

Gingerbread Gazette

Spring 2010



Important Dates

- April 5-9 -No School Spring Break
- April 27—6:15-9:00 Spring Parent Meeting
- May 19 - 6:30-9:00 Multi-day Meeting
- May 26, 27, 28
- Last Days of School

Cecile's Corner:

Last month the American Academy of Pediatrics re-issued a policy statement *Active Healthy Living: Prevention of Childhood Obesity through Increased Physical Activity*. This re-issuance is a revision of the May 2000 original policy. The AAP believes that physical activity for all children is so important that they wanted to reaffirm their original statement. Following are some of the more interesting and applicable sections of that report.

"Children and youth are more sedentary than ever with the widespread availability of television, videos, computers, and video games. Data from the 1988–1994 National Health and Nutrition Examination Survey indicated that 26% of American children (up to 33% of Mexican American and 43% of non-Hispanic black children) watched at least 4 hours of television per day, and these children were less likely to participate in vigorous physical activity.... Many reasons are stated for the general lack of physical activity among children and youth. These reasons include inactive role models (e.g., parents and other caregivers), competing demands/time pressures, unsafe environments, lack of recreation facilities or insufficient funds to begin recreation programs, and inadequate access to quality daily physical education (PE)."

Another well-respected national organization, the Alliance for Childhood, presents an on-line article entitled *Free Play is the Missing Link in Anti-Obesity Campaign, Says Children's Health Group*. In this article childhood obesity experts from the Mayo Clinic are quoted as saying "Emphasize activity, not exercise. Your child's activity doesn't have to be a structured exercise program—the object is just to get him or her moving. Free-play activities, such as playing hide-and-seek, tag, or jump-rope, can be great for burning calories and improving fitness."

The AAP confirms that it is free-play for young children that offers the physical, life-long benefit: "Lifestyle-related physical activity, as opposed to calisthenics or programmed aerobic exercise, seems to be more important for sustained weight loss.... Regular physical activity is also beneficial psychologically for all youth regardless of weight. It is associated with an increase in self-esteem and self-concept and a decrease in anxiety and depression."

The AAP notes that their Canadian counterpart, the Canadian Pediatric Society, has endorsed similar recommendations and "emphasizes a wide variety of activities as part of recreation, transportation, chores, work, and planned exercise to encourage lifestyle changes that may last a lifetime." The AAP goes on to offer recommendations for specific age groups as follows.

Infants and Toddlers

"There is insufficient evidence to recommend exercise programs or classes for infants and toddlers as a means of promoting increased physical activity or preventing obesity in later years. The AAP has recommended that children younger than 2 years not watch any television. The AAP suggests that parents be encouraged to

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provide a safe, nurturing, and minimally structured play environment for their infants. Infants and toddlers should also be allowed to develop enjoyment of outdoor physical activity and unstructured exploration under the supervision of a responsible adult caregiver. Such activities include walking in the neighborhood, unorganized free play outdoors, and walking through a park or zoo.

Preschool-Aged Children (4–6 Years)

“Free play should be encouraged with emphasis on fun, playfulness, exploration, and experimentation while being mindful of safety and proper supervision. Preschool-aged children should take part in unorganized play.... Preschoolers should also begin walking tolerable distances with family members. In addition, parents should reduce sedentary transportation by car and stroller...”

Elementary School-Aged Children (6–9 Years)

“In this age group, children improve their motor skills, visual tracking, and balance. Parents should continue to encourage free play involving more sophisticated movement patterns with emphasis on fundamental skill acquisition. These children should be encouraged to walk, dance, or jump rope and may enjoy playing miniature golf. There is little difference between the sexes in weight, height, endurance, and motor skill development at this age; thus, co-ed participation is not contraindicated. Organized sports (soccer, baseball) may be initiated, but they should have flexible rules and short instruction time, allow free time in practices, and focus on enjoyment rather than competition. These children have a limited ability to learn team strategy.”

As we move into summer, think about how to increase physical activity for your child in ways that will become life-long habits. The Alliance for Childhood quotes a 2008 Canadian study which found that “children with a park playground within one kilometer were almost five times more likely to be classified as being of a healthy weight...compared to those children without playgrounds in nearby parks.”

As a preschool community, we are moving toward a playground renovation that will offer more appropriate experiences and challenges for your children. Thank you to Christa Bicket, Chance Felisky, and Laura Pedersen for joining Beth, Jodi, and me in developing initial playground plans. Our hope is that this preschool natural play space will become a place that you and your children will enjoy both during and outside of school hours. We are beginning to look at costs for this project and welcome your donations to help us achieve our goals at the earliest possible opportunity. As evidenced by both the American Academy of Pediatrics and the Alliance for Childhood, there may be no better way to insure the future health of your children than by making our outdoor play space the best that it can be.

Have a wonderful summer, and enjoy the outdoors with your children!

Susan Carrol cont.

chooses something new from a cookbook. This is especially remarkable knowing that he is an extremely picky eater, but when it's his decision he is suddenly willing to try all sorts of new dishes.

Let your kids cook for others too. Most times I bring a dessert to someone's house or a snack to a board meeting, my children have helped make it. They take such pride in knowing that what they make will be enjoyed by others. And don't worry if what they made didn't turn out perfectly. If the cake is a little lopsided or there's a bit of egg shell in the muffins, no one you're serving is going to mind. Tell them that your amazing young chefs helped to make this delicious treat (and assure them that their hands were thoroughly scrubbed beforehand) and be proud that you are teaching the next generation how to cook while creating lasting childhood memories of time well-spent with family in the warmth of your kitchen.

Susan Carroll, Chair

Cook with Your Kids



I love to cook. Okay, I guess if I'm being honest, what I really enjoy is food, but since most food is best when cooked, I have learned how to be a pretty good one. Growing up in an Italian-American household definitely helped as well. My parents made sure that I knew how to cook when I left their home to live on my own, and my favorite gift at my bridal shower was a recipe book filled with family recipes. Obviously, this is a value I want to pass on to my own children. So, I cook with them.

Now, I'm not saying I let my children help with dinner every night. In fact, this evening I was ushering both of them out of the kitchen as I hastily threw a meal together because everyone was tired, hungry and quickly melting down. However, I try to let them help as often as possible in as many ways as I can; and what I have found is that cooking is a wonderful way to teach a variety of concepts.

As children are measuring and counting, they are using math skills. Science is clearly at work in most cooking, especially with baking, as you can see what happens when you use too much baking soda or too little yeast. Not to mention how things react to heat and mixing. Oh, and the mixing! There is such satisfaction to the textures of cooking: the cracking of an egg, feel of flour, kneading of dough, grating of cheese, etc. Literacy is also at work as children read the recipes. One of the first things I saw my son read was a recipe – he used the pictures on the back as a guide as he was thrilled that he was figuring out the code of language.



There is also so much problem-solving that occurs in cooking. We get to decide how to make our food better or different each time we make it. This evening I threw sautéed onions into the garlic and oil that I normally put on my five-year-old son's noodles (I try not to hold it against him that he doesn't like marinara sauce) and he told me that he did not like the addition of onions, even though he normally loves onions in food. He still ate the noodles, but he knows that you can make suggestions for changes. Don't worry, he also knows that the first thing you do is thank the cook for

making a delicious meal.

My two-year-old daughter also does plenty of cooking with me. In fact, both of my children have been cooking since they were toddlers. She loves to mix things with a spoon and her favorite thing to make is chocolate chip pancakes. For safety's sake, I keep her away from the griddle, but everything else she can do, including popping some chocolate chips into her mouth on the sly. However, since she is young, she cannot always help with what I am making, so I provide her own cooking ingredients.

We have a sensory table in our kitchen that has beans, pasta, or rice in it with cups, spoons and bowls. Both children love to play in this while I cook and make their own "meals." There are simpler ways to do this too. You can give children a bowl with lentils or beans and let them scoop or stir. My favorite is giving my daughter a small bowl of lentils, some rice, a measuring cup of water, and salt and pepper shakers and letting her create something in a mixing bowl. An even simpler version is to use cotton balls or colored pom-poms and let kids cook them in a pot. Stirring anything in a big bowl or pot while mom or dad are cooking allows kids to feel involved in the process of making dinner, even if their meal can only be fed to their stuffed animal friends.

So cook with your kids! Let them experiment. Pick a night of the week and let them plan the menu. For us, it's Friday night. My son decides what we are having and often

Alumni Corner by Gillian Bicket

WFP Graduates Aspen and Faith Brooks

Aspen and Faith Brooks former alumni have many years of preschool behind them. They each started in the infant classes and finished with Pre-K.

Today, Aspen is an accomplished 7th grader at Canyon Park Jr. High. She enjoys soccer, reading and singing in the school choir. Aspen recently performed a duet with Philharmonia Northwest and is looking forward to the State Science Olympiad in April. This year her team is studying ornithology, otherwise known as birds.

Aspen first became interested in science at WFP and continued to be passionate about it through grade school and into junior high. She says her favorite things to do at preschool were "playing with the steering wheel" and "swinging on the tire swing." Her fondest memory was getting the "birthday necklace at circle time." Aspen thinks the most important thing she acquired from preschool was "learning to share and work with others." Great qualities to have your entire life!



Faith is an energetic 3rd grader at Kokanee Elementary. She enjoys reading, soccer and just learned to ride the unicycle! She enjoys running and participated in fall Cross Country and is excited about spring Track and Field.

Faith remembers WFP snack time fondly. She enjoyed it when a parent brought in sushi, and ants on a log were always fun. Outside, Faith liked to play with her friends up in the playhouse, and remembers "decorating the Big Toy like a pirate ship with a flag." She also really liked it when "Harry read stories that the children wrote during circle time." Excursions were also fun because she was "happy not to have to sit in a car seat on the bus!" Faith thinks the most important thing she got out of WFP was having "learned how to work as a team."

Bill Brooks, father of these two lovely ladies, also remembers WFP with fond memories. His favorites were the awesome trip to the beach and showing the kids all of the sea life. Also, he enjoyed getting the kids involved in work. He once pulled a broken preschool door off the hinges and had the children help fix it and then help put it back up! It is wonderful when kids think work is fun.

Thank you to Aspen, Faith and Bill Brooks for the interview. WFP and, without a doubt some stellar parenting from both Bill and mother, Yvonne, have produced two great alumni!

Brianna Thunberg, Board Assistant

All School Scoop

- Spring break is near - April 5th thru the 9th! Classes will resume on April 12th.
- Parents, please, please upload school photos that you may have taken throughout the year of our kids. Instructions on how to do this is in the pink section page 19 in the parent handbook. Photos for the slide show are due now so please make sure your class is represented. Upload those photos!
- Also Spring Parent meeting is April 27th we will have the Spring Raffle & Auction so remember to bring your check books!!!
- Remember to bring your cleaned-out and organized job notebooks to the spring parent meeting as well. Be sure to have your job journal filled out too!!
- All Library books are due May 14th so please make sure to bring them in!
- Please submit any expense sheets before May 31st !

Christa Bicket, Vice Chair



Well, we made it to spring. The tulips and daffodils are coming up and the trees are causing chaos with our allergies. Our children are starting to get spring fever....or maybe it is just us, but something is definitely different. I know I see the school year end in sight and am looking forward to a long, lazy summer that never ends up being as long or lazy as I hoped for.



Spring also signals the beginning of the jobs discussion. It is time for you all to think about what jobs you would like to hold next year. There are a lot of jobs available and if, by chance, you just can't even think about taking on a job, well, there is the Job Options program that is just waiting for you and your check to arrive. We will take payment plans for the full \$550 as long as your money is completely paid by the time school starts next year. If this interests you, please fill out a Job Options form, attach a check to it and put it in Cecile's inbox.

About the middle of March, there will be a sign up sheet on the Resource Room door for jobs that need to be filled in the next year. In addition to signing up for a job on that list, you will also be given a Job Preference Form in your mail folder a few weeks before the spring parent meeting. While seeming to be redundant, these two forms of specifying job preferences each serve a purpose and are both vital to completing my job. PLEASE fill out both the list on the back of the Resource Room door AND the Job Preference Form that will show up in your mail folder. This will ensure that I don't put 10 people in the same job or not fill one altogether (yes, it wouldn't be the first time). You will turn in the Job Preference form at the spring parent meeting. If you cannot make it to that meeting, please put that form in my mail folder.

And, lastly, please go through and update your job notebook. We will be taking these notebooks at the spring parent meeting or in a box at the preschool. It is also vital to my job that your hours and suggestions are filled out in your job notebook. This also truly helps the next person doing your job. If you need your job notebook after the spring parent meeting, just photocopy the materials you need and turn the notebook in.

Please call me or email me with any questions, concerns or commentary. I appreciate what a wonderful job all of you have done for our community and especially those of you who have gone above and beyond your jobs to help us out! I truly appreciate each of you! Thank you! Thank you!

All School Scoop cont.

- Do you have a handy man or mam that you know the is good at installing tile?? We are needing just that person; please contact Christa Bicket - bicket32@msn.com
- Can you believe that we are at the end of the year already?! Well almost – Last days of school are Wednesday May 26th for the Multi-day classes, Thursday May 27th for the Thursday classes and Friday May 28th for the Friday Classes.
- We are looking for a loving pet friendly home for our two hermit crabs and Sal the salamander for the summer months. Please contact Lisa Balyeat - lisabalyeat@yahoo.com
- Job holders please make sure to turn in your keys. Please turn them into Cecile as soon as possible. Lost keys will cost \$20.00 for replacement.

Hey there Pre-K parents are you wanting to stay involved in the school next year as your little ones start a new journey? We are in need of alumni that want to be on a substitute contact list—so very important as we all know!!! Alumni can earn some extra cash as well so please send your contact information to Cecile to be put on the list for fall!!

Chance Felisky, Infant 0-6 Month

CHANGE...

The Infant 0-6 Month class has seen a lot of change lately. They started as little babies, but now some are sitting, some are crawling, some are standing, and some are even approaching their first birthday. Personalities are blossoming in those who were recently just tiny newborns. They are all exploring their voices and their worlds.

There has also been a great deal of change in the membership of our class. Yael has left us due to sibling schedules, but her family expects to return next year. Ella joined us this winter, and amazingly has been with us her entire short life, including the in-utero portion! One family returns with their daughter Chloe, having had their older child "graduate" from WFP last year. Most recently, two boys, Ender and Daniel, have joined our group. The previously all



girl class is very excited! Abbey is learning Spanish (well, hearing a lot of it at least) while spending four months abroad. We look forward to her family rejoining us in the fall.



We feel so grateful as parents to be involved with WFP, having found the program when our first child was a toddler, it was definitely a challenging time for us. WFP has been a great opportunity for sharing experiences and discovering new parenting tools. But would you believe that guidance, redirection and conflict resolution are already happening in our daughter's infant class? It's wonderfully helpful and never too early to start! So remember to tell all of your friends, even those who are still pregnant, about the amazing

experience to be had at WFP. Our lives, and those of our children, have benefited tremendously due to the amazing education, guidance, support, friendship, and community that is Woodinville Family Preschool.

Community Links

WFP continues to maintain a directory of businesses owned and operated by WFP members and alumni. This listing is available on our website at <http://www.woodinvillefamilypreschool.org/community.htm>

This is free advertising for your business! This is also an important community building and supportive endeavor for the preschool.

This is a great opportunity for those with home-based and small businesses. In the past, we've listed real estate agents, mortgage brokers, investment advisors, building contractors, therapists, music teachers; Avon, Pampered Chef, Body Shop, and Creative Memories consultants and more! Check it out!

This is a free service that WFP offers with no obligation to you. However, in recent years, some businesses have chosen to give a discount to WFP members and alumni or a small donation to the school for each completed transaction. To have your ad listed, please send a business card or web-ready ad to:

Woodinville Family Preschool

P.O. Box 125

Woodinville, WA 98072

Or email: websupport@woodinvillefamilypreschool.org

Doug Klink, Toddler AM

Helping Your Toddler Move



With the turmoil in the real estate market over the past two years it could be said that no one in their right mind would try and sell their home now. What must be considered though is that as parents of a toddler we are not in our right minds so it makes complete sense!

When my wife and I purchased our first home ten years ago we thought we would never move again. We thought our little two bedroom house with a teeny yard that was so easy to maintain was just perfect! With the arrival of our little one and a stream of out of town visitors who without fail would accept our offer to sleep in our room while we took the air mattress, it was time to look for a larger home.

It turns out that we were not alone. Two other members of the Toddler AM crew recently purchased homes and moved. In our extended playgroup, there are no fewer than five other families who have or will be moving soon. That begs the question...How do we prepare our little ones for the transition?

Just as every child is different, each will react and handle this tough transition differently. Here are a few things that we did which appeared to help our son, and some tips from other families who recently moved.

Talk, talk, and talk to your child about the move, they understand more than you realize.

Involve them in your plans. Our son didn't have many words, but when we told him we were looking at houses he would respond back "ouse, ouse."

Don't visit too many houses in one day; let your child explore each home even if you are not interested.

Respect nap time while showing and viewing even if your agent does not.

Take your child along when you sign the paperwork (our escrow person said one kid urinated in the flower pot so you have a high bar).

Take the child to visit the new home early and often if possible. Take pictures of the new house and look at them together.

Make a name for the old house and the new one, "small vs. big, apartment vs. house," whatever works so they understand the difference.

Take a few items from your child's old room and move them to their new room before moving day.

Let them help you pack some things, this can be difficult but well worth it.

Don't send them to grandmas on moving day, they need to see their crib and toys leave the old house and arrive at the new to help process the change.

Prioritize getting their bedroom and playroom set up first.

Spend time in their room after dark with the lights off so they know what it looks like. Make sure they hear the sounds of the new house so they don't get scared.

Take care of yourself...you don't need to stay up until 3AM unpacking, you are not getting any younger!

Expect a few nights of difficult sleep and an out of sync child for a while. Moving is difficult for everyone, imagine if you did not have the words to explain the feeling!

In the end no matter what happens rest assured that your child is far better at adapting to new situations than you are. They will be fine as long as they have you, and a few of their favorite things to play with!



Amy Best, Toddler PM

Healthy Cooking for Your Whole Family

To anyone out there who has a kid like mine and has a hard time finding something healthy, affordable and tasty, here is a recipe I have found that is all of the above. Have `em for dinner, serve at a play date or just wrap individually to freeze and serve when you are short on time. These are great!

Amy's Protein Patties

Puree in a blender:

1 15 oz can Chickpeas (Garbanzo beans), drained

1 chopped onion

2 or 3 cloves garlic

1 teaspoon ground cumin

½ cup fresh parsley

Enough milk to make soupy (approx 1 ½ -2 cups)

Pour into a large bowl and add enough seasoned bread crumbs and oatmeal to make thick enough to form patties.

Form into little patties (palm size) Brush with milk, roll in seasoned bread crumbs to coat Fry in olive oil on both sides until brown and crunchy.

Serve with whole wheat pita bread and nonfat yogurt mixed with cucumbers, dill and garlic.

Enjoy!

Christy Owen, 1 Day A

Light at the end of the tunnel

I've recently had an amazing reason to celebrate and I can't help but share it with you all.

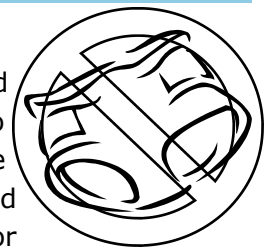
My older son, now in Pre-K, has had an issue with severe constipation and withholding just short of 2 years now. Of course, we first sought out medical advice and treatment options. Additionally, we assumed that the trigger for his physical problem was emotional, so our pediatrician steered us toward the Encopresis Treatment Clinic in Edmonds. After several months of counseling, with the Encopresis clinic, we had learned how to "deal" with our son's physical issue medically, but had had no real breakthroughs with how to help his emotional self. We were stumped!

It was killing my husband and me to see our child so seemingly physically discomforted and to find no real success with any parenting advice that we

employed.

Months and months blew by and we were all still in diapers (OK, no jokes here....Jim and I aren't quite there yet! Heehee). It really did seem like we were just waiting for our son to "fix himself"....we were out of ideas. Then, IT HAPPENED!!! No, he didn't go to the bathroom all by himself and problem solved. His younger brother did!!!!

We had decided to potty train our younger son over mid-winter break. Our strategy was totally parent-directed.....we just eliminated daytime pull-ups for both kids. We explained to both of them that it was time to "really get to know our bodies" and that we could only do that if we lived in underwear. No problem with the messes....it was anticipated and they would get better as they learned about



Wendy Libman, 1 Day B



The idea of living in a highly community oriented area to raise my family has always been what I hoped for, for myself and my family. I'm a true believer in the idea that "it takes a village to raise a child." Despite the strong desire to adopt such a lifestyle, I've never really had it in my life before, and therefore have had a hard time figuring it all out. To add to that bucket, I've also always been an extremely independent and fairly introverted person, and find it difficult to accept help from others, or more so to seek it out - even with my closest friends.

With the arrival of my third child, I've recently been really pushing myself to make changes in my life, and to move towards my family community goal.

With some luck, a family with four young children recently moved in next door to us. Not only do our kids get along, but my husband and I really like the parents as well. It didn't take long for our families to make a connection and for the typical neighborly friendliness to turn into really helping each other's families out. We've been exchanging kids for play dates, using our strengths and resources to help each other in needed areas, and simply utilizing an empathetic ear when needed. To me, this is a great recipe for the beginning of the family community that I've been seeking. Admittedly, I'm still getting used to all of it and have a ways to go, but I've found myself getting more comfortable just letting go and letting it all unfold around me.

One of the handful of things that attracts me to Woodinville Family Preschool is the sense of community among the parents too. As I mentioned in my previous article, I have met some truly wonderful people through this program and am very grateful for the relationships that I'm building. I know many of these relationships will continue for many years and will become part of the community that I seek for my family as well.

I'm very excited about this change in my life and really look forward to letting go more in the future. I believe that every family needs its own community - big or small.

(Cont. from 1 Day A)

themselves.

Feeling like I'd totally flunked out on potty training with the first child, I was feeling pretty tentative about my success with kid #2, and pretty much expecting the worst with kid #1. Armed with lots of books from the library about construction vehicles, monster trucks, and tractors, I said, "Here goes!!!!"

Only 13 pairs of underwear on the first day..... deep breath, do a load of laundry, etc. After only 2 days into it we were simply stunned (very pleasantly) when the younger child took to going to the bathroom like a duck on water! The even greater surprise was that the older child agreed to "potty sits" after every meal so we could help his body learn to eliminate.....and they were SUCCESSFUL

"potty sits." WOW! The power of the sibling!

We have been a daytime diaper-free household for 3 weeks and I can hardly believe that we're here.

The moral of this story is simply "HOLD ON and have faith in yourself as a parent!" As a parent, you sometimes feel so mired in the present situations you have with your children, that it seems like the impossible will never happen. Take advantage of your support system: your friends and family, classmates, and parent educators. Take care of yourself and remember to celebrate the small successes everyday. It is with sincere appreciation for all the support and advice that our preschool community has shared with us, that I close.....There IS light at the end of the tunnel!

Lisa Balyeat, Pre K

The Farm

I am the proud granddaughter of a third generation Wisconsin dairy farmer. As a child, I was lucky to be able to spend time on a farm. It's an experience I wish all children could enjoy. Over 700 acres of land became my playground when we left Seattle to visit my grandparent's farm. I LOVED the farm! I loved the animals, riding the tractor with Grandpa, the hay loft, the corn fields, my Grandma's bigger than life vegetable garden and sitting at the giant kitchen table helping her wash and prepare the vegetables she lovingly grew and prepared for our big family. The farm was my family heritage; it was the heart of our family.



I often let my mind wander back to the farm. As an adult looking back, I can truly appreciate the unique experiences I was able to enjoy there. I spent all day outside, I helped pick vegetables, I wandered through corn fields with my Grandpa as he used my cousins and me as his "measuring stick" to determine how much the corn had grown during the week. I stood on tall fence posts and watched the cows graze as far as I could see. I carved my name in the giant oak tree that graced the front drive. It was pure joy for me!

As my kids get older they love to hear about the farm. There are hundreds of stories to tell, but most of all I want them to understand what the farm meant to our family. Yes, it was my Grandpa's job, but he truly loved it, and he was a responsible steward of the land he was given. More than any story, I want my kids to appreciate how important the land was to my Grandpa. I dream of having my own farm someday, but in the meantime I take my children to the many wonderful small farms and farmer's markets in our area. Here are just a few that I encourage you to explore with your children so that they, like me, will grow up to appreciate the land, the food that grows on it and the farmers who truly love what they do.

Full Circle Farm- www.fullcirclefarm.com

Full Circle Farm is a 400 acre, family-owned, organic farm located in Snoqualmie Valley. They make weekly deliveries of organic produce (both theirs and other organic farms, as is available depending on the season) to many different locations in the greater Seattle area. Preschool member Cora Goss-Grubbs is a member of Full Circle and she told me, "We LOVE our weekly produce box from Full Circle Farm because I always know we will have healthy, organic produce in our refrigerator, even if I haven't had time to stock it with anything else. I also appreciate that I don't have to pay ahead for a share of the farm's produce, but rather buy a weekly box. I can always cancel it if we're out of town--there is no obligation beyond one box at a time." They've also got other grocery items for sale, such as cheese, eggs and bread.

The Root Connection- www.rootllc.com

The Root Connection is Washington State's oldest CSA farm. Since 1987, they have been growing local, chemical-free food for the community at their 14-acre site in Redmond, Washington. By joining the CSA, you are supporting a way of farming that's kinder to our land. Community Supported Agriculture allows small local farms to thrive, protects vital farmland from commercial development, and gives you and your family the highest quality, fresh local produce. The Root Connection also has a farm stand and other unique products available for sale.

Diane Powell, 3-Day



I decided to ask the 3-day kids what their favorite thing about school was.

Each parent asked their child and this is what they had to say:

Aurelia - playing with her friends

Matthew-the butterfly garden outside

Kayla-getting the take-home bag

Marina-there are butterflies in chrysalises, and climbing on the big ladder during outdoor play

Bryce-crabs and bubbles

Emily - dressing up as butterflies

Leila-playing in the sandbox and swinging really, really fast on the tire swing

Maesa-petting the REAL chicken

Makayla-playing and painting

Mason-outside, everything outside

Olivia - climbing the tree, washing the babies, playing with Rose

Riley-playing princess with my friends

Rose- spinning faster on tire swing, playing in the kitchen and playing with the babies

Tyler-the water table when there was water, rocks, frogs, toads and flowers



This is a great tribute to our curriculum and the hard working teams. Our children get such wonderful sensory experiences. Way to go WFP!

(Cont. from Pre K)

21 Acres- www.21acres.org

Located in Woodinville, 21 Acres mission is to cultivate, demonstrate and advance systems that support sustainable agriculture. 21 Acres is a non-profit organization with a vision to create and operate a vital, open public space for all of us to rediscover the agricultural heritage of our region and learn about cutting-edge, sustainable agricultural design and technologies as well as ways to maximize the beneficial aspects of fresh local produce and farm products. They provide workshops and volunteer opportunities. They are also champions for the local Farmer's Markets.

School of the Lost Arts, Young Farmers Day Camp- www.lostartsschool.org

Imagine a summer's day spent on the farm – collecting eggs in the morning, visiting the goats, pigs and ducks, playing games, going on nature walks, spending time in the bountiful vegetable gardens and orchards, and enjoying farm-fresh organic lunches each day. Week-long sessions begin July 12th through August 20th at Dog Mountain Farm. Young Farmer's Day Camp is open to children ages 5-12.

I visit our family farm each time I go back to Wisconsin and I am instantly sent back in time. The farm house and buildings are gone now. My Grandpa and Grandma are gone, too. The land that they loved is now a 700 acre wildlife preserve owned by the State of Wisconsin and forever free from threat of development. The land is a lasting gift from my grandparents, great-grandparents and great-great grandparents to the people who visit and animals who call it home. The only part of the farm that is left is the old oak tree that still graces the top of the drive. The initials of 6 generations of my family are now carved into that tree. This summer when I return, we will add 4 more names to the tree and I will stop and give thanks that I am the granddaughter of a third generation Wisconsin dairy farmer.

Kindergarten at Northshore

NOTE FROM THE EDITOR: This kindergarten readiness and registration information was taken directly from the Northshore School District's website. To find this information and much more please go to www.nsd.org. If you have a child entering kindergarten in the fall and have not registered yet, you will still be able to do so. Contact your neighborhood school or the district in which you wish to enroll. Northshore elementary school phone numbers and addresses are listed at the end of this article.

Starting kindergarten is like opening a door to a wealth of experiences and knowledge. It is Northshore's goal to develop the uniqueness of each child by providing a variety of activities within the school day. Exposure to a rich and varied curriculum encourages children to grow and develop as well-rounded individuals.

To enter kindergarten in Northshore, children must be five years old on or before August 31 of the school year. Although Northshore does not encourage early entry for the vast majority of students, application for testing for early entrance is available at parent expense. Information is available through the Office of Elementary Education, (425) 408-7705. Kindergarten orientation and registration are held during March.

Information about school registration dates and times are published online on our website (www.nsd.org), in neighborhood school newsletters, in local newspapers or are available through your local school. A list of registration dates is available at the district kindergarten orientation each spring.

Is My Child Ready?

There are no easy answers to this question, but there are some guidelines to support parents in making this decision. The list of skills and characteristics outlined here may be useful in determining whether or not your child is ready to enter school. Please keep in mind that children will most likely not have all of these skills or characteristics. If, however, your child lacks many of them, you may wish to consult your school's principal or kindergarten teacher prior to registering. The skills and characteristics can be divided into four categories: social, emotional, intellectual/academic, and physical. Many parents tend to focus first on a child's intellectual/academic readiness for kindergarten. For a child to experience maximum success in school, it is essential that the child be socially and emotionally ready for larger group activities and relationships.

Most entering kindergartners exhibit a balance of these skills and characteristics:

Social

- Communicates thoughts and feelings with words rather than through actions
- Functions well in a peer group
- Plays cooperatively with others
- Interacts with minimal supervision
- Demonstrates appropriate behavior in a variety of situations
- Starts own play activity
- Works things out alone
- Participates actively in a conversation
- Respects others

Emotional

- Separates easily from parents
- Adjusts to change in routine
- Responds to redirection, making changes in a positive way
- Shows confidence, rather than hesitation
- Verbalizes needs to an adult or teacher
- Accepts minor disappointments without tears
- Listens without interrupting
- Is relaxed, rather than nervous
- Offers to help others





- Attempts a task without constant reassurance

Intellectual/Academic

- Demonstrates curiosity and inquisitiveness about the environment
- Demonstrates a child-initiated (not parent-initiated) interest in numbers, letters, and books
- Follows simple directions
- Listens attentively for a short period of time
- Recalls information given by someone else
- Speech is understood by other children and adults
- Talks in complete sentences
- Demonstrates a sense of responsibility
- Initiates and completes a simple task independently
- Makes choices
- Takes academic risks
- Contributes ideas and information to a group

Physical

- Can dress self (shoe tying, zippers, snaps and buttons)
- Can take care of self-help skills and toilet needs
- Can manipulate materials such as pencils, scissors, paint brushes, and crayons
- Demonstrates strength in muscles of fingers and hands
- Can control finger movements within a space
- Exhibits control over body in active play situations
- Has generally good health

When reviewing these skills and characteristics, please consider how often your child does or does not exhibit them. Is the skill one you observe frequently, occasionally, or seldom? These guidelines may help show areas of strength or those that need growth. You may also wish to get opinions from others who frequently see your child: daycare providers, preschool teachers, Sunday School teachers, or relatives. Their opinions give you added insights about your child, especially in unfamiliar situations. Their perceptions also serve as a check to determine how accurately you see your child and his/her abilities.

Nuts and Bolts of Registration

When

Kindergarten registration takes place in each school in March. A list of days for individual schools is available at Orientation, from each school office or on Northshore's website.

What to bring

- Proof of residency (rental agreement, utility bill, mortgage)
- Your child's birth certificate or other proof of birthdate
- Immunization records
- Names and phone numbers of emergency contacts

By all means, bring your child if he/she wants to come to registration. It's a good preview of school life.

Northshore Schools

Elementary Schools

Arrowhead Elementary 408-4000

6725 NE Arrowhead Drive
Kenmore, WA 98028-434

Bear Creek Elementary 408-4100

18101 Avondale Road NE
Woodinville, WA 98077-9183

Canyon Creek Elementary 408-5700

21400-35th Avenue SE
Bothell, WA 98021-7899

Cottage Lake Elementary 408-4200

15940 Avondale Road NE
Woodinville, WA 98077-9177

Crystal Springs Elementary 408-4300

21615 9th Avenue SE
Bothell, WA 98021-7697

East Ridge Elementary 408-4400

22150 NE 156th Place
Woodinville, WA 98077-7489

Fernwood Elementary 408-4500

3933 Jewell Road
Bothell, WA 98012-7331

Frank Love Elementary 408-4600

303 224th Street SW
Bothell, WA 98021-8335

Hollywood Hill Elementary 408-4700

17110-148th Avenue NE
Woodinville, WA 98072-9099

Kenmore Elementary 408-4800

19121 71st Avenue NE
Kenmore, WA 98028-2699

Kokanee Elementary 408-4900

23710 57th Avenue SE
Woodinville, WA 98072-8625

Lockwood Elementary 408-5800

24118 Lockwood Road
Bothell, WA 98021-9499

Maywood Hills Elementary 408-5000

19510 104th Avenue NE
Bothell, WA 98011-2499

Moorlands Elementary 408-5100

15115 84th Avenue NE
Kenmore, WA 98028-4798

Shelton View Elementary 408-5200

23400 5th Avenue West
Bothell, WA 98021-8599

Sunrise Elementary 408-5300

14075 172nd Avenue NE

Redmond, WA 98052-2197

Wellington Elementary 5900

16501 NE 195th Street
Woodinville, WA 98072-8414

Westhill Elementary 408-5500

19515 88th Avenue NE
Bothell, WA 98011-2198

Woodin Elementary 408-5400

12950 NE 195th Street
Bothell, WA 98011-2599

Woodmoor Elementary 408-5600

12225 NE 160th
Bothell, WA 98011-4167

19819 136th Avenue NE

Home School Networks 408-4175

18603 Bothell Way NE
Bothell, WA 98011-1983

Sorenson Early Childhood Center

408-5570
19705 88th Avenue NE

Bothell, WA 98011

* all area codes are 425

Did You Know....

• WFP Spring Parent Meeting and Raffle



Tuesday, April 27th 6:15 - 9:00pm
Northshore United Church of Christ
18900 – 168th Avenue NE

Woodinville, WA 98072

**Bring Job Notebooks

Speakers: Hilarie Cash, Ph.D. and Kim McDaniel, M.A. co-authors of *Video Games and Your Kids: How Parents Stay in Control* (2008). Dr. Cash is a pioneer in the new field of internet and video game addiction. Ms. McDaniel specializes in the effects of these technologies on children. They will be speaking about:

What Children Need and Where Computers and Video Games Fit In



• Library Materials can be checked out for only 4 weeks. Many of our members have very overdue books. Please return our valuable resources as soon as possible. **Last day to**

check out books is April 16th all books are due May 14th.

- **Preschool Building Keys** – If you have checked out a preschool key and you have completed your responsibilities for your job this year or have just forgotten to return a key, please return your key to Cecile as soon as possible.

