



Preschool News
April 2019

Looking Back	Looking Forward
<ul style="list-style-type: none">♥ Music♥ Egg dyeing♥ Rock Museum	<ul style="list-style-type: none">♥ End of year picnic♥ Farm Day♥ Summer Vacation!

Letter from the teachers:

Recently I began bringing in signs of spring to our classroom. One of the first signs i brought were pussy willow branches collected on a walk. I talked about them a bit at group, taught the kids a rhyme about them, and placed them on the red shelf. One day I walked into the classroom at the end of center time and found the branches completely denuded. Five of the oldest MWF boys were standing with their eyes closed and rubbing the catkins slowly across their cheeks. Here's the rhyme:

*'Close your eyes and do not peek
And I'll rub Spring across your cheek
Soft and silky, smooth and sleek
Close your eyes and do not peek.'*

Every year I'm surprised by how even the most active kids become rapt and silent as I recite it while brushing a willow catkin across their cheek. I have no explanation for it but if you're out on a walk with your kids and come across some pussy willows before they disappear, you might want to try it.

Folk fest is also a spring tradition in Juneau and we have lots of talented and generous musicians within our community who shared their music with us. Music is not confined to any season of course so if you are or know a musician who might want to share their talents with our community, let us know. We'll always make room for it.

Spring also means more outside time, hopefully some excursions on the bus to Project Playground, maybe a low tide day, and spontaneous walks to Cope Park or the Cemetery. We may take a bus ride to Sandy Beach if we can get a few parent chaperones at the last minute. Let us know if any of you could be on stand by for an outing.

We're looking for people interested in serving on the preschool board next year. It's hard work but also a great way to contribute if you're interested in improving the workings of this cooperative endeavor whose aim is to offer a rich and engaging experience for your children. Talk to a current board member or teacher if you want to know more.

Thanks for all you do,

Mary, Linda, and Laurel



Messages from the Board:

A huge **thank you** to all of our JCP families for help with the our Folk Fest fundraiser. We know what a busy week this is for many families and we really appreciate the extra time and energy that many of you put into staffing our food booth and baking items to sell. We only have one more fundraiser this year and it's a big one that we need all hands on deck for. Be on the lookout for information/sign-up sheets for **Family Farm Day** happening on May 18th. This is our biggest fundraiser of the year, and it also involves adorable baby animals. Thank you in advance for helping make this community event a success.

As the year winds down, it is time to both reflect and look ahead. You can expect to receive two different end of year **online surveys** in the next couple of weeks. These surveys are opportunities to provide feedback on your experience at JCP - one is about the program as a whole and the other is an individual teacher evaluation. Both surveys are anonymous. Responses are collected and reviewed as a way to evaluate and improve our program.

In terms of looking ahead, **we need board members** for next year! If you have any interest in serving on the JCP board, please let Eliza Dorn or one of the teachers know. There will be a general election held in early May for all elected positions which includes President,

Vice President, Treasurer and Secretary. All parents will receive a paper ballot in their child's cubby. If you would like to include your name on the ballot for any position please be sure to contact Eliza by Friday, April 26th. There are also a number of appointed positions for parents interested in leadership roles. Serving on the board - in either an elected or appointed capacity - is considered a family job.

The next JCP board meeting will be held on May 13th in the preschool room at 6pm. As always, all are welcome to attend.

Upcoming Events

NEW STUDENT REGISTRATION:

Deadline April 24th @ Noon. Tell your friends!

END-OF-YEAR PICNIC

Saturday, May 4
11 am—1 pm
Sandy Beach,
Big Shelter

BOARD MEETING

Monday, May 13
@6:00 p.m.
Preschool Classroom
All are welcome!

FAMILY FARM DAY

Saturday, May 18
10 am —4 pm
Swampy Acres
All hands on deck!
Look for sign-up sheets
in the coat room.





Fun Photos



**THANK YOU * GUNALCHÉESH * SPASIBO * TESEKKÜR EDERIM * GRACIAS * KH
KHXBKHUN * TAKK * GRAZIE * MERCI**

Kudos, gratitude, and appreciation this month to the following folks in our preschool community:

- ⇒ Andrew Pantiskas (Ocean's Uncle and Airport Firefighter) for treating the MWF class to an informative, entertaining and kid-friendly visit.
- ⇒ Carly Lenhart, District kindergarten teacher, for speaking at our parent ed meeting.
- ⇒ Bob Trousil, Aaron Marsh, and Olcay Caf (Fera's dad) for securing the ladder climber.
- ⇒ Heather and Jared Buchmiller (Adeline's parents) for sharing beautiful examples of citrine and amethyst at the T/Th rock museum.
- ⇒ Taylor and Ben Beard (Otis's parents), for sharing their time, a wealth of information, and rock and mineral samples in both classes.
- ⇒ The Klacza family (Alice's family) for art supplies donation.
- ⇒ Ben and Greg Higdon (Matilda's dad and grandpa) for serenading the T/Th class.
- ⇒ Sarah Shaddy-Farnsworth and Dan DeSloover (Nora's parents) for sharing their music with the MWF class.
- ⇒ Terry Schwarz (Calder's dad) for sharing his electric guitar music and working CD player with the MWF class. Also for tuning Linda's harp.
- ⇒ Fundraising Chairs Selena Hanvold (Elias's mom) and Corey Murphy (Eoghan's mom) for heading up the Folk Fest Hot Dog Stand.
- ⇒ All our amazing bakers who contributed baked goods to the folk fest tables and all the families who put in time working shifts.
- ⇒ Rachel Brown(, alumnus parent and folk fest board member) for helping us get a spot at folk fest.
- ⇒ Lily Hudson-Hope (Ella and Mary's mom) and Kali Hofman (Thisbe and Cressida's mom) for bringing in home made natural dyes for our eggs.

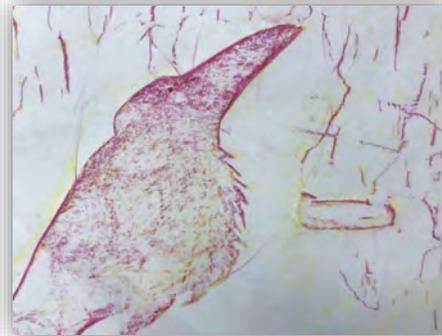


Note about siblings:

preschool morning. You are welcome to do this. As you are doing this, please remember that because we create our projects and activities with 3-5 year olds in mind, there may be materials the are not designed for children under 3, therefore it is *essential that the parent's focus be on their toddler*. As well, one of the main learning tasks of preschool children is that of growing skills in interacting with others of their developmental stage. Some preschoolers may select to engage with visiting toddlers, however, if your toddler is visiting, please also ensure that children not choosing to engage with them be able to continue their flow of play uninterrupted. I (Linda) am certain that some of the most darling and delightful toddlers in Juneau are in preschool families! For many, it has been a pleasure to watch them change from babies in carriers, to walkers, to adept toddlers. We enjoy having them in our classrooms, with their parent by their side. Thank you for sharing your families with our community.

Preschool is also an inviting setting for younger siblings. Several families spend time with their toddlers in the classrooms during the





Newsletter submissions welcome! Please submit any pictures you may have taken while visiting the preschool since the last newsletter. If you have any announcements or know of any upcoming events that would benefit the preschool community, I'd love to include them in the newsletter. Thank you!

Newsletter Editor: Christal Higdon newsletter@juneaupreschool.org

Juneau Cooperative Preschool

At Northern Lights United Church
400 W 11th Street
Juneau, AK 99801
juneaucoopreschool@gmail.com



The Juneau Co-Op Preschool is a non-profit organization run by involved parents and dedicated teachers. Although preschool families pay monthly tuition, 30% of the preschool's budget comes from other sources, primarily fundraising. Fundraising is vital to the success of our school!

Community Rewards:

About AmazonSmile

Set up AmazonSmile to give a small percentage of your purchases to Juneau Community Preschool – an easy way to help out the school!

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support Juneau Community Preschool every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to preschool.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

NOTE: Smile donations do NOT work from the Amazon App – you must

Supporting: Juneau Community Preschool Inc ▾

go to smile.amazon.com in a web browser to make your final purchase. I use the App to shop and add items to my cart, and then go to the web browser to finish checking out. Create a link on your home screen to make it easier.

Fred Meyer Community Rewards



Support Juneau Community Preschool just by shopping at Fred Meyer with your Rewards Card! All you have to do is link your Rewards Card and scan it every time you shop at Fred Meyer.

1. Go to fredmeyer.com
2. Click the Savings & Rewards drop down Fred Meyer Community Rewards
3. Under Are You A Fred Meyer Customer?

[Re-enroll or link your Rewards Card now](#)

Organization Name: **Juneau Co-op Preschool**
Organization Number: **SD033**

Pick. Click. Give.

Don't forget to include Juneau Community Preschool with your annual **Pick. Click. Give.** donation when you apply for your PFD online.

<https://mypfd.alaska.gov/>

Pick.
Click.
Give.

How to Help Your PERFECTIONIST CHILD

WORRY LESS AND
DO MORE

✓ EXCELLENCE-SEEKER

- has a GROWTH mindset
- is intrinsically motivated
- focuses on learning

VS.

✗ PERFECTIONIST

- has a FIXED mindset
- avoids judgement
- focuses on mistakes

Big Life Journal - biglifejournal.com



● Encourage High Standards, Not Perfection

Avoid using the word "perfect" altogether. Help your child set goals and standards that are reachable with effort.



● Teach Your Child "The Power of Yet"

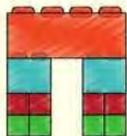
Add "YET" to your child's "I can't" statements. Use the 3-step strategy:

1. Ask them to create a DRAFT
2. Acknowledge what they did WELL
3. Provide specific feedback for improvement



● Be an Example of Someone Who's Not Perfect

Model imperfection by sharing YOUR mistakes. Ask your child for ADVICE when you experience a setback or a struggle.



● Emphasize the Fun

Highlight enjoyment and learning when you question and praise your child. Ask: "Did you have fun today?"



● Recognize Negative Thoughts

Use the "balloon technique" to teach your child to let go of self-critical thoughts. Play the Five Senses Game to combat anxiety and feelings of doubt and blame.