

NOD Newsletter

A monthly publication for the parents and students of North Orchard-Delong Cooperative Preschool
Located at 4420 N 41st St, Tacoma, WA 98407. Website: <http://northorchardcoop.com>

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

October 2019



HELLO NOD FAMILIES!

The fun has begun!



photo credit: Teacher Diana

Friends in the 3/4's class have a rocking fun time on the playground. Outdoor play is an important learning opportunity for kids and it is something we try to do everyday at NOD.

A Word from Teacher Diana

We are off and running! The children have now started class, our parent helpers have been trained and we made it through the first few weeks of school.

Every month I'm going to highlight and area of our preschool curriculum. This month I'd like to talk a little about the importance of snack at preschool. I've had people in the past ask me why do children need to have snack? Snack is important for many reasons. It's a great way to introduce new, ethnic, healthy, and interesting, foods. It encourages children to try new things. It allows adults an easy way to model healthy eating. It provides opportunities to talk about nu-

trition serving sizes and healthy food groups in a causal setting. It helps children develop independence, decision making about food choices and responsibilities while cleaning up afterwards. It develops fine and gross motor skills by asking children to clean up spills, pour, pass, serve and share food. Language skills and social skills are practiced. Snack time also reinforces basic concepts skills from the classroom such as naming shapes, colors, flavors, and textures. It's also yummy and fun. Cooking activities add more math skills, following directions, reading recipes and science concepts for the children's development and learning. I hope this and the other topics that I will talk about in the newsletters will help give everyone a

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IMPORTANT DATES

Board Meeting

Wednesday, October 2nd, 6pm
at the preschool
all are welcome to attend

Spooner Farm Field Trip

Monday, October 7th, 10am
meet at the farm

Auction Committee Meeting

Tuesday, October 15th, 5pm
at the preschool

Wreath Sale

October 7th - 26th

Harvest Fest

Thursday, October 31st, 4-6pm
at the preschool

CONTACTS

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better understanding of why we do the activities here.

The weather has been so beautiful lately and I'm hoping you and your children have been able to get outside and enjoy some of the beautiful colors of this season. In fact, I would like to assign some homework. I would like for you to go for a walk in the next week or two and collect something to bring to class anything you and your child find interesting. We are starting to talk about the colors of the leaves and how some of the trees change this time of year. I'm hoping we can add to our conversations about fall with the interesting things your children bring in.

One last side-note about clean up chores at the end of class. Everyone must clean paint brushes after class for the next one. Sponge paint brushes need to be squeezed out or they drip and make the paint cups gross. Please dry the snack dishes before leaving at the end of the day and especially between classes. Also, the garbage cans need bags except the recycling garbage. Thank you everyone for contributing and helping.

Please make sure you start contacting whatever group/committee and ask me about your job you signed up for soon. Also, we need a Harvest Fest committee or there will be no Harvest Fest. So, if you missed a sign up

this is your chance to help the school and plan a fun family event. Promise it's fun, easy, and a great way to get to meet the other parents at the school.

I love the energy environment and sense of community we are fostering at NOD co-op this year and I think we are off to a great start to the school year. Thank you everyone for texting, emailing, when your child has been sick or covering your shifts as needed. Here's my phone number again just in case #253-961-1825 you can call or text before or after class from 7am-9pm. I won't answer during class-time unless it's an emergency.

Thank you, Teacher Diana

We're Going on a Field Trip

PUMPKINS! FALL! FUN!

where: Spooner Farm in Puyallup

when: Monday October 7th
10am (meet at the farm)

cost: \$8 per child and \$4 per adult

Sign-up sheet and driving directions to come.

Wear your boots!



Wreath Sale October 7th-26th



look for order forms at school
and in your email

The Auction Committee NEEDS YOU!

Don't be scared, being a part of this committee is a great way to get to know other parents and help fund the creativity and learning opportunities all our children enjoy everyday.

Mark your calendar, Tuesday October 15th at 5pm at the preschool. We are going to start planning and organizing this year's Auction and we hope to see you there!

A poster for Harvest Fest* on a wooden background. At the top left is the NOD logo (North Orchard-Delong Cooperative Preschool). To the right of the logo is the text "JOIN US FOR". Below that is "Harvest Fest*" in a large, black, cursive font. Underneath is "COSTUMES GAMES FOOD FUN" in a bold, black, sans-serif font. Below that is "OCTOBER 31, 2019 | 4-6 PM | AT THE PRESCHOOL" in a bold, black, sans-serif font. At the bottom, it says "*PENDING VOLUNTEERS HELP US MAKE THIS EVENT HAPPEN! CONTACT TEACHER DIANA TO JOIN THE COMMITTEE" in a bold, black, sans-serif font. There are some autumn leaves on the left side of the poster.

From the Desk of Diana Stone

Welcome to preschool! The following article from The National Association for the Education of Young Children (NAEYC) explains why play is important. If you have questions about this or other parenting questions don't hesitate to contact me.

10 Things Every Parent Should Know About Play

By: Laurel Bongiorno

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, sociodramatic, 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. There 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.

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