

## Need a break?

Parents...take a break from your busy schedules and plan an evening out for yourselves. You will have time to be refreshed while your children will be well taken care of and even have fun!

### **PNO Workers**

We have some paid staff on site working with our children. However, we ask that each family volunteer for one night of PNO. Contact Cathy Smith to help.



**Join us on Sunday Mornings**  
**Worship Times:**  
**8:15—Worship**  
**9:30—Worship / Sunday School**  
**10:50—Traditional Worship**



**ST. Barnabas UMC**  
**Senior Pastor—Dr. Will Cotton**

5011 W. Pleasant Ridge Rd.  
Arlington, TX 76016  
817-483-1667



*St. Barnabas*  
**UMC—PNO**  
**Dates: 9/11, 10/9,**  
**11/13, 12/3 (Fri),**  
**1/8, 2/12, 3/12, 4/2**

*Cathy Smith*  
*Children's Director*  
*Krista Robison*  
*Nursery Coordinator*

**cathy@sbumc.org**  
**817-483-1667 ext. 26**

# PNO Childcare Guidelines

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## Parent Night Out!!!

Attention Parents!!! It's time to make a date night! The children's department of St. B is offering a Parent's Night out just for you! Leave your kids at the church for a fun night while you enjoy some time off.

### Who?

For now, 6 months old through 6th Grade for St. Barnabas families and their friends.

### Dates

Parent's Night Out (PNO) will typically be held the second Saturday night of the month. See cover.

### Cost

The cost of PNO is \$15 for the first child; \$10 for the other siblings. Family max \$40.

### Time

Childcare is provided from 6:00 to 9:00 pm. Drop off is no earlier than 6:00 and pick up is no later than 9:00.

## Registration

- Deadline for registration/payment is the Sunday prior to PNO.
- Registration/Payment must be placed in the designated envelope and dropped in the box outside E111 or given directly to the Children's Director (Cathy Smith) or Krista Robison. **Reservation is not complete without payment.** Cash or Check made to SBUMC.
- There is limited space available, so please register and pay early. There will be no telephone reservations, walk-ins, or waiting list available. No refunds.
- You must have a signed medical release form on file prior to leaving your child. Please pick one up from E111 and bring the form with you on the night of PNO.
- You must sign in your child when dropping them off. No one may be dropped off or picked up at the curb. You must leave your phone/cell number where you can be reached that evening in case of emergency. All children may only be released to the individual(s) listed when signing in. A driver's license may be requested at pick up.

## Details

- Dinner—Pizza will be provided. Children 3 and under are encouraged to bring their own dinner or eat before they come. There will be snacks provided. If your child has a food allergy, please send a snack with them to PNO. Make sure the caregiver knows of your child's food allergy and that you have sent a snack for them.

- Label all items sent with your child—diaper bags, bottles, sippy cups, coats, etc...
- If your child is recently potty trained, please bring a change of clothes including socks.
- Illness—Please make sure your child is feeling well when you bring them. A child with the following symptoms will not be admitted: fever (100 or above) in the last 24 hours, diarrhea or vomiting within the last 24 hours, undiagnosed rash, runny nose with a yellow or green discharge, discharge around the eyes.
- There will be a minimum of one adult on site who is CPR and First Aid certified.
- There will be age appropriate activities planned including games, crafts, and movies.
- We are trying to put all registration on our website—COMING SOON!

