

# NOD Newsletter

October 2020

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>



## Together Again!



Photo credit: Teacher Diana

The Kindergarten Class found an abundance of acorns on their nature walk.

### Hello from Teacher Diana

With the consistency of what 2020 has shown us, be ready for anything! We started our first week virtually due to fires and bad air quality. Then during our first week of outdoor school we had 3 days of atmospheric river, stormy weather. Lol, you really have to laugh at this point, shrug and move forward. Like I mentioned during our parent risk management training... I'm working on plan A, B, and C this year!

I want to say I am pleasantly surprised at how well the children have adapted to using face masks. Seriously, they hardly notice they are wearing them. The kids are so involved in their play and learning, masks are not stopping them from having fun or playing at all. As a group we talked about how to figure out

when someone is smiling while wearing a mask. We practiced smiling and the children noticed everyone's eye change. That set off a round of laughter and smiles.

Children are really way more resilient than we give them credit for. Like all of us they are craving contact with someone outside their family bubble. We've all been in our homes and limiting contact it's nice to see new people. For the children it's nice to let their imaginations go and learn how to play with some new people.

I feel like the new code check in is actually easier than our old sign-in sheets and faster, allowing for a smooth drop off and pick up. Everyone is getting into a nice rhythm, keeping physical distancing in mind and being patient during the transitions as well. Thank you for adapting to this new covid year, I'm impressed with your resilience as well parents. We've all had a lot of new adjustments to deal with and we need to pat ourselves on the back sometimes. Change is not easy and this year is so different but we just keep moving forward in a positive way.

Our storage shed should be built soon and will also help with the set up/clean up routine. This will be the first project done by the garden committee and our DIY toy-fixer job. I'm excited to add this much needed improvement.

Our virtual class is enjoying the small group setting. They are learning to wait for each other to share and they have started asking questions to each other. I think the virtual setting is going well.

### Next Board Meeting

Your House! via Zoom  
Tuesday, October 6th  
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-Prez, and help lead our school.

### CONTACTS

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We are finding our rhythm. And I'm figuring out the zoom links soon hopefully.

In outside preschool class we've started talking about fall. We looked at sunflowers and leaves. As the season progresses we will add more fall things to explore. Our school garden has more sunflowers, some small pumpkins, and some large carrots to harvest, explore and talk about. Also if you find anything at home, or on a walk outside that is interesting and fall related bring it in. We love sharing nature's treasures!

Those very rainy days last week we have proved to me that we can handle anything. We built bridges, floating islands and so much more out of the wood and large puddles. Splashed, stomped, dripped and played in our stormy rain. Rain what rain? Also I realized I need to improve my rain gear. Something to keep in mind on your helper days we grown ups get wet too. The children held up pretty well throughout the wet. The new rain suits worked nicely and boots are a must this year when the weather is wet because our playground puddle comes out quickly.

I say this year is off to a fun and amazing start. We are just going to keep being positive at what comes our way and keep moving forward. If anything comes up such as your child is tired, you are running late, or maybe a doctors appointment or your child is not feeling well and you are going to miss school or be late please text me in the morning and let me know. I hold off starting grouptime until everyone gets to school. Also if you have any questions or concerns feel free to contact me as well. With the physical distancing it's not always easy to talk about your child's day at the end of class. I may not answer my phone during classtime unless it's a emergency. I will answer back before and after class and up until 8pm.

Heres my phone number (253) 961-1825  
7am-7/8pm.

Teacher Diana

## How to Use Layers to Keep Your Kids Warm and Happy in All Temperatures



### Hike it Baby, 2019

We've all been hearing it: "It's too cold to go outside." However, we believe that getting outside and enjoying nature is important all year round, regardless of the weather. As Alfred Wainwright so eloquently put it, "There's no such thing as bad weather, only unsuitable clothing." But how do you dress the kiddos so they will be comfortable when the temperature drops? Check out this handy guide to give you an idea on which layers and materials work best to keep your kids warm and happy in all temperatures. Then get ready to make some fun outdoor family memories this winter.

#### THE BASICS

Layers can be broken into 3 main categories:

#### BASE LAYER

This is the layer closest to the skin. It wicks sweat away from the skin to keep you warm and dry.

Best Materials: Merino wool is our favorite, especially these base layers from Ella's Wool, but synthetic materials such as polyester and nylon can work as well. You'll want to AVOID COTTON! It collects and holds on to moisture which can then chill the skin when it's cold and lead to a drop in body temperature.

#### MIDDLE LAYER (ALSO CALLED "SECOND LAYER")

This layer goes right on top of the base layer and it retains body heat to provide an insulating layer of warmth. It is generally thicker and "fluffier" than the base layer

Best Materials: Thick knit wool, such as these tube leggings, polyester fleece, down insulated, and synthetic insulated are all great options.

#### OUTER LAYER

This shell layer shields you from the elements such as wind, rain, and snow.

Best Materials: Depending on the weather, you'll need water-resistant or waterproof, breathable shells.

#### LAYERING BASED ON TEMPERATURE

##### CHILLY (50-60 DEGREES F)

While this temperature range may not seem concerning, it's important to remember that children (especially babies) are not as efficient at regulating their own body temperature. Start with a base layer such as a bodysuit for babies or long-sleeve shirt for older kiddos made with Merino wool or synthetic materials. Add pants and a sweater, and top it off with a light wind or rain jacket if needed. Be sure to add a thin hat for

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babies (especially the adorable hairless cuties) and socks with shoes or booties to keep extremities warm.

**COLD (40 – 49 DEGREES F)**

As it gets colder, clothing materials become more important to keep kiddos warm and dry. Comfortable kids mean you won't have to cut outdoor adventures short due to discomfort. Start with a quality bodysuit for babies we love this option made from merino wool or long johns for older kiddos such as these. Add a mid-layer such as a fleece sweater/jacket and pants. You can then top it off with a wind or rain jacket medium-warmth hat, a neck warmer, thin mittens, shoes or booties.

**FRIGID (20-39 DEGREES F)**

Having fun outdoors in these temperatures is definitely doable with the right layers. Start again with a bodysuit or long johns made from Merino wool or synthetic material. Layer on a thick wool or synthetic sweater and pants. Check out these tubes that grow with your kid. For the outer layer, we recommend a well-insulated jacket or snowsuit. Top it off with a thick hat, warm mittens, a neck warmer and winter boots.

For more tips on layering, check out more articles at [hikeitbaby.com](http://hikeitbaby.com).



Photo credit: Teacher Diana

The Pre-K Class had some big helpers putting together the new storage shed. The children helped carry pieces, keep track of instructions and even screw in some bolts.



Photo credit: Teacher Diana

**SPECIAL THANKS!**  
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To Erin Morrison and the Sissel family for putting together our new storage shed! It's really going to help keep our outdoor toys organized, streamline our set up and clean up routines, and keep our relationship with the church positive. They will be happy to have more space in their garden shed!

# NOD's ONGOING FUNDRAISERS



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