



[www.concordiaplace.org](http://www.concordiaplace.org)

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Katie Kirby, Director of Advancement

## important dates

Aug 4th	Summer Camp Field Trip to 12th Street Beach
Aug 10th	Fall into Fun planning meeting at 5:30pm at Seeley site
Aug 11th	Summer Camp Field Trip to Hollywood Fun Park
Aug 13th	<b>Concordia CLOSED</b> -Teacher In-service
Aug 14th	Sprouting Out Farmer's Market 9am-12pm at Linne School 3221 N Sacramento
Aug 18th	Sprouting Out Farmer's Market 3-6pm at Concordia Place 3300 N Whipple
Aug 18th	Summer Camp Field Trip to Rainbow Falls
Aug 25th	Summer Camp Field Trip to 12th Street Beach
Aug 31st	Fall into Fun planning meeting; 5:30pm at Whipple
Aug 25th	Summer Camp Field Trip to 12th Street Beach
Sept 1st	Summer Camp Field Trip to Brookfield Zoo
Sept 25th	Fall into Fun Street Fair—Mark your calendars!



## Let Children Be Children

*From Teaching Young Children, www.naeyc.org/tyc*

Do you worry that your children are growing up too fast? Do you wonder what to say when they talk about "going on a date"? Are you frustrated when they beg to watch television shows or movies with characters and activities that are just too old for preschoolers?

We worry too. Let's work together to protect children and let them enjoy being preschoolers. Here are five ideas that may work for your family.

**Limit the time your child spends in front of a screen**—television, computer, video game, and so on. The American Academy of Pediatrics recommends limiting total screen time to no more than 1 to 2 hours a day for children older than 2 years.

**Make a list of things to do instead of watching a screen.** Ask your child to think of activities he or she enjoys—reading, doing a puzzle, tossing a ball to the dog, or helping to cook dinner. Use photographs or drawings to illustrate each item on the list. Include some activities you can do together. Use the list to help your child choose something to do instead of screen time.

**Schedule a weekly family night.** Include your child in planning what to make for dinner and what to do afterward. You might go for a walk around the block, play a board game, tell stories, organize family photos, or do any other activity your family enjoys.

**Help your child become a unique individual with varied interests and abilities.** One way to do this is by reading and talking about books in which both male and female characters are strong, confident, thoughtful, and sensitive. And you and the other important adults in your child's life can do this by being role models—men and women who work, enjoy hobbies, take care of the home, and spend lots of loving time with their children.

**Work with other people who want to preserve childhood.** Talk with friends, neighbors, family members, and the parents of your children's friends and classmates. Agree to hold birthday parties focused on fun rather than TV or movie characters; to dress your children like preschoolers, not teenagers; and to resist (rather than giving in) when children ask you to buy things you know are not good for them.

## Dejemos que los niños sean niños

¿Está usted preocupado porque su hijo está creciendo demasiado rápido? ¿Se pregunta qué decir cuando habla de "tener una cita"? ¿Se frustra cuando le ruega que lo deje ver un programa de televisión o una película con personajes y actividades que están destinadas a niños más grandes? Nosotros también nos preocupamos. Entonces, trabajemos juntos para proteger a los niños y dejarlos que disfruten de ser preescolares. Veamos cinco ideas que pueden funcionar en su familia.

**Limite el tiempo que su hijo pasa frente a una pantalla de televisión, computadora, videojuego, etc.** La Academia Americana de Pediatría (American Academy of Pediatrics) recomienda limitar el tiempo total de exposición a la pantalla a no más de 1 o 2 horas por día para los niños de más de dos años.

**Haga un listado de cosas que el niño puede hacer en lugar de mirar una pantalla.** Pídale que piense en actividades que le gusta realizar (leer, armar rompecabezas, tirarle la pelota al perro o ayudar a hacer la cena). Utilice fotografías o dibujos para ilustrar cada elemento del listado. Incluya algunas actividades que puedan hacer juntos. Use el listado para ayudar a su hijo a elegir algo para hacer en lugar de pasar tiempo frente a la pantalla.

**Programe una noche familiar cada semana.** Incluya a su hijo en la planificación de qué comer a la hora de la cena y qué hacer después. Podrían ir a dar una vuelta a la manzana, jugar un juego de caja, contar cuentos, organizar las fotos familiares o hacer cualquier otra actividad que le guste a la familia.

**Ayude a su hijo a ser alguien exclusivo, con intereses y capacidades diversos.** Una forma de hacerlo es leer y conversar sobre los libros en los que los personajes, tanto varones como mujeres, son fuertes, seguros de sí mismos, reflexivos y sensibles. Usted y los demás adultos importantes para la vida de su hijo pueden hacerlo dando el ejemplo: hombres y mujeres que trabajan, disfrutan de pasatiempos, se encargan del hogar y dedican mucho tiempo y amor a sus hijos.

**Trabaje junto con otras personas que deseen preservar la niñez.** Converse con amigos, vecinos y familiares, y con los padres de los amigos y compañeros de su hijo. Pónganse de acuerdo en celebrar fiestas de cumpleaños centradas en la diversión en lugar de los personajes de películas o la televisión; en vestir a sus hijos como preescolares y no como adolescentes; y en resistir (en lugar de ceder) cuando sus hijos les pidan que les compren cosas que ustedes saben que no son buenas para ellos.

Community Program Manager,  
Flora Calabrese

Mark your calendars for our July Farmers Market at Concordia Place! Wednesday, July 21<sup>st</sup> from 3-6 pm in the Whipple courtyard

Thanks to all who participated in our first farmers market! The rains held off till the very end and we had a great turnout. Our teens were active in every aspect of launching this first market and learned a lot from this experience. This Sprouting Out project is a teen-led leadership initiative started by our Emerging Leaders. Its innovative focus has three main components:

1. Expanding and maintaining a teen-led garden
2. Providing local residents access to fresh, sustainable produce through monthly farmers' markets here at Concordia Place on Wednesdays and at Linne School on Saturdays
3. Teaching educational workshops on nutrition and gardening to local students and families.

We really need your support by attending the farmers' markets and promoting them to your family and friends. Please visit our web site at [www.concordiaplace.org](http://www.concordiaplace.org) for markets dates and times. Get a cool market magnet for your fridge at the front desk. See you on July 23rd!

Our Senior Wellness programming is taking monthly fieldtrips for the summer to a variety of places such as the Botanic Gardens, an Architectural boat tour on the Chicago river and multi-generation trip with the teens to the Milwaukee Art Museum and Growing Power, an extensive organic garden in downtown Milwaukee. Our Emerging Leaders chaperoned our seniors at their *Senior Prom* on July 9<sup>th</sup>. The event included music, food and of course, dancing! If you are interested in joining us for any of these activities or know a senior who is call Maureen Swanson, 773.460.1600 ext.413 or email [mswan-son@concordiaplace.org](mailto:mswan-son@concordiaplace.org).

Enrichment classes are taking a summer break except for our English as a Second Language class (now filled to capacity!) and our Saturday Yoga class which will run from July 10<sup>th</sup> through August 28<sup>th</sup> from 10-11am. Our autumn schedule will be online in August. For more information call or email Flora Calabrese, Community Programs Manager at 773.463.1600 ext.312 or email [grow@concordiaplace.org](mailto:grow@concordiaplace.org).

Concordia Place was created through the vision and dedication of Concordia Lutheran Church and its members.

## Program Director, Sarah Spraker

Outdoor neighborhood events are a great way to spend time with the family and friends and get outside during the summer and fall months! Many of you came to Kids Square at Ribfest and other local festivals in the Seeley and Whipple neighborhoods.

Every year Concordia hosts its own street festival and fundraiser called Fall into Fun. We are currently busy planning a variety of activities for the whole family. This year the event will be on September 25th, from 11 am to 2:30 pm. It is a wonderful way to get out of the house, enjoy the outdoors, and support the programs of Concordia Place! Highlights of the event include carnival games, grilled food, live music, a teen-led farmers market, and an indoor health fair for seniors.

An added component this year will be a KaBoom Play Day. Children and families will be invited to participate in projects that will help beautify our Seeley playlot, such as painting and planting flower boxes and decorating the fence with colorful ribbons. Visit [kaboom.org](http://kaboom.org) to read more details about our Play Day event and the opportunity to receive a grant from KaBoom to make further improvements to our outdoor play space!

Please save the date for Fall into Fun on Saturday, September 25th from 11 am—2:30 pm. We hope to see you there!



### Sprouting Out Farmer's Market Schedule

#### TWO LOCATIONS!

Wednesdays 3-6pm at  
Concordia Place, 3300 N. Whipple  
Aug 18, Sept 15, Oct 20, Nov 17

Saturdays 9-12pm at  
Linne School, 3221 N. Sacramento  
Aug 14, Sept 11, Oct 9

You are welcome to visit us anytime!  
Concordia Lutheran Church  
Summer Worship Sundays 9am  
[www.concordia-chgo.org](http://www.concordia-chgo.org)



Preschool Stars:  
Veronica and Myan

This month the Preschool Stars learned about family. The children brought in pictures of their families and we shared with each other how our families are different, and how they are the same. We learned about sisters and brothers and being an only child. We shared ideas about our own moms and dads and grandparents.

We also learned about animal families before we went on our trip to the Brookfield Zoo.

Thanks to everyone who came on the field trip!

After School Program &  
Summer Camp:  
Katie, Stefanie, and David

July has been packed full of fun events and ideas! We had some great field trips where we got to see cloudy with a chance of Meatballs and tested our skills in bowling. We tried out a new water park for our summer camp this year and had a blast. There were lots of fun, twisty slides and a great pool!

During our time at Concordia we have been working on some great projects. Children painted old poster tubes and came up with some great ideas for them, like telescopes, musical instruments and summer time capsules. We also spent a week practicing for a talent show where the children put on some great performances of puppet shows, magic tricks and songs.

As the weather this summer gets warmer and warmer, please remember to have your child bring a water bottle everyday to avoid heat exhaustion and dehydration. We're excited to be having such a fun summer and for more to come!

Rainbow Room:  
Judith and Ester

This month's activities were out of this world in the Rainbow room!

At the end of June, our class decided that we wanted to learn about sun, moon and stars. We started out just learning the basics and the class was so interested in the subject that it expanded through July. We learned that the sun never really sets, it is just shining somewhere else. We did an experiment with a flashlight and a globe to show how this happens.

We were also interested in learning about the other planets in our solar system. We learned which planets are made of rock and which are made of gases. We also talked about which planet is the best to live on-Earth!

As a special treat we got to watch "The magic school bus: Lost in the solar system" and Eye witness: Planets. It was really neat to see real pictures of planets in Eyewitness: Planets. Make sure you check out our constellations and planet pictures hanging on the wall in our classroom.

Tiger Two's  
Luz and Amber

This month we are working on our family board. We are asking everyone to bring in photos of their families and write a response to the question, "What are your hopes and dreams for your child?"

The children have had an interest in insects. We have been exploring many materials that relate to insects. The children take science kits out to the playlot during our large motor time to try to find and "capture" bugs.

We are excited to welcome Kayla and Sophia to the Tiger Two's classroom.

Preschool Rockets:  
Marie and Lynda

The Preschool Rockets welcomed Adan & Xander to our class.

This month we enjoyed making bubbles in the sensory table. We had fun blowing bubbles and chasing them in the park.

We also discussed the concept of family and how families are unique and different. We read many books about families. We learned and sang many songs about families.

The Rockets also played a game called "Name Hunt." They searched around the room for a card that had their names written on it. We then discussed the letters in each of their names.

### ATTENTION FAMILIES! "Earn" a week of FREE Tuition with Concordia's "Gracias!" Program

Refer your friends to Concordia and you can earn a week of free tuition! Just have your friend write your name on their application and when their child has been enrolled for a month, we credit you a week's tuition!

Contact Sarah Spraker at  
773-935-3739 or  
[sspraker@concordiaplace.org](mailto:sspraker@concordiaplace.org)