



JUNEAU CO-OP
PRESCHOOL

newsletter

April 2016

Looking back and forward

- Music DIPAC
- Birds Mother's Day
- Caterpillars Butterflies

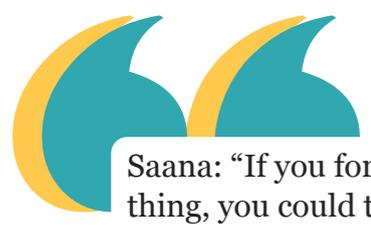
Hello Preschool Families

'Tis the season for growth and preschool is in full bloom. Most of the children came back from spring break a little taller, some with newer, bigger shoes, others with loose or missing teeth. In the classroom we are observing the growth of our caterpillars, soon to be chrysalises undergoing transformation, and we began a count-down to the possible hatch of at least some of the seven chicken eggs in our borrowed incubator. Runner beans are in planters on the classroom window sill and small pots of flower seeds are started on the plant table. In preparation for planting outside in the play yard, we have purchased carrot and beet seeds, and potatoes left from last fall's harvest are currently growing beneath the blue bench in the hallway! If you are able to donate potting soil or starter potatoes for this project, please talk with a teacher.

While songs and dances are frequent elements of our daily group time, it was a joy to indulge in music during Folk Fest week, with visiting musicians inspiring the making and playing of instruments, singing and dancing. Several children carried the music and stories about music into their dramatic play, wielding ukuleles and making giants disappear (Abiyoyo), and singing baby dolls to sleep. Current and alumni parents, as well as other community friends came together to play music for our Not-So-Silent Movies fundraiser, and what a success. You will find a list of performers elsewhere in this newsletter. Their contribution of time and talent was generous so please thank them if you know them.

Finally, with the weather a little warmer, the children a little older, and the end of the preschool year rapidly approaching, we are planning to venture out in the coming weeks. We have field trips to DIPAC fish hatchery scheduled for Tuesday, April 26th and Monday, May 2nd, and there is a very good low tide on the morning of Monday, May 9th. This low tide beach trip to Outer Point will be a preschool day for the MWF class, but we want to also invite Tu/Th class families to join us for the morning. While additional MWF parents are encouraged to come along, all Tu/Th parents bringing children are required to stay at the beach for the morning, as we need you to supervise your children and any of their friends you bring in order to preserve our required licensing ratios. You will also need to provide your own snacks, since the MWF work parent is only responsible for feeding the children in that class. Finally, if a lovely sunny day appears in the next 4 weeks and no other field trip is scheduled, we may take a spontaneous bus ride to Sandy Beach in either or both classes, in which case pick up would be at the beach. Carpools back to preschool can be arranged, so don't worry if transportation is an issue. Think sun,

Mary, Rhonda, and Kathleen



Saana: "If you forget something or can't find something, you could try looking up at the sky and singing your ABC's and you might remember."



So Many Thankyous

спасибо Kiitos Köszönöm Gunalchéesh

Not-So-Silent-Movies

Musicians: Abbey & Mike Janes, Terry Schwarz, Andy & Clara Ferguson, Henry Hopkins, Colette Costa, Libby Sterling, Jason Caputo, Bob Banghart, Jack Fontanella, Eric Chadwell, Amy O'Neil Houck, Reid Tippets, John Lager

Sound: Betsy Sims

Venue: Gold Town Nickelodeon

Volunteers: Kristin Lee, Keri Eggleston, Shannon Seifert, Inari Kylanden, Maressa Jensen, and everyone who brought baked goods to sell.

* After paying a small amount to the theater for venue and Betsy for sound tech, we made a whopping \$1,083! The extra raffle tickets sold at the event (thank you Maressa) also put us over our goal for raffle sales. It was great fun all around!

Repairs and more

Buck Willoughby for re-enforcing hinges on the classroom double door

Robbie Jarvill for the new hook on the ladder swing and shoring up of hollow blocks

Dawn Jouppi for the new classic office chair

Alumni parents, **Judy & Andrew Campbell** for bringing a dump truck delivery of sand to the play yard

Elizabeth Hauser for speaking at our Parent Ed night about Kindergarten Readiness

Donors for Raffle Prizes

North Star Trekking, Kingfisher Guest House, Adventure Bound Alaska, Gastineau Guiding, JRC The Alaska Club, Fireweed Chiropractic, Suwanna Thai Cafe, Shoefly, Juneau Dance Theater, Heritage Coffee.

Birds

Maia Wolf from Discovery Southeast, for talking with preschoolers about their bird collection

Ellen Andrews for bringing her hen to visit play yard

Sandy Harbanuk for bringing Blueberry the raven to visit

Jamie Zellhuber and her friend, **Leyla Goudie** for the loan of an egg incubator.

Debbie & Kathy Maas for bringing Mona Lisa & Brutus the red-tailed hawks to visit

Folk Fest Jammers

Reid Tippets, Mike & Abbey Janes, Terry Schwarz, Amy Houck, John Lager, Gene Bartell & Jordan Baron for coming to jam with the preschoolers

Bird Observations

Thanks to Maia from Discovery Southeast (yellow bubbles) and to Kathy and Debbie and the Red-tail Hawks (blue bubble).

If we brought
Pebbles out here
I bet they would
want to eat him.

Kalvin

I don't like
it when the
bird dies.

Beckett

That owl needs
to eat a fish!
He's dead, but
if he eats a fish
he'll wake up.

Vadim

Good Read-Alouds For Preschoolers

Audiobooks

Free downloads of audio books/stories for children (click for links):

Storynory

There is also a podcast attached to this site where you can get stories for free. The stories are pretty good!

Loyal Books

Free public domain audio and eBooks. Some good family car trip read-alouds.

Listen Alaska

Login in with your Juneau Public Libraries account.

Kids Audio Books

Some classic stories and old radio shows with great music and sound effects.



Rhonda Recommends:
Mouse And The Motorcycle by
Beverley Cleary, and *Stuart Little*
by E. B. White.

Mary recommends:
My girls loved *My Father's Dragon*
Pippi Longstocking, and *The Wind*
in the Willows.

Back in February when we had our last Parent Ed night Heidi Johnson shared with us how important reading aloud is for our kids, for kids just to be able to sit/lie back and listen without looking at pictures. In my past life, before Beckett, I was a middle school literacy teacher, so I knew that. But the things she said that night were new to me. She talked about how it helps to develop children's auditory learning and ability to visualize as they get auditory cues, and how important that is in these times when we and our children are often overloaded and dependent upon screens and visual information.

Add to that some pretty big personal motivation: our family has a big road trip coming up this summer and we have hours and hours of sitting still time to fill. Yup. Now I was on a quest to find great books and resources to read aloud to preschool-age children. Here are my findings, just in case you, too, are facing long travels or are just interested in adding some family listens to your list.

Here is a list of read-alouds from a blog called What Do We Do All Day for preschoolers, her suggestions are really great! You can find audio book versions of many of these (and the books recommended above) through our library.

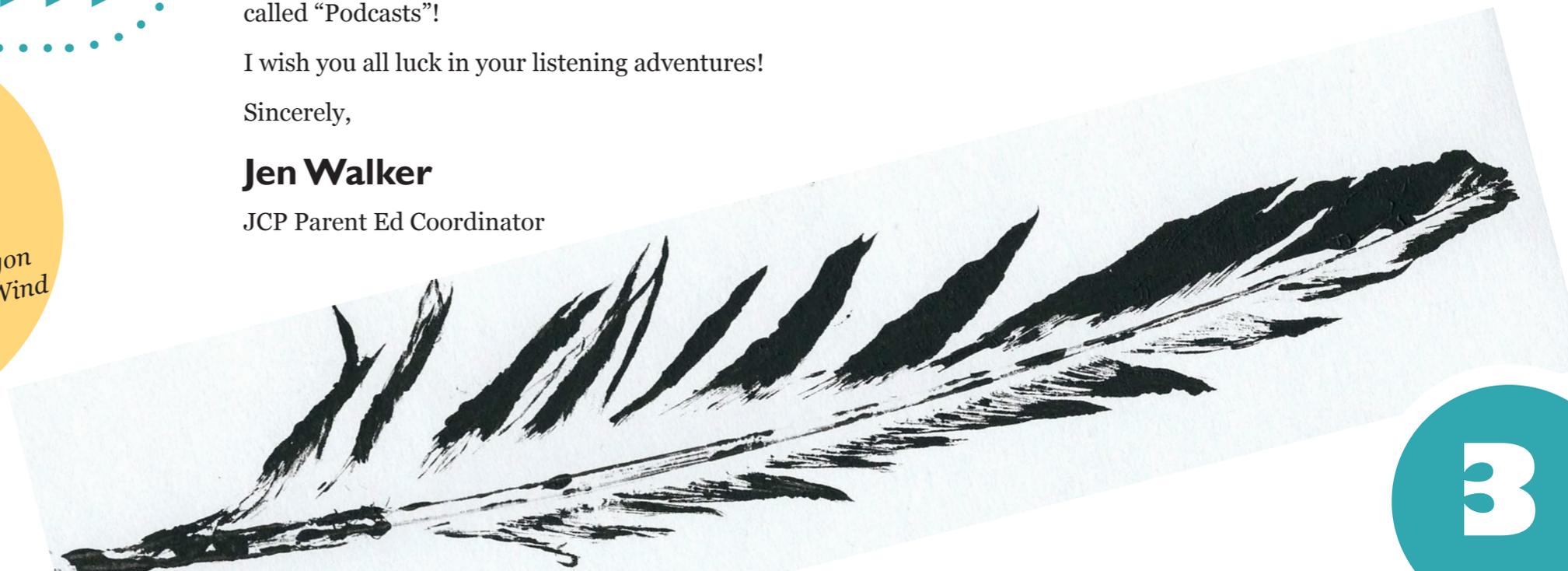
So far Beckett and I have read the first book in My Father's Dragon series and both really enjoyed it. We listened to it while driving out the road and by the time we'd gotten back we'd heard the whole thing. I was surprised at how rapt his attention was (total silence from the backseat) and how much of the book he got. It was really fun to talk about the book later that night over dinner. We've also started listening to podcasts on our short drive to preschool and we've both enjoyed those tremendously. I love how many things preschoolers can ask questions about, and there are many car rides I enjoy connecting with my kid over his endless questions. But sometimes, you'd just like a nice quiet car ride, you know? Well, I found a magic button for those, and it's called "Podcasts"!

I wish you all luck in your listening adventures!

Sincerely,

Jen Walker

JCP Parent Ed Coordinator



Odds and Ends For April

Podcasts for Kids

Brains On!

This is a science podcast just for kids. Super interesting stuff and aimed at their level. The podcast itself is all kids speaking too, which is a nice touch.

Stories Podcast

This is our FAVORITE source for read-alouds. The narrator is fantastic and the stories really great. I wish they had more stories as we went through the whole library in a matter of weeks!

Myths and Legends Podcast

This is a weekly podcast telling legendary stories as closely to the originals as possible. Be sure to listen to any warnings of adult content or violence at the beginning, but if no warning is given they are pretty kid friendly.

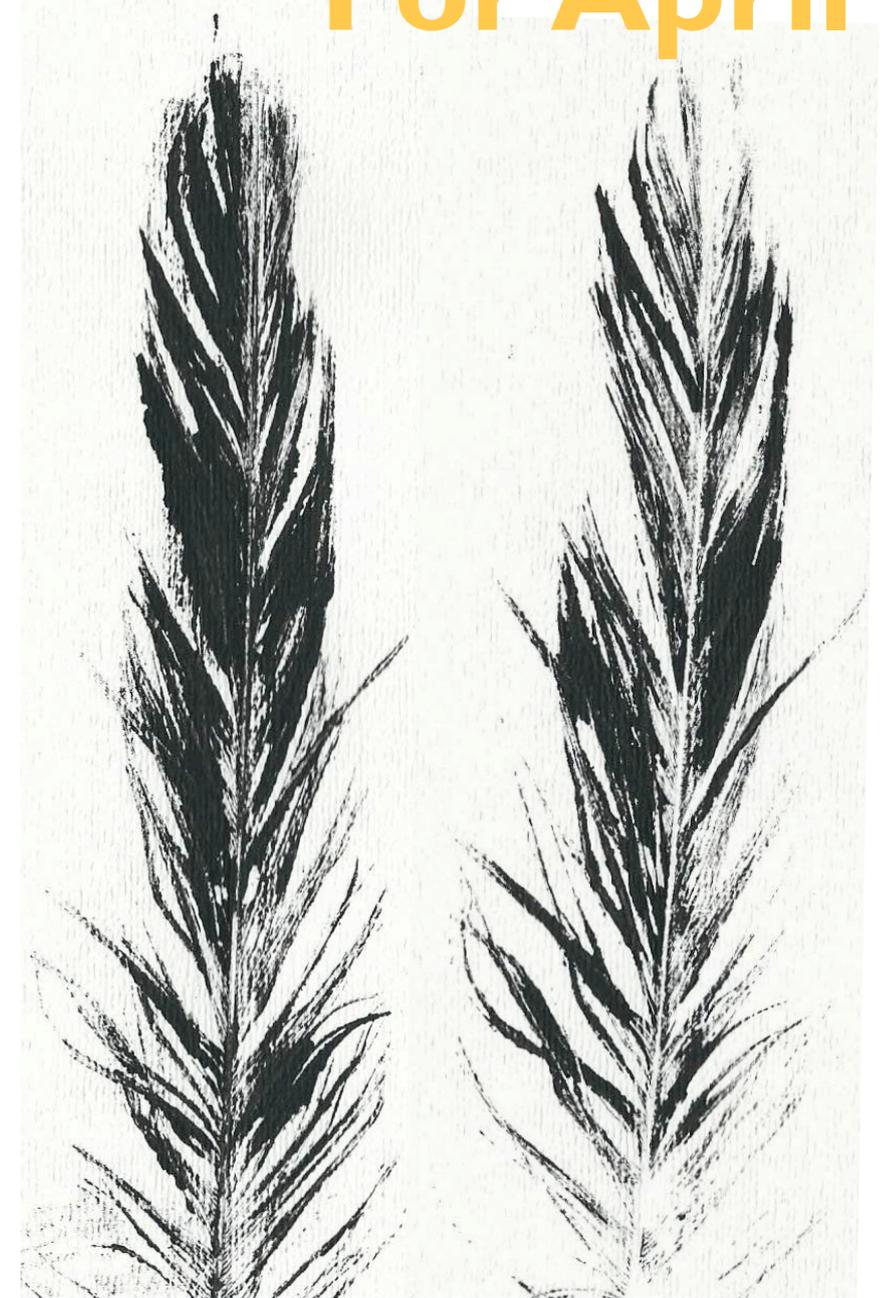
Song Exploder

Song Exploder is a podcast where musicians take apart their songs, and piece by piece, and tell how they were made. Be sure to look for the “E” for explicit language in each podcast description. Beckett loves this podcast and frequently requests it.

“Super hero’s only go fast if there’s no emergency. And this is **not** an emergency.” Vincenzo to his mom while walking late to preschool.

Upcoming Events

Our final two fundraising events for the year are just around the corner. The **Cinco de Mayo** party at the Hanger ballroom the evening of **Friday, May 6th** will make a fun date night out for the grown-ups, and Farm Day at Swampy Acres on **Saturday, May 14th** will be a fun day for the whole family. Watch for sign-ups at preschool to help with spring cleaning days at the farm and shifts to work the day of the event. There will also be sign-ups for our own cleaning and **take down of preschool** for the summer, so bear with us on the many requests for your time and know that we greatly appreciate whatever assistance you can offer. Of course our very best fundraiser is having full classes, so if you know parents of children between 3–5 years old as of September, please encourage them to consider joining the co-op. **Registration applications for new students** are due by **Wednesday, April 27th**, with the lottery being held on Friday, April 29th. After that, children will continue to be enrolled on a first come, first served basis until classes are filled. For those wanting to know more about our preschool, there will be a **Preschool open house** the evening of **Tuesday, May 3rd** from 5–7 p.m., so please help spread the word.



Juneau Co-op Preschool newsletter, April 2016. Newsletter publishes important information and keeps all pre-school families up to date with current issues. Published nine times during the school year. Compilation and design by Inari Kylänen (ikylanden@gmail.com). Text by Rhonda Gardinier, Kathleen Nyssen, and Mary Sweeney. © Authors and illustrators. Comments, drawings, and news items are always welcomed. Feather prints by Sienna (previous page), Vanessa (left) and Errol (right).



Ways you can help

Developing Impulse Control

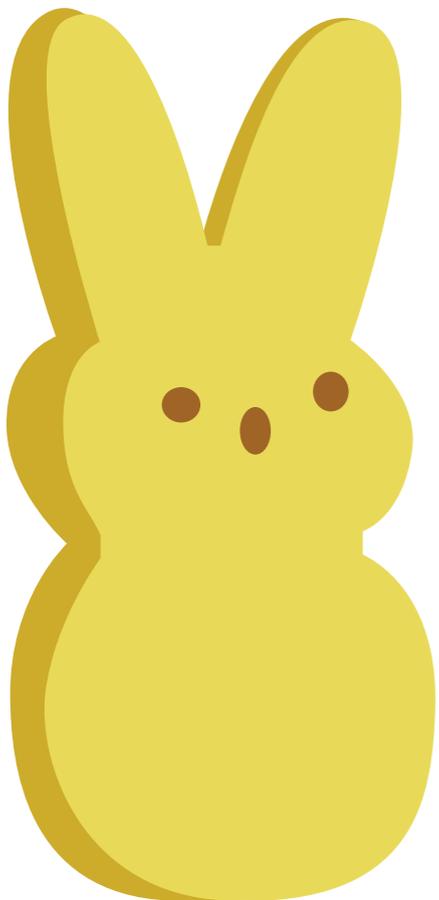
In some circles, teaching children impulse control has become the holy grail of early education. Most of us have heard about the Stanford marshmallow experiment in which preschool-aged children were told they could either eat a marshmallow immediately, or wait up to fifteen minutes after which time they could have two marshmallows. The children who were able to wait went on to do better in school, earned higher incomes, got along better with other people and reported themselves as happier adults than those children who ate the marshmallow immediately.

If impulse control is so strongly correlated with favorable outcomes, we'll want to incorporate practices that help develop it into our children's daily lives and into what we do at preschool as well. It's important to remember though, that many preschool aged children are going to be lousy at it. Every toddler who was given the marshmallow test failed it and 70% of the four year olds did as well. Many of those 70% nevertheless grew up to be people who could delay gratification. The die is not cast at four years of age. Learning Impulse control and emotional self-regulation is a developmental process that takes time.

The second caveat is related, in that, like so much else in life, individual personality and temperament have a great deal to do with how and when children resolve developmental challenges. Calm, easy-going children will find it easier to deal with strong emotions and distractions than children on the more intense end of the temperamental spectrum. So know your children and have reasonable expectations based on developmental age and temperament. Public schools are reporting more and more children, especially boys, diagnosed with ADD or ADHD. Some experts have pointed out however that our schools have simultaneously extended the length of the school day, decreased the amount of time spent at recess and free play, increased class sizes and required more "seat time" from their youngest students. Some children can meet these expectations. Because some children can, however, does not mean that all children should.

Although we don't want them forced to meet unrealistic expectations, we do want to support our children's developing impulse control. They will need it to persist in difficult tasks, to ignore distractions in order to achieve long-term goals, and to master their emotions and express themselves appropriately. We won't do them any favors if we excuse misbehavior or rescue them from the consequences of impulsive behavior. Here then, in no particular order, are some tips on how we can help kids develop this quality. A few are specific techniques but most of them pertain to attitudes that pervade our interactions with our children:

- * Acknowledge and accept all feelings (label them for younger children), but don't feel that you must "fix" your child's sadness, anger or disappointment. By remaining calm in the face of strong emotions, you model calm and also send the message that you believe he'll be OK, no matter how he may be feeling in the moment. And yes, this is easier said than done. Eventually your calm and confidence in them will be internalized.



Ways you can help

Developing Impulse Control

- * While acknowledging and accepting feelings, we must also help our children regulate their expression. “Yes, I saw him take your toy. You’re very upset. I’m not going to let you hit him though. What else could you try?” If children are in the throes of extreme rage or fear, they’re not going to hear you so don’t bother saying much. Just be with them until they are calmer, intervening if necessary to prevent them from lashing out physically.
- * Work with your child on a project that requires wait time or is spread out over time: yeast bread, gardening, fishing, or making a toy or model are some examples. Talk about the process ahead of time and explain the steps as you go.
- * Studies indicate that children who regularly participate in outdoor physical exercise are less stressed and exhibit more impulse control than children who don’t. If your child dislikes large groups and organized sports however, forcing her to play soccer is going to result in more rather than less stress. Match the activity to the child.
- * Help children understand how long something is going to take and help them come up with activities to do while they wait. “The birthday party starts after lunch. Would you like to make a card?”
- * Teach your child games like Simon Says and Red Light, Green Light and when they get good, up the ante by including a twist to the game. Play Opposite Simon Says.... When Simon says, “Touch your toes”, touch your head instead. Reverse Red Light, Green Light is similar, green means stop and red means go. These kinds of exercises force your child to go against ingrained habit which strengthens self-regulation skills. You can do a similar thing with freeze dancing.... At first have kids dance fast to a fast tempo and slow to a slow song. Then twist it. Have them dance slowly when the music is fast and vice versa.
- * One of the best and most developmentally appropriate ways for preschoolers to practice impulse control is through socio-dramatic play. Playing with others requires them to manage their impulses and emotions in order to keep the play going. It’s hard work but they are intrinsically motivated to do it and they strengthen their emotional self-regulation skills every time they participate in it.

