

December
2017

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 will perform a song or songs, classes will make yummy treats, and teachers will provide fun activities. This year for a fundraiser we will also have a few vendors and raffle Baskets at this event to help you out with your holiday shopping. Please note this event will not be at Unity School. The doors will open at 6:45 sharp. We hope to see you there! We will post fliers with all of the information, as we get closer to the date.

Are you looking for a way to give a gift to your child's class this holiday season? Please check out the Wishing Tree posted in the lobby. The teachers post items written on paper 'ornaments' that they would like or need for their classrooms. Each class's ornaments are a different color. If families are interested in donating an item, that would be wonderful and much appreciated! As a reminder any item or cash donation is tax deductible.

Have you noticed our community donation boxes out in the lobby? The Ladybug classroom filled food donation boxes for Food for Lane County and the Panda class will be collecting warm clothes and blankets for the Egan Warming Center. In addition, we will be collecting used shoes that will be shipped overseas to help folks in other countries reuse them for small business endeavors. Please feel free to help support us in filling up these boxes!

We want to take a moment to talk to you about the confidentiality of children who attend Unity. Please be cautious of taking photo/video of your child in their classroom. Some families sign a form upon enrollment stating they do not want their child's photo/video taken. Special events where families attend is a great time to take photos and videos with your child's friends - so that you can get permission from the child's parents first. Also, make sure to get permission if you want to post photos on social media if there are other children in the photo. The other thing about confidentiality

we wanted you to be aware of is to be careful about questions you may want to ask your child's friends. If they are personal question about the child's family, those would be best to ask the parents/caregivers. Good conversations with your child's friends include asking them about their personal interests, favorite color, etc.

Thank you for you help in these matters!

Upcoming closure reminders: December 25th, 26th and January 1st. Please notify us if your child will be absent during the holiday time so we can plan for staffing. May you all have safe travels, enjoy time with your families and create lasting memories this season!

Happy Holidays,

Susanne & Jessica



PANDA CLASS

Panda families,

This month, on the playground and in the classroom, we explored what our bodies can do. We have been running, climbing, jumping, kicking, throwing balls, balancing and riding bikes. We have worked on washing and drying our hands, taking off our shoes and coats, putting on boots and coats, hanging up coats and even putting on hats and gloves. We have talked about the difference between inside and outside bodies - "running feet are for outside" "Walking feet are for inside".

We have enjoyed having pictures on the all about me board! The kids love to see themselves, their family and their pets up there. Please check it out when you drop off or pick up your child.

Check you mailboxes for information on our upcoming Egan Warming Center drive. We will be collecting items this month.

Thanks for signing up for conferences! It's always great to get together and just chat about your children.

Cherri, Celia and Briana

CATERPILLAER CLASS

Thanksgiving is over and winter break is around the corner! Time seems to be flying by this year.

It was wonderful to get the chance to meet with all you for conferences and get to know you and your children better. It helps with teaching your children when we can exchange information about them with each other.

The Caterpillars have been learning a lot about community helpers such as: fire fighters, police officers, doctors, nurses, and mail carriers. We have also been working on the letters in our name.

Just a reminder with the cold and wet rainy season here, we ask that all children have the following items:

- Extra Clothes
- Rain Boots
- Rain Coat
- Warm Jacket
- Mittens - Preferable to gloves (gloves are hard to put on)



Please put your child's name or initials on personal items, That way they can be easily identified.

Upcoming dates to remember:

December 15 - 6:45-7:45 Winter Celebration

December 25 & 26 - Unity Closed

January 1 - Unity Closed for New Year Day

Thank you,

Melissa, Jessica & Mandolin

LADYBUG CLASS



Hello everyone and welcome to winter, we had a great November! The Ladybugs learned how to make homemade bread and jam and we enjoyed it on stone soup day with our families. We also collected over four boxes of food to give to families in need! Thank you to all the Unity families who helped and thank you to the families who joined us for our feast.

In December, the Ladybugs plan on going to gymnastics for a field trip and learning how to play group games. We will also have our winter celebration on December 15th at Sheldon Community Center. We hope to see everyone there when the kids share their treats and songs.

Remember to bring extra changes of Clothes for your child and coats/boots for changing weather. Thank you to everyone who takes home art and bedding on Fridays.

Love from,

Your Ladybug teachers

BUTTERFLY CLASS

Dear Butterfly families,

We are right in the middle of fall and the holiday season. This is always a dynamic time for your children with the time change, weather getting wetter and family coming into and going out of town. This may change the way your child is handling his or her day-to-



day life. Please let us know if there are other changes affecting your child so we can accommodate any needs they may have.

On the subject of weather changes, we would like to say thank you to all of our Butterfly families who have been doing a fantastic job of sending extra clothes and warm coats to keep your child comfortable here at school.

We had a great time at our field trip to NAAG this month. Thank you to the parents who joined us for this fun adventure. A big thanks as well to Ana Andazola-Ramsey, Zia's mom, for visiting our class and teaching the kids some new songs. We welcome any and all families to join us if you have something you would like to share, even if it is just to read a book. We would also like to thank all the parents who signed up for parent teacher conferences this year. You have amazing children and we love sharing what they are learning with you!

Look for information this month on the Winter Celebration! We will be singing a song and there will be crafts and treats.

Butterfly teachers

Michelle, Pammie, Kelly

SEA TURTLE CLASS

Hello Sea Turtle Families,

Another month has flown by and the Sea Turtles are doing great! It was wonderful to get the chance to meet with you for conferences and get to know each other better. In November we spent time talking and learning about colors, what it means to be thankful, and shapes. Coming up in December we will be taking a field trip to Adventure Children's Museum in the Valley River Center. We will be leaving at 10:00 am on 12/7/17. It is \$4 per child, and you can make payment arrangements with Virginia. Our last day before winter break will be Friday, 12/15/17, and we'll resume on Wednesday, 1/03/18. If you have any questions about the field trip or break, please let me know.

Thanks, Kristin

OTTER CLASS

Hello from the Otters,

This month the Otters have been busy with construction type activities and building some pretty fancy structures for the animals and cars.

Our older kids have been helpful with circle time by reading stories to our younger friends. It's nice when we can give the kids a chance to learn from each other.

With the cooler weather and rain, our friend Cloudy the cat has been coming in to visit more often.





He likes to take turns going from lap to lap getting love and attention from the kids.

Soon we'll be preparing for our winter program. We're sure our kids will come up with something creative and fun to do for it.

Otter Jokes:

Q) Why did the duck cross the road?

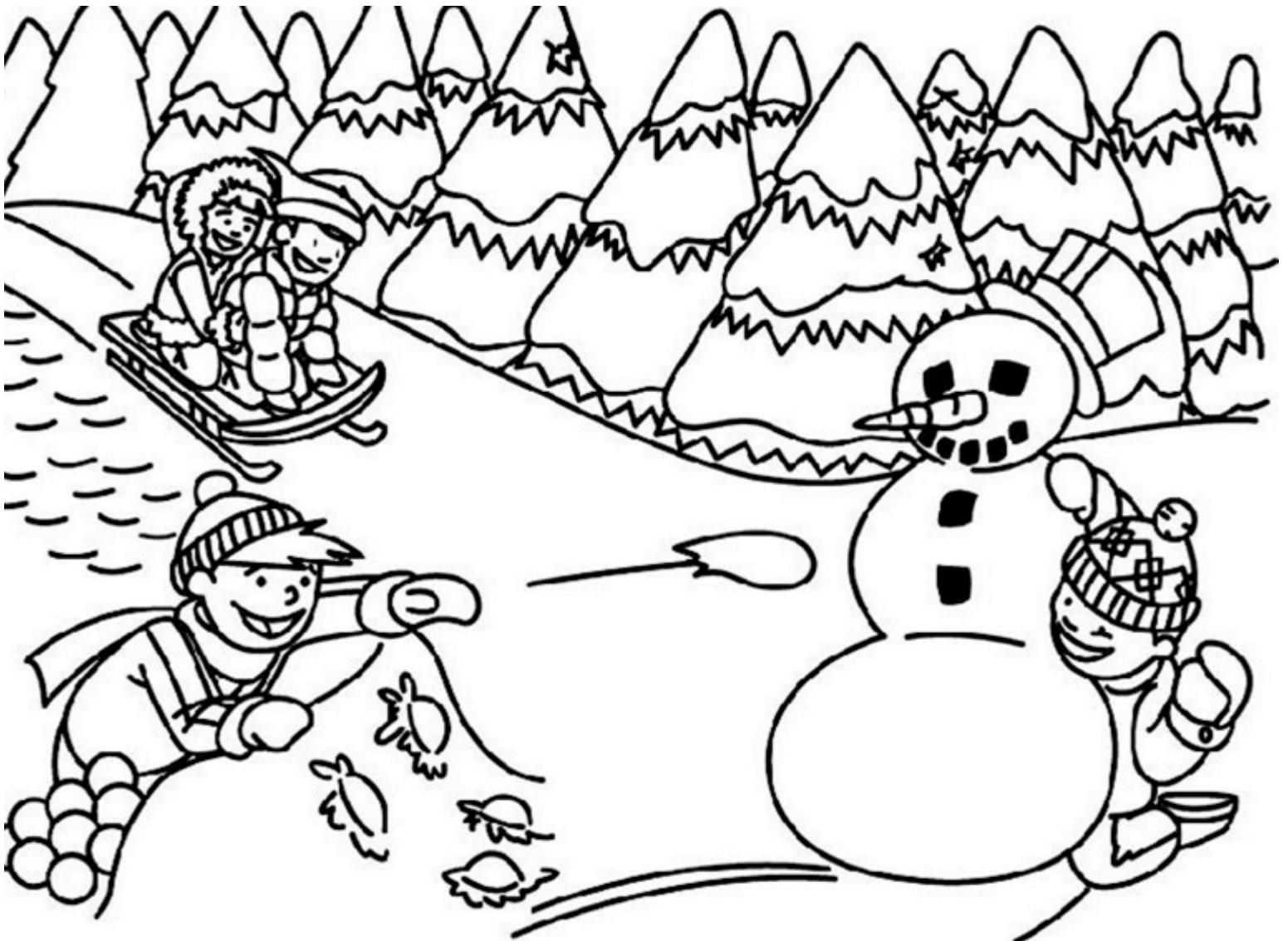
A) Because the chicken was on vacation.

I mustache you a question, but I'll shave it for later.

In December, we will be taking a few field trips during winter break. I will put out a flyer with all the details once we have them all planned.

Thanks FromThe Otter Teachers,
Kristin & Sarah

Color Me



Supporting your child at pickup time

On most days, arriving to pick up your child at the end of the program day is a happy, easy occasion. Your child has had a busy day and is eager to share what has happened or is tired and ready to go home right away. However, there are likely to be days when the transition does not go smoothly. Sometimes children are so engaged in a favorite activity that they refuse to leave. At other times, they may be so tired that they fall apart as soon as they see a parent. When your child is having trouble leaving, it may help to remind yourself that he or she — rather than being “bad” — may just need some extra support and flexibility.

If your child is resistant to leaving, take a few moments to notice a project he or she made or hear about something that happened that day. This can help your child adjust to the need for leaving and depart without an upset. If your child greets you by dissolving in tears, keep in mind that this doesn't necessarily mean he or she is unhappy at the setting or has had difficulties during the day, this outburst tells you he or she feels secure enough to “let go” now that you are there.

If your child is crying hard, give your full attention to his or her feelings by giving physical comfort and simply naming them: “You're feeling really sad.” Avoid asking lots of questions; in particular, avoid asking the classroom adults if your child had a “good” or “bad” day. Your child's day has been filled with many activities — some may have been challenging and some have been fun and adventurous. When your child has calmed, ask the adults: were there any events today that are important for me to know about?

If you arrive to pick up your child and he or she is resistant to leaving, consider trying some of the steps listed below:

Six Steps for Solving Departure Problems

1. Be prepared for those times when your child is happily engaged and not ready to leave. When this happens, stay calm, and strive to be patient and see what is happening for your child.
2. Notice and name feelings that you see: “you are really having a good time on the swing.” Or, “It's hard to leave when you've had such a fun day.”
3. Observe carefully what your child is doing, taking in information about what is causing the departure problem. Ask the child about his or her activities. Say, “We need to leave soon. What's the problem? What's making it so hard to leave?”
4. State the problem from both your perspective and the child's: “We have a problem to solve — we need to leave soon, and you're having a really good time on the swing.”
5. Ask your child to help solve the problem and be willing to negotiate in whatever small way is possible: “What do you think we can do to solve this problem, since we do need to leave soon.” Listen to your child's ideas. Be prepared to acknowledge feelings again: “I know you'd really like to stay for a long time, and we do need to go soon.” If the child doesn't suggest an idea that can be negotiated, like “I'll swing two more times” or “give me three more minutes” give a suggestion: “Can I tell you my idea?” Wait for your child to say yes — he or she will then be more apt to really listen to your idea. You might say, for example, “My idea is that we will sing ‘Twinkle Twinkle Little Star’ while you are swinging and when the song is over, we will leave. Shall we sing that song or another one?”
6. When you and your child agree on a solution, encourage and support this with a simple and enthusiastic descriptive statement: “Wow, we figured out the problem together! We each had ideas and now we've agreed on a solution!”

Sample Parent-Child Discussion

If departures are a persistent problem, discuss the difficulty you are having with your child's teachers and see if they have any insights. Then discuss the problem with your child in the morning or at the end of the day when your child is rested and not distracted by other activities (rather than during the departure time). The goal of the discussion is to give your child's feelings a thorough listening. The discussion may also result in a specific idea for a solution, but sometimes the solution is just that the child needs to know you understand what is he or she is feeling at these times.

The discussion might sound something like this:

(At a neutral time, not during pickup time.)

Jamie's dad: *(in a calm voice)* Jamie, I've noticed that when I come to pick you up at the end of the school day it's really hard for you to leave. Sometimes you become quite upset about leaving. What is happening for you? *(He pauses to listen for Jamie's description of the Problem.)*

Jamie: Well, I don't like to leave 'cuz I'm having fun.

Dad: I am so glad that you're having fun at school. You really seem to like it there.

(They discuss what Jamie likes to do at school for a few more minutes.)

Dad: So it's hard when I come to get you, because you're still having such a good time and I need to leave quickly to pick up your sister. What do you think we could do to make pickup time easier?

Jamie: Let someone else pick me up.

Dad: But mom is still at work, so there's nobody else who can come.

Jamie: Maybe I can have five more minutes.

Dad: Okay, five extra minutes of play time after I get there, then we'll have to leave quickly. That's how we'll solve the problem?

Jamie: Yep.

Dad: And, is there something we can do to make it more fun to leave? *(He pauses, waiting for Jamie's ideas. Jamie does not respond.)* Hey, I have an idea, do you want to hear it? *(Jamie nods Yes.)* There are different ways we can go to the gate. We can walk to the gate holding hands and skipping, or we can race to the gate. What would you like to do?

Jamie: Let's Race!

Dad: Yes, let's try that tomorrow!

Evans, Betsy. 'Departure time' I Know What's Next.
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December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5 Tuition Due	6	7	8
11	12	13	14	15 Winter Celebration 6:45-7:45
18 Overuse Fees Due	19 LuLu Roe Fundraiser Dec. 18 th & 19 th 3pm-6pm both days	20	21	22 Schedule Changes Due
25 Unity Closed	26	27	28	29

Don't forget we are also closed Monday January 1st to celebrate the New Year