

# NOD Newsletter

A monthly publication for the parents and students of North Orchard-Delong Cooperative Preschool  
Located at 4420 N 4 1st St, Tacoma, WA 98407. Website: <http://northorchardcoop.com>

<http://www.facebook.com/NODcoopPreschool> <http://www.facebook.com/groups/NODfamilies>

February 2021



## Outdoor Adventures Abound!



Photo credit: Sarah Rogers

The brave Kindergarten Girls command a giant drift log on their Owen Beach nature walk.

## Hello from Teacher Diana

Our school auction is just a few weeks away. Please make sure you turn in your family's items soon. The auction committee has done a wonderful job, put together a fun theme and awesome auction items to bid on. This year's auction is going to be amazing. We do need people to bid on items so please share our school link to the auction website around to your neighbors and family members and Facebook friends. Anyone local can support our awesome school.

A lot of schools are starting their enrollment for kindergarten around this time of year and people start wondering if play based learning is enough? How can your child be ready for real school

when all they do is play? Kindergarten has become more like 1st grade and expectations are high. The argument today seems to be that the sooner we begin teaching the basic academic skills, the better the children will do in school.

Well in fact, the opposite is true. Play is so important in child development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child. The American academy of pediatrics values play for young children so much they wrote an intensive article in their journal May 2013 recognizing the importance of play in promoting healthy child development and maintaining strong parent-child bonds. This article talks about the importance of play especially in a world where play is in danger and declining for young children. Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children. The report goes on to say although play is so important there has been a sharp decline in play, hurried lifestyles, changes in family structure, and increased structured time with planned activities has changed most families lives. The AAP are worried they are seeing signs in children that are not good, higher stress levels, more anxiety, higher weight, less core muscle strength, and rise in lifelong health risk diseases are on the rise in younger children. Unstructured play helps lower anxiety and has been proven to help with brain development as well as other skills necessary for healthy happy children.

Not only can we promote play, but we can encourage our children to get outside more as well. Fresh air and our beautiful

## IMPORTANT DATES:

### Next Board Meeting

Tuesday, February 2nd  
5:30pm Zoom  
Everyone is welcome!

### Auction Meeting

Wednesday, February 4th  
5:30pm Zoom

Everyone is welcome! We can use all the help we can get.

Auction Donations Due  
Friday, February 5th

### Online Auction Dates:

March 15th - 20th

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views and nice family parks are fun to explore. The children at our school enjoy getting outside even in the rain. This year has proven that the outside has been safe and fun.

Thanks NOD families for helping us have a fun, happy, safe learning environment for all children and families. Together our small little school is a great little community. All of us help make this school a great place. I so appreciate all your contributions of help and kindness. Thank you for all that you do.

-Teacher Diana



Photo credit: Teacher Diana

Ira and Penny construct and test bridges over the big puddle during the 3/4 class. Problem solving is fun work!



Photo credit: Sarah Rogers

Noah gives Lucky a lift during the 3/4 class. Cooperation is one of the social skills kids learn through play at NOD

# Auction S.O.S.

## We Need Donations!!!

Our annual auction is our biggest fundraiser of the year and it's critical for the finances of our school. The auction may seem like an inconvenience but it is the most effective fundraising tool we have found. Most preschools and grade schools hold an annual auction. It keeps our doors open and affordable to all.

We realize everyone is struggling this year, so we created 3 easy options for families to contribute:

- 1) donate a basket of coordinated items worth at least \$50,
- 2) donate \$75 worth of random items, or
- 3) write a check to NOD for \$100.

**NOD requires a donation from every family.** If you cannot procure items by the **February 5th deadline**, we will need to charge the \$100 fee to your Jovial account. **Please reach out to the auction committee if you need more time, or have special circumstances.** Auction committee members are: Teacher Diana, Mica in the online class, Ashley and Sarah in the 2/3, Celena and Sarah in 3/4 & K Class. Please don't hesitate to reach out. We are can do it together!

**Why February 5th?** We need time to organize the donations into "baskets" or groups of items that people will want to bid on, and we need time to photograph each item and basket and load them into the auction website.

**Where to find donations:** Ask your friends, family, and favorite businesses if they have anything they could kindly gift to our school fundraiser. You can go in person to businesses or email them to ask. We have email templates and tax ID forms that we emailed and handed to every family. Please let us know if you need another copy of these forms. You can also go through your attic or garage and look for like new treasures. Basically we just need fun stuff or experiences for our friends and family to bid on in our auction. It could be something you made, something a local business donated, that Christmas gift that didn't fit, or that perfectly good stuff taking up room in your garage. Dust it off, bring it in! Got a cabin? Donate a weekend stay. Know a friend who makes stuff? Ask for a donation. It's for the kids! It's a good cause!

**Donation Ideas:** gift cards, gift baskets, coffee, tea, beer, wine, gardening supplies, sporting goods, kitchen items, candles, soaps, hats, mittens, toys, books, vacation rentals, cabin stays, lift tickets, skis, snowboards, tennis rackets, golf clubs, chess sets, board games, puzzles, art work, vases, nick-nacks, earrings, necklaces, bracelets, camping supplies, pet supplies, cleaning supplies, home goods, quilts, blankets, sweaters, socks, dresses, kids clothes, kids shoes, boots, coats, piano lessons, online lessons, make up lessons, zoom classes, the promise of homemade baked goods or meals to be delivered... There are so many things you can give! Please donate ASAP! Or please ask if you have questions. We can do this! We can do hard things! We got this!

**When is the auction? March 15th - 20th.** We traditionally hold our auction in March because it is after the holiday/new year rush but before the crunch of tax season. We are using Auctria website again this year. Last year they offered us two online auctions, but we have to use this second one by the end of March 2021, so that's why we gotta get this done in March!

**Where is the auction?** [www.auctria.com/auction/NOD](http://www.auctria.com/auction/NOD)

Share this link with all your friends and family! Share on Facebook!

# From the Desk of Diana Stone

Encouragement is not Cheering, Clapping, and Commenting on Everything a Child Does

*(Excerpt from Dr. Jane Nelson, Positive Discipline)*

Too often parents and teachers talk too much. Sometimes the talking is called "lecturing," and sometimes it is an attempt to be encouraging. A trend today is for adults to think they have to make a comment (in the name of encouragement) on everything a child does. Even worse is when they think they should clap and cheer. Imagine you are a two-year-old child and you have just poured your own milk from a small measuring cup into a small cup. What are you feeling? When I get into that role, I'm feeling proud of myself—and very capable. Stay in the role and now imagine your mother starts clapping and cheering? What are you feeling now? When I get into that role it is interesting that I still feel proud. I even like it that my mother is cheering. However, when I dig deep, I'm starting to believe I need to do well to please my mother.

Clapping and cheering for every small deed is a form of praise, and the danger is that children do like it. They don't understand the subtle beginnings of the need to please and/or the fear that they might not. All of these feelings and decisions are being formed at a subconscious level. Cheering, clapping and commenting on everything a child does are subtle ways of making your child's accomplishments more about you than about him or her. It actually robs your child of maintaining his or her sense of personal satisfaction and feelings of capability.

## Encouragement Is:

Encouragement is helping your children develop courage—courage to grow and develop into the people they want to be. Courage to feel capable, to be resilient, to enjoy life, to be happy, contributing members of society, and, as Dreikurs said, "To have the courage to be imperfect," to feel free to make mistakes and to learn from

them. So, now I must go back to what encouragement is not.

## Encouragement is not rescuing, fixing, over-protecting:

What would happen if the mother bird felt guilty about pushing her baby bird out of the nest so it will learn to fly? The baby bird would not survive. How well do our children survive when they don't develop their disappointment muscles, their resiliency muscles, their delayed gratification muscles, and their courage to be imperfect muscles? When parents rescue, fix, and overprotect, they rob their children of the opportunity to learn that they can survive disappointment; that they can survive the ups and downs of life and learn many life skills in the process.

Are you promoting SELF-evaluation or dependence on the evaluation of others?

Are you inviting your child to think or telling him what to think?

Are you allowing your child to figure things out for herself or engaging her in problem solving, or are you rescuing and fixing things for her?

Are you considering what your child might be thinking, feeling and deciding in response to what you do or say, or do you avoid getting into your child's world?

Are you helping your child feel capable or dependent?

If you can answer yes to the first part of each of these questions, it is likely that you are being encouraging to your child. If not, now might be a good time to start practicing encouragement.

How to Encourage : Positive Discipline tools such as the following are designed to be encouraging to children:

Family Meetings where children learn to give and receive compliments and learn to brainstorm for solutions to problems.

Curiosity Questions to invite children how to think instead of what to think—and to give them a sense of choice to use their personal power for social responsibility.

Letting Go so, children have opportunities to learn and grow—mistakes and all.

Show Faith in children so they can develop faith in themselves.

Spending Special Time to make sure the message of love gets through.

## NOD's Ongoing Fundraisers



**Ella's Wool**  
Partner program

Using the Promo Code of NOD2020, you will get 10% off on Ella's Wool's website [www.ellawool.com](http://www.ellawool.com).



Link your current Amazon account through AmazonSmile.



Link your Rewards Card to North Orchard Delong (NOD) Cooperative Preschool through your online account.



# GOOD PIZZA GREAT CAUSE

Every Thursday through the month of February.

Order from MOD Pizza in Proctor  
2303 N Pearl St. (delivery or take out)

Mention NOD and they will donate 20% to our school!

RSVP on our facebook link

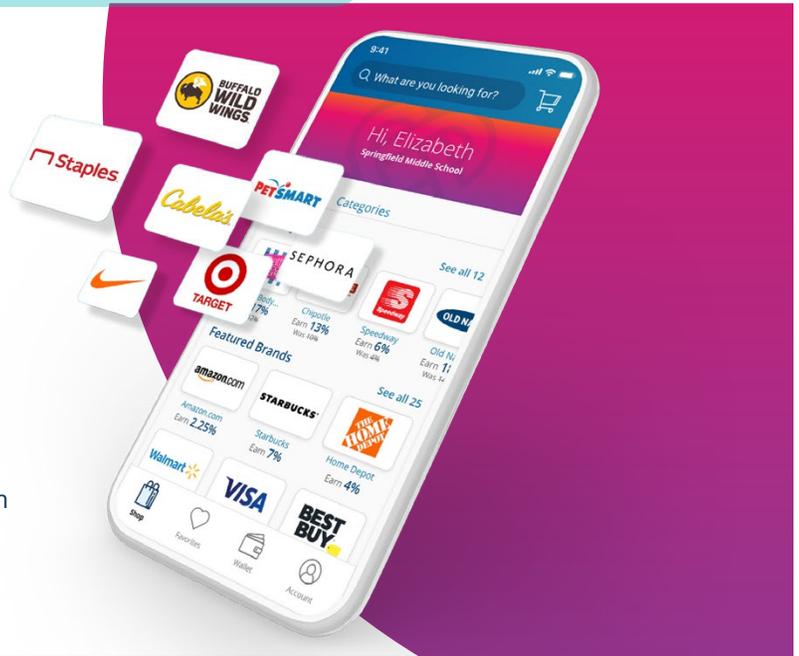


# Check Out NOD's Gift Card Fundraiser...

## The easy way to raise money



Create opportunities for what matters most to you—right from your phone. Buy gift cards from 750+ brands to earn on your daily purchases. It's simply the right way to fundraise.



## Start earning with the RaiseRight™ mobile app today

### 1. Join the program

- First, download the RaiseRight mobile app from the app store using your smartphone or tablet.
- Then, enter the enrollment code to join: **FF47232A732LL**

### 2. Buy gift cards and earn for your organization

- Browse bonuses, search for a specific brand, shop categories, and more.
- When you're ready to check out, sign up for secure online payments. You can link a bank account, add a credit card, or both.
- The brand gives back to your organization the moment you buy a gift card—at no extra cost to you.

### 3. Get and use your gift cards

- eGift cards are delivered to the app within minutes—view them in your Wallet.
- Physical gift cards are mailed to your coordinator. Many are reloadable so you can keep earning with the ones you have.
- Use both types in-store and online.

Have questions about getting started?

Call the ShopWithScrip Customer Support team at 1-800-727-4715 Option 3.

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