



WINTER 2015

LAKESIDE

Launch for Success

If nothing else stuck from February's parent meeting with community family aficionado Anne Marie Read, there were two things parents can provide to help boost the future success of the kids:

1. Family dinners together. Shoot, now what was that other one...

See Page 4 for additional notes from the parent meeting discussion.



Paper bag puppets, each as unique as its creator.

Winter Memories

How about all the art projects these kids have been making! Upon making the paper bag puppets one child walked up to the the table and exclaimed, "well, it looks like we're going to need a mustache." Ha. Another got busy painting every square inch.

Can you remember the projects in which you have lent a hand? Lock those memories up tight. I hope you get one of those little moments to cherish each time you attend. Your time and attention with each little person is appreciated!



Testing out wheels at the roller rink in January

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Dates to Remember

Feb. 11&12 Valentines in Class	March 9 Lakeside Open House 6-8:30
Feb. 13 & 16 No School	March 13 Trike-a-Thon 5-8pm
Feb. 15 Have Your Auction Items In	March 13 yes preschool; no BPS
Feb. 24 Classroom Cleaning 6:30-8	Apr. 6-10 Spring Break
March 3 Parent Meeting 6:30	April 14 Parent Meeting 6:30

Praise vs Encouragement

Notice the effort vs the end product.

Be specific. Support and encourage your child by noticing the details of their work or effort.

Instead of awesome! or good job! say something specific, such as: "you washed your hands without being told to" or something about the details, such as, "you used lots of colors in your picture." [www.msue.msu.edu]

To watch more on this topic find Carol Dweck on TED Talks or YouTube.



Give each child the compliment of paying attention to them.



Winter fun

Have you checked out the new Squalicum Creek Park?!

Thank you Bellingham Parks & Rec for a new 30'+ zip line!

Choose a meeting place before you play if you check out this new playground on a popular day.



Seeing how firefighters stay safe from flames and smoke.



Teacher Jenny's class checking out the Geneva Fire Station.

Emergency Preparedness

The kids have been busy learning about transportation and emergency personnel and practices this month. Time to brush up on this subject as families. Are your fire extinguishers and smoke detectors up to snuff?

A few things the kids have been learning and to continue discussing at home:

- When to call 9-1-1. What is your address?
- Stop, Drop, and Roll
- Crawl low under smoke
- Make a Fire Escape Plan. Two escapes out of each room. Practice.
- Don't hide, go outside. Where is your meeting place outside of the house?
- Firefighters wear special clothing and equipment to keep them safe from flames and smoke. (Helmet, air mask, pants connected to boots...)
- If you see a firefighter at your house in the event of a fire, give them a hug or a high five.

Thank you Bellingham Firefighters, Emergency Personnel, and Police!

Trike-a-Thon

March 13th, 5-8pm

Time to celebrate with a good fun family date. Invite your family and friends with the invites you will find in your cubby soon. Bring your pocketbook to shop the auction items that will make your socks drop. Cash in on raffle tickets for a chance to win the big class baskets. Snap a pic of your proud trikesters. Bring a side dish if you sign up to bring one at the March parent meeting.



Time to gear up for Trike-a-thon

Sit down for dinner and entertainment, and enjoy catching up with friends and classmates. Keep an eye out for race cars and an ear tuned to singing princesses. Who knows what you'll get with a whole bunch of preschoolers and their volunteer parents!

Volunteer Opportunities

Stay tuned for volunteer opportunities like set-up, clean-up, and various shifts helping during the event. Also, have a salad you would like to contribute? Many hands make light work!

Ongoing ways to help include talking to local businesses you frequent for sponsorships (advertising blip on kiddo tees) and donations items for the auction. Get excited for fun shopping opportunities!



Bring out the creativity with a family playdough sculpture night.

Recipe

Playdough

Mix: 2 C flour

1 C salt

4 tsp cream of tartar

Add: 2 C water

2 Tbsp oil (olive oil does not work)
food coloring*

Cook over low heat until it forms a ball in the center of the pan. Remove from pan and knead after it is slightly cooled.

*Try Wilton food colors; they're available at JoAnn's and work great.
Store in airtight container or ziplock bag.

Thanks Teacher Jenny!



Parking

There will be additional attention on driving and parking habits around school. U-turns are out, parking times are in. Park below the alley driveway before 8:45 and after 2:30. No parking on the opposite side of the street, no parking along the yellow curb, and caution parking along the red(ish) curb during bus hours, mainly 11:45. Please share this insight with anyone assisting with pickup and drop off.



Valentine's Day

If you are participating with Valentine's Day cards please have your child bring a card for each of their class members, and be prepared to stick around the first 5-10min of class to help them distribute.

Give a hug, share a word of encouragement. Spread the love! 🍷

Homework

Scissor skills strengthen hands.

Start with long thin strips of cardstock and cut along vertical lines. Widen the strips and use thinner paper as skills develop, then move on to curves. Cutting straws can be fun, and they fly everywhere for exciting effect. Cutting playdough adds resistance and a new texture, you can use get special scissors made for this purpose. Strengthening hands prepares for handwriting.



Snow fun

& go play in the snow, if you can find some!

Family Meeting

Considering family meetings for your gang? Sounds like Sunday evenings around the dessert table are a common time. Here are a few more tips from the parent meeting discussion:

- Create a calm, positive setting.
- Make it special with dessert or candles.
- Express family appreciation
- Later add on problem solving
- Discuss the plan for the week ahead
- Establish a general agenda
- Keep a record of the discussion points
- Reflect on old business
- Delayed gratification
- Make it a priority



Call it art, or cooking, all delicious

Parenting

Their job is to test boundaries.

Our job as parents is to enforce the rules kindly.

These two things lend to positive long term outcomes across the board.

- ✓ **Family meals**
- ✓ **Chores**

-Darcy @ Feb. Mtng



Overlooking Lake Whatcom on a snowy winter day in 2011.



Rock hopping at Lake Whatcom

Continuing Education

Here are a few leads brought up at the meeting if you are interested in learning more about the topics discussed:

- Read Nurture Shock
- Watch Barbara Coloroso - Kids are worth it! Giving your child the gift of inner discipline.
- Ellyn Satter on nutrition; trust your preschooler to manage their own eating. The parent is responsible for *what, when and where*. The child is responsible for *how much and whether*. [ellynsaterinstitute.org]
- Berenstain Bears & the case of the Gimmies
- Have a special date one-on-one with each child.
- State the problem. Tell me about it. How does it make you feel?
I feel ___ when ___ because ___.

*Newsletter and Photos by
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