



Preschool Newsletter
[Preschool Webpage](#)

November 23, 2006

Science

Old Jack has been relocated from the classroom to just outside our back door. We all have a new respect for glorious mold. The spectrum of colors and shapes was truly spectacular and quite humorous, in fact. The lid caved in a few days before his move. As you drive by the Meeting House porch, you might catch sight of the “natural process” that is occurring to a small gourd near the door. The local critters are enjoying “take out” and carving a gaping hole where a face should be!



Important Dates

November 27
Monday
School Resumes

December 1
Friday
First Friday @ FSH
8:30am

December 5 & 6
Tues. & Wed.
Holiday Gift Sale (PTO)

December 15
Friday
10:00am-10:45am
**Preschool parents invited
to the classroom to join
the Preschool Jingle Bell
Band! (see invitation below)**

All-School Coffee
10:00am
&
Holiday Meeting for Worship
11:00am
Winter Holiday Begins
after Meeting for Worship

January 2
Tuesday
School Resumes

January 5
Friday
First Friday @ FSH
8:30 a.m.

January 6
Saturday
OWLS Gathering

January 9
Tuesday
PTO Meeting
7:00 p.m.

January 12
Friday In-Service Day
PUPIL HOLIDAY

January 15
Monday
Martin Luther King Day
SCHOOL HOLIDAY

January 16
Tuesday
Parent/Teacher Conferences
Preschool & Prekindergarten
PS/PK PUPIL HOLIDAY

Friday's kids

*"Our pipe of peace,
We pass today.
Our song of Peace,
We sing today."*

In the words of the preschoolers,
peace means:

- ...you are nice.
- ...being kind.
- ...saying thanks.
- ...talking to people,
- ...helping each other.
- ...waiting my turn.
- ...sitting on your bottom.

I like peace.



Below is a candid scene from Friday morning's free play. The play began with two children setting up a space ship. Two more children brought chairs and joined the vessel. It was soon discovered that the planet had great fishing. More explorers joined until all eight children were part of the same play. The children's play is becoming increasingly collaborative and creative.



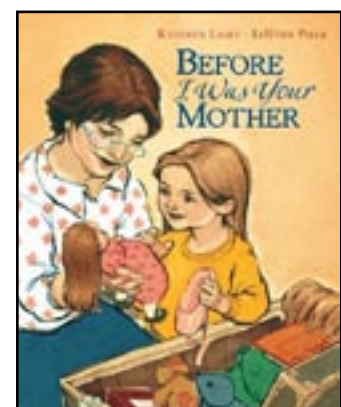
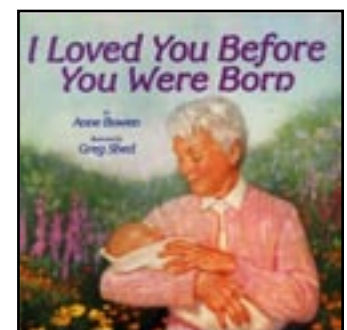


During gross motor play in the gym recently, the children moved to *Talking Spirits: Native American Music from the Hopi, Zuni and San Juan Pueblos*.

The songs range from lively music for dancing, songs for good luck, sacred songs, and songs for giving thanks. The children played bells to accompany the recording.

Books we have read recently include:

Miss Twiggly's Tree, Dorothea Fox
Shoes From Grandpa, Mem Fox
I Love You Before You Were Born, Anne Bowen
Before I Was Your Mother, Kathryn Lasky



A Warm Invitation from the Preschool

- Who:** Preschool Parents *
- What:** The Intergenerational Preschool Jingle Bell Band (Yes, you will be asked to sing and play!)
- When:** Friday, December 15. 10:00am - 10:45am (prior to Holiday Meeting for Worship)
- Where:** The Preschool Classroom
- Why:** To share the music and joy of the season

* Preschool children who do not attend school on Friday are invited, with their parents, to join the group at 10:00am.

Holiday Meeting for Worship will feature a response from each class (Preschool through Grade VI) to the monthly query.



We are grateful for the generous participation of Friends School families in the annual Preschool Service Project. Tuesday morning, the children toted bags of jackets, snow pants, hats, mittens, and boots and helped Brendetta and Terrence load them into the van. For more information on the work of the Community Action Agency of Delaware County and additional ways you can help, visit their site at <http://caadc.org>.



On Wednesday morning the entire school community, along with a few hundred grandfriends, were entertained by the musical talents of FSH students - preschool through sixth grade. That wonderful "informance", led by Teacher Joanna, was followed by snack, songs, and books back in the preschool classroom. The morning came to a close after grandfriends and students shared the quiet peace that settled in during Meeting for Worship in the Meeting House. The sharings and singing in the meeting house brought the spirit of the season to all in attendance.



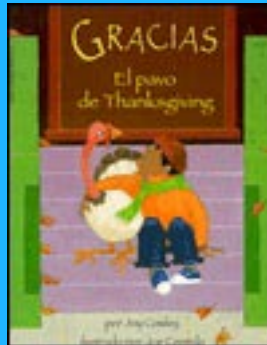
Espanol with Professora Adriana

*“Gracias” El Pavo de Thanksgiving
 (“Thanks” The Thanksgiving Turkey)
 by Joy Cowley*

New Vocabulary:

Abuelo/grandfather

Abuela/grandmother



PTO

Each year the PTO sponsors a Holiday Gift Sale. This event is held for Friends School students. At the sale, children are invited to purchase \$1 gifts for family members who live in their home.

Two times have been set aside for the preschool children to attend the sale with a parent or caregiver.



Tuesday, December 5, 8:00am
(prior to the 8:15am start of school)

and

Wednesday, December 6, 11:45am

Parent volunteers (“personal shoppers”) will be on hand to shop with your child to help maintain the element of surprise of gift giving.

(Please note that unlike children in older grades, the preschool children do NOT attend the gift sale as a class.)

Donations of gift items may be dropped off at bins on the Meeting House Porch



The preschool is collecting empty paper towel tubes, wrapping paper tubes, bathroom tissue tubes and wine bottle corks.

Thanks for your help!



(The following is an e-mail message from Zoe's mom, Carolyn, received November 16, 2006. Thanks for sharing, Carolyn!)

Tina and Jen,

Wow, that article on pre-reading ideas was fantastic, thank you.

I really appreciated the rutabaga lesson too...my own family's roots are not too far from Midwestern farming, so I grew up with lots of turnips and parsnips as well! One of my favorite family recipes is as follows. Feel free to share with folks, if you want to...it's become a staple at our Thanksgiving table, and is usually and unfortunately, the only taste of rutabaga/parsnips/turnips my extended family gets in a year! It's a really fun shapes and colors recipe too.

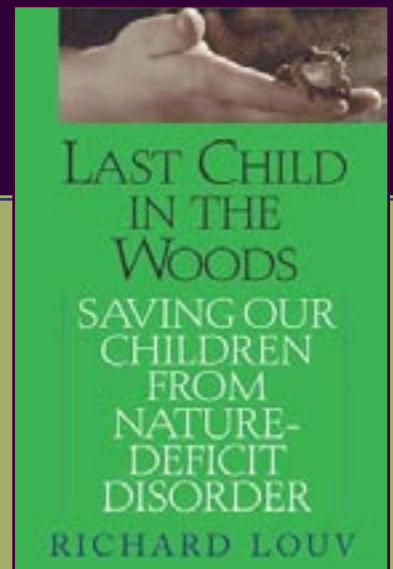
Roasted Roots and Squashes

Salt (sea salt is great, if you have it)
6 baby purple-top turnips, peeled
1 large celery root, peeled and cut into balls with melon baller
1 medium sized rutabaga, peeled, also cut with a melon baller
2 parsnips, peeled, cut in half lengthwise, then into short "sticks"
2-3 Tbls. butter or unsaturated oil
1 butternut squash, peeled and cut into cubes
6 small carrots, cut in rounds
1/8 tsp. allspice
Fresh ground pepper
2 Tbls. vegetable broth or just water
1-1/2 tsp. fresh savory leaves, finely chopped

Preheat the oven to 375F. Chop all the vegetables as directed. Bring a large pot of water to a boil and season it with salt. Add all the root vegetables (not the squash) and parboil 3 minutes. Drain. Spread the butter all over an ovenproof dish and toss in the vegetables, adding the squash. Salt the vegetables and sprinkle with the allspice. Roast until tender, 30-35 minutes. Season with pepper and add the broth or water only if needed, to dissolve the caramelized vegetable juices. Turn into a serving dish and sprinkle with savory. Enjoy the underground wonders.

MUSINGS

The following is an article brought to the teachers' attention by Ainsley's mom, Tracy. It is a review of a book [Last Child in the Woods -- Saving our Children from Nature Deficit Disorder](#) by Richard Louv



NATURE-DEFICIT DISORDER

I have just finished reading a thought-provoking book: Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder, by Richard Louv. The author shares some thoughts and realities that should alarm parents as well as make them determined to change things regarding their particular children.

The author tells us of a boy who was asked where he preferred to play, indoors or out. He answered, "I like to play indoors better, 'cause that's where all the electrical outlets are."

By all indications, many children today find that playing in nature is unproductive, off-limits, alien, or dangerous. In some cases, this is because nature is just not there any more, as community sprawl has usurped many of the pockets of free land around us.

Many children do not have primary experiences with nature, but instead are limited to the secondary, vicarious, or distorted images from television or other media.

This distancing of children from nature appears to be a frightening trend, particularly when we consider the benefits available for children in experiencing the natural world.

In nature, children find freedom, fantasy, and privacy: a place distant from the adult world, a separate place. Nature provides for calmness, a focus, and an excitement of all the senses.

Nature has gifts for every child: an opportunity to learn the unknown in its abundance, to develop a capacity for wonder, and an inspiration for creativity, demanding the full use of the senses. Natural spaces and materials stimulate children's imagination.

Researchers have found that children engage in more creative fantasy play in green, natural spaces than in constructed play areas.

Yet most children suffer from what Louv calls "nature-deficit disorder," bringing with it the human costs of alienation from nature, including diminished use of senses, attention difficulties, and higher rates of physical and emotional illness in the young. Long-term, this condition diminishes the numbers of individuals who stand ready with philosophical or political resources to protect our world.

As you read this, you are likely recalling some of your own childhood play experiences outdoors in nature, building forts, experimenting with water, stones and sticks, examining the bugs and flora around you, finding a secret place. Are your own children having these same opportunities? If not, why not?

While the book speaks of concerns, there is a hopeful quality to what can be done. Louv speaks of launching a no-child-left-inside campaign, pointing out that the minute parents go outdoors with their children, they begin to receive the same benefits as the youngsters.

He cautions against hitting kids with "another Fine Educational Opportunity," but just turning them on to what a neat world we live in. He also points out that this issue is one that should involve whole communities with all the organizations and institutions, to be sure that all our messages about nature's gifts are supported by schools with outdoor classrooms, nature centers, service and conservation organizations. Think about what you can do this week to inoculate your child against nature-deficit disorder.

P.S. When next you go on vacation, tuck in a copy of Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv. Algonquin Books, 2005

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