

# Coop Scoop

• February 2011 •



Newsletter for the Cooperative Playschool • 611 East Prospect Avenue • State College, PA 16801 • 238-3922

## February at a Glance

### Theme Weeks:

Jan. 31- 4	Celebrating the Holidays
7-11	Valentine's Day
14-18	Valentine's Day / Dinosaurs
21-26	Dinosaurs

### Reminder:

*Pancake Breakfast---Mon. February 14<sup>th</sup>*  
*Board Meeting---Wed. February 23<sup>rd</sup> 7-9pm*  
*Pajama Day---Fri. February 25<sup>th</sup>*  
*Winter Clean Up---TBA*



### February Birthdays

Eli--We are celebrating Eli's August 22<sup>nd</sup> birthday on February 23<sup>rd</sup> for his 1/2 birthday!

## A Note from the Teachers:

Who can believe it is February already? Time seems to be passing very quickly this year, and perhaps our winter will be a short one too with maybe a little less snow days. Please bring some winter gear with your child every day so we have the opportunity to go sled riding or play on the playground whenever possible. Label boots and mittens with masking tape so we can dress your child quickly. It is also possible to take the children sled riding in small groups throughout the mornings. Parents may wish to set up tracks that lead to photos of the animals that made them, or to take out spray bottles and paintbrushes and paint the snow. Outside activities are great options for working parents.

Our month of February will be an exciting one. In addition to Groundhog's day, we have Chinese New year, Presidents Day and Valentine's Day. We are planning a pancake breakfast on Monday, February 14<sup>th</sup> (Valentine's Day!)

We are planning a special Valentine's day at the coop! In the morning we will be having pancakes for a snack/breakfast and would like to invite you to stay with your child for a little while and enjoy this with them! We do need donations of a few items for the pancake breakfast, so please check the bulletin board in the hallway and sign up to bring something for this fun time! Aside from the pancakes we will have fruit, juice, milk and water (and coffee) available. If anyone would prefer not to eat the pancakes, feel free to bring in something else to substitute or you may arrive at school a little later than usual so you miss the breakfast all together. Breakfast will be served as kids/parents arrive so shouldn't take more than 1/2 hour! We will have a late circle on this day.

Also, we will be exchanging Valentines using Valentine bags that the children will make at school. We would like to request that each child brings in enough Valentine cards for each child— 15 or 16 if your child would like to give themselves a Valentine (but not addressed to anyone). The kids will take turns going around the circle passing out their Valentine's cards to all the friends during our circle time. The Valentine cards can be store-bought or hand-made. We would prefer that all cards are similar to help keep from hurt feelings from "favoritism." You may add a treat (a pencil,



Hershey kiss, etc.) to your child's Valentine if you'd wish. The kids will not be opening their Valentines in school so parents will be able to decide what their child can/cannot have at home. =) Parents are welcome to stay for the Valentine's card exchange, it will be a fun day for all!

At the December board meeting we have decided to do small evaluations on the children. We are still working on what the evaluation will consist of. We are looking at it being more social and less academic and of course the evaluation is only based on what we observe at the Co-op.

We have been enjoying the school year and we hope you are too. We feel very lucky that we have such wonderful kids to teach and such wonderful parents to help! Thank you all for making the Co-op such a special place!



### ***Come to the Board Meeting!***

Yes, we really are a parent-run cooperative and that includes you! We encourage everyone to attend at least one board meeting this year. It really is inspiring to see a group of parents and teachers working together in the best interest of play-based education for our children!

**Our Next Board Meeting is Wednesday,  
February 23<sup>rd</sup> from 7:00-9:00pm**

### **Welcome New Friends!!**

We'd like to welcome our new friends Marina and Roman and their family to the school. Marina's family is an alumni family coming to join us again. Roman's family has heard great things about the Co-op. We know that both Marina and Roman will be a great addition to our classroom and will be joining us in February.

## **Family Profiles**

Family profiles are just a small article on your family. Some examples would be who is in your family, what do they "do" (work, fun, etc.). Please include a picture of your family to accompany your profile. Family Profiles need to be completed and submitted to Susan Rambeau. We will compile the profiles into a booklet which each family will receive. The family profiles will also be hung in the school on the wall across from the bathrooms. If you have any questions contact Susan. We have some family profiles hanging up now; we'd love to have everyone's. =)

### ***Raise Money for the Co-op by Grocery Shopping!***

One of our biggest fundraisers each year is as easy as shopping at Giant grocery stores! In fact, by shopping at Giant you can help raise \$5 for the Co-op for every \$100 you spend. Please email Shelley at [slfarahani@gmail.com](mailto:slfarahani@gmail.com) to indicate each month how much you would like to spend at Giant. Cards can be purchased in any increment between \$10 and \$300. The Co-op will purchase gift cards in that amount. Use your gift card for your regular grocery shopping and 5% of the money will go to the Co-op. Leave payment in the envelope provided next to the sign-up sheet. Please make checks payable to the Co-op. Happy shopping!!

Friends and relatives are welcome to participate as well!



## Help the Coop Raise Money through Amazon

By using the Amazon button on the top right corner of the Coop's Webpage, you can help us earn between 4% and 15% of your purchase through the Amazon Associates Program. YOU DO NOT NEED TO PURCHASE THE BOOKS LINKED TO! You DO need to begin your session from one of the links below and complete your purchase within 24 hours and in a single visit. A portion of your **entire** purchase when started from one of these links will be credited to the Coop.



the fear," says Dr. Janette Marie Freeman, host of the radio show Empowered Living. It is a willingness to try new things, to take chances, to move out of your comfort zone. Parents want their children to be brave but, at the same time, not to be foolhardy. So how can you help your preschooler develop courage without taking dangerous risks?

Facing fear takes a lot of courage, but when one does it, fears lose their power. The same thing happens to children. So if you want your preschooler to develop courage, help her learn to face the things she fears most.

**\*\*Reframe the situation.** Many times your preschooler can gain courage by looking at his fears in a new way. A scary monster in her bedroom may only be a pile of clothes on a chair once the light's flicked on. Try turning the light on and off until she can laugh at her fears. A barking dog may seem menacing, but if your preschooler can get the dog to chase a stick or a ball, he'll feel more powerful and may even come to like the dog.

**\*\*Begin with small steps.** Rather than overwhelming your child by forcing him to confront his fear all at once, encourage him to take small steps toward the goal. Each forward movement builds courage, making it easier to take the next step and then the next. For example, if you want your shy child to play with others, begin small. Have him wave to another child on the playground. When he's comfortable with that, encourage him to say hi. Gradually have him progress to side-by-side play, then interaction. Each success along the way will show him he can do this and will lead to the next step.

**\*\*Challenge her to try new things.** Never underestimate what preschoolers can do. If she wants to try something, give her a chance. And allow her to make mistakes. Children learn a lot from their mistakes as they go back and correct them. Courage is like a muscle that can be built up by exercising it. Each fear he overcomes builds courage to face a new challenge. Help your



### Sharing Pictures

Along with our website, we also have an account at <http://concepcion-design.com/clients/>. The user name is coop and the password is friends. There is a folder titled 2010-2011 Coop Pictures. I have added random pictures of the kids. We can also make new folders as you'd like. (Example: Halloween 2010) Anyone from the Coop can upload/look at the pictures. It is a great way to share pictures with our coop family and it allows them to be added to the website or even the newsletters. If you have any questions about it just contact Susan.

## Fostering Courage in Your Preschool Child

By Laurie Edwards



Courage may sound like a big feat for a small child. But courage, or the ability to overcome fear and doubt to learn and accomplish goals, is an essential piece of character development, and one that's never too early to learn.

"Courage is not the absence of fear. It is the strength to be who and what you are—despite

child find situations where he can demonstrate courage, and soon he'll surprise you with his bravery.

**\*\*Don't overprotect.** Parents who frequently warn children of the dangers in each new activity often do more harm than good. Although healthy fears and limits can save your child from real danger, overprotecting prevents them from learning how to deal with situations on their own. Without conscious thought, many adults repeat warnings they heard as children, whether or not the messages are valid. When you catch yourself sending those cautionary messages, stop and ask yourself if they're true and, if they are, how likely they are to happen. Sometimes it's better for your preschooler to get a few scrapes or bruises from trying something a bit beyond her physical capabilities than to stop her by instilling fear. If she's encouraged to try, she gains courage that carries over into other activities, and soon she'll develop a range of competences.

**\*\*Demonstrate courage.** To help you child become more courageous, let him see you doing things you fear. If you dread making a phone call, express your fear. After the call is over, mention the outcome. "Whew, I'm glad that's over. She was angry, but we worked it out." Or "Hey, that wasn't nearly as bad as I feared." Knowing that adults have fears and overcome them provides a powerful example for children.

**\*\*Encourage him.** "You can teach your child to demonstrate courage by encouraging him to be his best self, developing the spirit that will allow him to face difficulty, pain, danger or exclusion without fear," says Mary Dixon Lebeau, parenting expert and mother of four.

Children who develop courage in the preschool years not only benefit by trying new things, but they gain an invaluable skill that will help them become resilient, courageous, and successful adults.

Laurie J. Edwards has a bachelor's degree in Early Childhood Education and a master's in Art

Education/Creativity Studies. She spent seven years as a preschool and early elementary teacher and eight years as a children's librarian.

Enrollment for the 2011-2012 Friends School House is open to families of children ages 3 -- 5

Friends School House in session  
September - May  
8:30 a.m. - 3:00 p.m.

Before School Care 7:30 a.m. - 8:30 a.m.  
After School Care 3:00 p.m. - 5:30 p.m.

They offer a variety of scheduling options to help children ease in the transition from home to school and provide flexibility for busy families. Their schedule is designed to offer both flexibility to parents and consistency for the child.

5 Day Full Day  
8:30 - 3:00

5 Day 1/2 Day  
8:30 - 12:00

2 and 3 Day Options also available

For more information, please contact  
Mary Ziegler, Head of Admissions at  
State College Friends School  
814-237-8386 or [mziegler@scfriends.org](mailto:mziegler@scfriends.org)





## Songs for February:

### *Skidamarkink*

Skidamarkink a dink a dink  
 Skidamarinkado I love you! (repeat)  
 I love you in the morning and in the afternoon  
 I love you in the evening and underneath the moon  
 Oh, skidamarinkadink a dink skidamarinkado  
 I love you!



### *Love & Kisses by Jean Warren*

Tune: "Frere Jacques"

Love and kisses, love and kisses,  
 That is what, you will find,  
 When you open up, when you open up,  
 My Valentine, my Valentine!



### *Mail Myself to You by Woody Guthrie*

I'm gonna wrap myself in paper  
 I'm gonna daub myself with glue  
 Stick some stamps on top my head  
 I'm gonna mail myself to you



I'm gonna tie me up with red strings  
 I'm gonna tie blue ribbons too  
 Then I'm gonna climb up in my mailbox  
 I'm gonna mail myself to you



### *I'm a Little Snowman* Tune: "I'm A Little Teapot"

I'm a little snowman  
 Short and fat,  
 Here are my buttons,  
 Here is my hat.



When the sun comes out,  
 I run away  
 Before I slowly  
 Melt away!

