

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>

November 2020



A Season of Transitions

Hello from Teacher Diana

This month of October has gone as well as I expected. We have our routines down and most of the children have transitioned to school, enjoy the break from their family bubbles and are beginning to form friendships. As I expected social emotional skills are what we are working on the most this year.

This year more than ever the children's emotions are on the surface, just simmering and waiting for any infraction or minor injustice done to them. School is the safe place to work out our feelings and worries. As grownups we forget that our children are absorbing this world and the covid crisis just as we are. But they don't have the filters we do and sometimes their fears can be irrational. Not invalid, but they also don't have a clear understanding of what's going on.



Photo credit: Teacher Diana

Josie is visited by a ladybug friend in the Kindergarten class .

The confusion can trigger feelings they may not know how to explain. Therefore, they might get easily upset, overwhelmed and sad. They may act-out on their siblings and you. Your child may need more attention. They may not want to go to school and cannot say that leaving the safety of their home and being out in public is causing them some anxiety. These are all normal behaviors for an unusual time.

I've found several great stories that we have read at school. Ruby has a Worry, The Kissing Hand, and Don't Lick this Book have been great to listen to and I'm sure there's many many more. Reading with a child is special and that closeness helps the child relate reading to something that gives them comfort.

Making a nest, or cozy space to relax before or after school can help relieve anxiety. Going for a walk or even being outside has been scientifically proven to relieve stress and relax our stressed brains and bodies. At school we work on our social emotional growth by providing practice and giving children dialogue they can use and having lots of patients.

I will continue this year to look for helpful ways we can help guide our children through this unusual time. I am including a great article I read from Hackensack Meridian Health that may offer more ideas for you to help your child cope. Don't forget about yourselves as well. Self care is super important to help us through the meltdowns your child may have.

Take care and stay safe everyone. Feel free to call, text and ask me anything we will all get through this together.

-Teacher Diana Wendlandt

Next Board Meeting

Your House! via Zoom
Tuesday, December 1st
5:30 - 6:30/7:00 pm
Everyone is Welcome!

Join the Board!

It's a fun way to meet other parents and be involved in your child's school.

Open positions are:

Auction Co-Chairs

Do you like planning events? Have a knack for raising funds? Know your way around a website? We are looking for two proactive parents to take charge of our 2021 Online Auction. You'll have a full committee of support ready to help.

Co President

Join Celena, our experienced Co-Pres, and help lead our school.

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Ways to Help Kids Cope with Coronavirus Fears



April 30, 2020

Clinical Contributors to this Story: Sarah Geser, LCSW contributes to topics such as Behavioral Health.

By: Phil Hartman

Whenever kids are exposed to a traumatic life event they often look to their parents or other adults for support. The COVID-19 pandemic is one of those situations. Normal routines are disrupted. Children's lives are in disarray. And imaginative young minds may run wild, fed by the news and nervous talk.

Children – especially those grade-school age and younger – are highly susceptible to such upset in their lives. But they are also greatly influenced by what you say and what you do. And while social distancing is critical during these times, it may also compound children's fears by removing them physically from their friends, family, and the comforting routines of everyday life.

So how do we help our youngsters cope with these emotions, not just now but moving forward? Our experts offer the following tips:

1. Consider your child's stage of mental and emotional development. Different ages can handle different types of information, from the simple to more complex. Tell the truth in a way they can understand, while including some facts, some feelings, some actionable steps, and lots of hope and encouragement.

2. Take time to listen to their fears and

concerns and try to validate their feelings. This is a scary time for everyone. Acknowledge how what is happening is frightening and that we all share these feelings.

3. Let your children know that many people are working on trying to fix the problem, that adults all over the world are searching day and night in order to develop solutions, and that the situation is temporary.

4. Talk about things that remain the same and keep a routine so that life does not feel too chaotic.

5. Ask them for ideas about what they think could help them stay in touch with others during this period of isolation like connecting through virtual channels with friends and loved ones.

6. Be a role model for the behaviors you wish them to follow, especially social distancing.

7. Set them up for success, avoid situations in which kids will have a tough time social distancing.

8. This may be a perfect moment to grant some special privileges, do projects together, develop a list of fun activities for all to share during this period of quarantine. Provide children with some authority over certain aspects of their lives so that they don't feel too out of control or powerless. Ask them for ideas about what would make getting by easier for them.

9. The best way to prevent long-term trauma in children is to remain connected to them about how they are feeling and coping emotionally. Ask if they have questions or concerns. Children may often imagine answers to questions or concerns if those issues are not openly discussed and explained – "answers" that may be far worse than the actual truth. If you see your child developing signs of withdrawal, sadness, anxiety, or become overly fearful, it could be a sign for you to connect with a mental health professional in order to get your child additional support.

Through it all, always remember the importance of self-care, so that you have the energy needed to be a strong role model for your children.

From the Desk of Diana Stone

Greetings NOD families. Since we are a little over a month in school, I thought this would be a good time to review some frequently asked questions.

What is the minimum adult to child ratios?

2's class: 1 adult to 3 students

3's class: 1 adult to 5 students

4's class: 1 adult to 5 students

Kindergarten Enrichment: 1 adult to 5 students

* There must always be a minimum of the teacher and 1 other adult in class

What is the revised class schedule during Covid 19?

2/3's - Tue./Thur. 9:30 am- 10:30 am

3/4's - Mon/Wed/Fri 9:30 am - 10:30 am

Pre-K- Tue/Wed/Thur. 1-3 pm

Kindergarten Enrichment - Mon/Fri 1-3 pm

Virtual mixed age class - 30 min 2x week

*We follow the Tacoma School Dist. holiday/vacation schedule

What are parent education credits?

NOD is affiliated with Bates Technical College to provide continuing education credits for parents and/or family members. Continuing education credits help you acquire parenting and family management skills, develop realistic age-appropriate expectations, and form knowledge of childhood behavior and growth. Options for attaining credits are:

- Meetings during school hours on Zoom with a Bates College Child Studies Instructor, Diana Stone (Parent Shares)
- Electronic Parent Ed's that I send out monthly. Respond to the questions by sending to me via email for credit.
- Parent Education seminars and training sessions
- Fun family events scheduled throughout the year (limited this year due to Covid)

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8 earned continuing education credits are required per family, per school year.

How much parent commitment is required?

Each NOD family commits to volunteering in the classroom approximately 3-4 times per month, depending on the size of class, month, and availability. Parents are also expected to work on a classroom job, committee or serve on the Board of Directors, attend parent education events throughout the school year, and participate in fundraising for the school.

Why should I choose cooperative preschool?

The cooperative preschool experience allows you active participation in your child's early education. Your child receives encouragement to become a lifelong learner and you, as a parent, become a more confident teacher to support your child. Moreover, an important reason to choose co-op above other options is the community that is forged amongst parents and kids alike. Our flourishing community develops through working side-by-side in the classroom and fun and enriching school-wide events, fundraising events, and more! The bond created at NOD nurtures lifelong friendships.

What curriculum is used at the NOD?

Our teacher is trained and utilizes a Reggio Emilia approach. The Reggio Emilia Philosophy is an innovative and inspiring approach to early childhood education, which values the child as strong, capable,

and resilient, rich with wonder and knowledge. Reggio Emilia is an educational philosophy that prioritizes play-based, hands-on learning. In addition, this year due to Covid 19, we are taking preschool outdoors. This adds a new element to our already enriching curriculum. We take a positive behavior approach while instilling strategies and research-based best practices from 'Positive Discipline' by Nelsen, Erwin and Duffy.

What type of activities will my child have access to daily?

In our outdoor setting children will have access to free choice play, large muscle play, art projects, science exploration, hands-on play, book exploration, phonemic awareness, number sense, fine motor, and circle time. These are just a few activities your child will experience at NOD. Teaching is differentiated based upon each child's individual and unique needs. Lessons and activities are designed for age appropriateness while providing enough of a challenge for growth.

How does NOD prepare my child for kindergarten?

Children gain the foundational framework for their future educational career. Further, they develop the social skills, self-help skills, confidence, and independence necessary for a successful transition to kindergarten. This includes, organized play, group participation, problem solving, peer and adult interaction, turn taking, asking for help, listening, and following directions, cleaning up, hand washing,

and much more.

What makes NOD's location unique?

At NOD, we place great value on outdoor learning opportunities. We have a large outdoor play yard where children dig, run, climb, balance, and exercise large muscles and gross motor skills. It is complete with a garden where children plant, nurture, and harvest crops.

Our first Parent Share for the year will be on Nov. 10th at 6 pm. It will be on Zoom and I will be sending out a Zoom link the day before. Parent Shares are a great way to talk with other parents about parenting. Bring your parenting questions or just listen in to what others have to say. I always bring a topic, but we often discuss your critical issues, I hope you all will join me.

If you have questions or need resources, feel free to email me.

Diana Stone M. Ed.

Child Studies Instructor

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SPECIAL THANKS!

To ALL Nod parents. Everyone is doing such a great job helping with your shifts, following all the new covid routines and setting a good example for the kids.

Thank you!

NOD'S ONGOING FUNDRAISERS



Ella's Wool
Partner program

amazonsmile



Using the Promo Code of NOD2020, you will get 10% off on Ella's Wool's website www.ellaswool.com, and NOD will receive 10% of the sale cost of each item purchased through this code.

Just link your current Amazon account through AmazonSmile and 0.5% of the purchase price from your eligible AmazonSmile purchases go to support NOD.

Link your Rewards Card to North Orchard Delong (NOD) Cooperative Preschool through your online account. Whenever you use your Rewards Card when shopping at Freddy's, you'll be helping NOD earn a donation from Fred Meyer.