

November 2009

Mt. View News

2003 Taylor St. Milton, WA 98354
www.mtviewcoop.com



President's Message

What's Happening in your class this month....

2's Class

November 20th we will be having our Thanksgiving Feast.

Field Trips:

3's Class – Nov. 16th

Fall nature walk around outside of school

4's Class – Nov. 12th

Marine Science & Technology (MAST) Center

5's Class – Nov. 4th

Daffodil Bowling Center

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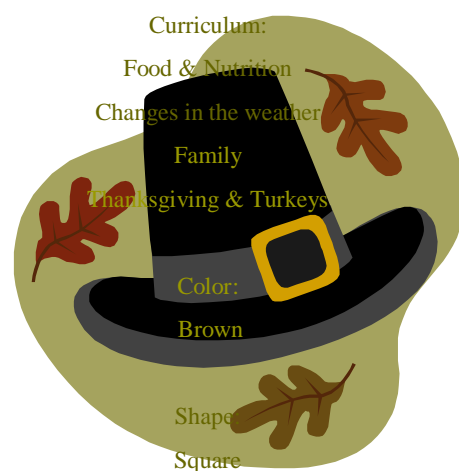
I would like to give a huge thanks to Ashley, Megan, Tamara and Jodi for all of their hard work planning the Trike-A-Thon, and to all of the families who helped out and participated. It was a wonderful event, even in the rain! Remember to turn in your pledge money if you haven't done so yet.

With the winter weather season quickly approaching, I want to remind everyone of the school policy on School closures. **If Five School District is running one hour or more late or closed, then Mt. View will**

be CLOSED.

Mt. View is filled with little artists! The kids have been hard at work during class making all kinds of wonderful creations. Please make sure that you are checking the art bin at the bottom of the stairs and taking your child's art-work home. They love to show off their hard work!

Happy Fall!



Health & Safety

"Wash, wash, wash your hands, wash your hands a lot!". It's that time of year again and many of our children are starting to come down with colds and/or the flu. For this month, I have included some tips and suggestions for runny noses and sore throats from the Washington State Department of Health.

"Only about 15% of the people who go to the doctor with a bad sore throat have strep throat." Here are some ideas to help alleviate the pain:

- Drink more water (add lemon or honey).
- Gargle with warm salt wa-

ter.

- Give vitamin C drops. Be careful with throat lozenges because kids can choke.
- Take acetaminophen to relieve pain.
- Runny noses can be bothersome. "Colds can last longer than 2 weeks. Thick yellow or green mucus is normal as your body fights the virus." Below are some tips to help speed up the recovery time of a cold.
- Drink more water (add lemon or honey), try chicken soup, and herbal tea
- Take acetaminophen to relieve pain.
- Use a humidifier and take hot

showers (my family swears by hot showers!!)

- Use a decongestant to help thin the mucus.
- If your child's nose is red, dab on some petroleum jelly

Finally, we are all worried to some extent about the swine flu. The best thing we can do is remember to wash our hands a lot and be extra diligent at pre-school. If we see a kid picking his/her nose, have them wash their hands. If a child sucks on the play food or a toy, place the item in the "to be washed bucket". Hopefully, with these precautions we will all stay healthy.

Mrs. Eakin

Happy Fall! Our school continues to run very smoothly thanks to all the parents, grandparents ect... Thank you everyone!

You all have been wonderful assistant teachers in the classroom.

I want to address the Swine Flu concerns. We all will continue to wash our hands, sneeze into our arms, bleach clean the sides of doorways, door handles, toilet and sink handles, computer keys, loft railway. I will also be very careful to send sick children home. Thank you to all the parents that have made our school a healthier place by keeping children

home rather than chancing sending them. THANK YOU! THANK YOU!

At my own home I am using a roll of paper towels instead of a cloth hand

towel. We are also using disposable tooth brushes for the time being.

I will continue to be here for any and all (no matter how small the classes become) We just need to keep to our child, adult ratio in all classes.

We have not had any cases in the school.

WE WILL GET THROUGH THIS FLU SEASON!!!!!!!!!!!!!!!!!!!!!!

I think the words for this year are **BE FLEXABLE & WASH, WASH, WASH!**

Special days will begin in November. Please prepare your child's special day

book. I will assign these to each child. If you have any questions look in your

parent handbook. This is a wonderful self-esteem builder for your child.

Raising Thoughtful Children

Manners Please- Thank You Very Much!

Thinking of Others – Encouraging Empathy

Being polite & assertive

Making Friends

Learning to give, not always receiving

Thanksgiving is a great time to talk to children about these different topics.

Have a Happy and Hearty Thanksgiving!

Mrs. Eakin

MRS. EAKIN'S THANK YOU'S

Mrs. Manthou for all your wonderful information you give us

And always with a smile!

Amy Orm for the great job as our Co-op President

Paul King family (5's) for the new tool bag and box of small

carpentry safety glasses. We will really use them.

Megan Steenrod & Ashley Fuchs for the fun and great job of organizing

The trike a thon.

All the families that attended, ran the booths, donated food, set up, cleaned up

and counted money at the end of the day. Remember to turn in your donation envelopes. Your all amazing!

Mt. View Co-op parents in all the classes for being quiet during opening circle

and when you come in to pick up your child. Please join us at circle and help your

child with the songs and activities we are doing.

Mt. View Co-op parents for being mindful of not blocking the hallway and closing

the door behind you so our new alarm can do it's job at keeping our children safe!

Thank you to all the Special Person's who attended our pumpkin carving night in the 4's & 5's classes.

Carriane Kehm-Goins for the fun and nutritious snacks we have every day. Your children

are trying some new foods!

Parents that drove and attended our first field trips to the pumpkin patch.

I THANK YOU ALL FOR MAKING OUR SCHOOL TERRIFIC!

5's Class Thanksgiving Feast November 24th

Each child will bring one item of food for our feast. We will eat on the floor with special tablecloths the children make. We'll be dressed in Indian and Pilgrim outfits that we make during center time. Fun! Fun! Fun!



Parent's are welcome to come and take pictures.

This happens the last hour of class. (Snack time)

Mrs. Howard

The month of October has just flown by like the leaves in my yard blowing in the wind. It has been a great start to the school year. I am having a great time getting to know the children. They are such a fun group! I would like to thank all the families that came out to our Annual Trike-a-Thon. What a great day! Even though it rained the children had lots of fun.

Pumpkin Decorating Night for the 2's class was also a lot of fun. Thank you for coming out with your children on the 28th for this night time event. Each year the pumpkins get more creative. The children are so proud of them. Look for pictures to be posted in the hallway of our fun night!

November will be a short month for us since there will be no class the Fri-

day after Thanksgiving. On Friday November 20th we will be having our Thanksgiving Feast. The children will be making "Friendship Fruit Salad" during free time. Each child is asked to bring a piece of fruit. There will be a sign up sheet posted so we don't have everyone bring the same kind. Parents are invited to come back to school early to join us for our feast at 10:45 am.

A reminder if you have not yet brought back something for the earthquake kit for your child please do so. We will be talking about earthquakes, and having a drill the month of November. The kids usually enjoy seeing Mrs. Howard climbing under the tables, so don't be surprised when they talk about it at the dinner table. I wish everyone a very Happy Thanksgivings. Mrs. Howard

Color for the month is Brown

Theme: Families, Food and Sharing

Shape for the month is: Square

Thank you to:

The Auction Committee, Ashley and Megan for doing a great job on the Trike - a - Thon.

The Co-Treasurers, for the awesome job they are doing.

The Cleaning Team, for keeping our school looking so nice.

All the 2's Class Parents, you are doing an awesome job at being at the school on time each Friday.

Ways & Means

Magical Night of Giving Tickets! This event takes place at the Supermall, Sunday November 15th. The mall is re-opened from 6:30-10:30
JUST FOR TICKET HOLDERS! We are SELLING the tickets

NOW! They are \$5 each (12 and under are free) Each year, SuperMall hosts Magical Night of Giving, their official kick-off to the holiday season and an opportunity for guests to enjoy an evening of exclusive savings throughout the mall, prize giveaways and holiday entertainment. SuperMall joins with local non-profit organizations (like Mt. View Co-Op) that support this community event by selling tickets, for which they keep 100% of the profits. They give away a TON of door prizes, random drawings and prizes. All the stores are open and many offer special discounts for this night only. The evening also features Santa's official arrival and a variety of family-oriented activities including

holiday entertainment. SO...ask everyone you know if they would like to purchase a ticket for \$5 to this Magical Night and the preschool will keep 100% of the profit! Info will be posted at school and ticket order forms available for you to put your ticket quantity and payment in my file folder, I will then place your tickets in your file folder! We will see tickets from NOW until November 13th..AND they will be available to purchase at the Trike-a-thon as well.

For more info check out the website <http://supermall.com/go/mnogHome.cfm>

Thank you to everyone who showed up for the Trike-a-thon! It was so wonderful of the church to let us move our booths just inside the lobby to keep out of the rain...We had so many wonderful volunteers who helped us make it run as smoothly as it was after the rain changed a lot of our plans! THANK YOU!!! If you still have your fundrais-

ing packet...we will still take it! Please turn it into the scholastic book order box (ask a teacher if you don't know where that is :0)

Thank you for your time and participation in the FUNdraising events this year! We truly appreciate your HELP! If you have any questions at all, please contact us!

Ashley Fuchs & Megan Steenrod
Ways & Means Co-Chairs



**November comes
And November goes,
With the last red berries
And the first white snows.**

**With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.**

**The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.
- Clyde Watson**

Cold Weathers Here!

Now that it's fall and the weather is getting colder and wet. Please remember to send your little ones to school with a warm coat and the proper shoes.

You never know when our teachers might take them on a cool, fall nature walk to explore.



3's Class

October was such a fun month. The kids really enjoyed making spider webs with white paint and golf balls, hammering golf tees into a pumpkin and of course picking a pumpkin from the school pumpkin patch. It was so cute to see all the kids dressed up in orange and black before Halloween. Also, the very fun trike a thon, thank you to all the families that participated. And a big thanks to Ashley Fuchs and Megan Steenrod for all the hard work they put into it.

It is that time of year where colds and flu are going around, please if you feel like your child is coming down with

something or if they have a fever, please keep them home. I have noticed a lot of parents helping with wiping things down to control germs, also a big thanks to Mrs. Eakin for being so on top of hand washing and teaching the kids to cover their coughs and sneezes.

We have some very fun things to look forward to in November including Gavin and Audrey's special days and the Mt. View Nature walk. Reminder there will be no school on November 11th for Veterans Day and also on November 25th for Thanksgiving break. Happy Fall!

2009-2010 Board Members

President

Amy Orm 253-568-7552

Secretary (OPEN POSITION)

Treasurer

Heather Tague 253-922-5852

Assistant Treasurer

Juliet Duck 253-435-6033

Membership

Judy Earle 253-926-1001

Newsletter

Teresa Bollmann 253-841-6364

Publicity

Desiree Bush 253-848-2252

Ways & Means

Ashley Fuchs 253-922-0146

Co-Chair– Megan Steenrod 253-447-7982

Parent Education (OPEN POSITION)

Health & Safety

Sandra Westlund 253-862-0885

Class Reps.

2s Class

Andrea Rumel 253-370-5112

3s Class

Ivy Abel 253-720-4959

4's Class

Elizabeth Bender 253-722-6826

5's Class

(OPEN POSITION)

Teachers

3,4,5s Teacher

Cindy Eakin 253-759-7159

2s Teacher

Linda Howard 253-927-9602

Bates Coordinator

Sandy Manthou 253-680-7506



5's Class

"Special days will begin in November. Please prepare your child's special day book. I will assign these to each child. If you have any questions look in your parent handbook.



This is a wonderful self-esteem builder for your child."

Mrs. Eakin

Remember on Tuesday, November 24th the 5's class will be having their Thanksgiving Feast! This happens during snack time and your welcome to come back early to take pictures or enjoy some of the great food the children have made.

"For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends."
-Ralph Waldo Emerson

School Closure Policy

Here's a reminder to all Mt. View families....

Mt. View Co-op goes by the Fife School Districts school closure policy. If the Fife School District is closed or running an hour or more late Mt. View Co-op does not attend school or any school function that may be scheduled for that day.

Here is a list of radio stations, TV stations, and internet sites that broadcast the

Public Schools Emergency Communications System.....

- KIRO 97.3 FM
- KOMO 1000 AM or 97.7 FM
- KOMO TV Channel 4
- KING TV Channel 5 or KONG TV Channel 6
- KIRO TV Channel 7

Internet Sites

- schoolreport.org



Bates Coordinator

Dear Cooperative Preschool Parents~

The majority of time raising children is full of joy and excitement. At times parents of young children can be challenged with meltdowns, temper tantrums, and outbursts. Unfortunately, when these episodes occur, we tend to throw all of our parenting knowledge right out the window and react with emotion. Here is a wonderful article to help you to understand the many forms of tantrums and ways to handle them.

Good Luck!

Sandy Manthou

Dealing with Temper Tantrums

You hear screams and howls! You watch fist flail and feet kick. Overwhelmed by tension, confusion or helplessness you think, Oh no! Another temper tantrum! What do I do now?"

You may be relieved to learn that you are not alone in being bombarded with temper tantrums. Great fury from small beings is common from the second year of life through age four. There is good news! Some simple techniques can help during this period of development.

The first step is to understand which kind of tantrum is in force. Is the tantrum manipulative, verbal frustration, or temperamental?

* Manipulative tantrums occur when the child does not get her own way. It will stop when it is ignored. The child erupts, the parent calmly walks away. Before long the tantrum subsides, and the child sobs into contrition. Some parents prefer to remove the child to her room, "When you are through with your tantrum, you may come back and join us."

Young children don't actually plot out, "Okay, I'm not getting my own way, so I'll throw a fit." They fall apart without thinking. But if the parent gives in to stop the tantrum, the behavior is rewarded and reinforced, leading to tantrum blackmail. Unless the child is hurting himself or another, explain why you cannot satisfy your child's desire and offer an alternative. Beyond that, grit your teeth, breathe deeply, and try to think of something pleasant, while occupying yourself with an activity.

Ignoring is difficult if you are on an outing. If you are at the park or a friend's house, explain why you couldn't satisfy the request, and bring the child home. "Climbing the spiral slide is not safe. You could get hurt. When you scream and yell, we have to go home. We'll come again another day." The grocery store is the most challenging time to deal with a manipulative tantrum. Step out of the checkout line temporarily with your child, "Excuse me, I need to deal with this. Go ahead of me, please." Ignore the looks of others. If they haven't been through this ordeal, they've never had children. Their approval is irrelevant. Try offering your child another alternative; if that fails; explain that you will wait with the child until she is back in control. Unless you want to replay this scenario on each shopping trip, do not give in to the demand. As you plan your next shopping trip, let your child know that you will be going alone. After your child has missed one shopping excursion, try again. Before departing, explain your expectations, "I am going to the grocery store. You may go with me, but we won't be buying you anything. However, you may push the basket."

* A second type of tantrum is the verbal frustration tantrum. These tantrums occur when the child knows what she wants but lacks the verbal skills to communicate clearly. Frustration boils over, and the drama begins. Ignoring these tantrums makes the child even more frustrated. Validate the anger by helping your child label her feelings. Then problem-solve: "You are feeling mad and pulling at your stomach. I wonder if that belt it too tight" If you are lucky, your child will nod yes, and you can offer help. "We can loosen that belt." If you guessed wrong, ask the child to show you what is bothering her or to point to the problem. Verbal frustration tantrums subside as children's communication skills improve.

* A third type of tantrum occurs when the child's frustration level reaches the rage stage, and he becomes totally out of control, falling apart emotionally. This is the temperamental tantrum. The child may be too tired or tremendously disappointed. As with verbal frustration tantrums, temperamental tantrums are seldom cured by ignoring. The child can rarely gain control alone. Feeling irritable, cross and excitable is scary, confusing and disorienting for children. It is difficult to concentrate and to regain control. Even if they don't ask for help, these children need it. The following techniques can help your child regain composure.

* Take a deep breath and try to remain calm yourself.

* Always validate that your child is indeed angry. "That makes you very angry, doesn't it?"

* Encourage your child to verbalize her feelings and desires. "Use your words to tell me you are angry. Tell me what you want." Putting feelings and desires into words is empowering for children and helps them to understand their frustration.

* Acknowledge what your child does or does not want. "You are ripping off that sweater. You can tell me with words that you don't want to wear it." Nothing escalates anger faster than having it discounted. "Of course, you don't hate the sweater that Grandma knit for you. See how pretty it is!"

Offer an acceptable alternative choice: "I won't buy candy, but you can decide on whether you want fish crackers or a banana."

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings Time Fall Back 	2	3	4 5s Class Daffodil Bowling	5 Bates Parent Ed. 7-8:30pm Board Meeting 6:30pm	6	7
8	9	10	11  Veterans Day No School	12 4s Class trip to M.A.S.T. Center	13	14
15	16 3s Class Nature Walk	17 Teacher In-service 12:30-2:30	18	19	20 2s Class Feast	21
22	23	24	25	26  Thanksgiving No School	27	28
No School Thanksgiving Break						
29	30					

- ### Schedule of Events
- November 1st– Daylight Savings Time set clocks back
 - November 4th– 5’s Class Field trip to Daffodil Bowling Center
 - November 5th– Bates Parent Ed. Night at Bates 7:00-8:30 pm
 - November 11th– NO SCHOOL Veteran’s Day
 - November 12th– 4’s Class Field trip to the M.A.S.T. Center
 - November 16th– 3’s Class Nature Walk Field trip @ school
 - November 17th– Teacher In-service 12:30-2:30 pm
 - November 20th– 2’s Class Thanksgiving Feast
 - November 26th– NO SCHOOL Thanksgiving Day
 - November 25-27th– NO SCHOOL Thanksgiving Break

Science Corner

With the arrival of Fall and the rain, we now are stuck wondering “what can we do inside the house?”

Well here are a couple science projects that your children may find fun to try!

Float or Sink?

Have several different items on a tray, and a dish pan of water. Ask the children if they think an item will sink or float



Measuring Rainfall

On a rainy day, set out a container to measure the rainfall. Measure how much rain fell that day. Continue to measure the rain each day, and record for a few weeks. Ask your child to predict how much water will be collected. Ask at the beginning of the day and ask when it is raining. Did their answer change?



All ideas courtesy of
The Activity Idea Place