



Sunbeam Children's Center Newsletter

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November 2025

Office Notes

Stay informed of what is happening by reading the monthly newsletter, the chalk board at the entrance of the school and the information board across from the bunny room.

Please be sure to keep the office informed of all changes to your child's information in his/her file, i.e., **updated immunizations**, new phone numbers, addresses, etc.

Please label all belongings, including water bottles, jackets and extra clothes. Also, you must date and label lunch boxes and bottles and food in the infant room. Others may have the same items and we do not want items to get misplaced. Please be sure to check your child in and out each day using the Play-ground app.

We would like to thank everyone that came and enjoyed the SCC annual Pumpkin Patch. It was a pleasure to see our families, students and staff having fun and enjoying getting to know each other.

Safe Snacks

If you are thinking of bringing in cupcakes or cookies for a class celebration or a birthday, please refer to this website. It has a list of acceptable nut free snacks that can be shared here at Sunbeam. **No homemade items please**, as we can't check the ingredients. Thank you! snacksafely.com

School Closing for Thanksgiving

SCC will be closed November 27th and 28th for the Thanksgiving holiday. Please let the office know if your child will **NOT** be here any days during the Thanksgiving Holiday, by Nov. 14th, so we can plan staffing accordingly. Thank you.

Thanksgiving Celebration

SCC will host its annual Thanksgiving Celebration for all students and parents. Each classroom will post a sign-up sheet on Monday, November 10th to Friday, November 14th for food and the family members that will be attending.

Volunteers are needed the day of the Celebration to help arrange food and pour drinks. Please contact the office to volunteer. The Thanksgiving Celebration is on Monday, November 24th at 11:30 in the Fellowship Hall upstairs. Please have hot food here by 11:15 AM. Please drop off drinks in the morning. Please label all dishes/containers with your name so we can be sure to return them to you.

Come and enjoy the Celebration with your child! We wish all our Sunbeam Families a very blessed Thanksgiving!



Texas Roadhouse SCC Family Social

Mark your calendar for Thursday, November 6th. Join us that day for lunch, dinner or carry out to support your school. Bring in the flyer and 10% of the proceeds will be given to SCC.

This is a perfect time for our families to enjoy some fellowship together. We will purchase items for the classrooms and play areas with the proceeds.

Thank you for your support and happy eating!

SCC Advent Bag Mission Project

Sunbeam will join the congregation of St. Thomas United Methodist Church in filling Advent bags with non-perishable food for the Food Pantry to help families in need during this holiday season.

Every Saturday the Food Pantry serves several families from our community. The Advent bags will be sent home on December 1st with instructions on what to put in your bag. All of the bags must be returned to SCC by December 19th in time to distribute to families in our community for Christmas. Your support will bless those in need and in return you will be blessed!

Parent Tip

The benefits of outside play extends beyond physical health. During recess students engage with peers and get a much needed break from the structure of the classroom. Studies have found that recess benefits students by improving their memory and attention, helping them stay on topic in class, reducing their disruptive behavior, and improving their social development. Fresh air has been shown to help digest food more effectively, improve blood pressure and heart rate, strengthen the immune system, reduce obesity rates, and strengthen family ties, all leading to a healthier you. Let's go outside and play!!

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Important Upcoming Dates:

Nov. 2: Daylight Savings time ends — Turn your Clocks Back 1 hour
Nov. 3-7: Hibernation trail—3 & 4's Put Bears Down for Winter Nap
Nov. 4: Election Day—SCC Open
Nov. 11: Veteran's Day—SCC Open
Nov. 5: Kids Nature Puppet Show —"Hibernation/ Migration"
Nov. 24: SCC Thanksgiving Feast (Luncheon) @11:30
Nov. 27-28: **SCC CLOSED** for the Thanksgiving holiday



SUNBEAM BIBLE STORIES



Theme: Patience
Bible Verse: "Trust in God"
John 14:1



November 5: The Promise-Isaac's Birth
Genesis 18&21

November 12: Joshua and the City of Jericho
Joshua 6:1-20

November 19: Hannah and Samuel
1 Samuel 1& 2

November 26/27: No Chapel- Thanksgiving holiday



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SUNBEAM CURRICULUM

Pre-Tod Class

Monthly

Skill: Know how to use everyday objects, such as a spoon, toothbrush or phone

Color: Brown
Shape: Square
Number: 4

Week of:

Nov.3: Hibernation/Clothes; Letter J
Nov.10: Dinosaurs; Letter review A-E
Nov.17: Thanksgiving/ Being Thankful/ Neighborly; Letter review F-J
Nov.24: Thanksgiving; Letter K

Toddler Classes

Monthly

Skill: Differentiate between "mine" and "his/her"

Color: Brown
Shape: Square

Week of:

Nov.3: Hibernation/Clothes; Letter J
Nov.10: Dinosaurs; Letter review A-E
Nov.17: Thanksgiving/ Being Thankful/ Neighborly; Letter review F-J
Nov.24: Thanksgiving; Letter K

2 Year Classes

Monthly

Skill: Differentiate between "mine" and "his/her"

Color: Brown
Shape: Square

Week of:

Nov.3: Hibernation/Clothes; Letter J, Number 10
Nov.10: Dinosaurs; Letter K, Number review 6-10
Nov.17: Thanksgiving/ Being Thankful/ Neighborly; Letter review F-H, Number review 1-10
Nov.24: Thanksgiving; Letter I-K, Number 1-10

3 Year Classes

Monthly skill: Self-care (learning to function independently with putting coats on, bathroom, eating)

Week of:

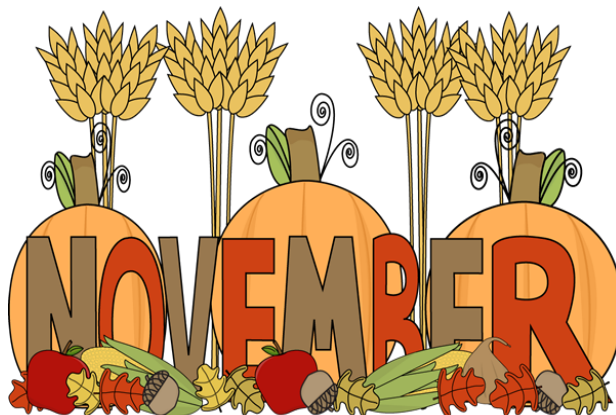
Nov.3: Hibernation/Clothes; Letter F, Number 10
Nov.10: Dinosaurs; Letter review A,E,I,,U, Number11
Nov.17: Thanksgiving/ Being Thankful/ Neighborly; Letter review S,M,L,N,F, Number 12
Nov.24: Thanksgiving; Letter review A,E,I,O,U, S,M,L,N,F, Number reviews 6-12

4 Year Classes

Monthly skill: Self-care (learning to function independently with putting coats on, bathroom, eating)

Week of:

Nov.3: Hibernation/Clothes; Letter F, Number 10
Nov.10: Dinosaurs; Letter review A,E,I,,U, Number11
Nov.17: Thanksgiving/ Being Thankful/ Neighborly; Letter review S,M,L,N,F, Number 12
Nov.24: Thanksgiving; Letter review A,E,I,O,U, S,M,L,N,F, Number reviews 6-12



Teacher Notes

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Day Care Infant Room Ms. Coco, Ms. Shirley

Hello everyone! I hope everyone is doing well! I would like to welcome Madison and Yug to our infant room. We are very excited to have our two new friends with us and we look forward to getting to know you!

The year has moved by so fast. With the cooler weather upon us please be sure to send in a light jacket or sweater for when we go for our strolls around the church.

Please remember to label and date your child's bottles and food each day. This is a licensing requirement. Thank you for your support with this.

Happy birthday to Yug on the 22nd. May your day be as special as you are to us.



Day Care Pre-Toddlers- Room 101 Ms. Noura

October was a busy month and it looks like November will be the same. We will be making turkeys, singing songs and getting ready for the annual Thanksgiving Feast on the 24th of this month. All families are invited and I hope everyone can attend. A sign-up sheet will be posted later this month.

Also, remember to pack a jacket and hat for your child. We do go outside for walks or play each day. And don't forget their extra set of warmer clothes. Be sure we have that here as well. We are limited on extra long pants and jackets and I don't want your child to be cold when we go outside. Thank you for sharing you child with me they are all very special! Have a blessed Thanksgiving.



Day Care Toddlers - Room 103 Ms. Laura, Ms. Faith, Mr. Brayden

November is such a cozy and special month! It's the season of thankfulness! This month we will be focusing on friendships, kindness, and learning to be thankful for our family, our friends, and all the fun we have together! The children have been doing such a wonderful job learning to use their manners, show kindness, and learning to share.

In addition, parents with the weather getting a bit cooler please remember to check your child's cubby for extra weather appropriate clothing. Label all jackets, hats, and water bottles. Please remember to send in a jacket since we will still be going outside! We are so incredibly grateful for our amazing families and the joy your toddlers bring us each day!

Important reminders:

Thanksgiving feast — November 24th. A sign up sheet will be getting posted in the classroom by November 7th for families to bring something to share. Thank you for making this a fun and memorable event!

SCC is closed for Thanksgiving — November 27 & 28. We hope you enjoy a wonderful holiday filled with family, love and all the delicious foods!

Happy birthday to Gian on 11/6.



Teachers Notes

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Day Care Toddlers - Room 105 Ms. Elana, Ms. Caroline

November is here! We're so grateful to be part of your children's lives and to see their growth each day. We have some exciting events and seasonal activities planned for this month!

Toddlers will dive into the colors of fall! We have leaf-painting, nature walks, and lots of hands-on activities planned to help them develop fine motor skills. We'll also practice counting with seasonal items like pumpkins and leaves!

Families are invited to join us on November 24th for our Thanksgiving Celebration. Come for a delicious meal and some quality time with teachers and friends. We hope you can join us for this wonderful tradition!

A quick reminder, as temperatures drop please send your child with a labeled coat, hat, and gloves for outdoor play. We want everyone to stay cozy and warm while enjoying the fresh air.

Happy birthday to Zoe on 11/20



Day Care 2's - Room 102 Ms. Doris

October has come and gone as fast as the changing leaves! Aren't you all just loving this amazing weather?! The leaves changing color and the crisp mornings are such joy. Holiday season is here and we are loving it!

We had so much fun during October but November is packed with more fun activities like sensory boxes, printing turkeys, mixing colors, and much more. The weather is getting colder and we want your child to be prepared. Please bring your child with appropriate clothing for when we go outside.

Our Thanksgiving Feast will be November 24th. Keep an eye out for a sign up sheet! SCC will be closed November 27-28th. Parents thanks so much for your support!!! We are grateful for you and your family, stay safe during the Thanksgiving holiday.

Happy Birthday Ani 11/25 and Happy Thanksgiving to all!



Day Care 2's - Room 104 Ms. Nancy

November is here and it's the season to give thanks and to be thankful! I'm thankful for all of my students as well as you the parents! Thank you for working so well with me to ensure your child is well taken care of and is receiving the education they deserve. I'm also very thankful for all the wonderful moments full of laughter and smiles your child has shared with me so far this school year.

This month your child will learn about Hibernation, Dinosaurs, Thanksgiving and Being Thankful. We will also be celebrating Thanksgiving at our own SCC Thanksgiving Feast! You are all welcome to join us and celebrate as a family!

A friendly reminder: Please remember to continue to label items that belong to your child such as water bottles, jackets/coats, and extra change of clothes.



Teacher Notes

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Day Care 3's - Room 111 Ms. Ellen, Ms. Jasmine

It is finally November! Let's remember to be thankful for the little things. I'm thankful to all of you for entrusting your children to me and for all your support. I love your little ones very much and am thankful to them for bringing wonderful moments full of love and laughter each day.

We have some fun activities planned for this month. The kids will work on writing letters with their fingers on shaving cream. For our thanksgiving theme the kids will play a game called "Don't Eat Pete" and they will be making turkey sun catchers. Our Thanksgiving Feast is scheduled for Monday November 24th, starting at 11:30am. I hope all of you can join us and celebrate giving thanks.

Lastly, we will be closed November 27-28. Happy Thanksgiving everyone!

Ms. Melissa - Room 112 Specials Teacher

October was full of fun and learning in your child's specials classes! The children have been enjoying playing bells to songs such as "Are You Sleeping?" and "Ice Cream Man." Playing with the bells helps little ones understand and develop a sense of rhythm.

In Spanish class we have been working with antonyms such as "caliente y frio." The kids love coming up to the felt board to put their pictures under the correct heading. They have been doing an amazing job both taking turns and supporting their classmates.

We learned the fable of "Stone Soup" last month in Story time. We talked about how everyone having just a little bit of something seems like not enough to share, but once everyone put their ingredients together, it made a wonderful meal to feed so many. Seeing everyone with just one small ingredient and then the large stew it was able to make helped the kids really visualize and understand this. The children also enjoyed pretending to add their own ingredients and stirring everything up.

So much more fun is planned for November!

Day Care 3's - Room 113 Ms. Valeria

We welcome the month of November a month filled with gratitude, learning, and special moments. As we approach the end of the year, I want to thank you for your constant support. This month the children will enjoy special activities that promote gratitude, friendship, and sharing with others.

Also, during the month we will continue learning new letters, numbers, and doing fun crafts related to our weekly themes.

I would like to take this opportunity to thank you for your trust and support, for the love you show our little ones, and for your participation in all our activities. I am very happy with the great progress each child has made so far this year. Please remember that we will have our Thanksgiving feast on November 24th and we will be closed on November 27th and 28th.

Finally, I want to let you know that I will be traveling through Europe from 11/3-11/22. Thank you, and may this month be a beautiful one filled with God's blessings.



Day Care 4's - Room 115 Ms. Dawn

Happy October everyone! I hope everyone had a wonderful month and is ready for another fun filled month in room 115.

November is a month filled with thankfulness and blessings. I am truly blessed to have your children in my class. It is a joy to be with them each day and we are learning a lot from each other.

This month we will be doing some exciting activities. From putting our bears down for a long winter nap, discussing Thanksgiving and what we are thankful for, a fall tree craft, and ending it with the Charlie Brown thanksgiving movie on the 26th.

Our Thanksgiving feast will be Monday, November 24th at 11:30. Please keep an eye out for the sign-up sheet in our classroom so you can sign up for an item to bring.

Please be sure that your child has a jacket or sweater each day. We will go outside everyday, weather permitting and I want them to be warm. Please be sure that they have an extra set of warm clothing in case it is needed. Have a blessed Thanksgiving and if you need anything please let me know.

Blessings to all!

Day Care 4's - Room 118 Ms. Beth

I hope everyone had a safe and fun Halloween! This month, as we focus on being thankful, I would like to take a moment to thank each of you for the support you have given me this school year. You have amazing children and I am so blessed to be their teacher. From morning smiles to goodbye hugs, our days are filled with laughter, learning and music.

This month we will be "traveling" back in time. Our first visit will be to the Mesozoic era to study dinosaurs. We will become honorary paleontologists as we dig for dinosaur bones and create our own dinosaur. We will then "travel" to colonial times as we learn about Thanksgiving. The children will get to experience writing with quills, playing traditional games, and learning some of the words and phrases used.

With the weather becoming chilly, please be sure your child has a jacket everyday and an extra set of warm clothes in case of accidents or spills. I am also requesting each child bring in a white t-shirt at least one size bigger than their current size to decorate for the Thanksgiving Feast.

I hope everyone has a great Thanksgiving. Happy birthday Courtney on 11/17!!



Day Care 4's - Room 119 Ms. Ali

Can you believe it's November already? We are having such a great time here at Sunbeam. This month we are focusing on hibernation, winter clothing, dinosaurs, being thankful and Thanksgiving itself. Some important things to note: please make sure that your children are coming in with coats and whatever other winter clothing they need. We will go outside every day that it is possible and the warmer clothing is necessary. Please check their extra clothes to make sure it is weather appropriate. Also, please pack flatware such as forks and spoons if it is needed for their lunch.

Our hibernation trail where we put our bears down for their winter nap will be the week of November third through the seventh. On the fifth we have a Kids Nature show, with the scholastic book order due on the eleventh. We are still learning our numbers, our letters and the sounds they make.

Chapel this month is about the promise of Issac's birth, Joshua and the city of Jericho along with Hannah and Samuel. There will be no chapel the week of November twenty-fourth. We will be closed November twenty-seven and twenty-eight for Thanksgiving. With that Happy Thanksgiving and as always please feel free to come to me with any questions or concerns. Bring on the thankfulness!



Volunteers Needed

A few hours is all it takes to help raise awareness and eliminate hunger in our community. Every time you volunteer with the food pantry of St. Thomas United Methodist Church, you know that you have helped put food on the table of our neighbors in need and that you helped to support the community you live in. Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. This is especially important for our youth of today. It's a great way to reinforce kindness and compassion for others. We have several different levels of involvement and many different kinds of volunteer opportunities.

DRIVERS:

- Regular Driver: Pick up at designated grocery stores and deliver donated items to the Food Pantry. This would be 1-2 times each week in the morning. A large vehicle is helpful and the church van is available if you are on the insurance list.

FOOD PANTRY VOLUNTEERS:

- 9:00 am to approximately 12:00 (occasionally later). Tuesday, Thursday and Friday mornings. Help unload food that's delivered, sort food and put away. At the end of the morning please help sweep and wipe down tables, etc.
- Saturday: 8:30-12:00 includes;
- Intake for Saturday morning, intake done by computer. Some training is required but can be done on Saturday morning.
- Assist with food distribution.
- Translate for non-English speaking persons. Must be fluent in both English and Spanish -but not necessary to volunteer but is very helpful.
- Senior Citizen program: (Contact Karl Becker or Janie Russell) this requires;
- Assisting with packing boxes for delivery to senior citizens. This is done on Thursdays from 1:30-3:00.
- Assist with delivering the food to people in the Manassas area. Approximately 3:00-4:30. This requires a two people team, one of whom must be able to lift and carry the boxes of food. Since we are going into homes, it's also required that the delivery people and drivers are known to St. Thomas. We currently have two teams.
- Contact Jon Weed, 703-368-5161 or jon.weed@stthomasumc.org or [www.stthomasumc.org/serve/food pantry](http://www.stthomasumc.org/serve/food%20pantry).

Donations Needed This Month

Canned Soup

Stuffing Mix

Cranberry Sauce

Green Beans

Corn

Gravy



**As each has received a gift, use it to serve one another
as good stewards of God's varied grace.**

1 Peter 4:10



Tuesday Night Dinner

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November 4th

Caprese Salad
Balsamic Chicken Sandwiches

Dessert: Pumpkin Sugar
Cookies

Kids Dinner: Chicken Nuggets

November 11th

Garden Salad
Swedish Meatballs with Egg
Noodles

Dessert: Coconut Cake
Kids Dinner: Hot Dog

November 18th

Thanksgiving Feast

Roast turkey
Mashed Potato's & Gravy
Cornbread Stuffing
Cranberry Sauce
Rutabaga
Green Beans
Dinner Roll

Dessert: Pumpkin Pie
Kids Dinner: Same as Adults

Cookie of the month:
Peanut Butter Blossoms

November 25th
No Tuesday Dinner





Sunday Services

8899 Sudley Rd., Manassas
Pastor Matt Sergeant

Worship Services:

9:00 - Traditional with Hymns, Organ and Piano. Both in-person and Livestream
11:00 - Contemporary with Praise Band. Both in-person and Livestream

Children's Ministries (For Infants - 5th grade)

Nursery 8:45 AM - 12:15 PM

Children's Message during both the 9 AM and 11 AM Worship Services

Children's Sunday School at 10:15 - 10:45 AM

Youth Ministries (for 6th - 12th grade)

Activities

Special Events

Free Christmas Day Dinner Food Donations

Each year STUMC serves a free Christmas Dinner to our community and first responders from 11 am - 3:00 pm.

STUMC is now accepting any donations of paper towels, all purpose flour, granulated sugar, light and dark brown sugar, green beans, cranberry sauce and Christmas candy. These items will help us to start preparing for the hundreds of people they serve dinner to on Christmas Day.

Thank you for supporting us with helping others in our community to have a warm and blessed holiday meal.



11/9- Veterans Day Dinner at 5:00 pm - Veterans and Active Duty military members are invited to a dinner in their honor. Families are welcome to attend with them. Please indicate how many will be attending.

11/23- Friendsgiving in Children's Church @ 11am. Please bring a snack to share if you can.

11/30- Hanging of the Greens and Fresh Advent Wreath Making. @ 10:00am.

