



# SCP News

## Miss Laurel's Corner

As I sit down to write, I can't believe it is already November! It has been a good start to the year. Your children are fantastic little people, and I enjoy being in class each day with them.

I want to spend a minute talking about developmentally appropriate practices for circle time. Right now, at the beginning of the year, circle times can be a little challenging for all involved. The children are just starting to get used to group dynamics, and not every child is thrilled to come to circle time in the first place. This is perfectly normal behavior, and I expect circle time to be a little unsettled this early in the year. It takes a lot of energy for a young child to sit still.

One reason we have circle time is to help children to learn to get along in a large group of peers. This will take time. Circle time also provides a change of pace in the daily routine, we learn to take turns talking, and we learn that everyone has something important to contribute to the group. Listening to a story while in a group takes a different set of skills than listening to a story while sitting on Mom's lap. We also need to take into consideration that a child's attention span is approximately one, to one and half minutes per year of age.

So, while we will keep circle time short, sweet, and to the point, it will take time for your child to be able to come and be a part of circle time. As a parent helper your job during circle is to sit behind the wiggly child and remind and redirect him/her back to the circle time activities. Remember, learning to sit and listen is an on-going process, one we will be working on all year. Keep watching, I expect great things from these wonderful children. You will be amazed at the growth in your child very soon.

Love, Miss Laurel



## Upcoming Dates

- Nov 3/4** Parent Shares
- Nov 4** Board Meeting
- Nov 5** Classroom Cleaning
- Nov 11** Veterans Day-No School
- Nov 12** Fall Bazaar
- Nov 23-25** Thanksgiving Break- No School

This month we will be doing the "Heart Treasure Chest".



This is a heart education preschooler program from the American Heart Association.

We will learn how the heart functions and the importance of proper nutrition, rest and exercise keep our heart healthy.

## Reminders



### Parent Helper Arrival Time

**Yellow**- Mon 9:00 Wed & Fri 9:10

**Red**- Tues & Thurs 9:10

**Blue**- Mon-Thurs 12:15

- Turn in fundraiser money by Nov 4
- **Blue** Class-Grocery store fieldtrip-TBA
- Link Amazon Smile to your current Amazon account and start donating to our school! (check website for details)



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## FUNDRAISING

The silent auction/parents night out, is our **BIGGEST** fundraising event of the year. All auction items and prizes are donated. That means **100%** of the proceeds from this event go directly to our school. Some easy ways to procure items is by asking friends, family and local business that you frequent. More details will be provided in the auction packets going out in January. We already have some awesome donations from:

- Seattle Storm
- Seattle Science Center
- Maryhill Winery
- Hello Cupcake
- LaVida Massage

Need fundraising tips? Contact our VP/Auction Chair, Kelly Morris at:

[steilacoomcoopfundraiser@gmail.com](mailto:steilacoomcoopfundraiser@gmail.com)



### Tips for working in a co-op

- Try to do things with enthusiasm- it's contagious.
- Interact with children and adults- have fun!
- Support parents when their child is acting out—it happens to most of us at some point.
- The teacher, class rep and Bates instructor are resource people. Talk to them when unsure about handling situations with children or need extra help.



All classes will be celebrating Thanksgiving with **Feast Day!** Everyone will bring a prepared food for our snack/feast that day. We will have traditional Thanksgiving foods like mashed potatoes, stuffing (the Stove Top kind), fruits, veggies and pumpkin pie.

A sign-up sheet will be in the classroom.

All classes will have stone soup day.

Each child will bring a veggie to chop and add to the soup.

Sign-up sheet in the classroom.

### Feast Day Dates:

- Yellow Class** Monday, Nov 21
- Red Class** Tuesday, Nov 22
- Blue Class** Tuesday, Nov 22



Learning Together

**ENROLLING NOW**  
**Schedule a Visit Today!**  
**(253)-905-6009**

8601 104th St SW - Lakewood, WA 98498  
[SteilacoomCooperativeSchool.com](http://SteilacoomCooperativeSchool.com)

**ENROLLMENT OPEN NOW FOR 2016-2017 SCHOOL YEAR!**

**2'S CLASS**  
Parent and Me Class  
Tuesday & Thursday  
9:30am - 11:00am  
Tuition: \$58 a month

**3'S CLASS**  
Monday, Wednesday & Friday  
9:30am - 11:30am  
Tuition: \$85 a month

**PRE-K 4 DAYS A WEEK!**  
Monday - Thursday  
12:30pm - 3:00pm  
Tuition: \$105 a month



# SCP News



## Bates Corner

### Holiday Stress and Children

Families want their holidays to be special and happy for everyone, especially the children. But what many parents fail to remember is that the holiday season can be a time of hustle and bustle...and a never-ending whirlwind of stress **for** their children.

Children are especially vulnerable at this time of the year, it's important to remember that they need to find some time to relax and enjoy the most wonderful time of the year. But how can parents expect children to relax when they are running around like crazy, shopping, baking, decorating, and becoming stressed at the thought of blowing the holiday budget after just one trip to the mall.

### Beat the holiday stress beast by following these tips:

- **Limit TV and video games** — It's very easy at this time of the year to allow the TV and video games to become the baby sitter. But children who are stressed need some type of physical activity or exercise.
- **Remember routines** —During the holidays children will find their routines disrupted. They are often dragged along on shopping expeditions or taken to events over which they have no control. And when a routine is broken, stress can result.
- **Nutrition** —Plan at least one healthy meal as a family every day. And don't forget to toss in a healthy snack while you're visiting the mall.
- **Family traditions** —Family traditions offer great comfort and security for children when everything in their lives is being disrupted by the holiday season. Perhaps your family would enjoy creating an Advent calendar together, or baking cookies and delivering them to a local nursing home or soup kitchen.
- **Attitude check** —Take a deep breath, and have everyone in the family pledge to make the holiday season a time of joy and peace. Remind everyone that with the right attitude, that goal can be met.
- **Rest and relaxation** — Everyone needs to take a "time out" over the holiday season to rest and relax. A well-rested child will be much happier on a trip to the mall than one who is in desperate need of a nap. Schedule some R & R time for everyone in the family.
- **Laugh** — Laughter is still the best way to beat stress and change everyone's mood from bad to good. Take time to read the comics to your children, or find a holiday joke book with family humor at your bookstore or library.

The holiday season doesn't have to be a time of stress and exhaustion. Make sure you do your part to make the most wonderful time of the year live up to its reputation. You and your children will be glad you did.

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