

June 2019

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/>



HELLO NOD FAMILIES!

SUMMER IS HERE



Photo by Diana Wendlandt

Parent Kelsey Parkhurst with a crew of busy construction workers at the End of Year Owen Beach Picnic.

This is our last newsletter of this school year. I can't believe this year is over! Your children have been a pleasure to watch learn and grow this year. They all are so curious, full of joy and kindness, wonder and ideas. They have gained confidence, negotiation skills, and learned what it's like to be with a group of

people and a community, taking turns, waiting and listening. They've practiced pre-writing skills, cutting with scissors and learned how to count, and recognize letters. They have been scientist exploring theories, observing plants and watching butterflies grow.

They have learned so many things this year all

while having fun and playing. I know it's hard to see learning happen while children are playing but at this age that's how children learn. It's natural and easy to learn concepts and skills when it's fun. They have grown and learned so much it makes it terribly hard to say goodbye. I will miss our students and families who are moving on to kindergarten and bigger things. And I will be excited to see our returning and new students in September.

Our school garden is flourishing and growing nicely. We've had a good amount of families sign up but there still a few weeks available. If you are interested, please sign up. I will send out a reminder when it's your family's week to water and maintained the garden. When it's your week your family will have to water the plants several times during the week (depending on how hot it is that week) and you can pick, harvest and eat what is ready. We now have two hoses to help speed up the process as well. There are strawberries, tomatoes, carrots, radishes, salad, spinach, pumpkins, different kinds of onions and garlic, cucumbers, chives and different kinds of mint, sage,

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Important Dates

BOARD MEETING
Thursday June 5th
6pm at the preschool

All new and returning board members and any NOD parents are invited to discuss our plans for next year.

First Day of School TBD

Next year's calendar will be discussed at the next board meeting. Stay tuned.

Summer Park Playdates

See page two for the schedule

OPEN ENROLLMENT has

begun. To guarantee a spot in class next year, fill out your registration and turn in \$45.

Phone numbers

Teacher: Diana Wendlandt
253-961-1825

2018-2019 contacts:

President: Celena Kathan
206-849-8279

2/3s Class Rep: Melissa Lewis
425-761-3758

3/4s Class Rep: Rich Valadez
253-279-1675

PreK Class Rep: Kelsey Parkhurst
253-514-0050

Contact Info for 2019-2020 school year to be announced

and other herbs. Please don't forget to also water the container gardens and the peace garden area with steppingstones and new plants.

Our school day at the Rainiers baseball game was super fun. The weather was great, and the new playground was awesome fun. The picnic at Owen beach park was also a wonderful way to end the school year. Thank you NOD families your help, love and involvement made this school year the best ever.

There are a few end of the year house-keeping things and reminders. Please make sure your membership form and \$45 membership fee are turned in. You can bring it to

our summer park play dates to hold your child's spot for next year. If you find any NOD preschool books or books borrowed from Diana Stone, you can also bring them to our park play dates. If there any tasks that our current board members need to get finished before handing stuff over to a new board member, please do it soon. That may include sharing passwords, giving helpful advice or hints, or handing over files or paperwork. Also, for new board members your scheduled trainings are coming up so please remember to try to go to at least part of the training. They are very helpful especially for new board members.

This has been a wonderful year. I really am sad that it is over, but a nice way for us to keep in touch is by coming to our weekly park play dates. Our summer dates are now set. Please look on Facebook or email for the schedule. We meet at different parks throughout the summer on Thursdays from 10am until whenever your little ones get tired. This is an easy low key and fun way to get to know new families and keep in touch with everyone. I hope you can come to some or all of them. It will be nice to see you and your children and catch up.

Thank you for a wonderful year.

Teacher Diana

SUMMER PARK PLAY DATES
Thursdays starting at 10am
** means it's a splash park

June 6 - Jane Clark Park

June 13 - Kandle Park**

June 20 - Jefferson Park**

June 27 - Owen Beach

July 11 - Titlow Park**

July 18 - Jefferson Park**

July 25 - Kandle Park**

Aug 1 - Owen Beach

Aug 8 - Franklin Park**

Aug 15 - Jefferson Park**

Aug 22 - Kandle Park**

Aug 29 - Sunset Terrace Park

Sept 5—Puget Park

As we enter into summer with more days at home and outdoors, this is a reminder about healthy snacking.

From Diana Stone, Bates Instructor

Children's snacks: 20 tips for healthier snacking

When your children get the munchies, be prepared to offer a quick-and-healthy fix. Here's help.

Snacking is a major pastime for many kids — and it isn't necessarily bad. Snacking can help your children curb hunger throughout the day, as well as provide energy and nutrients. But the quality of your children's snacks is key. Consider these 20 tips for healthier snacking.

1. Give your kids a say. Offer comparable choices, such as regular or frozen yogurt, celery or carrots, whole-grain toast or whole-grain crackers, apples or oranges. Better yet, recruit your children's help at the grocery store when you're selecting snacks or in the kitchen when you're assembling snacks.

- 2. Designate a snacking zone.** Restrict snacking to the kitchen. You'll save your children countless calories from mindless munching in front of the TV.
- 3. Make it quick.** If your children need to snack on the go, think beyond a bag of potato chips. Offer string cheese, yogurt sticks, cereal bars or other drip-free items.
- 4. Don't be fooled by labeling gimmicks.** Foods marketed as low-fat or fat-free can still be high in calories. Likewise, foods touted as cholesterol-free can still be high in fat, saturated fat and sugar. Check nutrition labels to find out the whole story.
- 5. Go for the grain.** Whole-grain snacks — such as whole-grain pretzels or tortillas and low-sugar, whole-grain cereals — can give your children energy with some staying power.

6. Out of sight, out of mind. If the cookie jar is full, your children will probably clamor for cookies. But if there aren't any cookies in the house, fresh fruit or raw veggies may seem more appealing.

7. Play with your food. Ask your children to make towers out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit. Use a tablespoon of peanut butter as glue.

8. Think outside the box. Offer something new, such as fresh pineapple, cranberries, red or yellow peppers, or roasted soy nuts. Slice a whole-wheat pita and serve with hummus.

9. Mix and match. Serve baby carrots or other raw veggies with fat-free ranch dressing. Dip graham cracker sticks or fresh fruit in fat-free yogurt. Top celery, apples or bananas with peanut butter.

10. Revisit breakfast. Many breakfast foods — such as low-sugar, whole-grain cereals and whole-grain toast — make great afternoon snacks.

11. Use the freezer. Mix mashed bananas and peanut butter, spread between graham crackers and freeze. For a new twist on old snack-time favorites, freeze grapes or peeled bananas, or fill an ice cube tray with juice or pudding.



12. Have fun. Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Eat diced fruit with chopsticks. Give snacks funny names. Try the classic "ants on a log" — celery topped with peanut butter and raisins — or make up your own.

13. Sweeten it up. Healthy snacks don't need to be bland. To satisfy your child's sweet tooth, offer fat-free pudding, frozen yogurt or frozen fruit bars.

14. Pull out the blender. Use skim milk, fat-free yogurt and fresh fruit to make your own smoothies.

15. Promote independence. Make it easy for older children to help themselves. Keep a selection of ready-to-eat veggies in the refrigerator. Leave fresh fruit in a bowl on the counter. Store low-sugar, whole-grain cereal in an easily accessible cabinet, and stock fruit canned or packaged in its own juice in your pantry.

16. Remember your leftovers. A small serving of last night's casserole might make a great snack.

17. Drinks count, too. Offer your children plenty of water between meals. Liven it up with shaped ice cubes, a crazy straw, or a squirt of lemon, cranberry or other fruit juice.

18. Keep it safe. Make sure your children's snacks are age appropriate. Never give foods that pose a choking hazard — such as nuts, raisins, whole grapes or popcorn — to children younger than age 4.

19. Practice what you preach. Let your children catch you munching raw vegetables or snacking on a bowl of grapes.

20. Be patient. Your children's snacking habits may not change overnight. Look for positive changes over weeks or months.

Teaching your children to make healthy snack choices now will set the stage for a lifetime of healthy snacking. Start today!

Ongoing Fundraisers: Click on the logos to sign up or start shopping

