

NOD Newsletter

January 2021

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>



Happy New Year!



Photo credit: Sarah Rogers

Girls in the Kindergarten Class jump for joy heading into the new year.

Hello from Teacher Diana

December was a wet and fast month. We enjoyed the puddles and rain. The children made clay ornaments using natural materials to press and make imprints in the clay and then we glazed, and kiln fired them. We are getting better at being prepared for the weather the extra gloves in zip lock baggies is helping keep our fingers warm so the children can play in our wet puddles. Coming a little early on the really wet rainy days is also helping. We want happy children playing outside and these little things make outdoor school stay fun.

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 May 2013 journal 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 risks and diseases are on the rise in younger children.

These long months of this pandemic have been stressful and difficult for everyone. I'm hoping that because of Covid-19 families are starting to slow down more. Enjoy the slower pace and embrace more time of unstructured play and getting outside more for everyone's overall mental and physical well being. 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 unstructured play but we can encourage our children to get outside more at home as well. There are many fun snow parks only a short drive from Tacoma. It's easy to physically

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IMPORTANT DATES:

Next Board Meeting

Tuesday, January 5th
5:30pm Zoom
Everyone is welcome!

Auction Meeting

Wednesday, January 6th
5:30pm Zoom
Everyone is welcome!

Remote Zoom Week

January 4th and January 8th
10:30 am for morning classes
11:30am for virtual class and
1:15 for afternoon classes

First Day Back In-Person Classes

Monday, January 11th

Auction Dates

Donation Deadline: February 5th
Online Auction: March 15th - 20th

CONTACTS:

Teacher: Diana Wendlandt
dianawendlandt@yahoo.com
253-961-1825

Bates Instructor: Diana Stone
dstone@batestech.edu
253-680-7507

Presidents:

Celena Kathan 206-849-8279
ckathan@hotmail.com

Treasurer: Lisa Clearman
northorchardtreasurer@gmail.com
253-348-9486

Membership: Erin Morrison
erin.maher.morrison@gmail.com
253-259-9785

Fundraising: Jing Li
nodgiving@gmail.com

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distance your family outside while you play in the snow. Here in town the fresh air, our beautiful views of the mountain, our parks, forests and Puget Sound create a good opportunity to enjoy the outdoors. I really hope you get a chance to play outside with your children during our winter break, enjoy each other and embrace the slower pace.

Happy New year let's hope this year is way better for everyone.

-Teacher Diana

Auction Update

Donation Deadline is February 5th

Our annual auction is our biggest fundraiser of the year and it's critical for the finances of our school.

We have 3 easy options for families to contribute:

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

Online Auction Dates are March 15th - 20th

Save the Date. Spread the word and support our school.

Committee Chair is open...

Our auction committee chair is taking some time with her brand new baby, so she is stepping down. If you are at all inclined, please consider volunteering for this very important and rewarding role. Leigh has most of the work laid out and is offering to walk you through it. We are using the same auction website template from last year. We just need a little organizational leadership.

10 Things Every Parent Should Know About Play

By: **Laurel Bongiorno** NAEYC

1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop:

Cognitive skills – like math and problem solving in a pretend grocery store

Physical abilities – like balancing blocks and running on the playground

New vocabulary – like the words they need to play with toy dinosaurs

Social skills – like playing together in a pretend car wash

Literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, socio-dramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter,

or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. There's a lot to learn about play.

There's a lot written on children and play. Here are some NAEYC articles and books about play. David Elkind's *The Power of Play* (Da Capo, 2007 reprint) is also a great resource.

9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

Ongoing Fundraisers



Ella's Wool
Partner program

Use Promo Code NOD2020 and get 10% off at www.ellaswool.com.

amazonsmile

Link your Amazon account to Amazon Smile and raise money for NOD as you shop.

 **community**
rewards 
Where shopping & giving unite

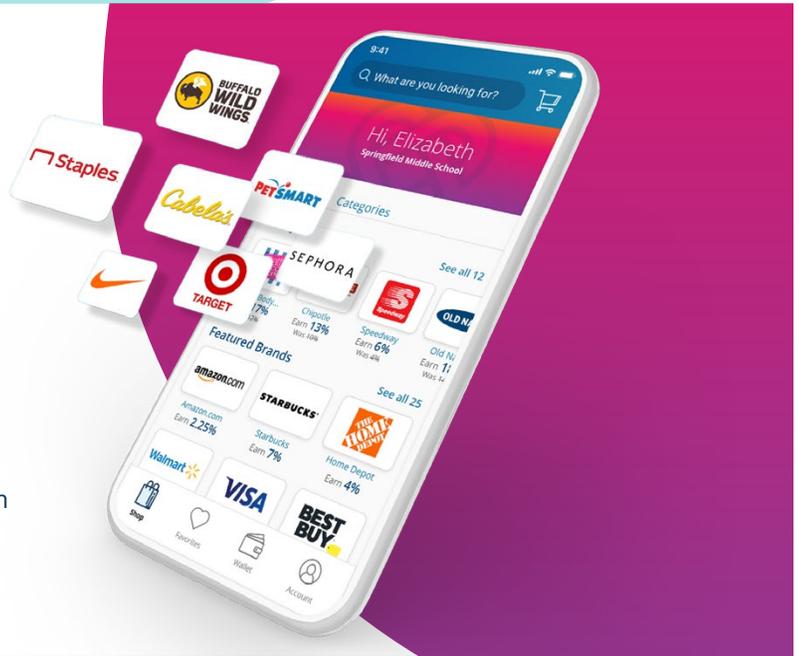
Link your Rewards Card to North Orchard Delong Coop and earn money for NOD.

Check Out NOD's Latest 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**

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- Browse bonuses, search for a specific brand, shop categories, and more.
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- 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.
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