

Happy New Year 2011!!

Inside this issue:

Rainbow Fish 2

Green Turtles 2

Inside Story 2

Inside Story 3

Inside Story 4

Inside Story 5

Inside Story 6

Volume I, Issue I

Newsletter Date

Blue Dolphins

Well 2011 has begun and it is hard to think that the year is almost half way through. We will begin working this month on our looms in the classroom.

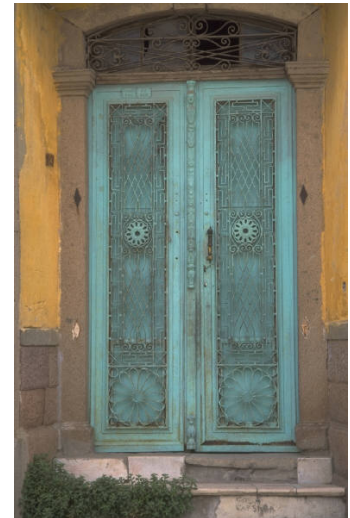
The children will explore with beads, yarn, shells, and other material to weave into their wonderful creations. We will also be hanging our tree branches above the table and see what the children create with the branches as the inspiration.

Right before break the children expressed interest in wanting to do quite a few things so we will spend the first couple days of group revisiting what the children wanted to do and decide as a group what the next project will be.

We have been noticing a increase in the amount of juice boxes and pre packaged drinks that have been coming to school and ending up in the recycle bin.

Because we are a green school and committed to green education the Prek Class will be collecting and keeping track of all of the drink packages that come to school and get thrown to be recycled after every lunch time. We will be collecting them for a month and doing projects with them so they are not to go to waste. We are excited to see the results and will share them with you in February's newsletter. The whole goal of this is to encourage all of us to drink from reusable containers and do our part to be earth friendly.

We hope all of you had a wonderful holiday. I enjoyed working with your children so much and really enjoyed all of the fun projects and gifts that we made to send home. Your children mean so much to me and I am looking forward to getting back to our routine and moving forward as a class to other exciting, fun, topics and projects



2011 will open the door to new experiences in the Blue Dolphin classroom.

together in 2011.

Thank you, Ms. Jessica

Purple Sharks

This month we will be continuing to work in the garden and planting new plants and vegetables. We will be planting, watering, and learning about the science of the garden. We will also be discussing weather and it's impact on the garden and our community. The children have asked to do more of this and so we are going to broaden and

expand on this idea while there is so much interest. We will also be cooking with items from our garden and having a special guest come from the Dept of Agriculture and speak about what they do. They will also talk about what makes a food organic.

We have also as a class been discussing how much food gets thrown away at lunch time. It is not because children are not

eating it is simply due to the amount of children and we will have sandwich ends and orange peels left after lunch is over. We have decided to give the compost bin another try and see if we can keep it warm enough this time. We will be putting food bins on all the tables and at the end of lunch and snack we will be collecting them and making compost to feed our plants.

Thank you, Ms. Amalie



Rainbow Fish

It was a great holiday season in the Rainbow fish room. We had so much fun doing holiday projects, dancing to festive music and doing our free play around our lit holiday tree in the room.

We would like to thank Delilah's grandma so much for coming in and doing projects in our classroom. It was so much fun and we hope that she will come again sometime.

This month we will be working on clay in the classroom we will be using different materials

in the clay and continuing to experiment with our weaving loom. The children have really enjoyed creating things with it and we will continue to explore with it more in the coming month.

This month because we still have our tree we will be transforming and creating a campground in our classroom. We will be putting up a small tent, making a campfire, and learning all about what happens when you go camping. Some of our Rainbow fish are pros and I am

sure they will let the rest of us know as we move through the month.

This together in the room to encourage and support working together and problem solving ideas. Most of all it is fun !! We look forward to a great month and we hope all of you have a great start to 2011!!

Thank you,

Ms. June and Ms. Mali

“A baby is born with the need to be loved and never outgrows it.”

Green Turtles

Welcome back from the holiday!! It was such a great month doing projects, being together and having a real tree in our classroom. We hope you enjoyed all of the wonderful things that your children did last month.

This month we will be continuing to work in stations, create a collaborative art piece and continue to grow together as a family. Some of your children might be counting and saying

their nose eyes etc in Spanish. We have been working with them on this and the children really enjoy learning both languages.

This month we are trying to arrange for a special musical guest to come to the school if it works we will let all of you know when so maybe you can join us. The new year will be filled with fun, happiness and exciting projects and learning experiences in the Green

Turtle room.

HAPPY NEW YEAR!!! 2011

Thank you,

Ms Magaly,

And Ms Brandy



Cookie Decorating

Santa Barbara convalescent hospital was so much fun. I was one of our largest groups yet. About 25 children and parents participated and about 30 seniors. In fact the cafeteria was filled and the activities director said they actually had to turn some of the residents away because there

was no more room in the large cafeteria.

The children all had a wonderful time decorating cookies and bonding with the seniors. We will definitely go back in the future and do things with this wonderful group.

Thank you to all the parents who drove on this

trip and stayed to help with the projects.

Calendar and Wish List

Jan 6th Pizza Thursday \$3.00	<u>Wish List</u> White Paint 1 gallon washable
Jan 17th– Closed for School Holiday	Beads Yarn Construction paper –all Colors
Jan 24th– PTA Meeting 4:30-5:30 pm	



Community Days And Holiday 2011 Calendar

This year we are committed to incorporating more of the community into the family of The Learningden Preschool. One way which we have decided to do this is to have special people from the community come into the school and introduce what they do to the children.

Over the last few weeks we have contacted business

owners, musicians, dance troupes, theater groups, community leaders, emergency medical personnel, and children organizations to come and do a presentation or activity with the children.

These community days will be held on Thursday mornings and all Learningden Families children and parents are welcome to attend.

When we get the dates finalized we will send home a calendar so you know what exciting and fun things are going to happen that month. Feel free to come and learn and enjoy with your child.

Please Look at the 2011 Holiday schedule in the front of your Childs classroom. We will also be emailing an electronic version with the Jan newsletter.

*“As A world
community
develops in
Peace, it will
uncover
untapped
reservoirs in
human nature.”*
-Emily Greene
Balch

Separation Anxiety

Unfortunately, teary and tantrum-filled goodbyes are a very common part of a child's earliest years.

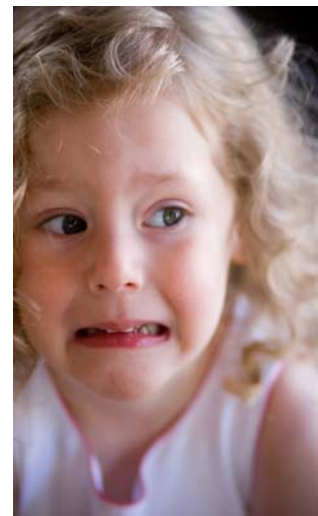
Around the first birthday, it is common for kids to develop **separation anxiety**, getting upset when a parent tries to leave them with someone else. Though separation anxiety is a perfectly normal part of childhood development, it can be un-

settling. Understanding what your child is going through and having a few coping strategies in mind can go a long way toward helping both of you get through it..

The timing of separation anxiety can vary widely from child to child. Some kids may experience it later, between 18 months and 2-1/2 years of age. Some may never experience it. And for

others, there are certain life stresses that can trigger feelings of anxiety about being separated from a parent: a new [child care situation](#) or caregiver, [a new sibling](#), [moving to a new place](#), or tension at home.

How long does separation [anxiety](#) last? It varies from child to child. And it also depends on the child and



how the parent responds. In some cases, depending on a child's temperament, separation anxiety can be persistent from infancy and last through the elementary school years. In cases where the separation anxiety interferes with an older child's normal activities, it can be the sign of a deeper anxiety disorder. In cases where the separation anxiety appears out of the blue in an older child, it can be an indication of another problem that the child may be dealing with, like bullying or abuse.

Keep in mind that separation anxiety is usually different from the normal feelings an older child has when he or she doesn't want a parent to leave. In those cases, the distress can usually be overcome if the child is distracted enough, and those feelings will not re-emerge until the parent returns and the child remembers that the parent left.

And your child does understand the effect his or her behavior has on you. If you come running back into the room every time your child cries and then stay with your child longer or cancel your plans completely, your child will continue to use this strategy to avoid separation.

What You May Be Feeling

During this stage, you're likely to experience a host of different emotions. It may be gratifying to feel that your child is finally as attached to you as you are to him or her. At the same time, you're likely to feel guilty about taking time out for yourself, leaving your child with a caregiver, or going to work. And you may start to feel overwhelmed by the amount of attention your child seems to need from you.

Try to keep in mind that your child's unwillingness to leave you is a good sign that healthy attachments have developed between the two of you. Eventually your child will be able to remember that you always return after you leave, and these memories will be enough to comfort him or her while you are gone. This also gives your child a chance to develop his or her own coping skills and a little independence.

Making Goodbyes Easier

There are a number of strategies you can use to help ease your child (and yourself) through this difficult period.

Timing is everything. Try not to start day care or child care with an unfamiliar person between the ages of 8 months and 1 year, when separa-

tion anxiety is first likely to present itself. Also, try not to leave your child when he or she is likely to be tired, hungry, or restless. If at all possible, schedule your departures for after naps and mealtimes.

- **Practice.** Practice being apart from each other, and introduce new people and places gradually. If you're planning to leave your child with a relative or a new babysitter, then invite that person over in advance so they can spend time together while you're in the room. If your child is starting at a new day care center or preschool, make a few visits there together before a full-time schedule begins. Practice leaving your child with a caregiver for short periods of time so that he or she can get used to being away from you.

- **Be calm and consistent.** Create a goodbye ritual during which you say a pleasant, loving, and firm goodbye. Stay calm and show confidence in your child. Reassure him or her that you'll be back - and explain how long it will be until you

return using concepts your child will understand (such as after lunch) because your child can't yet understand time. Give him or her your full attention when you say goodbye, and when you say you're leaving, mean it; coming back will only make things worse.

- **Follow through on promises.** It's important to make sure that you return when you have promised to return. This is critical, and there can be no exceptions. This is the only way your child will develop the confidence that he or she can make it through this time.

As hard as it may be to leave your child while he or she is screaming and crying for you, it's important to have confidence that the caregiver can handle it. It may help both of you if you set up a time that you will call to check in with the caregiver, maybe 15 to 20 minutes after you leave. By that time, most kids have calmed down and are playing with other things. Don't let yourself give in early and call sooner!

If you are caring for another person's child, and that child is experiencing separation anxiety, it's a good idea to try to distract the child with another activity or toy, by being outside, or with songs, games, or anything else that works. You may have to keep trying to distract the child over and over until something just clicks with the child.

Also, it's a good idea not to mention the child's mother or father, but do answer the child's questions about his or her parents in a simple and straightforward way. You might say: "Mommy and Daddy are going to be back as soon as they are done dinner. Let's play with some toys!"

Try to keep sight of the fact that this phase, like many others, will pass. If your child has never been cared for by anyone but you, is naturally shy, or has other stresses, such as a new sibling or a health condition, then it may be worse than it is for other kids. Most kids eventually outgrow it.

If intense separation anxiety lasts into preschool, elementary school, or beyond and interferes with your daily activities, it's a good idea to discuss this with your child's doctor. It may be a sign of a more rare but more serious condition known as **separation anxiety disorder**. For most kids, the anxiety of being separated from a parent passes without any need for medical attention. But if you have concerns, talk to your child's doctor.