

December

2016

Unity School Newsletter

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PROGRAM DIRECTORS

Happy winter, Unity families!

We want to tell you about the Winter Celebration coming up on December 15th from 6:45-7:45. This event will take place at Sheldon Community Center next to Sheldon High School. Each class performs a song or songs, classes will make yummy treats, and teachers will provide fun activities. Please note this event will not be at Unity School. The doors for this event will open at 6:45. We hope to see you there! Be looking for details, as we get closer to this event.

Have you noticed our community donation boxes? The Ladybug classroom is working to fill a food donation box and the Panda room is collecting donations for the Egan Warming Center. Please feel free to help and support both classrooms fill up their boxes!

Remember with the cooler temperatures you will want to provide your child with warm coats and extra layers of clothing. Gloves, hats, and warm boots help make your child's outside time more enjoyable. This time of year also brings runny noses and other sickness. Please remember to keep your child home if they are feeling under the weather so we don't spread illness around.

Our classroom Wishing Tree will once again be posted in the lobby. The teachers will post items they would like or need for their classrooms. If families are interested in choosing an ornament and purchasing the item listed on it, that is much appreciated! Also, feel free to show appreciation to your child's teachers with a card, gift or treat. Families often want to show appreciation to the entire staff- feel free to bring in goodies or a card that we can put in the staff room for them all to enjoy!

Upcoming closure reminders: December 23rd and 26th & January 2nd. Please notify us of any time off your child will be taking for the holiday season so we can staff accordingly.

Happy Holidays,
Susanne & Jessica



PANDA CLASS

Hello Panda Families,

This month we talked about fall and the letters "F" & "G". We talked about the changes in the weather, leaves, and the garden. We harvested the apples and pears, and helped put the garden beds to sleep for the winter.

We painted fall colors with different leaves, sticks and branches. We played in puddles on one of the warm, wet days. We are getting lots of practice putting on and taking off our boot, shoes, gloves, hats and coats!

Some of the things we talked about that start with the letter "F" were : Frogs - Fish; which we have in our classroom; 4 and 5 - numbers on our calendar; Forks - which we eat with; the Farm - where we went on our Field trip, and Feet - which we all have!

The letter "G" is for Griffin who is a new friend in our class. It's also for Green; like the trees and Grass; we see the Garbage truck every Tuesday. We saw Goats and Geese at the farm. We wear our Gloves outside. We eat Grapes from snack and there are Girls in our class. Those are some of the "G" things we talked about.

We hope everyone enjoyed their Thanksgiving holiday and we look forward to seeing you all at the Holiday Party later this month. Please let us know if you will be taking any days off during December, we will have a sheet up for you to mark the days your child will be out.

Thanks,
Cherri, Celia, & Briana

CATERPILLAR CLASS

Happy December Caterpillar families,

It's hard to believe how quickly the months pass by! The Caterpillars have been hard at work investigating different aspects of science. The children have been creating science experiments with materials like baking soda and vinegar, oil and water, and even cornstarch and water. The Caterpillars have also been showing interest in life science and observing snails and worms on the playground. We will continue deepening this topic of interest in the month of December and see where it takes us! The Caterpillars have also been practicing some special songs to perform at our Winter Celebration on December 15th! Keep your eyes peeled for upcoming information!

We had a special guest visit us in November. Nurse Patty came and talked to the class about the importance of hand washing. We used a fun hand washing kit with a black light that showed us all the germs that live on our hands. We practiced washing the germs off until we could no longer see them under the black light! It would be great to help our Caterpillars stay healthy this season by helping teach them tricks at home to keep the germs away. Some ideas are coughing and sneezing into their elbow (or "Chicken Wing") and by singing the A, B, C's while they wash their hands, fingers, and wrists!



Volunteers are always welcome! If you would like to come share a special skill, interest, or home tradition please let us know!

In the month of December the Caterpillars will be partnering with Head Start of Lane County to provide families with basic supplies needed to make every day more successful! We will be collecting donations in the front hallway. Suggested items for donations include (but aren't limited to): Socks, underwear, hats, gloves, gas station gift cards, or grocery gift cards.

Gentle Reminders:

- Winter Celebration is on December 15th
- Unity Closed December 23rd and 26th
- Unity Closed on January 2nd
- Check Cubbies regularly to restock clothes and take home dirty items
- Please remember to bring a nap blanket each week for your child and take it home each Friday to wash. This will help keep kids cozy and healthy!

If you have any questions never hesitate to ask!

Caterpillar Teachers,
Jessica, Melissa, and Mandolin

LADYBUG CLASS

Hello everyone,

First, the Ladybug class would like to say welcome to new kiddos and staff and we would also like to say, "Goodbye fall.... hello winter!"

The Ladybug class has been exploring different foods, where they come from and how nutritious food can help our bodies. We learned about the food pyramid and sorted food groups. We've also practiced making stone soup several different ways (flannel story, a game, art and various versions read to us). All of the kids helped prepare fresh soup by bringing in soup items and helping to prepare it, what an adventure! What a great way for the kids to learn about their community and teamwork. Also, A BIG "thank you" to everyone who helped collect food for our food drive, also!



This December, the Ladybug class is preparing to sing at our annual 'Winter Party'. It is hosted by Unity School and will be held at the Sheldon Community Center on December 15th. Also, we will be looking at the shapes of the season (round snow balls, square gifts, night stars, triangle trees, etc). And since teacher Dorothy loves baking, we will be making some homemade cookies, gingerbread people and (when the goal jar is full) some pizzas!!!!

We hope everyone has a great holiday season and safe warm winter!

Love from Teacher Dorothy and the great Ladybug team!

BUTTERFLY CLASS

Happy December,

So many great things happen in December: The holidays are upon us and the New Year is approaching. Please join us in celebration at our Winter Celebration. There will be fun craft activities, yummy treats, and the children will perform songs they have been working on!

We are planning a few exciting field trips in the upcoming months so look for information coming soon in your parent mailboxes. As always we encourage parent chaperones on our field trips. We would also like to invite all parents/grandparents to volunteer time in the classroom. Please feel free to come read a story, play a song or just play with your children for a short time. Speak to Pam or Michelle if you are interested in volunteering.

Once again we would like to thank you all for sending your child in weather appropriate clothing (including rain boots and warm coats when needed) and always providing a change of clothes. This has enabled us to keep your child comfortable while he or she is learning and playing.



Have a great December!

Pam, Michelle and Kelly

SEA TURTLE CLASS

The Sea Turtles have been learning about animals the last few weeks. We have learned about characteristics, camouflage, and habitats of so many different animals, and pets. The children have worked hard building habitats for animals out of loose material, recycled materials and blocks. We also worked together to make a giant tiger with paint, glue and strips of paper.

We started doing a letter of the week! We used loose material, play dough, sticks and string to form letters. The mystery box is a favorite circle time activity where the children take turns pulling out objects that start with the letter of the week. We do lots of activities throughout the week that relate to the letter of the week too. During letter Bb week we used ramps, blocks and stools to experiment with rolling balls, then continued this activity into letter Cc week with cars. The Sea Turtles did a great job working together!



Reminders/Notices

- Please remember to send a warm winter coat, mittens, hats and boots with your child each day. We want you child to be warm and comfortable when we go outside in the cold weather.
- Please make sure your child has at least one full set of clothes in their cubbies at all times. We do a lot of messy activities and often need to change clothes.

— Our class will be collecting donations for a homeless camp. Blankets, men's coats, warm socks, Coffee and coffee filters and fresh produce are items that are on the top of the list for donations. I will make as many trips as needed to the camp and we will continue to collect donations throughout all of December.

Thanks,
Teacher Tara

OTTER CLASS

Hello from the Otters,

It's hard to believe it's already November. We are having a fun and busy year together.

Soon the Otters will be preparing for our winter program coming up in December. We are excited to share this time with children and families.

Our salmon arrived a few weeks ago, and the Otters were excited and have spent time learning more about fish.

We enjoy spending time with our class. They have lots of ideas, knowledge and questions. This gives us the opportunity to learn from each other as a group. Here is a joke from one of our kids (what do you get when you mix a four leaf clover with poison ivy? A rash of good luck!). As you can see we also get to learn some good jokes too!



Thanks,
Josh & Sarah



Antibacterial cleaners are no more effective than regular soap options and the antibacterial products pose health risks.

In September, the U.S. Food and Drug Administration (FDA) banned most antibacterial soaps and body washes from being sold in stores. According to the FDA, antibacterial cleaners are no more effective than regular soap options and the antibacterial products pose health risks. Manufacturers have a year to take triclosan, triclocarban, and 17 other chemicals out of their products. Currently, about 93% of liquid soaps include triclosan which can be found in about 2,000 liquid products labeled "antibacterial" or "antimicrobial."

What is Triclosan?

Triclosan is an antibacterial chemical. According to the FDA, "triclosan is an ingredient added to many consumer products intended to reduce or prevent bacterial contamination. It is added to some antibacterial soaps and body washes, toothpastes, and some cosmetics—products regulated by the U.S. Food and Drug Administration (FDA). It also can be found in clothing, kitchenware, furniture, and toys—products not regulated by the FDA."

What are the dangers of Triclosan?

There is no scientific evidence that antibacterial soaps are more effective than plain soap and water, (studies show that antibacterials offer no benefit over handwashing with just soap and water); however, there is evidence of several potential health risks associated with triclosan. The bad far outweighs the good! The greatest health concerns associated with triclosan are disruption of thyroid function, which affects hormones, bacterial resistance to antibiotics, and superbugs. There are other studies in progress, which point to additional potential risks, such as skin cancer, liver and inhalation toxicity, heart failure, and muscle impairment. Therefore, with no indication that antibacterial soaps do any good, and potential risks being quite serious, the FDA chose to ban triclosan and 18 other potentially harmful chemicals from soaps and body wash. This ban does not include the use of triclosan in hospitals.

Where else can Triclosan be found?

This ban only includes antibacterial soaps and body wash for home use. Triclosan may be present in several products found everyday in most homes and childcare programs. They include, and are not limited to:

- Toys
- Clothes & Shoes
- Phones
- Personal care products
- In the kitchen (soap, dish liquid, sponges, plastic food containers, cutting boards)
- In the bathroom (shower curtains, toothbrushes, towels)
- In the naproom/bedroom (mattresses, carpets, window treatments)

Triclosan in Children

According to a Connecticut Department of Health, "An antibacterial chemical in consumer products called triclosan may be a health risk to children. There is widespread exposure, yet no known benefit to children. Recent studies suggest triclosan may increase a child's risk of allergy. It is also an endocrine disruptor. It is wise for parents to make sure that personal care products purchased for use by children are free of triclosan. This includes toothpaste, mouthwash, hand soap, shampoo, lotions, crèmes and deodorant. Adults who do not have a medical or dental need for antibacterial products should also avoid triclosan. Several manufacturers are phasing out triclosan but it is still present in many products."

How to avoid triclosan:

1. *Stop using antibacterial and antimicrobial soaps!*
2. *Read ingredient labels on personal care products and do not buy or use those with triclosan.*
3. *Steer clear of everyday products (toys, clothes, kitchenware, furniture) labeled antibacterial.*

References:

[CT Department of Health
Environmental Working Group](#)
[US Food & Drug Administration](#)

December

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 TUITION DUE	6	7	8	9
12	13	14	15 Winter Celebration 6:45-7:45 (Sheldon Community Center)	16 OVERUSE PAYMENTS DUE
19	20	21	22 SCHEDULE CHANGES DUE	23 Unity School "CLOSED"
26 Unity School "CLOSED"	27	28	29	30