



First Words From Cecile, Director of Woodinville Family Preschool

Today, January 10, 2012, is the day that my dad would have been 100 years old. Although I have thought of him every day since he passed away in 1989, today has brought about memories and reflections of how fortunate I am to have had him as a father.

When I was about six years old my family lived in Norman, Oklahoma, home of the University of Oklahoma. My best friend lived in the house directly behind us, separated by a fence that my dad had installed in our back yard. To play together, we had to walk around the block to each other's homes. One day it occurred to me that if I took my dad's big pruning shears I could cut out a section of the fence to make it much easier for us to play together. I remember thinking that it was such a good solution! When my dad came home to find a large hole in his new fence, he didn't yell or over-react. He calmly asked me about my actions and then explained to me why he had fenced in our yard (we lived close to a fraternity, and the fraternity guys had found the short-cut through our backyard which they tended to use in the middle of the night after a significant amount of partying). His logic made sense to me, and it didn't cross my mind that some parents would have reacted with anger. The next day a gate was installed where I had cut a hole in the fence. Now my friend and I could easily visit each other

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Know the Scoop

Be in the know in 2012! Check out the following bullet points to know the latest scoop.

- Please remember to wipe food items out of the sink, we do not have a garbage disposal
- Remember when coming to school to do your job, make sure you are kid-free
- Help children remember to wash their hands after blowing their noses
- Please be sure used tissue goes into the "Creative Arts" garbage bin, not the compost
- Remind children that wax cups go in the trash bin or "Creative Arts" bin
- Winter is upon us, please remember to read the snow policy on pages 148-149 in the handbook so you are prepared and ready
- Also, please review the health policy on handbook page 138. When we all follow the policy, we all stay healthier all winter long.
- Be sure your child comes to school properly equipped for outdoor play
- Don't forget to write your child's name on coats, hats, and mittens. Sharpies are at school; writing your last name is recommended if a sibling will be using the item in the future. You can also use masking tape if you plan to consign the item.

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Important Dates:

- ☉ February 1 Registration opens for 2012-2013
- ☉ February 11 Open House 10-1
- ☉ February 15 Last Day for registration for 2012-2013
- ☉ February 19-25 Mid Winter Break: No School
- ☉ March 7 Winter Quarter Ends
- ☉ March 9 Photo Retakes: 2-3 pm
- ☉ March 9 Deadline for March Board Meeting agenda items

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First Words from Cecile

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all day long, and the gate could be locked at night.

When I was a little older and in elementary school, I learned that China was on the other side of the world. I dreamed how exciting it would be to dig a tunnel all the way through the earth. Wouldn't the Chinese people be surprised when I popped out? I found a corner of our backyard and started digging. Before long, the neighborhood children had joined in my mission to "dig to China." After several long days of digging, I began to realize that there was a possibility that digging to China might be too much of an undertaking. I had a cousin in Oklahoma City, only twenty miles away. Wouldn't he be surprised when I popped out in his backyard? We renewed our digging, convinced that soon we would be in Oklahoma City. It wasn't long before it dawned on me that it was going to take a long time to actually dig to my cousin's house. Revising our mission one more time, I was able to get my friends to recommit by promising an underground clubhouse if we would just keep digging for a few more days. With renewed hope, we kept shoveling as we imagined a secret door leading to an underground room. As our little arms grew weary and our efforts had only produced a plot of overturned soil, the neighborhood children began to straggle off, one by one. That night when darkness prevented me from working anymore, I came inside almost ready to admit defeat. There on the kitchen counter my dad had placed a package of radish seeds. He quietly found a way for me to save face, and we had a garden full of radishes that summer!



Even after I grew up and had children of my own, my father was still a caring and supportive presence in my life. Once when my parents flew to Seattle for a visit, I was driving them home from the airport when I apologized for the condition our house would be in when we arrived. We had a new baby and a three-year-old; I explained, "The baby has been sick, and things have been so busy. I didn't even have time to vacuum." When we walked in the door, my father took off his coat and tie. As he rolled up the sleeves of his starched white shirt he asked, "Where do you keep your vacuum cleaner?" Twenty minutes later, my father had vacuumed our carpet. He put away the vacuum and rolled down his sleeves. "Now," he smiled. "Let's sit down and enjoy your children."

That was my dad—calm and understanding when I cut the hole in the fence, caring and empathic when I couldn't dig all the way to China, and straightforward and tireless when I had not been able to vacuum. Through each of these events, and many more like them, he was proactive and a problem-solver. He was also quite funny with a great sense of humor that helped me learn to see that every situation has a humorous side. It was my privilege to have been raised by such a caring and compassionate man. Happy Birthday, Daddy!

Julie Kotler, Chair



As 2012 gets underway, it is great to be back at preschool! I'm thoroughly enjoying my year as preschool chair and so appreciate the opportunity to work with such a thoughtful, dedicated, and fun preschool board. I am also, once again, very thankful to be a part of our supportive and engaged WFP community. With our school year speeding by, I encourage each of you to think about whether you might be interested in serving on the preschool board in the coming year. I think most past and present board members would agree that a board role provides the chance to build new and lasting relationships as well as participate in shaping our current preschool experience and the future of WFP. Please feel welcome to contact me at chair@woodinvillefamilypreschool.org or any of our current board members if you have questions about board positions or board service in general.

Rolling into another year, my husband, Matthew, and I are again amazed at how fast our two girls are growing and how quickly the months fly by. We are also very conscious of the often frantic pace of our lives and how much we focus on just getting through our day-to-day routine. We worry about having time to connect with each other and our children and also often wonder whether we are providing our girls (Pre K and 3rd grade) with enough opportunities to engage with their community and to develop a broader perspective and sense of responsibility toward the world beyond our immediate family. With these concerns in mind, we are making an effort to participate in more service projects and experiences as a family. These community-focused activities not only bring us closer as a family but also provide the basis for far more engaging discussions about the world around us. Most importantly, we have found that our girls absolutely love service activities and learn more about our family values through these experiences than we could ever possibly convey in words.

Of course, with young children, especially at first, it can be hard to think about age-appropriate service goals. Here are some activities that we have found to be safe, fun, and especially meaningful . . .

Serving meals at tent city or a shelter. Our older daughter starting out helping our younger daughter with serving the "less messy" food items like bread and dessert. In the last two months, our youngest has graduated to ladling chili and serving lasagna. Sure there were some small spills, but they were far outweighed by the smiles. Often, families can also make packed lunches at home and deliver these.

Helping at a community clean-up project at a local park. Our city newsletter often publicizes opportunities for families to help with organized park improvement projects on specific dates. Again, this is an activity that can easily be tailored to different ages of children

Collecting food for families in need and delivering it to the food bank or other service agency. My girls especially also really enjoy collecting and assembling school supplies/backpacks for children who may not have the resources to purchase these items. The Seattle School District looks for this support prior to the start of the school year.

Sharing a brief craft or a couple of favorite books at a nursing home or other care facility. My older daughter's Girl Scout troop regularly visits a nursing home in our community for shared crafts and activities (one of their favorite activities during the year). When my younger daughter has attended, she has also loved it, and both girls repeatedly ask to visit the friends they meet there.

Collecting clothes and toys that you are no longer using, talking about the children and families that might be able to use these items and delivering them directly to a community agency as a family (it is worth a call ahead to see if someone can greet your children, talk about how items are distributed, or maybe even give a short tour of the facility).

Finally, here are a couple of websites with many great ideas for family-oriented community service activities:

<http://www.kidactivities.net/post/Community-Service-Ideas-for-Kids.aspx>

<http://www.familieswithpurpose.com/community-service-ideas-families.html>

I wish you all a very happy and healthy 2012!!

Julie Kotler, WFP Chair

Melissa Steiner, Vice Chair

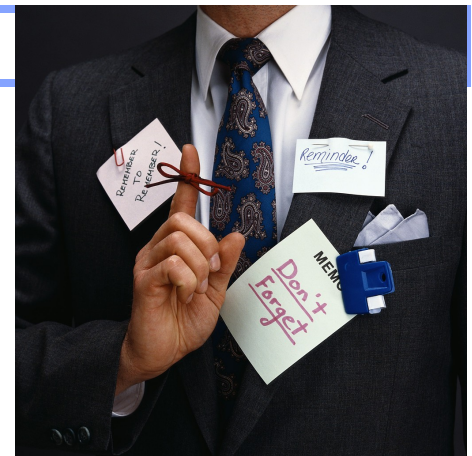
With the year soon to be half over, I am hoping that everyone's jobs are in full swing, the initial bumps and hiccups are out of the way, and things are running smoothly. Here are a couple of quick reminders that I want to send your way.

The first is about the job journals. Everyone holding a job has one in your job notebook, and it needs to be filled out monthly to insure accuracy. If you guess at the hours you spend doing your job, then the person who holds your job next year might be in for an unfortunate surprise! Just think – that person might be you! Right now is a good time to go back and try to fill in those hours as best as you can if you haven't already done so. Also any tips or tricks that would make the job easier for next year should be added to the list. Many of you do a very nice and thorough job of this each year, and those of us on the job assignment team appreciate you!

The second reminder is that registration is coming soon, and job planning for next year is not that far away. You might want to think about how your job is working for you now and what you might want to do next year. If you plan to hold a job, we need to know that you will complete the required tasks fully and in a timely manner. When one family stops doing their job, someone else has to pick up that work or we have to hire it out. Hiring it out means that some of the precious money we earn through auctions and donations needs to be used on things other than our children's curriculum items and playground, and ultimately hiring out members' jobs that have not been completed raises costs for all of us.

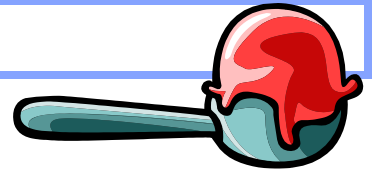
Please make sure that you are doing your agreed-upon job and the tasks associated with it so that you have the option to register for school next year. For some of you, the Job Options Program (JOP requires a \$595 annual fee) may be a better option and may fit your family's schedule better. If your family is experiencing a hardship, the job is not what you expected, or you just have questions, you can always contact me for help: Melissa.steiner3@frontier.com.

As a whole, our membership does do their jobs (and often, more), helping out willingly and frequently. I am constantly amazed and humbled by the generosity of time and energy donated by each of you. Thank you for your contribution to making our preschool such a wonderful place to be.



Know the Scoop

(Continued from page 1)



- Remember we have a preschool camera, feel free to use this rather than your cell phone if you didn't bring your own camera
- Be sure to email Cecile first before sending class communication to be sure all information is correct and has the insurance disclaimer
- Please note that as we start advertising the 2012-13 school year we are changing the names of the following classes:
 - Infant 0-6 months will now be Prenatal/Newborn
 - Infant 6-12 months will now be Pre-toddler

Want more Scoop? Check out "Know the Scoop" in the Fall 2011 newsletter. Find a quick link on the lower left of the home page of our website, www.woodinvillefamilypreschool.org.

Claire Douglas, Infant 0-6 months

This winter brings many new things—like four new families into our infant 0 -6 month class and our WFP family: Kathy and Edmund, and their son Parker; Rachel and Nate and their daughter Miri; Jenn and Matt, with their son Paxton; and Binal and Amit with their son Minesh.



Also, winter brings us a brand new year, a blank slate to redefine ourselves. One way to do this is to adopt resolutions that will hopefully bring about change. For 2012, my New Year's resolution is to find gratitude everyday, in every situation. Writing this down, I am struck by the enormity of this statement—especially because I am a mom of a 4 month old and a 3 year old, in addition to being a nurse that works 24 - 36 hours in a Cardiac Intensive Care Unit. Why am I doing this, I ask myself... maybe because I am tired of complaining about what becomes a norm as a parent, or I know how quickly things can change. So what is gratitude?

The Merriam-Webster dictionary defines gratitude as: appreciative of benefits received, affording pleasure or contentment, and pleasing by reason of comfort supplied or discomfort alleviated. What about the benefits of the practice of gratitude?

According to Wikipedia, there are many positive benefits to being grateful. People have increased levels of subjective well-being, such as:

- being happier
- less depressed
- less stressed
- more satisfied with their lives and social relationships
- having more control of their environments
- personal growth
- purpose in life
- self-acceptance
- more positive ways of coping with the difficulties they experience in life

- being more likely to seek support from other people
- reinterpretation and growth from the experience
- more time planning how to deal with the problem
- less negative coping strategies
- less likely to try to avoid the problem, deny there is a problem, blame themselves, or cope through substance use
- sleep better, and this seems to be because they think less negative and more positive thoughts just before going to sleep
- higher levels of happiness and lower levels of stress and depression
- coping better with life transitions
- overall being grateful is a strong determinant of a person's well-being.

Knowing this information is all well and good, but how do I enact this resolution?

So far, each night I replay the day, from the beginning to end, thinking of each and every thing I should and am thankful for! Currently, I am working on finding the gratitude in the moment, and I am really finding this more challenging! Like each hour and a half I have gotten up to comfort my 4 month old, as he gets over a cold and helping my 3 year old to figure out that wearing big boy underwear means using the toilet each and every time! In these situations the expressed gratitude is often in hindsight; but hopefully by the end of the year, I will have truly fulfilled this resolution!

Jodi Gaertner, Infant 6-12 months

One of my favorite children's books of all time is Arnold Lobel's *Frog and Toad Together*. In a memorable Frog and Toad episode called "The List," Toad makes himself a to-do list. Item one on Toad's list: Wake up. He promptly crossed that off as successfully completed.



I was starting to feel daunted by my own to-do list today which included: update website, write newsletter article, contact contractor, double-check camping supply list, vacuum, visit gym, etc. I felt stress creeping in when, at noon today, I had made one phone call and moved the vacuum into the room I intended to clean. Bordering on being exasperated with another failed attempt to set Julian in his crib or high chair for a few minutes of productivity, I decided to take a deep breath, relax, and reframe the situation.

As I caught Julian scaling his train table, I mentally prepared a revised to-do list.

1. Visit the park to provide Julian an appropriate place to practice his emerging gross motor skills.
2. Foster language development by singing with Julian.
3. Strengthen bond while rocking in the rocking chair and looking at books.
4. Provide multisensory experiences for baby (while helping him feed himself a banana in his highchair)
5. And, oh yeah, see if that vacuuming can get done so the baby doesn't eat dust bunnies.
6. Include birthday wishes in newsletter.

There may be several things waiting on my to-do list, and they are still important. However, when I weigh my productivity for the day, my new list really helps me gain perspective on the important to-do's I accomplished today. By focusing on my priorities and revising expectations, I avoid procrastination caused by feeling overwhelmed and guilt over failing to meet unreasonable expectations. I also take time to recognize the valuable brain-building and relationship-building that is being done when sometimes those other

tasks are not. So give yourself permission to get one less errand run today in order to spend more time nurturing your child.

Some things, however, do have set deadlines. So without further delay: happy first birthday wishes to Madeline P., Amelia M., Zane K., Remy H., Tyce M., Parker S., Julian G., Alden A., and Colton Y.

~~6. Include birthday wishes in newsletter.~~

Heather Dean, Toddler AM

First off, a warm welcome to Kelly Koffman and her daughter, Devi :-)) And happy second birthday to our winter babies: Eliza, Kendell and Devi!



Consignment and Thrift Shopping

Why shop consignment and thrift stores?

- Save money-- Buying used will save you at least 50% off retail prices and often closer to 75%-80%.
- Kids can be tough on clothes. It's a lot easier to accept stains and rips (and the occasional lost item!) when you paid so little to begin with.
- Kids outgrow clothes quickly. If the items are still in good condition, you can re-sell and get back almost what you paid.
- It's good for the planet. Reduce, Recycle, *Reuse*
- It can be fun! It feels good to hunt for bargains, score a deal, and know you're giving an item a second life.

What to Look For

- Jackets, Boots, Shoes, Puzzles, Books, Dramatic Play and Dress Up Items, Hats and Gloves, Snowsuits and Snow boots

Tips for Shopping

- Keep a running list of what you're looking for. It will help you focus when you get to the store and it will help you avoid buying things you don't need or want.
- Consider looking a size ahead for items that will almost certainly get worn in the PNW- raincoats, rain boots, hats, jackets, shoes. You'll put yourself under a lot of pressure if you wait until your child needs boots in a certain size to start looking!
- Have specific items in mind, but don't go to the store expecting to find something.
- Go often! You might stop by a store several times and not get a single item, but on that fourth trip you could very well hit the jackpot. Stock is continually changing and you'll be pleasantly surprised know when a well-dressed child your son's or daughter's size just dropped off all their old clothes.
- Go often and don't expect to find anything, and don't make a special trip just to go to the consignment store. Do some other activities in the area either before or after you hit up the consignment store. It's much easier to leave the store empty handed if you also take a walk in the park and do some grocery shopping in the area.
- Take a good look at any items before purchasing. Check the zippers and buttons. Look for stains or holes. Consignment and thrift stores don't generally take returns.

- Think twice before buying pants or shirts. Only buy clothing if you can try it on your child in the store or you're familiar with the particular brand and are sure it will fit your child.
- Be picky! Don't buy an item just because it's inexpensive. Ask yourself if you would be willing to pay more for the item, and if the answer is 'yes,' then you've found yourself a good deal.

A List of some local Consignment and Thrift Stores

- Value Village—12515 116th AVE NE, Kirkland WA 98034 or 16771 Redmond Way, Redmond WA 98052
- Majesty—22320 NE Marketplace DR, Suite 103, Redmond WA 98053 (Has kids' play area, a short drive to Farrel-McWhirter Park)
- Ashleigh's Attic-- 16360 Redmond Way, Redmond WA 98052 (Too tiny to push a stroller inside, a few stores down is Victor's Coffee)
- Tree House for Kids—15742 Redmond Way, Redmond WA 98052 (Has kids' play area, walking distance to Trader Joe's and Ooba's)
- Cinderella's Closet-- 126 E Main St, Monroe WA 98272
- Me N Moms-- 19800 44th AVE NW, Lynnwood WA 98036
- Goodwill— 4027 198th St SW, Lynnwood WA 98036 or 14515 NE 20th ST, Bellevue WA 98007
- Living Wisely Thrift and Gift—19042 15th AVE NE, Shoreline WA 98155

Halee Proctor, Toddler PM

Welcome to our two new families in the Toddler PM class: Jennifer Skipper and her daughter, Mitchell, and Angie and Dylan Burns and their daughter, Ellie!



Some Fun (and Often Free) Things to do on a Rainy Day

If you're anything like me, you get bored hanging around the house day after day with your little ones. Plus, they can get bored too! So, I've compiled a list of fun and sometimes free things to do with your kids on a rainy day.

Indoor Play Areas

Orange Blossom Society in Redmond is a cute place to take the kiddos. They have a relaxing and inviting atmosphere, plus they offer free WiFi, coffee and tea. Open play is \$10 for an hour and half for up to 2 kids.

Kat's Tot Spot Café in Woodinville has a large play area with an extensive toy collection, plus they sell espresso drinks, sandwiches and other food items. They charge \$6 an hour or \$10 an hour for 2 kids.

Bellevue Square has the Kids Kove play area on the third floor. It's free and fun, with lots of spots for parents to sit and relax. It often gets crowded, but the kids never seem to mind.

The Spotted Cow in Mill Creek has a small play area for your little ones, but the great part about this place is that in addition to espresso, they serve ice cream and gelato!

Museum Free Days

Many local museums offer free admission once a month. Seattle Art Museum and the Burke Museum have their free days on the first Thursday of the month. Kids Quest Children's Museum and the Bellevue Art Museum have their free days on the first Friday of the month. Check their websites for special exhibits.

Many local libraries have story time for toddlers and preschoolers. Woodinville Library and Kirkland Library both offer these programs several times a week...and they're free!

Do your kids like music? My kids do and their favorite singer is local artist Caspar Babypants. He is the lead singer of the group Presidents of the United States of America. Now he does children's music. His cute and simple songs will keep your kids entertained. His shows are most often free. You can check him out at babypantsmusic.com.

If a sunny (or just cloudy) day presents itself and you want to venture outside, try Farrel-McWhirter Farm Park in Redmond. They have a working farm with chickens, sheep, goats, cows, horses, a turkey and a donkey. Plus there is a big, open field and miles of trails through the woods to explore. This is a city park, so admission is free. But, if more exotic animals are what your kids crave, try the Woodland Park Zoo. The admission is less expensive in the winter months. Or, if you have a membership, you don't have to feel guilty about just stopping by for an hour or two. The Zoomasium indoor play area is a great way for the kids to work off some of that rainy day energy.

Get out there and have some fun with your little ones!!!

Patti Domenici, 1 day A

Documenting Childhood

I love to hear about different ways that people document their children's youth. At WFP, we start journals for our babies in the Infant classes, answering the questions posed in the journal entry topics. The journals and observation cards that we take with us when we graduate from WFP are invaluable and precious records of our children's preschool years. Parents have lots of other ways to capture the memories of their children's lives. I keep baby books for my kids (the generic Carter's-style books that are basically fill in the blanks). I love these books because they are so easy and don't take a lot of time. My mom kept a book like this for me, and passed it to me when I had my first child. It meant a lot to me that my mom took time to write down the date that I lost my first tooth, include information about my first meals (wow! Rice cereal in my bottle at 6 weeks??), and record details of my first day of school. Below I share some other ways I've heard of to collect memories of childhood.



I've always thought it was a great (and easy) idea to keep a small box of blank papers and jot down notes as they happen. Just date the papers and toss them back into the box and deal with them later. At least you're capturing the moment. How fun would it be to go back through these notes?

One friend has taken a picture every Tuesday of her now four-month-old baby. She sits him on the same chair in her living room, next to him she places the same stuffed animal elephant, and she props up a sign with his name and the number of weeks of age. She posts these photos on Facebook to share them with family and friends across the country. It is very fun to scroll through her Facebook "album" and see her son grow older as the weeks pass.

My sister keeps a journal for each of her two-year-old twin daughters. She writes in the journals almost every night, and she addresses the entries "Dear Lucy" and "Dear Elena." She has kept the journals since before their birth. She tells them about interesting things that they did during the day. I think this is fun idea, but too much maintenance for me. I know you can buy a "One Line A Day" diary, and for me this would be a more realistic version of this kind of documentation. The "One Line A Day" diary I have seen is

for five years, and I think it would be neat to have the child participate in the entries as s/he ages.

Another friend (and WFP alum) has a list of questions that she asks each of her three children on January 1st of each year. She then files away their answers, and pulls them out again the next year. She says she doesn't let them read the previous year's answers until they finish answering for the current year. She says it's interesting to compare what her 16 year old, 12 year old and 8 year old answered during their same age year. What were they each afraid of at 5 years old? What did she list as something they liked to do when they were 1 year old? What did they say their goals were when they were 8 years old?

I want to share the questions that my friend asks her children in case you want to start this fun tradition with your child(ren). For a couple of minutes each January 1st, you could have an annual snapshot of your child's perspective at that moment in time. Below I've listed the questions, and included some answers from our friends in 1 Day A. Enjoy.

1. What is your favorite memory of the last year?
Robby: play with my friends
2. What are your goals for the coming year?
Robby: play more games
3. I like to...
Allison: swing in the hammock at preschool
Tuija: paint
Eliana: play with baby dolls
Evie: go down the slide at preschool
Porter: to play
Thaddeus: pile sand on the road
Mekhi: dig!
Peter: play "bad guys"
Grayson: play trucks and go to preschool
4. I am lucky because...
Tuija: I have a little sister
Duncan: I like Yo Gabba Gabba
5. If I had three wishes...
Allison: to have a hammock
Robby: for a gun (mom says "yikes!")
6. I am a little afraid of...
Ty: ghosts
Porter: the dark
Robby: monsters
7. My favorite book is:
Duncan: Dinosaurs
Ty: Elmer
Tuija: A Little Rabbit
Evie: Piggies
Eliana: I love ALL books
Peter: Elmo
8. The most important event in the last 12 months was...
Tuija: 1st visit to Santa
9. Draw a picture and sign your name.



Welcome, Emily Kilseimer!

Emily is our intern from the Bastyr nutrition program. She will be working Wednesday mornings with the 3 Day class helping to support our gardening and cooking projects. We are looking forward to having you join us, Emily!



Rhonda Bragg, 1 day B

With a vacation road trip and holiday season that kept us on the road most weekends, we were always looking for something to keep the kids entertained in the car.

Long car rides (or plane trips) with toddlers are the bane of most parents' existence. As we all know, toddlers hate to sit still for long periods of time. Having spent most of the holiday season on road trips, I thought I'd share a few ideas.

First and foremost remember to dress them comfortably, no one can expect them to sit patiently if they are too hot, too cold, or sitting on something bunched up under them. Layers are key! (I think this applies to the parents too). Hats, jackets, and that cute little headband you want on your one year old should be kept close by to be able to put on when you LEAVE the car. No need to add any clothing/accessory items that can irritate. Being strapped in can be irritating enough!

Who knew under the role of parent was "entertainer"? There are a lot of simple activities that parents can bring along to help toddlers stay entertained. I usually start out with a small bag of goodies, but by the time we leave the house an extra suitcase is usually in order. I'd rather have too many things than to have a bored toddler on the road. Coloring paper and chunky crayons, board books to look at (the library or second hand stores are great places for some new material), dolls, or matchbook cars are all great possibilities. These are things that travel easily and can keep a toddler's mind occupied on something other than the ride.

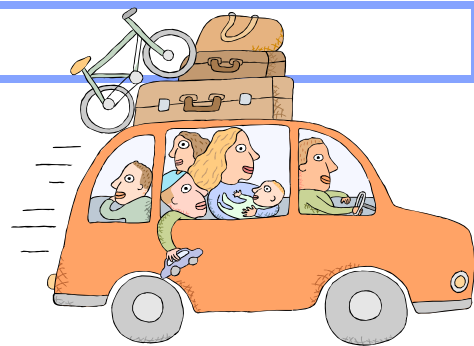
I've found the dollar store a great source for stocking up before we leave (as long as your child isn't putting everything in their mouth still!) Our bag of "tricks" included Slinkys, lacing cards, stickers, plastic bugs, foam stickers, magnet faces, and the kids' favorite - a travel doodle sketch.

Snacks, of course, are another great source of entertainment for toddlers and can save you from those hungry trips through fast food restaurants. I know we don't want to turn our kids to food when they are bored, but finger foods can entertain a bored toddler for a few moments. Slices of fruit and cheese, crackers, cheese sticks, and bags of personalized trail mix are all great snack options to bring along. How about creating mini-rounds of cheese and deli meat and letting them make their own mini-sandwiches on the road.

Music has been a "go to" for our trips. I can't imagine a trip without it. We try and load their favorite songs on our mobile apparatus of choice. This may be a bit annoying for the driver after a while listening to the same CD 8 times in a row but it is usually more appealing than a screaming toddler for 3 hours.

Games are always fun - finding certain colored cars or trucks usually keeps ours engaged for a while. Finding different kinds of wildlife leads to some fun discussions and we can always resort to planes, trains or.....oh wait....wasn't that a movie?

Here's to happy travels!



Cherie Trujillo, 3 Day

Winter Break Chronicle: appreciating the handmade

At last it is winter break and I am looking forward to sleeping in, even if it is just for 30 minutes longer than usual. In addition, I will get to wake up slowly and by the sweet sound of my boys asking “Is it wake up time?” as compared to the abrupt, vibration noise of my smart phone dancing on the bedside table. As I had expected, my boys woke up around 7am. However, as we got closer to my family’s gift giving holiday a pleasant and unexpected morning routine was created by my two sons. After asking if it was wake up time my older son, Mason, who is six would state, “You can’t come in; we are making your present.” Was I hearing this right? I must be still dreaming or is it possible that not only were my boys generously and thoughtfully making me their creations, but doing so while I got a few more minutes of precious sleep? I probably don’t need to state the obvious; this was definitely the highlight of my winter break. I so appreciated Mason’s and Alex’s creativity and initiative. I loved their creations, which were outlines of their hands on construction paper with a decorative, hole-punched edge. During the break I began thinking about my love of handmade gifts, and how the experience of making something creates the space and time to think about the one we are creating for. And, when on the receiving side, it is such an affirmation to know that you have been thought of. If you are interested, here are some books that encourage creativity and making things with or for your children and loved ones.



The Creative Family: How to Encourage Imagination and Nurture Family Connections. Amanda Blake Soule

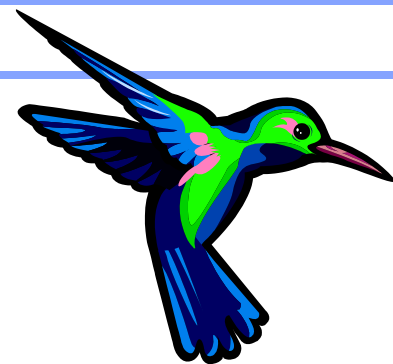
The Rhythm of Family: Discovering a Sense of Wonder through the Seasons. Amanda Blake Soule

Growing up Sew Liberated: Making Handmade Clothes and Projects for Your Creative Child. Meg McElwee

Made to Play: Handmade Toys and Crafts for Growing Imaginations. Joel Henriques

Brianna Thunberg, Pre K

I know living in the NW, we get a lot of natural perks. When we have our beautiful sunny days we have great mountain views, our evergreen trees that stay beautiful year round, and a list that can go on and on. Over the last few years I started noticing hummingbirds, in part because I started paying attention a little more to our natural beauty. I always liked them and didn’t really think we had that many here.



A few years ago, before kids, I had the pleasure of house sitting for my boss at the time. He began with the most important instruction: how to make humming bird food. I was like what...okay, sure. He had 5 feeders that needed to be filled on an every-other-day basis. It started with a simple recipe of a 4:1 ratio of water to sugar. Okay, that sounded simple enough. So I set about making my first batch, cleaning the feeders with special little brushes and filling them to the right amount, etc. Then I brought them outside to hang them up. I was swarmed by dozens of these little guys and gals. I could not believe it. They were beautiful.

I am not, nor will I be a “bird” watching person, but I couldn’t help falling in love with these little guys

and I haven't been the same since. I could watch them for hours zipping and darting around. What looked like playful darting about was really protecting the food source. I was hooked. I got a feeder for my house and waited. I waited for about a month, noticing little to no action around my feeder and my plants (mostly fuchsias). Then one day, I saw one! I was so excited. It took till the next spring/summer to really notice them on a daily basis. But I loved it. I was noticing feeders everywhere as well. I had several family members get feeders to hang up in their yards, too.

When the fuchsias faded and the weather got cold, I would pack up the feeders for the fall/winter to bring them back out in the early spring, all the while missing the daily action. Then it happened. I had a lovely female last year literally hover and look into my dining room window. I thought to myself that it was kind of cool. Didn't think too much of it, expecting that they should have migrated to a warmer climate by now. Then it happened the next day. It was like she was saying, "Where's the food?" So I put the food out and have been keeping it out over the winter ever since.

I did some reading and found some interesting facts. First of all, here in the Pacific NW it is common for hummingbirds to spend the winter here. They seem quite tolerant of cold temperatures. Some scientists believe the practice by homeowners of feeding them nectar during these months has actually allowed this very successful species to expand their territory. Experts see no harm in keeping the feeders up. The use of commercial food is discouraged because it contains dyes and sometimes preservatives that could be harmful. Homemade sugar water solution works fine, and the normal ratio of one part sugar to four parts of water (or slightly stronger) is recommended by most experts. They need the water it contains too, not just the sugar. Hummingbirds don't live on flower nectar alone, and they eat a lot of insects even in the winter.

I hope this encourages you to keep your feeder up year round if you have one or go out and get one and sit back and enjoy the quick little visits.

Alisha Crawley-Davis, New Media Guidelines



Here at WFP, many of us try to limit our young children's exposure to media, and the American Academy of Pediatrics (AAP) agrees. In October, the AAP released the new policy statement "Media Use by Children Younger Than Two Years." Some highlights of the new policy statement follow:

FINDINGS

- There is no evidence that videos for babies and toddlers that are marketed as "educational" are educational.
- For baby and toddler brain development, free play is more important than using electronic media.
- Babies and toddlers learn better from humans than screens.
- Co-viewing (watching with your child) can help children learn from screens, but they still learn best from live presentations.
- Background television (when the television is on but the kids are not watching) is disruptive to infant and toddler play and interaction with parents.
- Bedtime television viewing can have negative effects on sleep and mood.

RECOMMENDATIONS FOR PARENTS

- The AAP continues to discourage any media use in children under the age of two.
- If this is not possible, try to set media limits, know what your child is watching, and watch with your child.
- During times when a parent cannot interact with a child (cooking, shower, etc.), encourage independent play instead of using screens.
- No television in bedrooms
- Understand that parental media use (e.g., background television) affects children

Note that the AAP based their recommendations on research with television. Because research on interactive media like iPads and tablets is in its infant stages, the AAP could not use research with these devices for this report.

Most of these findings and recommendations should come as no surprise to parents here at WFP. Hopefully knowing that the AAP recommendations are in line with what we are taught at preschool can help those of us who choose to limit our children's screen time feel supported.

The full report: <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-1753.full.pdf+html>

The press release that summarizes the report: <http://www2.aap.org/pressroom/mediaunder2.pdf>

The presentation of the report: <http://www.youtube.com/watch?v=9EuXlrWUk10>

Information about Kindergarten in the Northshore School District

Kindergarten Orientation and Registration

If your child will attend kindergarten in the Northshore School District this coming fall, be sure to attend one of the school district's Kindergarten Orientations scheduled in March. A panel of educators will discuss the district's kindergarten program, describe typical kindergarten activities, and answer questions from the audience. No registration is required for the orientation sessions and they are intended for parents only. For more Information, check the website:

<http://www.nsd.org/education/components/scrapbook/default.php?sectiondetailid=46167>

Kindergarten registration for all Northshore public schools will be in March. Children entering kindergarten September 2012 should have turned five years old by August 31, 2012.

2011-2012 Kindergarten Orientation Sessions

- Monday, March 5, 2012 7:00-8:00 PM
Northshore Performing Arts
(Bothell High)
9130 NE 180th St
Bothell, WA 98011-3360
- Tuesday, March 6, 2012 7:00-8:00 PM
Northshore Performing Arts
(Bothell High)
9130 NE 180th St
Bothell, WA 98011-3360
- Tuesday, March 13, 2012 7:00-8:00 PM
MULTILINGUAL KINDERGARTEN ORIENTATION
Woodmoor Elementary - Library
12225 NE 160th ST
Bothell, WA 98011



Kindergarten Registration Dates for 2012-2013

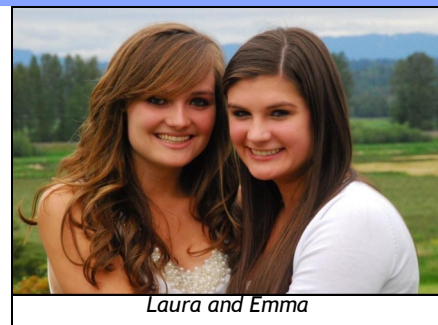
Forms are available on-line at http://www.nsd.org/education/components/scrapbook/default.php?sectiondetailid=92426&cms_mode=view

Arrowhead	Mar. 15	8:00 a.m.-11:30	Library
Bear Creek	Mar. 16	9:00 a.m.-2:00 p.m. Packets available March 1st (Evening appointments available upon request)	Office
Canyon Creek	March 1-27	7:30 a.m.-3:45 p.m. Packets available to pick up in the office	Office
Cottage Lake	March 7-27	8:00 a.m.-3:30 p.m.	Office
Crystal Springs	March 1	Packets available to pick up in the office	Office
	March 13	5:00 p.m.-7:30 p.m., Last name A-M	Gym
	March 14	5:00 p.m.-7:30 p.m., Last name N-Z and Spanish-speaking families	Gym
East Ridge	March 16	8:00 a.m.-12:00 p.m. and 1:30 p.m.-3:30 p.m.	Office
Fernwood	February 27-March 27	8:00 a.m.-4:00 p.m., Monday-Friday Packets available to pick up in the office	Office
Frank Love	March 16	11:00 a.m.-3:00 p.m.	Library
Hollywood Hill	March 8-27	Packets available to pick up in the office Monday-Friday	Office
Kenmore	March 16	9:00 a.m.-3:00 p.m. Packets available to pick up in the office	Office
Kokanee	March 14	4:30 p.m.-6:30 p.m.	Library
	March 16	11:00 a.m.-1:00 p.m.	Office
Lockwood	March 7	4:30 p.m.-7:00 p.m. Packets available for pick-up on March 1	Office
Maywood Hills	February 17	Parent Tour @ 9:30 a.m.	Office
	March 12	Packets available for pickup in office	
	March 15	Registration @ 3:30 p.m.-6:30 p.m.	
Moorlands	March 7-27	9:30 a.m.-3:30 p.m. Packets available for pickup	Office
Shelton View	March 16	9:00 a.m.-2:00 p.m.	Library
Sunrise	March 7-27	Packets available to pick up in office 8:00 a.m.-4:00 p.m. Monday-Friday Contact the office to be added to email list	
Wellington	March 1-27	Packets available to pick up in office Tour February 16, 9:30 a.m.-10:00 a.m.	Office
Westhill	March 13	4:00 p.m.-7:00 p.m.	Library
Woodin	March 12-15	9:00 a.m.-3:30 p.m.	Office
Woodmoor	March 7-27	8:00 a.m.-3:30 p.m., Monday-Friday	Office

And now, a word from some of our WFP Alumni

Liz Hunter

WFP has had a profound influence on my life, something I never imagined when my PEPS friend, Tracy Ruef, called me one day in the fall of 1992 and said that she was joining the infant class with her son Dylan. “Do you want to do it with me?” she asked. “Sure!” I replied. I didn’t know that much about WFP. I just knew that it would be good for Laura and me to have a little more structure to our lives - PEPS meetings once a week and now the infant class too! A little structure - it certainly gave us that. As well, little though I knew it then, it was the beginning of my journey into developmentally-appropriate education.



Laura and Emma

I remember infant class well. Cecile was the teacher for all the classes back then. I have snapshots of certain kids still in my head - Marisa taking her first steps, Timmy’s hair all staticky under the parachute sheet. Laura and Dylan on Cecile’s lap for their joint first birthday celebration, wearing their birthday crowns, Dylan wailing.

Flash forward a few years. Emma has joined her big sister Laura as a WFP kid, starting in the toddler AM class, where I am class coordinator. Laura is now in the 3-day class, where each day she is invited to participate in amazing activities - art, housekeeping, cooking, books, Buddy the guinea pig, woodworking, circle time, and I can’t forget outdoor play. I remember we parents being so desperate for parent ed each week, it was our respite. We longed to be in at parent ed on those more challenging outdoor play days, longed to be with our small group of parents we knew so well, longed for Cecile’s answers to our truly desperate parenting questions.

The following year, I started doing curriculum support for Emma’s 1-day class, then continued that for my preschool job the rest of my time there. I had found my passion! Worm day, ant day, dropper day, hospital day... what fun Anna Boyd and I had puzzling it all out!

Two years after Laura graduated from preschool, my excitement over curriculum development, as well as my indoctrination into developmentally-appropriate education which Cecile gave me, led me to join a group of friends, all of them WFP alum, to start The Attic Learning Community. Cecile and WFP had an enormous influence on The Attic starting. Her book groups with parents on Alfie Kohn’s books not only educated me on the dangers of rewards and praise in the development of a child’s intrinsic motivation, but also influenced the philosophy of The Attic - where there are no grades, no rewards, no judgments.

When The Attic opened in the fall of 1999, Laura was seven and Emma was five. We kept growing with the kids - and now The Attic is a thriving learning community through high school. Its three-day per week program keeps developmentally-appropriate education and constructivism as its core for all ages. Laura graduated (one of seven kids, including other WFP alum Dylan Ruef, Tessa Blacketer, and Marisa Maurer) in 2010, and is now attending Stanford where she is studying biology. Emma is graduating this year, along with fellow WFP alum Delilah Blacketer, Morgan Maurer, Gavin Boyd, and John Orrell.

WFP started my amazing journey into education. From planning ant day and worm day, I now teach high school math and science. Crazy to me in a way. I never ever suspected that first day I brought Laura into the infant class, a bit nervous because I didn’t know anyone except for Tracy, that my path would lead me here, to being Lead Curriculum Advisor for a school that I co-founded on WFP principles.

Kim Mercier

(current WFP member of 3 day and Infant 6-12 months with my 2 sons)

Reflections in a creative arts program sponsored by the National PTA. Each year a theme is chosen and all entries are judged by how well the student's piece interprets the theme. Students in preschool through grade 12 are encouraged to create and submit works of art in six areas: dance choreography, film production, literature, musical composition, photography, and the visual arts (which includes art forms such as drawing, painting, print making, and collage). Students submit their entries through their local PTA/PTSA where they are judged and then advance on to the regional, state and then National levels of competition.

The theme for 2011/2012 is "Diversity Means...". I saw the theme and thought it was a great topic! I thought if nothing else, it would be a great conversation for me to have with my first grader Makayla. I looked over the rules and decided that I would start a con-

versation with my daughter and see what she had to say and just write it down. The conversation was awesome, and I found that I had to write quickly to keep up with her. When she stopped talking, I stopped writing and then would prompt her by saying "what else." Then I skipped a line and started writing again. I did this until she told me she was done. I did not alter anything that she said and it came out looking like a poem. When we were done, I had her write it out in her own writing at the suggestion on the contest entry rules. We submitted her entry to her school's PTA by the end of October where she was selected from her school as a finalist. We just found out on January 12th that she won first place for the Everett District PTSA and that her entry is now going on to the State level!

Upon reflecting more about what made me consider having Makayla enter this competition, I really have to give a lot of credit to Woodinville Family Preschool for their use of journals and teaching me about the observation process. Makayla gained experience in recording her observations when she was in the 3-Day class during the 2009/2010 school year. I approached this contest just like I did with recording journal entries for children at WFP, by simply writing down what they say. Thank you WFP for teaching me this valuable skill and for valuing what our kids have to say! Never underestimate the ability of your children, they might just surprise you!

Visit <http://www.pta.org/2032.asp> for more information.

