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February

2010

Mt. View News

2003 Taylor St. Milton WA. 98354

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President's Message

We are at the mid-point of the school year and I am excited to say that things are really moving in a positive direction at Mt. View. We have several families who have joined us recently, and a few more who may be starting shortly. Make sure to introduce yourself and welcome them into the Mt. View Family!

Thank you to all of our families who participated in our See's Candy Fundraiser and helped to make it a success. Watch for details about the candy pick-up times.

Even though we still have 4 months of school left, it is time to start thinking about

next year. We will begin registration for the 2011-2012 school year in March. Current members are able to register first, then alumni families. If you know anyone looking for a wonderful preschool for next year, be sure to tell them about Mt. View!

Also, Board nominations take place the first week of March. Serving on the School Board is a wonderful way to be involved in the school. All board positions are open for nomination. You will be receiving information in your Family File later this month with descriptions of each position. The school depends on family involvement,

so please consider running for an office! If you have any questions about the specific details of any of the jobs, please feel free to contact me.... I would love to talk with you and answer any questions you might have!

Have a Happy Valentine's Day!

February Curriculum:
 Our Bodies
 Hearts -real & paper
 Valentines Day
 Colors:
 Red & Pink
 Shape:
 Heart

February is Black History Month

African-Americans have made tremendous contributions to every facet of life—from science to music to athletics. Here are just a few:

Harriet Tubman
(1820-1913)

Born a slave, Tubman eventually escaped slavery and helped hundreds of Southern slaves escape to the northern U.S. and Canada through the Underground Railroad, earning the name Moses for her determination.

Jesse Owens
(1913-2005)

As an Ohio State University college athlete in a still segregated America, Owens could not eat meals with his white team members at restau-

rants or stay in the same hotels or dorms. Instead he was designated to "blacks only" eateries and sleeping quarters. But through it all he remained strong, and at the 1936 Olympic Games in Berlin, Owens became the first American athlete in the history of Track and Field to win four gold medals in a single Olympics.

Rosa Parks
(1913-2005)

Little did Parks know that one gesture would help spark the civil rights movement of the last century. In 1955, while riding a bus in Alabama, the driver told Parks to give up her seat to a white man. She refused, went to jail, and eventually won a case against the state, changing segregation laws forever.

Jackie Robinson
(1919-1972)

The first black player in Major League Baseball, Robinson had bottles and insults thrown his way, yet he still managed to become Rookie of the Year and in his second season, League MVP.

Martin Luther King, Jr.
(1929-1968)

This civil-rights leader and Nobel Peace Prize winner organized large anti-violence demonstrations against discrimination including a march on Washington where he delivered his now-famous speech "I have a dream." He was later assassinated.

Courtesy of www.kaboose.com

What's Happening in your class in February:

- 2s Class

Friday, Feb. 19
Edgewood Fire Dept.
@ School

Field Trips

- 3s Class

Wednesday, Feb. 10
Albertson's, We will come back to school for snack and our valentine exchange!

- 4s Class

Tuesday, Feb. 9
Milton Post Office

- 5s Class

No Field Trip

Mrs. Eakin

Happy Valentine's Day! February is such a fun month at preschool! We'll start the month off looking to see if our furry, underground friend sees his shadow. Love will be in the air as we talk about how we can show our love to those who love us through caring and sharing. The children in the 4's class will be making a valentine to mail home to the special person in their lives. Our field trip

in the 4's will be to visit the Milton Post office to mail our Valentine's.

We will also be conferencing to talk about your children and placement for next year. Please sign up!

I also want to encourage each and every parent in our program to reach out and advertise our program. This is a fantastic school and we want everyone else to

know it!!!

Word of mouth is our best advertisement!!

Happy February!

Mrs. Eakin



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

-Helen Keller

Valentine Exchange

3's class

Wednesday, Feb. 10th

Children will exchange valentines back at school after field trip. Envelopes will be in the circle room.

4's & 5's class

Thursday, Feb. 11th

Children can bring one valentine for each child in their class.

Envelopes will be in the circle room. Please help your child put these in their friends envelopes. We will not be opening these at school. They will go home so you and your children can enjoy them together!

Conferences

February 16th-23rd. Feb. 23rd is in the am only. Regular 5's class in the afternoon. Mrs. Norman will be teaching.

Sign up for your conference please. The sign ups will be posted on the double doors.

Remember to please be on time. Conferences are scheduled back to back and if you are late it throws off the next parent's time.

No children please! This is a time to talk about your child and placement for next year. Trade children with each other for your conferences.

See you all there!!

Mrs. Eakin's Thank You's

Amy Orm for your never ending job of running our school. You are amazing!

Mrs. Norman for substituting in the class while I visited the Dr. for my knee.

All the parents that volunteered to teach for me if I had needed surgery. Thank goodness I will heal in a few months.

Mini Olympics parent helpers: Kelly Safely, Teresa Frandsen, Julie and Rick Wahlgren and Shawna Shula. What a fun day! Look for the pictures of all the children holding their Olympic torches and wearing their gold medals!

All the parents that attended the mid-year clean up

Sandra and Scott Westlund for picking up and delivering our new sand for the sand box.

Nakole Glavantis for taking home our vacuum and giving it a good cleaning. You're terrific!

The team of parents that always take home the school laundry. Rosanna Pine and Julie and Rick Wahlgren. We really appreciate all the clean napkins, aprons and table rags.

Every parent in our program that is on time, works in the classroom with the children and cleans our school. Always with a smile and a helping hand for each other. You're all wonderful!

Teresa Bollmann for the great job on our newsletters every month. They are beautiful!

Rick Wahlgren for helping with the sand in our sand box

3's class Special Person's Tea

Monday, Feb. 8th

9:30-11:30



Children can invite one special adult parent or friend to attend. No siblings please!

Lots of fun!

No 5's class today

Mrs. Howard

I always looked forward to the month of February, it is one of my favorite months. We will have regular classes on the 5th, 19th and 26th. No school on February 12th. Instead we will be having "Just Mom & Me Night" at school on Monday, February 8th. Dinner will be served at 6 PM. After dinner there will be time to handout Valentine's to their friends. The children will be decorating Valentines Bags to put all their Valentines in on February 5th. If for some reason your child will not be at school on the 5th, please let me know so I can send home their bag for them to decorated.

"Mid Year Clean Day is the 5th from 12:30 to 2:30 PM. If you did not help at set-up, please plan to help out at this one or at the end of year pack up. Each family is required to have a Parent Ed. Credit in this area. Sorry No Children!

On February 19th I have scheduled to have the Edgewood Fire Dept. come to visit us the last half hour of class. The firefighters will share with the children what they do. The best part, is that we will get to check out the fire truck at the end. This is always a highlight of the year for the children. (Don't forget to bring your cameras that day!) I have also set this to be RED day, so have your child wear something red.

As each week passes it is so fun watching the children begin to really play with each other and to also work together on the computer/puzzles or building with the blocks. A few weeks ago there was about four of the children working together to fix the loft. Future carpenters. It was so cute!

A reminder to everyone that when it is your child's special day, if you are bring-

ing in a snack, please be sure that there are no peanuts butter/nuts of any kind in the ingredients. It is also VERY IMPORTANT that the item not be exposed to nuts at the factory that it is made at. If you are in question, please talk to Cinda, Judy or myself.

Have a wonderful Valentines Day!

♥ Mrs. Howard

Thank you to the Westlund Family for getting sand for the sandbox. Thank you To Fife Sand & Gravel for their donation of Sand.

Valentine's Day Quiz

Can you locate these Valentine cities on a Unites States Map?

- Valentine, NE
- Valentine, TX
- Loveland, CO
- Lovejoy, GA
- Romeo, MI
- Love Valley, NC
- Loveland, OH
- Heart Butte, MT
- Loveland, OK
- South Heart, ND
- Loves Park, IL




2's Class

Here's what's happening in the 2's class in February....

- * Just Mom & Me Night at school, Monday, February 8 @ 6:00 pm.
- * NO SCHOOL, Friday, February 12.
- * Edgewood Fire Dept., Friday, February 19 the last half hour of class.
- * Red Day!, Friday, February 19, wear something RED.

A reminder to everyone that when it is your child's special day, if you are bringing in a snack, please be sure that there are no peanut butter/nuts of any kind in the ingredients. It is also VERY IMPORTANT that the item not be exposed to nuts at the factory that it is made at. If you are in question, please talk to Cinda, Judy or myself.

Have a great February!!!!!!! 

Happy Birthday

to.....

Alexandra Meston

See's Candy Fundraiser

We want to thank everyone who participated in the See's Candy fundraiser. We should hopefully have the candy here around the 8th of Feb. so everyone can enjoy it for Valentine's Day. We are looking out to our next fundraiser and welcoming any suggestions. There is still a great need for fundraising this year and we appreciate the amount of participation we have received this year!

Megan Steenrod and
Ashley Fuchs

Ways and Means



3's Class

I can't believe February is almost here, January seemed to fly by. It was a great month with a wonderful parent share with Sandy, Leah's special day, Gabby's special day, Jillian's special day, Pajama day and the field trip to Dr. Urback's office. The kids have enjoyed going outside to play in the nice weather we have had.

Things to look forward to in February are Audrey's special day, Luke's spe-

cial day, Mid year clean up, Special person's tea, Valentine Exchange, Field trip to the Milton Albertson's, Conference Days, and Jaedyn's special day. Please look for your February Calendar's in your parent file. The sign up sheet for the conference day's will be posted on the double doors. I'm sure with such a busy month, February will fly by too. I can't wait to see the kids handing out the Valentine's. Hope you all had a great January and have a wonderful February too.

4's Class

Here's what's happening in the 4's class in February.....

- * Conferences, February 16-23. Make sure you sign up for a time. Sheets are posted on the school doors.
- * Valentine's Exchange, Thursday, February 11
- * Tuesday, February 9 Milton Post Office

**Mid- year Clean-up
Friday, February 5, 2010**

**It's your second chance to
earn your "work party credit".
Please come help clean, clean,
clean those germs
away!**



Tuition is due on the 1st of the month and is considered late if received later than the 15th. If for some reason you are unable to make your scheduled tuition payment by the 15th, please contact Juliet Duck or Heather Tague and let them know. Also, it is acceptable to mail your tuition check if you are not able to make the hand delivery. To mail your check, address it to:

Mt. View Cooperative Preschool
2003 Taylor St
Milton WA 98354

5's Class

Here's what's happening in the 5's class in February.....

* Conferences, February 16-23. Make sure you sign up for a time. Sheets are

posted on the school doors.

* Valentine's Exchange, Thursday, February 11

* No Field Trip this month

Have a wonderful Valentine's Day with the ones you love!



Health & Safety

Eating out can always be an "interesting" experience! I came across this article and thought it might be helpful for parents at the co-op. Below you'll find a list of top ten ideas on eating out with your children. Again, if you have any ideas or suggestions for future articles, just let me know at s.westlund@comcast.net.

Maintain a Healthy Attitude. Eating out requires a lot of social skills—skills that children must not only be taught, but be given the chance to practice. Each time you head out to a restaurant, be sure to remind yourself that being quiet and sitting still with one's napkin across one's lap throughout an entire meal doesn't come naturally.

Pick a Restaurant That Caters to Kids... at least when you're first getting started in order to take some of the pressure off

BYOB. Although the stress of eating out at a restaurant can certainly leave some parents feeling like they could use a drink, this BYOB recommendation has nothing to do with alcoholic beverages. Instead, it is a reminder to bring your own *backup*. Bringing along a couple of mealtime accessories can go a long way toward making the meal go smoothly and helping your child enjoy rather than ruin the ambiance.

Keep in Mind That It's About Time. Many of the problems children have behaving in restaurants can be traced back to having too much time on their hands. Boredom and impatience are not your friends. The longer children are expected to be on their best behavior, the more likely they are to become restless—especially if they have nothing to keep them occupied. Since the clock will be ticking from the minute you walk in the door, we recommend:

Calling Ahead. Make reservations or take advantage of call-ahead seating.

Going Early. By beating the rush, you'll be less likely to have to wait for a table.

Ordering Efficiently. Skip the formality of ordering drinks first and get your full order in the first chance you get.

Clear Your Own Table. We realize that one of the clear-cut benefits of dining out is that you aren't responsible for the cleanup afterward, but we're actually talking about clearing the table

before you eat. That's because restaurants are seldom childproof to the extent necessary to keep your meal accident-free. As soon as you sit down to dine, remember to scan the table for items that stand to disrupt your dinner and make sure they don't fall into the wrong hands.

Don't Just Say No. Regardless of what sort of socially challenging show your child is putting on, be aware that just saying no, with no teaching and no ramifications, has been shown to be of little use. Before you even go out, discuss what you expect of your child and what the clearly defined consequences will be if he is unable to behave during the meal. Whatever you choose to use as a consequence, just make sure you're willing and able to follow through—even if that means leaving the restaurant well before dinner has been served (see Tip #10).

Take a Healthy Approach to Kids' Meals. Restaurants offer a great opportunity to expose children to new foods and flavors, but they also run the real risk of serving as an excuse to check your nutritional goals at the door. According to one survey, the top 5 most popular foods ordered at restaurants by children younger than 6 years were french fries, chicken nuggets, pizza, hamburgers, and ice cream. This leads us straight to the topic of kids' menus. No doubt about it, ordering off the kids' menu can make your overall dining experience easier. The problem is that kids gravitate toward food they're familiar with, and they quickly learn to order *only* off the kid's menu—an ordering pattern that often becomes firmly entrenched and ensures that almost 100% of their entrées will consist of a very narrow range of not-so-healthy foods. Whenever possible, we suggest swapping out fries for a healthier side, skipping the free refills on soda altogether and ordering milk instead, and encouraging your child to broaden his horizons by looking beyond the confines of the kids' menu and giving him the chance to taste foods off of your plate as well.

Contain Costs. Part of the temptation to let children order off the kids' menu stems from the fact that it is almost always less expensive. For less than the cost of an entrée, you can often get your child a main course, a side dish, a drink, and a dessert. That said, kids' menus rarely offer a good deal when it comes to nutrition. We therefore suggest giving the following alternative cost-containment measures a try as well:

Share and Share Alike. To give your child expo-

sure to a wider range of food choices while giving your wallet a break, consider sharing an adult entrée.

Downsize. Ask if you are able to order your child a scaled-down serving of an adult-sized entrée at a reduced price.

Two for the Price of One. Take the approach of encouraging your child to eat only what he's hungry for, and then take the rest home to serve at a later date.

The Tipping Point. Unless you have everything under such control that taking your child to a restaurant leaves no more mess and requires no more service than if you were dining solo, we highly recommend adjusting your tip accordingly. As a rough rule of thumb, your tip should be proportionate to the quality of family-friendly service you receive, the number of extra trips your server has to make to and from your table to accommodate your family's needs, and the amount of mess you leave in your wake.

The Take-Home Message. According to the head of the National Restaurant Association, restaurants have always served as a social oasis for friends and family to enjoy quality time together over a relaxing and rewarding dining experience. We aren't sure whose family he was referring to, or the ages of those at the table, but it's unrealistic to expect an oasis, or even a relaxing meal, each time you head out to a restaurant. There will be days when positive attitude, advanced planning, and practice will pay off. But there are sure to be others when nothing is going to be enough to avert a restaurant meltdown. If and when you find yourself with a child who is too tired, too impatient, or too determined to break the sound barrier to sit quietly in his seat, it's time to call it a night and try again later. In the meantime, you can always order takeout and practice at home. In doing so, you will join the ranks of most Americans who order more takeout meals than eat in the actual restaurants.

Author

Laura A. Jana, MD, FAAP and Jennifer Shu, MD, FAAP

Bates Coordinator

Dear Mountain View Parents!

I truly enjoyed our parent shares the month of January. The

Turnout was great (Thanks to the pressure of the parent education credit responsibilities!) One of the topics that seemed to be the most popular was getting those selective pre-schoolers to eat. I have included an article that I hope you will enjoy.

Sandy

Feeding Your Toddler While Keeping Your Sanity Intact

By Tara Martel, RD, CD

Do you ever wonder why your child wants to eat string cheese every meal for two weeks and then refuses to touch it? Have you ever spent what seems like countless hours trying to convince your child to take one bite of green beans and finally break down and bribe them with ice cream to get that one bite? Does it ever feel like your child is going to waste away on the very little they consume on a daily basis? If you have experienced any or all of these things, you are probably the parent of a pre-schooler.

Your child is going through some very significant changes including a new found need for independence and a slowed period of growth. Children at this age want to do more themselves while still having the security of knowing you are there for them. This struggle is often reflected in their eating habits, refusal to eat certain foods or a refusal to eat all together. This is completely normal! Your child is also in a slowed period of growth and their activity level plays more of a role in their appetite. They may eat really well on active days and then eat next to nothing on days when activity level is lower.

As parents, we have very specific responsibilities when it comes to feeding our child and, in turn, our child also has their responsibilities. As a parent, we are responsible for deciding WHAT food is offered, WHEN it is offered and WHERE it will be eaten. While involving our child in the decisions of what they will eat is



important and helps foster independence, WHAT foods we will serve is up to us. Let your child choose between two healthy options at meal time, peanut butter or

grilled cheese for example, but avoid negotiating you are a parent not a short order cook. We also decide WHEN food is served, keeping your child (and yourself) on a routine when it comes to eating is very important. Set a feeding schedule that includes three meals and 2-3 snacks per day, preferably spread out evenly throughout the day. Allowing your child to mindlessly snack all day long can interfere with their ability to listen to their hunger cues. Lastly, we decide WHERE food will be eaten. It is important that most meals and snacks be eaten at a place designated for eating, like the kitchen table or counter. Allowing your child to eat on the couch while watching TV or while playing on the floor can also interfere with hunger cue recognition, increasing the likelihood of overeating. Meal and snack time is also a great social opportunity for you and your child. Sitting down without the distraction of the TV or the phone and eating meals together is a chance for your child to talk about their day, for you to teach table manners and maybe identify any feeding problems your child may have.

Your child has responsibilities too, they include IF they will eat or not, WHAT they will eat from what is offered and HOW much they will eat. It is frustrating but we cannot force our kids to eat. How would you feel if your spouse sat at the dinner table and watched your every move constantly telling you to, "3 more bites of carrots and 2 more bites of chicken before you can leave the table." That would be ridiculous. Our children have the unique position of being able to recognize and listen to their hunger cues, as adults, many of us have lost that ability. Our kids know when they are hungry and when they aren't and there is not much we can do about it. There

are several things we can do to encourage our kids to eat at mealtime which include serving snacks no less than 2 hours before a meal, letting our kids serve themselves (kids also have a built-in portion control meter too) and letting them help with meal preparation.

You might think that the very little amount that your child eats cannot possibly be meeting their nutritional needs. Your child probably needs much less than you think they do. When portioning for your toddler, follow the rule of 1 tablespoon per year of age for each food served. For a 4 year old child, this is 4 Tbsp (¼ cup) peas, 4Tbsp (¼ cup) mashed potatoes and 4Tbsp (¼ cup) diced chicken. You might be thinking, "my child doesn't even eat that much." That's okay! No healthy child will EVER let themselves starve...let me repeat that...no healthy child will EVER let themselves starve. If your child is developing normally for their age and appears happy and energetic, that is what you should focus on. There are cases where medical or professional nutritional intervention is needed. If your child has a sudden decrease in intake with drastic weight loss, fatigue, or changes in behavior you should seek medical attention. If you just can't shake the fear that your child is not eating enough then please, talk to your pediatrician or a nutrition professional specializing in pediatric nutrition. There are feeding support groups in the South Sound Area that can help too. You are not alone in this struggle and in a few years you will probably look back and laugh at some of the things you used to have to do to get your child to eat.


For more information, check out Child of Mine: Feeding with Love and Good Sense by Ellyn Satter (www.ellynsatter.com)

Schedule of Events

- Monday, February 1- Board Meeting 6:30 pm
- Friday, February 5- Mid-Year Clean-up 12:30 to finish
- Monday, February 8- 3s class Special Person Tea
- Wednesday, February 10- Valentine Exchange 3s class
- Thursday, February 11- Valentine Exchange 4s & 5s classes
- Sunday, February 14- Valentines Day
- Monday, February 15- NO SCHOOL President's Day
- February 16-23- Conferences for 3s, 4s & 5s classes. AM ONLY on the 23rd.



February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Board Meeting 6:30 pm	2	3	4	5 Mid-Year Clean-up	6	
7	8 3s Special Person Tea 9:30-11:30	9	10 Valentine Exchange 3s Class	11 Valentine Exchange 4s & 5s Classes	12	13	
14  Valentines Day	15 NO SCHOOL President's Day	16	Conferences NO SCHOOL			19	20
21	22 NO SCHOOL 3s & 4s	23 5s class regular time	24	25	26	27	
Conferences (am only on 23rd)							

The History of President's Day

So when did Americans first acknowledge our Presidents with their own day?

Presidents' Day dates back to our founding father and first President, George Washington. Washington was born on February 22, 1732. On his birthday in 1796, when Washington was in his last full year as president, the day became the holiday known as Washington's Birthday. However, Americans didn't observe this holiday until 1832, 100 years after his birth.

Abraham Lincoln was the next President to gain reverence similar to Washington. Born on February 12, 1809, Lincoln's birthday was first celebrated in 1865, the year after he was assassinated. Although his birthday was not honored as a federal holiday like Washington's,

many states adopted it as a legal holiday.

In 1968, Congress passed legislation placing any federal holiday on a Monday, including Washington's birthday, to create a three-day weekend. In 1971, President Richard Nixon combined Washington's and Lincoln's birthdays into Presidents' Day. It would be celebrated on the third Monday in February, regardless of which day it fell on. Presidents' Day is now viewed as a holiday that pays tribute to both Washington and Lincoln, as well as all those who have served as president.

Courtesy of Fireworks.com



George Washington, was our nations 1st President. 1789-1797



Abraham Lincoln, was our nations 16th President. 1861-1865