organized. Part of added stress for children is not knowing what is ahead. Having a calendar eases their anxiety because they can always refer to it and are better able to plan.
- 2. Set up a homework-friendly area for your child.** Make sure it is well-lit with needed supplies (paper, pencils, glue, scissors...). When children have their own work space they can leave their resources there all the time and they don't have to waste time search for a place to do their homework or for the things they need. Parents who create a homework space validate its importance to their children.
- 3. Schedule a regular study time.** Children thrive on consistent routine. Find out the best time for your child. It may be right after school, following a snack and play period or after dinner. If parents keep it the same time every day children will be less likely to fight about getting started. Knowing the study time expectation also helps children to establish other routines.
- 4. Be a motivator and monitor.** Most schools give out agendas where children write down their homework. Parents should ask to see it and also ask specific questions about assignments, quizzes, and tests. Due dates can be added to the family calendar. Showing your children you are invested in their education does make a difference! Give encouragement and support, check completed homework, and make yourself available for questions and concerns, but don't do the homework for them! Children need to learn how to problem solve.

In the next few weeks try implementing one or all of these suggestions and let me know how it goes! If you need further assistance I'm more than happy to help you out. Come talk to me on Sundays or email me!  
([rita.cardarelli@mzchurch.net](mailto:rita.cardarelli@mzchurch.net))