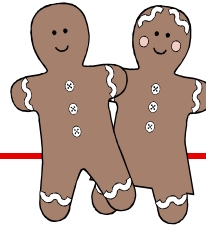


Gingerbread Gazette



From Cecile

At preschool orientation night this year I spoke about *expectations* and *expectancy*. *Expectations* define appropriate behavior. We hold expectations for ourselves as parents: that we will love and care for our children, that we will keep them safe, and that we will provide for their needs. We hold expectations for our children as well: that they will care for others, that they will learn to keep themselves safe, that they will behave in a respectful manner.

Our preschool handbook clearly outlines numerous expectations for us as the adults in the environment. Some are for health and safety such as washing our hands when we come into the building or making sure that children wear helmets when riding wheeled toys on the playground. Some expectations are based on respect such as talking with children in a way that supports their intentions and guides their actions. There are also expectations that foster our sense of community with each other such as asking questions when something is not understood or communicating requests clearly to the person who can help us.

Expectations for adults are an important part of what makes our program work well. By being clear about our role, we provide the security and routine within children have the freedom to explore and learn from the environment. Infants can crawl away from their parents because they sense that preschool is a safe place and that their parents are still there for them to return to. Multiday children can practice climbing a tree on the playground because they know that an adult is right there to help them if needed.

At preschool you will hear us talk about “freedom within limits.” This classic saying in child development just means that adults provide limits for children’s behavior, and the children have the freedom to behave and to make choices within these limits. Examples of limits that you may see in your preschool class include sitting at the table while eating snack, using words to communicate when trying to share, and following the arrows on the bike path once you reach multiday classes.

You have limits for your children at home, too. For example, they may need to sit while in the bathtub, take their plates to the sink at the end of a meal, or be buckled in their car seats before the car starts. You may require that they follow safety rules when the neighbor child comes over to play. As children grow, the limits expand and the freedom increases. They begin to demonstrate that they can handle this increased freedom responsibly and that they are internalizing our expectations for behavior. When they show you that they can be safe with the neighbor child within your home, you may be willing to expand the limits by allowing your child to walk alone to the neighbor’s house, knowing that s/he can handle this increased freedom in a safe and responsible manner.

At preschool and at home, expectations are necessary for everyone to know what to expect and therefore to behave according to expectations based on health, safety, and respect. Equally important, however, is the concept of *expectancy*. While expectations about friendship define how good friends treat each other, the expectancy of a friendship means that friends look forward to being together, have fun together, and laugh and talk together. Although we need the expectations about friendship to define the limits of appropriate behavior, the expectancy of friendship defines the freedom just to be ourselves with the other person.

At the beginning of the school year, preschool can seem to be all about expectations. Once classes begin, however, our goal is that expectancy begins to take over. We look forward with expectancy to coming to school—even infants and toddlers soon recognize when the car is following the route to preschool and begin to show their excitement. They expect that they are coming to a place where they will be cared for,

(Continued on page 2)

Important Dates

- Monday, November 9
Fall Parent Meeting
- November 25-27
Thanksgiving Break

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Inside this issue:

All School Scoop	2
Toddler AM	3
1 Day B	4-5
Librarian	6
Toddler PM	6
Pre-K	7
Did you Know?	7
6-12 Months	8
Chair	8
It's Raining, It's Pouring	9-12
Clip & Save	12
1 Day A	13
Vice Chair	14

(Continued from page 1)

where they will have fun, and where they are free to be who they are. Although they don't have to "do" anything to be loved and supported, part of the freedom of expectancy is to not just "be" but to "do," to express themselves in the thousand languages of childhood—through moving, dancing, singing, talking, laughing, listening, pretending, experimenting, discovering, painting, creating, reading, writing...the list goes on. They have the freedom to explore the depths of who they are because we have put in place the expectations and limits to create a safe environment. And they manifest this expectancy within a community of people who care about them and are there to protect them—they are learning about relationships.

We want that sense of expectancy for you, too. Even though you are learning the *expectations* for your behavior that allow this magical environment to develop, many *expectancies* will unfold for you on your journey through Woodinville Family Preschool. You will develop life-long relationships with friends who care about you and your children as much as you will come to care about them. You will feel an important part of a community that values and supports each of its members. You will have the opportunity to give to others in our community as needs arise, and you may find that you learn how to receive as well. You will be accepted for who you are, and you don't have to do anything special to earn that. But you not only have the opportunity to just "be" you also will experience "doing"—talking, listening, laughing, crying, experimenting, discovering, creating. You will be exploring the depths of who you are as a parent and the joy that comes with making these discoveries in relationship with others.

Welcome to this school year at Woodinville Family Preschool. It promises to be a special one in many ways. You have nearly mastered the expectations, now get ready to enjoy the sense of expectancy!

Brianna Thunberg, Board Assistant

All School Scoop Fall 2009

Please remember that the preschool is a cell phone-free zone and to leave your cell phone in the car. We seek to preserve our preschool as a dedicated time and space focused just on children with no outside distractions. Even cell phones on vibrate are disruptive and not in accordance with our policy. You can be reached in an emergency at 425-481-9707, ext. 4. The emergency phones flash a light on the kitchen wall and ring throughout the building and outside. Thank you for your cooperation with this important policy.

With this year's cold and Flu season just around the corner, it is very important to remember to wash your hands and your child's when entering the school. With this in mind please review the Health and Emergency Policy in the handbook Yellow Section pages 109-112. Parents and children should stay home if they have a communicable disease (e.g., chicken pox, pink eye, impetigo, strep throat), symptoms of a cold or flu in the past 48 hours, or start of an antibiotic for less than 48 hours. Notify the preschool if anyone in your family has a communicable disease other than cold or flu.

In Multi-day if you are unable to attend on your work day due to illness please make sure you have a sub to take your place. Please call Cecile or Beth if you are unable to attend class to let them know.

Please review pages 81-84 in your preschool handbook. Note that at clean up time children wipe tables with sponges that have been

soaking in hot sudsy water (use dishwashing liquid). Adults wipe tables with a white cleaning cloth that has been soaking in the same water. To apply the Benefect sanitizer use the squirt bottle found under the sink. Put a small amount on a cloth then wipe the table down. This was changed to cut down on the fumes.

Food Scrap Recycling: Please place food scraps and snack napkins in the compost bin in the kitchen. Inside the bin is a paper bag which is to be placed in the green yard waste container outside the exterior door in the CA area.

The first aid kit and the Health and Safety Notebook are located above the microwave in the kitchen. If your child requires an epi-pen, please be sure it is placed in the first aid box and the appropriate paperwork is placed in the notebook.

If in need of Childcare during school hours check out WFP Child-care connections information located under the Members section of the website.

On a personal note it is amazing how much life has changed in a year. Last year my daughter and I were new to the school and upon starting it was a new and somewhat overwhelming experience for the both of us. But it was an easy transition for us once we got the first month down and found our way around the school and by year's end feeling that we are a part of the caring and supportive community that WFP provides. I can't wait for the year to start and I look forward for the years to come.

Doug Klink, Toddler AM

Eating Well and Saving Money in The Bulk Food Aisle

Back in the good old days of dual incomes and no children, my wife and I discovered the benefits of eating organic and locally produced food whenever possible. The arrival of our son Adin, and the loss of one income forced us to evaluate ways to maintain this healthy habit and still pay the bills. That is when I discovered the bulk aisle at my local PCC Natural Market.

I always assumed food in the bulk aisle was of dubious quality and had been sitting in bins for months. In fact the bulk food section of your local grocery store offers a bounty of healthy food, often at substantial savings versus name brand packaged goods. In many cases it is possible to obtain high quality organic staples for less than conventionally grown name brand items.

Built into the price of a typical packaged food are costs for the cardboard or plastic used to make the package, the ink used for printing and the fuel used to ship the item. Many name brand products are supported by huge marketing budgets, which make up a large percentage of the cost of each item. Because they arrive at the grocery store in large quantities bulk foods are significantly less expensive to package and ship, and I can't recall ever seeing a commercial on TV for bulk foods. The Bulk Is Green council estimates overall savings between 30-60%, with 8-9% less packaging and shipping costs.

To illustrate some of the potential savings and the items available I visited PCC and Fred Meyer in Redmond on 9/13/09 and did some comparison shopping.

	Fred Meyer Bulk Isle	PCC Bulk Isle	Fred Meyer Packaged	% Diff Packaged vs. Organic Bulk
Short Grain Brown Rice	\$1.29/lb (conv.)	\$1.93/lb (org.)	Uncle Ben's \$2.19/lb (conv.)	11.9%
Dried Black Beans	\$1.89/lb (org.)	\$2.03/lb (org.)	Fred Meyer \$1.53/lb (conv.)	-23.5%
Quick Cook Oats	\$.89/lb (conv.)	\$1.14/lb (org.)	Quaker \$2.57/lb (conv.)	55.6%
White Flour	\$.69/lb (conv.)	\$.89/lb (org.)	King Arthur \$.97/lb (conv.)	8.2%
Whole Wheat Flour	\$.89/lb (org.)	\$.99/lb (org.)	King Arthur \$.97/lb (conv.)	8.2%
Freshly Ground Peanut Butter	\$2.49/lb (conv.)	\$3.31/lb (org.)	Jiff \$2.84/lb (conv.)	-16.5%
Fine Ground Sea Salt	\$2.49/lb	\$1.08/lb	Mortons \$2.24/lb	N/A
Bay Leaves	\$23.99/lb (conv.)	\$18.84/lb (org.)	Kroger \$346.24/lb (conv.)	94.6%

Many of our local grocery store chains have a bulk aisle, including Fred Meyer, TOP Foods, Whole Foods, Metropolitan Grocery and PCC Natural Markets. I was surprised to find a number of organic items available at Fred Meyer and Top Foods, often at lower prices than Whole Foods and PCC which are associated more strongly with organic foods. PCC has a great website that allows you to search their bulk offerings and includes cooking instructions and recipes.

Shopping bulk can lead to some surprisingly good food finds. My son loves rolled rye flakes, kamut flakes, barley, lentils and all manner of beans that I had never thought about eating myself. Most bulk aisles contain whole grain pancake mixes that are nutritious and quick to make, and some have great whole grain cereals that make alternatives to Cheerios for snacking.

Next time you are at the store take a quick spin through the bulk aisle to see what is available!

Wendy Libman, 1 Day B

Pros and Cons of Parenting in the Era of the Internet

Parents' familiarity with the Internet varies to and from both extremes of the spectrum. In the NW, I think we are generally more computer savvy with the Internet than many other areas in the US, though there are still a good handful that remain quite wary of it and avoid it entirely. There are definitely a handful of good reasons to be cautious of the Internet and the risks that come along with using it, though it can be an amazing and wonderful resource for parents of any age.

I am a bit of a computer geek myself and an avid Internet user. I've found the World Wide Web to be an extremely valuable resource in my life, especially being a parent, and I just couldn't imagine living without it anymore. The following is a list of some of the helpful resources that you can take advantage of on the Internet:

◆ Grocery Shopping

Doing your grocery shopping online can be especially helpful when you have a newborn, or kids that are just not cooperating that day. [Safeway](#), [Albertsons](#) & [Amazon Grocery](#) are just a few local companies that offer grocery delivery. The first order often takes a bit of time (creating your grocery list), but it's usually pretty quick and painless after that. Most grocery delivery sites offer a free first time delivery, and some offer same day delivery if you get your order in before a specified time.

◆ Paying Bills/Account Info

I find this option immensely easier and less time consuming than doing the stamp and mail routine, not to mention it's environmentally friendly.

You can set up a one-time payment or automatic monthly payments directly from your banks website, and/or in some cases, directly from the payee's website, if they're set up for it. In addition to the convenience value, this also helps to avoid late fees, for those times when you're juggling too many things and aren't staying as on top of bills as you would like.

This option also allows you to be a little more "green" and opt-out of receiving monthly bills on paper. By opting-out of receiving paper bills, you will automatically receive an email notification instead, notifying you that your statement is ready for review and payment on the payee's website. If you need to have a paper statement for any reason, you always have the option of printing it out directly from the payee's website.

You can purchase financial software, such as Quicken or Microsoft Money, which are convenient for tracking expenses and paying bills online. They're also convenient for budgeting and making your own financial reports. Mint.com is a free online service, which is also a good online resource for tracking expenses online.

◆ Buying Personal Items or Gifts

Purchasing items online has made my life so much easier! For starters, you can generally find exactly what you're looking for quite easily, and for much less money than if you go to a local store or the mall; not to mention you're saving on time, gas, and likely dragging your children around from place to place. (I personally despise the mall, so it's an extra bonus for me.)

Most of my family lives out of state, and purchasing gifts online allows me to purchase and ship the gift directly to them (and sometimes have it gift-wrapped, if the option is available) all from the comfort of my home (and sometime in my pajamas!).

Amazon.com is a great online resource for purchasing a wide array of products. They are a huge company that has partnered with thousands of third party (many mom and pop) stores and companies, accessible all from one place. I'm a big fan of the Prime membership option as well, which ships you (or the recipient otherwise) all eligible items in 2 days for free, and a good majority of the items are eligible. There is an annual fee for membership, but if you use it enough (as I do), then it saves you a lot of money in the end.

You can also use sites such as eBay.com to find harder to find and discounted items, or Craigslist.com to find used and discounted items locally. (Setting up a PayPal account is a secure way of purchasing items online, specifically on sites such as eBay.com.)

◆ Finding Programs and Activities for the Family

Discover or find anything from playgroups and parent groups (meetup.com is awesome, and Yahoo! groups also has a few good options), to charity/volunteer locations, to the zoo or aquarium information, including costs and location, etc., to local events, to gymnastics, soccer, martial arts classes and more!

◆ Finding Supportive/Hobby Blog Sites

There are also sites where you can connect with someone local or on the other side of the world with common interests and have wonderful and exciting discussions. A great parental blog site that I've found to ask for advice on just about anything is [mamasource.com](#). Depending on the subject, parents that are local or farther away can offer advice on questions from where a good local place is for swimming lessons, to more serious questions with what's going on with their kids or marriage, etc. Being parents at WFP, we have a lot of valuable information that we could share with other parents that don't have the same resources that we do, which I enjoy doing as well.

Also, if you just have a personal hobby that you're looking to connect with someone else about, there are many sites for those as well. Meetup.com is also a good site for finding local groups to get involved in.

◆

◆ Research

You can find information and reviews for anything from travel, to restaurants, to recommended products (consumerreports.org is a great resource for product ratings).

Medical information is also a great thing to find on the Internet. If something is going on with you, your spouse or child, you have a world of information at your finger tips to help you figure out what's going on. Of course for anything potentially serious, you should always talk with a doctor or a registered nurse.

◆ Connect and Communicate with Friends

I realize that social forums are a bit controversial with some people, but for those that are not opposed to it, it's an option to help keep in touch with friends and family, especially those that live out of state.

◆ News

You can read daily news from just about any newspaper or network website, or you could use consolidated news sites, such as news.bing.com or news.google.com.

◆ Entertainment

You can discover music online at websites such as Pandora.com, or funny videos on youtube.com or todaybigthing.com.

With all of these wonderful options, there are definitely plenty of risks that come along with using the Internet as well.

One of the main risks is that any personal information that you enter on any website, from your name and address, to your credit card or bank info, to your children's names and information, is at some level of risk of being obtained by someone else that it's not intended for. Most websites have security measures in place to prevent such things from happening, but the risk always exists. If you do enter any banking or credit card information on a website, be sure that the address line starts with an "https:" rather than just the "http:". The "s" indicates that it's a secure site. Also, I recommend only giving such information out to well-known and trusted websites, to be sure you're not giving your information out to someone trying to scam you and get your information.

On a related note, NEVER open a link directly from an email that says it's from your bank and asking for your login or any other personal information. There are many scams out there that

make an email look completely legitimate and

will claim that there's some sort of problem with your account and that you have to follow the link (that can appear legitimate as well, but may have one character off or something) in the email and enter your information in order to correct or respond to the problem. If this occurs, the best thing to do is either call the bank or company directly and ask about the email, or open up your web browser separately (Internet Explorer or Mozilla Firefox) and manually type in the bank or companies website to login and check your account.

The most important risk of the Internet is the information and vulnerabilities that can be available to your children. Even if you have no desire to ever use the Internet for yourself, I highly recommend that you at least familiarize yourself with the basics of it and what you can access, so you can be sure to educate your children on the dangers that are readily lurking on the Internet.

Chances are they know, or will know soon (even for us geekier types), more about it than you do, and that alone can be very dangerous. Even if you don't have a computer or Internet access available at home, kids have many venues to access it elsewhere, such as school, the library, an Internet café or even just a friend's house. If you do have a computer with Internet access, and you're not computer or Internet savvy, PLEASE be sure to get help in setting your computer up with parental controls to limit the sites your children can go to, and possibly get reports or access to what they've been doing on the computer. You can set whatever level of security you want to have on any computer (and how much you want to invade their privacy), but I truly believe that even the minimal set up is greatly advantageous for you as a parent to ensure the safety of your children.

Keep in mind that just as you can find just about any bit of information on the Internet, so can your kids. For example, youtube.com has some funny videos and other interesting and entertaining clips to watch; however, I've also come across videos that help you learn how to pick a lock or even make a bomb. Chances are, your kids aren't going to be looking at how to make a bomb, but again, those risks are out there.

The future of technology awaits us all. Some of it I find exciting and some of it I find scary. I truly believe that even if we don't want to take part in it, that it is important to understand it to some degree in order to keep your information and family safe.

Gillian Bicket, Librarian

Welcome to another school year at WFP! My name is Gillian Bicket, my daughter Rose is in 3-Day, and I am looking forward to being the school librarian this year.

Our school has an awesome Parent Education Library. This library has been built up especially for you over the years by our parent educators and it is full of great books!

To check out books at WFP we use the old - style card check out system. Please fill out the card behind the front cover of the book and place it in the black file box next to the Parent- Education Library. Books are due back in three weeks.

At WFP, members have Scholastic Book Clubs books available to purchase and build their own home libraries. Scholastic Books is a wonderful way to buy books inexpensively, plus the school gets bonus points for every book you purchase. You can find directions on how to do this from your class coordinator or on the school website under the *Members* tab.

Have a great year and be on the lookout for new books being added throughout the year!

Amy Best, Toddler PM

Welcome Home

The leaves are changing from green to red and orange and bronze and gold. As we start munching on caramel apples, eyeing those cozy sweaters that have been hiding all summer and feeling that first little bite in the air, we settle into autumn, ready for all the wonderful joys it brings – including Woodinville Family Preschool!

Finally, a time to reconnect with old friends and to meet new people. A time to ask Beth or Cecile the myriad of questions that have been popping up in our minds all summer:

- Is this normal?
- When do they sleep through the night again? (seriously, my daughter is 2...)
- My kid can sometimes push others, is he gonna be okay? Am I?
- My eyes well up when I think about sending my precious little girl to kindergarten, is anyone else in the same boat?
- My son does the most beautiful and inspiring sculptures with his food, but he doesn't eat it...how can I encourage his creativity while also making sure he gets his nutrients?
- What are the best reading materials for my child? Do my husband's motorcycle magazines count?
- Is this normal?
- Am I going nuts?
- Is this normal?

Rest assured, Cecile and Beth are here for us, to answer questions, offer guidance, teach new things and open our eyes to a whole new world of experiences for both us and our children. We will explore through paint and sand, bubbles and blocks, shaving cream and books. We will sing and laugh and learn and feel.

This promises to be another wonderful year, and I am glad to be doing this with all of you.

Welcome home, everyone!

NEW BOOKS THIS YEAR AT WFP!

- *Before Five in a Row* – by Jane Claire Lambert
donated by Mary Ann McColl
- *Children, Language and Literacy* – by C. Genishi and A .Hass-Dyson – donated by Jodi Spitalli
- *Magical Parent, Magical Child: The Optimum Learning Relationship* – by M. Mendizza & J. Chilton Pearce
- *1001 Things to Spot on the Farm* – by G. Doherty
- *Green Kids, Looking After My Environment*
by N. Morris
- *Green Kids, Recycling* – by N. Morris
- *Green Kids, Saving Energy* – by N. Morris
- *Green Kids, Saving Water* – by N. Morris
- *Reptiles and Amphibians Dictionary* – by C. Twist
- *We're Going on a Bear Hunt* – by M. Rosen

Lisa Balyeat, Pre-K

Our Summer with Sal

I've been an "animal person" all my life. If you ask my parents, they'll confirm, I carry the gene! My whole professional life has been in animal welfare and in 12 years I've cared for 1000's of animals in shelters and at home. Our family includes 9 pets of various shape, size and species. So when I was approached to take Sal, the WFP salamander, home for the summer naturally I said "Sure, What's one more!" I embraced our new house guest and we began our summer with Sal.

First, we began with Sal's schedule. Feed Sal every Monday, Wednesday and Friday and change Sal's bathtub water and spritz his cage with conditioned amphibian water. On Sunday we bought live crickets (Sal's food) and cleaned the cricket holder. After adding fresh cricket food, we then would count the crickets to make sure we had enough for the week and that the crickets were all present and accounted for. (We did lose one under the dishwasher.) Sal soon became just part of our summer routine. As we continued to care for Sal I noticed that my son Nicholas, in Pre-K this year, began to remind me which days we needed to feed Sal and he began showing an enormous interest in his "little buddy." Sal quickly became Nicholas's summer obsession.

Nicholas was in all the way when it came to Sal! He picked salamander books from the library, which we read over and over again. He was extremely gentle while helping with Sal's daily care. One morning while I was cleaning Sal's cage I placed Sal in a small plastic tub and Nicholas sat at the table, diligently watching over him. As I finished my task, I looked over to find Nicholas stroking Sal and talking to him

as if they were old friends. I asked Nicholas if Sal enjoyed being stroked and he said "Mom he closed his eyes and took a deep breath. I think he liked it! And guess what, I thought he'd be slimy and gross and he isn't at all. He is soft and smooth." As summer came to a close and it was time to return Sal to preschool Nicholas was sad, but found comfort in the fact that Sal would be at WFP each day. Nicholas explained to Sal that he knew he would miss being at our house, but he'd make sure his Sal Buddy would be ok at preschool. We returned Sal with heavy hearts, but I was thankful for the valuable lessons and experiences Sal brought with him this summer.

Caring for Sal helped Nicholas be more aware of the days of the week, a concept that was just beginning when Sal arrived. Counting crickets helped build his early math awareness and reading all those salamander books reinforced Nicholas' early literacy skills. By providing proper care for both the crickets and Sal, Nicholas learned that all creatures deserve our respect and proper attention. Holding and touching Sal challenged Nicholas's "salamander stereotype" and helped him appreciate Sal in a different, even more meaningful way. Nicholas continued the art of observation from his 3 day class and drew many pictures for Sal that we taped to his cage. And lastly, but by no means the least important, Nicholas experienced love in a meaningful and profound way. Our biggest lesson and true gift from Sal was the reminder that love often comes to us unexpectedly and an unlikely friendship between a salamander and a four year old boy beautifully illustrates the human desire to give and to receive love. Our summer with Sal will hold a special place in Nicholas's heart as well as our whole family's.

Did You Know? - Composting and Recycling at WFP

WFP composts all our food scraps and wet paper towels! This means that only paper towels used to wipe hands dry should go in the trash baskets between the three hand washing sinks, and only food scraps and food-soiled paper towels and cardboard, napkins, plates and cups should go in the food waste container under the nametag board. All paper products in the compost must be *uncoated* (no plastic or wax coating), otherwise they go in the recycle bin.

WFP also recycles! Cans, glass and plastic bottles, coated or uncoated paper, juice boxes and milk cartons can all be recycled at the far end of the kitchen. All other items (plastic bags, straws, plastic utensils, etc.) must go in the trash.

There is a special trash can in the creative arts section for paint- and glue-soiled paper. These items *cannot* go in the yard debris bin.

WFP's trash, recycling and yard debris are all picked up every Friday.

Lucy Czesak, Infant 6-12 month

Last week while shopping, I realized the transition to fall was here. I call it the “crisp” time of year because all things around us have this characteristic: fresh honey crisp apples, the morning air, and the tone of voice used by parents as they tangle with their children over buying school supplies. It is like everyone has been thrown out of summer in a stupor and is trying to regain their composure for the trusted routine of fall. The scene at Fred Meyer that day was not graceful: 40 something father of medium build rubbing his eyes, 10 year old son with spiky hair stamping his foot saying, “but mom said I could”, and an 8 year old daughter with unmatched socks whining undecipherable phrases. Here was a father with at least 10 years of parenting on his resume, and he could not buy his children their school supplies without mayhem. After encountering this scene some shoppers might shake their head and walk away muttering to themselves; I, however, felt a new understanding and hope bubbling up inside me.

I have been a parent for only 2 years and four months. I have a 3-½ year old daughter Adelaide and an 8-month-old son Elliot. No, my math skills are not off – we brought home our daughter from China when she was a year old. My daughter arrived home sleeping through the night, feeding herself Cheerios and ready to walk. As first time parents we delighted in the high energy of our toddler during the day, savoring every laugh and new discovery, knowing that our day would be balanced out by our daughter asking to go to bed at 6:30 and sleeping for 12 hours. Crashing onto the couch after we put our daughter to bed, my husband and I would give each other an exhausted smile. Adelaide was our dream-come-true! After 10 years of marriage, infertility and pregnancy losses, we finally had a child to hold and love.

As we were celebrating our first anniversary as a family of three, and Adelaide’s 2nd birthday, we found out I was pregnant. We had heard of adoptive parents having a birth child after they adopted, but we never thought that would be us. We had too many obstacles with achieving a live birth. Besides, we were happy as a family of three and enjoying the new friendships we had formed in the Chinese adoption community. Instead, The Creator decided three things: 1. Adelaide shall not be an only child. 2. I will not enjoy parenthood without stretch marks. 3. My husband and I will learn what exhausted *truly* feels like. Our previous “balance” was about to be tipped in 9 months. We were excited and scared, surprised and hopeful.

Eight months ago we were blessed with a literal “bouncing baby boy” who was crawling at 5 months and cruising around our coffee table at 6 ½ months. At 4 months he was 17 pounds and 27 inches – the same height and weight as my daughter at 1 year of age. Everything is going so fast! Many times I wish for the same powers as Samantha in “Bewitched” – you know where she freezes everyone around her so she can fix something and then unfreezes them? If only I could do that, I could enjoy every moment of my children’s life *and* get the laundry finished. Now that my son is here, life is accelerating. Not only is he developing quicker than I thought possible, but my husband and I pathetically compete over who “gets” to do the dishes because we each view it as the only “self-time” we will have that day. The luxury of crashing onto the couch at 6:30 p.m. and exchanging exhausted smiles is over. The new luxury is exchanging groggy high-fives if we manage four hours of continuous sleep.

They say that nothing can prepare you for parenthood, and this is true. But I think one could also add, “Nothing can prepare you for the lack of balance you will feel as a parent”. This is what I understood watching the father and his two children in Fred Meyer. It did not matter that he had 10 years of experience as a parent – he still felt out of balance sometimes. Yet I suspect that his 10 years of parenting experience does give him something I do not have yet: acceptance of this imbalance. I am hoping through our parent education, and seeing the example of other WFP families, this might happen before my children act up at Fred Meyer in 8 years when the weather turns “crisp”.

Susan Carroll, Chair

As I sit down to write this article the night before it is due, I am struck by how busy this time of year is. How else could I have waited until the last minute to write this? Really, I’m not a procrastinator, but this is the first time that I have had two children beginning their school years at separate schools, one at WFP and the other in Kindergarten. What struck me even more than the time involved in meetings, orientations and back-to-school shopping was the cost involved in it all. Clothes, shoes, supplies, tuition, PTA memberships – it all adds up quickly and budgeting for these items can be overwhelming.

In the current economic climate, it is increasingly difficult for families to afford all of the back-to-school necessities. We have families here at WFP who are going through tough times and need our support. WFP has both scholarships and the work-study program available to help those families in need. However, we have had more families taking part in these programs this year than in past years. We would like to continue to offer support to our families – financial and otherwise. For those of you interested in making a donation to the school this year, you may decide to donate directly to the scholarship or work study funds. This money directly supports the WFP families who are in need.

In the six years that I have been a member at WFP, I have been moved by the generosity and sense of community that the school exudes. I am confident that we will continue to support one another this school year and for many years to come.

Jenny Jacobsen

It's Raining, It's Pouring, It Doesn't Have to be Boring!

Growing up in Washington, I spent my childhood splashing in puddles, playing in the rain gutters along our street, and listening to the rain pounding on our roof as I drifted off to sleep at night. I loved so many things about the rain – The quietness of it, the fresh, clean smell, and the way it looked slowly streaming down our windows. Some of my favorite childhood memories are of playing soccer in the rain, and rushing to the big mud-pit in front of the goal at the end of the game to celebrate a win with my team-mates. (Usually, this involved diving into the mud, and getting covered to the point that our parents may have had a tough time recognizing us afterwards! I can still remember that smell too... Not so good.) I'll never forget taking walks through the woods behind our house while the rain trickled down through the towering trees above me. And, the rain never seemed to stop my family from doing anything that we loved.

I have to admit that sometimes, the rainy days got to me. For example, following my siblings around to their soccer games to watch them play, while I was dripping wet on the sidelines, wasn't so much fun. But, I'm so glad that my parents didn't mind dealing with the mess that often arrived from hours of playing in the rain and mud (from 4 kids!), because they knew that we were having a great time in the process.

Now that I have a child of my own, I feel like I am reliving a lot of my early, fond memories of magical, rainy days with her. Kayla loves the rain, too. She is almost 3 ½ years old now, and every year she seems to enjoy the rain more and more. We love going on rainy day walks, taking long drives, and going puddle jumping when it rains.

When I asked Kayla what she wanted to do when it starts raining soon, she said, "I want to step in the puddles, play in the back-

yard, and do some art. And, I wanna make a chocolate cake. I will also feed my fish. Oh, and I wanna catch the rain in my mouth, and dance in it." I'm so glad that we won't have any boring days around our house when the rain starts coming down.

"I want to step in the puddles... catch the rain in my mouth and dance in it."

Kayla, 3yrs

Some of my favorite moments with Kayla have occurred on rainy days, when we started out with "nothing" to do. At least, that seemed to be the case at first . . . Then, we put our ideas together, and came up with some memorable activities. Since rainy days are probably just around the corner for us, I thought that I would share some of the ways that we enjoy the wet

weather in our family with all of you. So, get your rain boots, umbrellas, and raincoats ready, and try some of these out! (Or, stay inside, make some hot cocoa, hang out in your pajamas for the entire day, and get ready to have a cozy, fun time together!) Either way, I bet that you will end up creating some unforgettable experiences with your children.



(Continued on page 10)



Writing

After going on a rainy day walk, write and draw pictures of what you observed in a weather-walk journal. This could be an ongoing journal that you update whenever you go on walks, in any kind of weather. It would also be fun to include photos in this type of journal.

Art

Play in the mud, and make “mud-castles.” Write messages, and draw pictures in the mud with various sticks, and items that you find outside. Build sculptures out of rocks, sticks, and leaves on top of muddy areas in your yard.

Rain Painting – Drop food coloring or powdered paint onto paper towels or coffee filters, and set them out in the rain. Watch what happens! (You may want to do this on the grass; I’m not sure if the food coloring will stain your sidewalk).

Sidewalk Chalk Art – Just after the rain stops, draw pictures on the wet sidewalk. The water will cause the colors to blend beautifully!

Science and Math

Rainy Day Puddle Walk (Idea from the Mudpies to Magnets book). Count puddles, measure the depth of each of them, observe where, and how they form. Return the next day to take note of the changes.

Make a rain gauge – Set out a cup or empty soup can. At the end of each rainy day, measure the amount of water collected.

Go to the beach when the tide is out to observe ocean creatures - You’re going to get wet anyway, and you won’t see many people there when the sun isn’t out! (Find local tide tables at www.saltwatertides.com).

Teach your child about the water cycle. Search for bugs and animals; discover what they do when it rains.

Outdoor Rainy Day Fun Ideas :

Reading

Rainy day covered porch reading – When it rains, we like to cover our porch with pillows, blankets, a special snack, and a basket full of books. We listen to, and watch the rain while we read. After we finish reading one pile, we go back inside to get some more! This is always SO much fun.



For Fun & Exercise

Go on a short nature walk or hike when it is drizzling outside – Being in a glistening forest full of dripping trees is an unforgettable experience.

Rainy Day Picnic- Your child can help you pack a picnic that you can enjoy together under a covered picnic table area at a park. (We love going to Cedar Grove Park to do this when it rains).

Make a Rain Orchestra – (Idea from the Rainy Day Fun Book). When the rain is falling steadily, your child can help you gather a variety of metal and plastic bowls and containers to take outside. Turn them upside down, place them in the falling rain, a listen to the music!

Follow leaves as they float down the gutters, and see where they end up.

(Continued on page 11)

Indoor Rainy Day Fun Ideas:**Reading**

Find creative ways to enjoy reading books together in unique places.

Writing

You and your child can write letters and postcards to send to family members and friends.

Interview your child about a certain topic, and write down their responses. They might want to interview you, too!

Art

Endless ideas – Finger-painting, using watercolors, spin-art, cutting, gluing, easel painting, lacing, beading, making a collage, sponging, printing, play-doh, etc.!)

Science

Perform experiments using water (Testing absorbency, testing whether items sink or float, comparing states of water, testing which items dissolve in water, etc.)

Make a terrarium, or grow crystals.

Try out some of the science experiments found in the books listed below.

Math

Your child can help you cook and measure out ingredients to make something special for your rainy day.

Send your child on a counting scavenger hunt throughout the house (Ex – Find 3 toys that have wheels, or find 2 items that are the color purple, do 10 jumping jacks, etc.) You could also do this with colors, shapes, and letters.

For Fun and Exercise

Have a dance party, make a movie, set up a store, restaurant, or school in your playroom; invite friends over for a play-date, dress-up, sing songs, create a puppet show, play catch with a ball, go indoor bowling, make a fort, set up your tent in your living room and go camping, enjoy an indoor picnic together, have a tea party, blow bubbles, or create puzzle-world by putting together all of your puzzles, and covering a large floor space with them. No matter what you decide to do, don't forget to open the windows, and listen to the rain.

Play games like I Spy, Hide and Seek, Freeze Dance, Hot Potato, and board games.

If you just want to get away from your house, and stay out of the rain, try visiting some of these local hot-spots:

*** Many of these places have free or discounted days each month. Check online at their websites for more information. ***

The Woodland Park Zoo, The Seattle Aquarium, Pacific Science Center, story-time at a library or book store, Children's Museums, Children's Theaters, art museums, Creation Station, Kids and Clay, Color Me Mine, Molbak's, Jump Planet, kid-friendly coffee shops and restaurants (Try out The Village Bean Café – new at Country Village, or Tot Spot Cafe), fun toy shops like Toys That Teach, or Snap Doodle Toys; recreation center drop-in playtimes, visit animals at a shelter or a pet store, go swimming at an indoor pool, etc. (The websites listed below have many more recommendations that you should definitely check out.)

(Continued on page 12)

(Continued from page 11)

Online Ideas:

I would recommend signing up for the free emailed newsletters from www.red-tri.com, www.gocitykids.com, and www.parentmap.com. They each feature great local activities happening each week in our area. They also provide up-to-date, valuable information highlighting local kid-friendly places to visit, and things to do.

Here are some outstanding books, most of which are in our Parent Ed Library, full of great ideas for hands-on, creative, fun-filled, inexpensive learning opportunities:

The Mudpies Book of Boredom Busters By Nancy Blakey

Lotions, Potions, and Slime: Mudpies and More! By Nancy Blakey

The Mudpies Activity Book – Recipes for Invention By Nancy Blakey

More Mudpies – 101 Alternatives to Television By Nancy Blakey

Mudpies to Magnets – A Preschool Science Curriculum By Williams, Rockwell, and Sherwood

Rainy Day Fun By Jean Warren

I Made It! Process-Oriented Art for Kids By writers at The Mailbox

Toddler Art By Susan Hodges

Being at WFP has inspired me to be more creative with the ways that we enjoy our wet weather. I feel like we are so lucky to be a part of a preschool program where the kids get to experience the weather outside year-round. (I can't wait to see what the outdoor curriculum is like in the 3 and 4 year old programs!) When other friends ask me about WFP, and I tell them about all of the great things about the program, one of the things that always stands out to them is that our curriculum is extended to the outdoors. We have such a great opportunity to help instill a love of nature and learning in our kids, while they are young. I hope that you and your families have a great time trying out some of these ideas this year, and enjoy many magical, rainy days together!

Woodinville Family Preschool

Preschool Emergency Phone Number: 425-481-9707 ext. 4

Snow Closures: WFP follows the snow closures of the Northshore School District. NSD has a 24-hour weather line (425-489-6001). KOMO 1000 News Radio announces closures, and <http://schoolreport.org/> has current closures, as well as an email announcement program you can subscribe to. When reading/listening to closure reports, ignore “no preschool” and “no AM and PM kindergarten”. When there is “no afternoon kindergarten”, the WFP school day will end no later than 11:30 am. On days when classes begin one to one and one-half hours late WFP follows the Snow Schedule in your handbook. See handbook pg 118 for more details and complete Snow-Schedule.

Sick Days: Parents and children should generally stay home if they have a communicable disease (e.g., chicken pox, pink eye, impetigo, strep throat), fever in the last 24 hours, symptoms of a flu in the past 48 hours, on an antibiotic for less than 48 hours, or symptoms of a cold as listed in your handbook. Notify the preschool if anyone in your family has a communicable disease other than cold or flu. See handbook pg 109 for full Health Policy and listing of cold symptoms.

2009-2010 Parent Meetings:

- Fall Parent Meeting Monday, November 9, 2009 - 6:15-9:00pm - Northshore United Church of Christ
- All-Schools Parent Meeting Tuesday, March 23, 2010 - 7:00-9:00pm - SCC
- Winter Parent Meeting Wednesday, January 20, 2010 - 6:15-9:00pm - Northshore United Church Of Christ
- Spring Parent Meeting Tuesday, April 27, 2010 - 6:15-9:00pm - Northshore United Church of Christ

Northshore United Church of Christ 18900 168th Ave. NE, Woodinville, WA 98072

Christy Owen, 1 Day A

How I got my kids to eat Brussel Sprouts!!!!

OK, so I didn't REALLY get my kids to eat Brussel sprouts, but I did get your attention. I love vegetables, and I'll keep trying to get my kids to eat a variety of them. The hardest part is getting them to like them unembellished. I once got a crowd full of wine dinner patrons to exclaim the love of brussel sprouts, but that's because I pureed them with a bunch of whipped cream!!! Not exactly the healthiest way to imbibe vegetables. Can we get our kids to love the foods of the earth?

At Woodinville Family Preschool we really try to bring snacks to school that are healthy and nutritious. Usually we go for Goldfish (I'm not knocking Goldfish!!), cheese, and some kind of fruit. That's all fine.....maybe we can go one step further and bring

fruits and vegetables that are seasonal and in their purest form and let the kids experience them. They may not like them that week, but haven't we all heard that kids need to be exposed to foods often in order to develop a taste for them? Can we get over our fear that no one will like us if we don't bring cookies?

For instance, I might try, on my snack day next week, to bring cooked cubes of sweet potatoes alongside the pumpkin-sweet potato muffins. The multi day classes could try bringing mushrooms and sweet peppers, and incorporate them into pizzas. Are you wondering where the brussel sprouts went? Try cutting off the bottoms and blanching "petals" (brussel sprout leaves....they ARE mini cabbage!) in salted water for a minute, then shocking them in ice water to stop the cooking. For those that don't like to cook, you might bring a few varieties of apples and pears on your snack day for kids to try. Just food for thought.

Pumpkin-Sweet Potato "doughnuts"

(from the cookbook, Deceptively Delicious, by Jessica Seinfeld)

½ cup firmly packed light or dark brown sugar

½ cup canned pumpkin puree

½ cup sweet potato puree (bake it whole like a potato and then skin and mash or puree in food processor)

½ cup nonfat milk or low fat buttermilk

1 large egg white

1 Tbs. trans-fat-free soft tub margarine spread, melted

1 tsp vanilla extract

1 cup whole wheat pastry flour

1 tsp baking soda

½ tsp baking powder

½ tsp cinnamon or pumpkin pie spice

¼ cup powdered sugar

Preheat oven to 350 degrees. Use pan spray to coat a 12-cup mini muffin pan.

In large bowl, beat together sugar, purees, milk, egg white, margarine, and vanilla.

Add the flour, baking soda, baking powder, and spice, and mix until completely incorporated.

Pour batter into a gallon-size plastic bag; snip off the corner of the bag so you have about a 1" wide hole. Squeeze batter into muffin tins to almost fill each cup.

Bake until the tops are lightly browned and toothpick just comes out clean.....check this at 15 minutes. Turn out to a rack to cool then dust with powdered sugar.

You can store, airtight, for a day or so, or freeze for up to a month.

Christa Bicket, Vice Chair

As I start my sixth year at WFP with my second child, I look back to the previous Septembers that I was gearing up to start school and I am reminded of just how wonderful this community is. Not only have I come closer to becoming the parent I want to be (at least today), I have met some truly amazing people in our community and some lifelong friends. Over the years, I have been through tough times, and I have helped others get through their tough times. I have literally laughed and cried with other moms that I met in my first Toddler PM class five years ago. When I look back at my summer, some of my fondest memories are with my very dear friends that I have bonded with over good times and bad times in our lives while being at WFP.

I have three more years to go with my son at preschool and am excited to see what friendships develop as the years go on. I truly hope that each of you find those friendships here as I have and know that there are friends here to help along the way when your times get tough or if you just need a break from the every day job of being a parent. Our community is a strong one as it is founded on the desire to become just one step closer to the parent that we want to be. If we have nothing else in common, we still have a big bond to each other.

On a lighter note, I just want to remind you of a few things as you go through your job during the year.

Be sure to copy your job description into the section in the job journal as it may have changed in the last year.

Remember to record your hours spent in your job journal regularly. We REALLY look at these!

Please call or email me if you have questions or concerns or just want to chat about your job or maybe just need an adult to talk to that day! I am here to help and will do my best to make sure you have what you need to do your job. My contact information is on the roster on the website. If you need help getting on the site, contact your class coordinator.

I hope everyone has a great school year!

Hi All!

I just wanted to write a note thanking each and every one of you for the commitment to our preschool and the dedication that you are putting into each of your jobs! So far, we are having a great year and that is, in part, due to all of your success and hard work!

Just a few notes to remember:

-Please do not do your job during your class time. I know this is sometimes difficult as you may live far away, but try to keep your class time as an opportunity to spend special time with your child and learn from our wonderful parent educators! A minute or two putting something in a mail folder is fine, but if it is cutting into class, please come back when your class is not in session.

-Please do not come to the school early/stay late after class with your child and do your job. Our staff needs to set up for class during these times and this can be disruptive if our children are tearing things down as they are getting them ready. What I have done in the past if I need to just run in a few minutes before class is to drop my child off in a fellow member's car or ask a fellow member who might be there early to keep an eye on my child outside while I run in and do something. Obviously, this only works if your child and the other member are comfortable with this arrangement. If this doesn't work for you or your child, please come to the school during non-class time hours and get your work done without your children. I also try not to manipulate the staff while I am in the classroom before the kids arrive as I know they have a short amount of time to get things set up between classes. If you have something you want to discuss regarding your child, please use the staff office hours or your parent ed time so they can give you their full attention.

-If you need a key to the school to do your job and don't have one, please consult page 107 of the handbook regarding how to go about getting a key. You are welcome to email/call me if you are having issues with not having a school key as well.

Thank you, again, for all of your hard work and please let me know if there are issues or concerns! I will be checking in with all of you throughout the year so please keep the lines of communication open if you see problems.

-Christa Bicket
WFP Vice Chair
Bicket32@msn.com