



Sumner Co-op Kid Biz



Calendar of Events December

Tuition due	1st
Bates Parent Ed. 7-8:30	5th
Board Meeting	10th
Holiday Program	17th
Winter Break	20th-Jan 2nd

From the President

Dear SCP Families:

Although December will be a shorter month for us, there is still plenty of learning and fun to be had for everyone. I encourage everyone to attend the Bates Parenting Education class offered at Bates South Campus on December 5th at 7 p.m. to learn about the important (and sometimes elusive)

topic of sleep. I also hope to see everyone at our Holiday Program on Monday evening, December 17th to enjoy our children's singing and some more fun family time together.

The preschool will be closed December 20th through January 2nd for winter break. I wish a restful, fun-filled holiday season

to everyone. With the spirit of giving, family, friends and great food all around us this month, I hope you each get to enjoy lots of fun and joy at school and at home all month long.

Margo Pena
SCP Board President

Color:

Yellow

Shape:

Star

Themes:

**3rd-12th Sense of
taste/Kitchen tools
& grains**

**17th-18th Sense of
touch**



Bring your labels to school! SCP is collecting soup labels and more to earn credits for new school supplies. Visit www.labelsforeducation.com/ to learn more.



Teacher Tina

Dear Parents,

Happy December! Many thanks to all of the parents for your continued support. Both classes are in the groove. The children and parents alike have the routine down. Yeah! Good job everyone. I want to encourage you to keep asking questions as they come up regarding childhood development and as it relates to the classroom and home. Any questions I cannot answer, will be referred to Rachael Saxon, our Parent Ed Instructor, she has a wonderful gift for problem solving.

This month in class:

We begin our month with the themes Kitchen Tools and Grains and our sense of Taste. During this month, please bring in kitchen tools to share at our science table such as egg beaters, spatula, wooden spoons, nut crackers, measuring spoons, measuring cups and more. Need ideas, just ask. Please be sure to place your child's name on the item you bring in to share. We will use these items as a show and tell.

In class we will talk about the different types of grains used for creating food. We will cook in class and enjoy the taste buds we have for eating what we bake. On cooking days, you will sign up for the ingredients you will bring in and together we will bake something tasty. Look for this at the sign in table.

The last week before our Christmas break, we will switch our focus to our sense of touch. In class be sure to ask the children as they touch items what they feel. Is it Bumpy? Is it smooth? Is it rough? Is it hard? Is it soft? Is it sticky? We will delight in our power to touch objects and feel the different textures.

At Home: Bake, bake, bake! Use flour, oats, cornmeal, and other grains available for baking. Children delight in mixing ingredients and watching drops of dough turn into yummy cookies. Baking bread is a taste delight for all. Christmas time is the best time for baking. Enjoy your sense of taste during this season with your child and the joy of exploring ways to create in the kitchen.

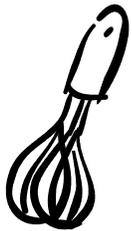
With the sense of touch,

explore various textures you feel with your hands. The lovely sensation of a hot bath on the skin. Rejoice in the sense of touch. Just taking the time to be aware will bring the textures to the surface of your mind.

Holiday Program will be December 17th. In class we will practice singing Christmas songs for our program night. Songs to practice at home: Twinkle Twinkle Little Star, Jingle bells, Away In A Manger. We will let you know if there are any more songs to practice at home. More information will be forth coming on this joyous family event.

Merry Christmas !

Teacher Tina



Reminder:
when in the kitchen setting up snack, only use the sink on the far side of the wall where all of our supplies are located. We are not to use any of the churches utensils including kitchen towels. When in doubt, don't hesitate to ask.

Help Children with Holiday Stress

The holiday season is upon us, and for many people that means decorating the house, baking cookies and shopping at the mall. The sound of Christmas music can be heard everywhere you turn. But if you listen carefully, you'll hear more than just Bing Crosby dreaming of a white Christmas. Those other sounds you hear may be children who are suffering from **stress** associated with the holiday season.

Families want their holidays to be special and happy for everyone, especially the children. But what many parents fail to remember is that the holiday season can be a time of hustle and bustle...and a never-ending whirlwind of stress for their children.

Think about it. Because children are especially vulnerable at this time of the year, it's important to remember that they need to find some time to relax and enjoy the most wonderful time of the year. But how can parents expect children to relax when they are running around like crazy, shopping, baking, decorating, and becoming stressed at the thought of blowing the holiday budget after just one trip to the mall.

You can help your children beat the holiday stress beast by following these tips:

- **Limit TV and video games**— It's very easy at this time of the year to allow the TV and video games to become the baby sitter. But children who are stressed need some type of physical activity or exercise.
- **Remember routines** — For parents of small children, this is especially good advice. During the holidays children will find their routines disrupted. They are often dragged along on shopping expeditions or taken to events over which they have no control. And when a routine is broken, stress can result.
- **Nutrition**— Ever notice, the lines at the fast food restaurants as it gets closer to the holidays? They are getting longer because parents typically are too busy to go home and cook a nutritious meal. And factor in all of those sugary holiday treats, and you end up with a stressed out, hungry family. Plan at least one healthy meal as a family every day. And don't forget to toss in a healthy snack while you're visiting the mall.
- **Family traditions**— Many people fail to underestimate how important traditions are to themselves and their children. Family traditions offer great comfort and security for children when every-

thing in their lives is being disrupted by the holiday season. Perhaps your family would enjoy creating an Advent calendar together, or baking cookies and delivering them to a local nursing home or soup kitchen.

- **Rest and relaxation**— Everyone, especially children, needs to take a "time out" over the holiday season to rest and relax. For parents of younger children this is especially good advice, because a well-rested child will be much happier on a trip to the mall than one who is in desperate need of a nap. Schedule some R & R time for everyone in the family.
- **Laugh**— Laughter is still the best way to beat stress and change everyone's mood from bad to good. Take time to read the comics to your children, or find a holiday joke book with family humor at your bookstore or library.

The holiday season doesn't have to be a time of stress and exhaustion. Make sure you do your part to make the most wonderful time of the year live up to its reputation. You and your children will be glad you did.

http://www.keepkidshealthy.com/welcome/holiday_stress.html

Our tuition due date falls on a Saturday this month. Be sure to turn in your tuition the first week of December to avoid a late fee after the 10th.



Happenings around town this month:

December 1st

Pancake feed, Sumner Fire Station 7am-noon

Santa Parade in downtown Sumner 2:30pm

City of Bonney Lake Annual Tree Lighting,

Public Safety building 6pm

Influenza (Flu) Vaccine - Washington Department of Health



Influenza (flu) vaccine is made each year with the three most common circulating strains. The Department of Health and the Centers for

Disease Control and Prevention recommend that everyone aged six months and older get a flu shot. Certain people are at greater risk and are encouraged to get a seasonal flu vaccine, including:

- ✦ Kids and adults of any age with certain chronic health conditions or special health care needs, such as diabetes, heart disease, cancer, cystic fibrosis, asthma and other breathing problems, sickle cell anemia, and

cerebral palsy.

- ✦ Pregnant women.
- ✦ Household contacts and caregivers of people in any of the above groups.
- ✦ Health care professionals.
- ✦ Household contacts and caregivers of kids, especially those in contact with babies under six months of age who are too young to get seasonal flu vaccine.

There are two types of seasonal flu vaccine. With either one, kids under nine may need two doses in the same flu season if they haven't had flu vaccine before or if they haven't had two seasonal flu shots in one season.

Flu shot (for anyone aged six months and older):

The flu shot, or Trivalent Inactivated Vaccine (TIV), contains inactivated (killed) viruses. The seasonal flu shot can be given to anyone six months and older.

Nasal spray (for healthy kids, teens, and non-pregnant adults aged 2 to 49 years):

The nasal spray flu vaccine, or Live, Attenuated Influenza Vaccine (LAIV), contains live, weakened flu viruses. It can be given to healthy kids over age 2 and non-pregnant teens and adults under 49 years.



Use www.goodsearch.com for all your holiday web searches and help raise funds for our pre-school while you surf the web.