

March 2017



# Unity School Newsletter

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## PROGRAM DIRECTORS

What a fantastic school year it has been so far! We love hearing the singing and giggles coming from all the classrooms. The children have been working and playing so hard, it is such a treat watching them grow and learn each day!

We had a great friendship celebration on February 14th. It's fun to have a day each year to dedicate to love and kindness. The creative cards and notes being shared between children were so sweet. It was a special day for everyone!

We want to thank all the families, friends, and staff who supported our Papas Pizza fundraiser last month. It's so nice to see so many of you out supporting Unity School!

Once again, we will be starting our tennis shoe drive. Please feel free to donate your gently used tennis shoes (any sizes) to Unity. We will earn \$2 for each pair of qualifying tennis shoes. This is a great way for Unity to support a cause and our program at the same time!

We are starting to look ahead and plan for future events, one of which is Spring Break. Please let us know if your child will be out during this week or if you need more care so we can staff accordingly. We have some exciting field trips for the Otter class planned, so please let us know soon if your Otter child will need care during this week.

Our annual Unity summer campout for our Otter classroom will be Wed. July 19-21st. I know that families will be looking at making summer plans soon, so mark your calendars now for this fun and exciting 3 day, 2 night adventure for your Otter child! Many more details will be posted, as we get closer to summer; please feel free to ask Jessica or Susanne for information.

As some of you may already know our otter Teacher Josh will be pursuing a new adventure his last day at Unity will be March 3rd. We wish him well and much success with his new business! Mike Johnson will be our new After-School Teacher please feel free to welcome him to our Unity family.

Just a reminder: don't forget to 'Spring forward' an hour on Sunday, March 12th.

Happy Spring,  
Susanne & Jessica

## PANDA CLASS

Hello Panda Families,

LOOKING FOR DONATIONS OF PLANTS, POTS AND BAGGED SOIL FOR OUR PLANT SALE IN APRIL

Last month we talked about "People around me". We talked about family members, friends, people we see out in the community. We also talked about things we do with these people - like take trips, play, eat, visit, talk to and live with.

We had a fun trip to the library. We heard some stories, read books, and sang some songs, then picked out some books to bring back to school with us.

Our friendship day party was fun! We did some fun crafts with paint, glue, glitter and heart stickers.



The kids enjoyed playing "firefighter" with our fire fighter kit. It includes firefighter hats, coats and even real hoses. They have also enjoyed our other dress clothes - pretending to be pilots, princesses, moms, dads and babies!

We would love to have some more fish for our fish tank. If anyone would like to help us with this please let us know. There are a few other supplies we could use too, just ask Cherri, Celia or Briana for more information.

The weather is still cold and rainy so please remember to dress your children appropriately. If they have a warm heavy coat please bring it. If not, layers are great. This is Oregon so we can get all kinds of weather in one week - from freezing to warm t-shirt type weather! So just try your best to keep a variety of options here for them.

Thank you,  
Cherri, Celia & Briana

## CATERPILLAR CLASS

Hello from Caterpillar Land!

We've been having a lot of fun and learning this month. Things that the Caterpillars have been focusing on this month is taking a closer look at social-emotional development. Some of the ways



we've been doing this is by learning to identify facial expression, expressing our feelings with our words, sharing and problem solving and working on Second Step curriculum. Second Step curriculum focuses on learning classroom and circle time limits, "things I can do" which helps children learn problem solving techniques and self-talk. Self-talk is a strategy we are learning where we talk to ourselves to help remind us what are job is and what we should be doing.

The Caterpillars had a wonderful time on Friendship Day. We really enjoyed all the materials donated from parents to make special art projects and opening our friendship day bags and getting to see all the lovely valentines from our friends.

### Up Coming Dates To Remember

- March 10<sup>th</sup> - Field Trip to NAG Gymnastics refer to flyer for info or check in with Jessica and Melissa.
- March 15<sup>th</sup> - Fire Marshal with dog visiting Unity School

### Gentle Reminders

- Please remember to bring your child a blanket and extra clean clothes
- Please label all your children's items
- Please check cubbies for dirty clothing
- Please take home blankets each Friday to be washed
- Please check art file each Friday so art can go home



Thank you,

Jessica, Melissa, Mandolin & Samantha

## LADYBUG CLASS

The Ladybugs welcome March with high hopes of some sunshine and growing coming just around the corner! We're hoping to get to plant and witness the science behind spring. We also welcome our new friends Zia and Aubrey and our visitor Madelynn, it's been great getting to know them!



The Ladybug class has been busy learning the letters E, F, G, and H. We also practiced story telling, handwriting and color mixing. The children really enjoyed cooking and mixing when we made homemade guacamole and no-bake cookies... yum! The Ladybugs also earned a pajama day for filling up the goal jar, and a party for filling up the 'Pet Care Calendar' and a Friendship Day party to celebrate friends! Thank you to all of you who helped.

We finally get to go on our long awaited field trip; we're going to McKenzie Animal Hospital in Springfield where we will get to tour the facility and learn dog safety. Please sign up to join us if you can! It should be educational and a great time.

Remember to continue taking home art and nap stuff on Friday (for washing) and please continue bringing a change of clothes and boots with coats for our rainy days.

Here's to a happy spring,  
Love your Ladybug teachers!

Spring is for  
planting

## BUTTERFLY CLASS

Welcome to March Butterfly families,

February was a very fun month for the Butterfly class. We had a field trip to the Science Factory where we learned about the science of flight. Thanks to Thaddeus (Gideon's dad) and Lanae and Scott (Elliot's parents) for joining us! Parents are always encouraged to join field trips!!!

We had a lovely friendship party where the Butterfly's showed each other how much they care about their friends. Our Pajama Party was so much fun. The Butterfly's earned this party by filling our pom-pom jar. We learned about the letter P and how many different words it starts.

Looking forward to this month, we are studying a new letter. Please check in with Pam or Michelle or check the letter outside the classroom door for more information. We always encourage students bring a book to share. We would be thrilled if this book reflected the letter of the month too.

As we look forward, we want to remind families that we play outside every day and spring is usually a wet season. Making sure your child has a change of clothes at school helps us keep them comfortable in case they get wet.

Please remember to keep personal items like toys and candy at home.

If you have any questions or concerns please speak to Pam or Michelle anytime

March is also the Butterfly's month for "Pet Care". The sign up sheet is posted on the left side of our door, please Help if you can.

Pam, Michelle, Kelly



## SEA TURTLE CLASS

Hello wonderful Sea Turtle families!

I cannot believe that it is March already and spring will soon be upon us. We have already been working in the garden a bit with Teacher Dawn but we will be spending a lot more time out there in the next few months. Please make sure your child has rain boots and a coat with a hood, and extra clothes to change into for those rainy times that we may venture out to the garden or the playground to do some much loved puddle jumping and rain water collecting.

We welcomed a new Sea Turtle in February. Rhys is our newest member and has already started making friends and joining in on the fun. Welcome Rhys and family! We are so happy you could join our class!

We finished our space unit with our big field trip to the Science Factory. The children had a blast





exploring the exhibits on flight and watching the planetarium show. A big thank you to Pilar, Isaiah's mama and Chelsea, Rhys' mama, and Teacher Cherri from the Panda room for joining us.

It was wonderful to see so many families at the Papa's Pizza Fundraiser night. Thank you for supporting our wonderful school!

Our Bounce Gymnastics field trip is March 1st! We are leaving Unity promptly at 8:45 and our class starts at 9:00 so you can drop off at Unity at 8:30 or at Bounce at 9:00. Parents are always welcome!

Our new focus at school is called "Me, my friends, my family, and my feelings." We will be focusing on recognizing and working through emotions, how to share/take turns, inclusion, confidence, self-help skills, how to be a friend, the wonderful uniqueness and qualities of each individual and family. If your family has something that they would like to share or teach the class, please come chat with me. We would love to have you! Also, your kiddo went home with a questionnaire to fill out on your kiddo and large "All About Me" paper. Please fill this paper up as a family with photos of your child doing activities they like to do and photos of your family doing activities. Please send these back to school no later than March 6. We will be discussing them at circle time, showing them off and displaying them in the classroom.

As always if you need anything or have any questions don't hesitate to come chat with me.

Tara

## OTTER CLASS

Hello from the Otters,

Our kids have been keeping busy both in the classroom and on the playground. They enjoy playing Green Fishy 5, Basketball & Tag.

In the class, we continue to see great artwork and inventions from the odds and ends that have been collected.

We are noticing that the Otters are working with each other to make some more complicated designs with both our shape and wooden blocks. They come up with some pretty clever ideas!

Our group enjoyed celebrating Friendship Day. We had a special snack (popcorn & juice) along with our Unity snack. We passed out friendship cards and did some special craft activities as well.

Have a great month,  
Josh & Sarah



## Household Chemicals

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### Health Concerns

Household Chemicals can be toxic to our health and to the environment. Of the 85,000 synthetic chemicals in commercial use today, only a small fraction has been individually tested for toxicity on human health. A wide variety of toxic or hazardous chemicals are routinely used as ingredients for cleaning products. Household chemicals can make indoor air unhealthy to breathe, irritate the skin and eyes, harm the respiratory tract and endocrine system, and pollute the natural environment. Children are especially vulnerable to toxic chemicals because their bodies and organs are still developing. Children are exposed to toxic chemicals through inhalation skin contact and ingestion.

### What's the Difference\*?

Make sure the product you choose is doing the job you need it to do.

Routine **cleaning** with detergent and water is the most useful method for removing germs from surfaces in the child care setting.

A **sanitizer** is a product that reduces germs on inanimate surfaces to levels considered safe by public health codes or regulations. A sanitizer may be appropriate to use on food contact surfaces, toys that children may place in their mouths, and pacifiers.

A Disinfectant is a product that destroys or inactivates germs on an inanimate object. A disinfectant may be appropriate to use on non-porous surfaces such as diaper change tables, counter tops, door and cabinet handles, and toilets and other bathroom surfaces.

### Choose Safer Cleaning Products

Safer cleaning products are not only less-toxic and environmentally safe, but they also often cost the same as conventional cleaners.

Green Seal and EcoLogo are non-profit companies that research and certify products that are biodegradable and environmentally friendly. Visit [www.greenseal.org](http://www.greenseal.org) and/or [www.ecologo.org](http://www.ecologo.org) to verify whether the products you use are safe, healthy and effective. And for companies that are striving for greener chemistry, visit EPA's Design for the Environment website [www.epa.gov/dfc](http://www.epa.gov/dfc).

### Proper Sanitization and Disinfection\*

Properly diluted unscented regular strength household bleach is commonly used to sanitize and disinfect in child care, as it is easily accessible and affordable, IMPORTANT: House hold bleach is now being sold in a variety of concentrations. It is very important to identify of concentrations. It is very important to identify the concentration of sodium hypochlorite in the product you purchase so that you can mix the correct amount of bleach and water. The higher the percentage of sodium hypochlorite, the stronger the bleach is . see page 2 for more information.

Mixing an effective yet safe ratio of bleach to water is important. If too much bleach is used, it can affect the breathing of some children; if too little bleach is used, the solution will not properly sanitize or disinfect.

*\*Portions adapted from Caring for Our Children, 3<sup>rd</sup> edition*

Sanitization and disinfection solutions of bleach and water lose their strength very quickly and easily. The solutions are weakened by organic material, evaporation, heat, and sunlight. Therefore, bleach solutions should be mixed fresh each day to make sure they are effective. Any leftover solution should be discarded at the end of the day. Keep the bleach solution you mix each day in a cool place out of direct sunlight. Always ensure that chlorine bleach solutions re out of the reach of children, as bleach can cause severe damage to eyes and skin, and may be harmful if swallowed.

Keep in mind that there are safe, effective alternatives to chlorine bleach. Healthier options are peroxide-based bleach products that are registered by EPA for use in sanitizing and disinfecting. Remember to always use the least toxic cleaner, sanitizer or disinfectant. For EPA-registered sanitizers and disinfectants, visit [www.epa.gov/dfc](http://www.epa.gov/dfc).

## Paints and Finishes

Indoor air can be more polluted than outdoor air. Off-gassing from paints and finishes is one of the main sources for poor indoor air quality. For years after paint is applied, low-level toxic fumes are released into the air. Volatile Organic Compounds (VOCs) are the source of these toxic emissions, and until recently, these chemicals were always used in paint and finish. Low-VOC paints can now easily be found in local stores. Be sure to purchase "low-VOC" paints to protect your health and the environment.

## Aerosols

Keep aerosol spray away! Aerosol sprays - such as deodorants, hair sprays, carpet cleaners, furniture polish and air fresheners - spew invisible droplets of chemicals into the air. The invisible droplets are inhaled by children and can trigger both asthma and allergies.

## Bleach

Read the label to find the concentration of sodium hypochlorite (bleach) in the product to make sure you are using the right amount of bleach ad water.

**For an 8.25% sodium hypochlorite (bleach) solution**, follow this helpful guidance offered by the National Resource Center for Health and Safety in Child Care and Early Education: <http://cfoc.nrckids.org/Bleach/Bleach.cfm>

- Use only an EPA-registered, unscented product. The product you purchased should have a label that says EPA Reg# and lists the number.
- Follow the manufacturer's instructions.

**For a 5.25-6% sodium hypochlorite (bleach) solution**, continue to follow the dilution and contact time instructions provided in [Appendix J](#) of *Caring for Our Children*, available at:

<http://cfoc.nrckids.org/WebFiles/AppenicesUpload/Appendixj.pdf>

### Household Chemicals Resources

- *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3<sup>rd</sup> Edition (see Appendix J for information on Bleach)  
<http://cfoc.nrckids.org>
- *Green Cleaning, Sanitising, and Disinfecting: A toolkit for Early Cary and Education* [cerch.orgresearch-proograms/child-care/greencleaningtoolkit/](http://cerch.orgresearch-proograms/child-care/greencleaningtoolkit/)
- Eco-Healthy FAQs on Fragrances  
[www.cehn.org/ehcc/FAQ](http://www.cehn.org/ehcc/FAQ)
- Bleach Solutions  
[public.health.oregon.gov/HealthyPeipleFamilies/Babies/HeatthChildcare/Pages/bleach.aspx](http://public.health.oregon.gov/HealthyPeipleFamilies/Babies/HeatthChildcare/Pages/bleach.aspx)

### FOR MORE INFORMATION

Call: 202-543-4033, ext. 13

Email: [info@ecohealthychildcare.org](mailto:info@ecohealthychildcare.org)

Visit: [www.cehn.org/ehcc](http://www.cehn.org/ehcc)

→ Additional Chemicals resources can be found at: [www.cehn.org/ehcc/resources](http://www.cehn.org/ehcc/resources)

Eco-Healthy child care® (EHCC) is a science-based, award-winning national program that seeks to improve the environmental health of children by partnering with child care professionals to eliminate or reduce environmental health hazards found in child care facilities. Originally created by the Oregon Environmental Council in 2005, EHCC is now managed by Children's Environmental Health Network.

Eco-Healthy Child Care®  
c/o Children's Environmental Health Network  
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# MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6 TUITION DUE	7	8	9	10 Don't forget to set your clocks forward Sunday
13	14	15	16 OVERUSE FEES DUE	17 ST. PATRICK'S DAY FOOD FRIDAY
20	21	22	23	24 SCHEDULE CHANGES DUE
27	28	29	30	31