



# Serra Preschool

A Parent Participation Nursery School  
Where Kids and Parents Learn Together.

**February  
2018  
Newsletter**

## Director's Message

**Why do children moan and whine?**

**Why do they make those dreadful noises?**

I get asked the question "What can I do to stop the whining," every year.

I think whining is really an expression of powerlessness and dependence. When you cannot do anything for yourself, (because someone is doing everything for you) when you have come to rely on others to supply your needs and wants, then whining is the impotent response when things go badly.

What are some of the things kids cannot seem to do for themselves?

These are some of the things that come to my mind based on conversations I have had with parents over the last 10 years.

*~Stay in their bed or fall asleep on their own.*

*~Get dressed.*

*~Get their own water or fix a simple snack.*

*~Eat what is put in front of them.*

*~Pick up their toys.*

*~Play by themselves.*

*~Sit at the table for 15 minutes for meals.*

*~Accept the word No without having a meltdown every time. We can't go the park right now or no I'm not buying you that toy etc...*

*~Doing things parents want them to do without bribes. If you are good when we go to Target I will buy you a toy.*

Does any of this sound familiar???

We need to get out of our heads the idea the saying "no" is an act of unkindness. We need to accustom our children to what is and isn't possible at an early age. Saying no to a child can also be seen as saying no to the forces of branding, toys, money and the whole commodity culture. When you say no to things, you help your child become useful and self sufficient, because saying no to things is saying yes to humanity and yes to life.

When you say no you have to mean it and not give in to the begging, complaining and whining.

When you ask your child to do something you need to follow through and help him or her accomplish whatever it is you ask of them.

We can do this together, I will help you.

Whining and complaining arise from powerlessness. Therefore to stop the whining, we must create powerful children. And set a good example do not moan and whine yourself.

We can create powerful children by:

*~Teaching the them to give and receive messages.*

*~Helping them to solve their own problems.*

*~Establishing a routine and expectations that they can follow with a "they can do it attitude".*

*~We can teach the children to make amends when they have made a mistake or hurt someone.*

*~To find something to do while they are waiting for a turn.*

*~Allow them to take a risk.*

*~Don't hover.*

*~Allow them to do what they can to help themselves, even if its messy.*

*~Set them up for success.*

*~Avoid situations that are likely to lead to whining, especially*



Serra Preschool Director Mrs. Nowicki

*any place where money will exchange hands.*

All children and many adults will whine and complain from time to time. If you have a chronic whiner on your hands then I hope looking at whining as powerlessness will give you another perspective on the subject and help you to come up with some ways to guide your child to becoming more secure and powerful.

Love, Mrs. Nowicki



## President's Message

### *Winning, Losing, and Cooperation*

Happy New Year! Luke was ready and waiting to return to Serra after the break, and it's nice to settle back into the routine of our lovely days at Serra. I hope you are happy to be back, too.

On our way back from brunch today, my family was talking about some of our favorite lyrics from songs. One of my favorites is from the Zac Brown Band, "The only worry in the world, Is the tide gonna reach my chair" Hahaha, I love it, and I wish that was my greatest worry!

My 10 year old, Theo, brought up one of his favorite lyrics from Jason Mraz, "I reckon it's again my turn, to win some or learn some." Now, Theo is incredibly competitive. The only more competitive person I know is Luke. He just played a soccer game with some Serra buddies (wOOt wOOt) and because he has spent a good portion of the last 5 years on the sideline of one of his sibling's game, he has come to realize that amongst a myriad of other things, there is winning and there is losing. I try so hard to battle that. I say, "we don't keep score." I ask, "but did you have fun?" I ask, "what did you like best?" But it seems to me that what he likes best is counting and numbers. Soccer goals are a great way to practice numbers, darn it! And, of course, he likes winning. Sure, I wish he didn't, but this is where he is right now as is often the case with 5 year olds. In an article titled *When Kids Start Playing to Win* by Cory Turner (NPR, 2014), it states that "competition is not a dirty word... managing failure and learning from our mistakes are vital skills in adulthood that we have to be taught as kids."

This brings me back to Theo's favorite lyric of "win some or learn some." If we never put our children in a position where they might lose or they might fail at something, that can be damaging. To keep trying after failure shows great perseverance, one of my all-time favorite and most respected traits. There can be a lot of learning that accompanies losing. And if people can look at losing in terms of learning, more power to them.

On the flip side, I also relish in cooperation and not always competition. One of my favorite board games is called "Princess" from Family Pastimes, and it's very similar to the Peaceable Kingdom games we have at Serra. How refreshing it is to watch the children ponder, discuss, and strategize together to get their pieces across the board's path. I always thought that cooperation is along the lines of when two or more people work together to reach a common goal, but I had an "A-ha!" moment when reading the Child and Youth Health website ([www.cyh.com](http://www.cyh.com)), which states that "cooperation is when two or more people work together so that they are all better off." That really made me think about not just wanting to play with friends or be on a team or complete a project, but actually needing each other.

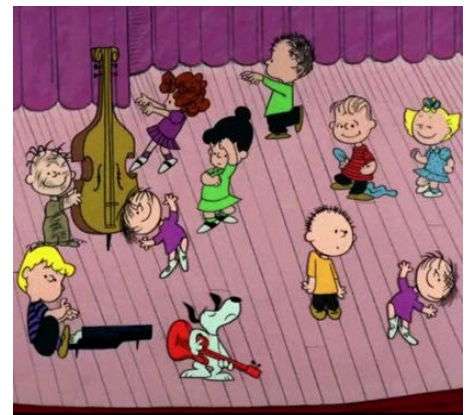
I am so lucky to be at a cooperative preschool where I really do feel like we need each other. Luke needs his classmates, Patty, Lisa, and all the parents who help mold his day and are helping him become the little person he is. And I for sure feel that I am working with all of you, not so that we can reach a goal together but because we are all better off together.

~Cori

February 2018

### Dates to Know:

- Feb 8 | Street Sweeping
- Feb 8 | Registration Due
- Feb 13 | Valentine's Bake Sale
- Feb 14 | Street Sweeping
- Feb 14 | Board Meeting
- Feb 16 | No School Presidents Day
- Feb 19 | No School Presidents Day
- Feb 20 | Fundraiser Blaze Pizza
- Feb 22 | Street Sweeping
- Feb 28 | Street Sweeping
- Feb 28 | General Meeting
- Mar 1 | New Family Registration Opens
- Mar 3 | 6 Week Clean Up





## 2 Dayers Pile On the Poetry

5 little snowmen fat, each with a funny hat  
Out came the sun and melted one, what a sad, sad  
thing is that.

4 little snowmen fat each with a funny hat  
Out came the sun and melted one, what a sad, sad  
thing is that.

3 little snowmen fat each with a funny hat  
Out came the sun and melted one, what a sad, sad  
thing is that.

2 little snowmen fat each with a funny hat  
Out came the sun and melted one, what a sad, sad  
thing is that.

1 little snowmen fat, he has a funny hat  
Out came the sun and melted him what a sad, sad  
thing is that.

## Family Growth

Family Growth has a fabulous speaker lined up for February to talk about Simplicity Parenting!

To get the most out of the discussion, it is recommended we read Kim John Payne's book, *Simplicity Parenting*. If the majority of our community can read the first THREE chapters, our speaker can skip the introductory lecture and get into a meatier discussion about Building Cooperation and Rhythm in the home.

You can purchase the book online at Amazon or borrow from the Orange County Public Library.

## Dad Joke of the Month:

How many tickles does it take to make an octopus  
laugh?  
Ten Tickles!

February 2018

## 3 Dayers Pile On Each Other



**amazon**smile

Please use [www.smile.amazon.com](http://www.smile.amazon.com) when shopping on Amazon, and Serra will receive a percentage of your purchase (you pay what you would normally pay anyways, but Amazon will donate funds to Serra!).

## Serra Preschool Board of Directors

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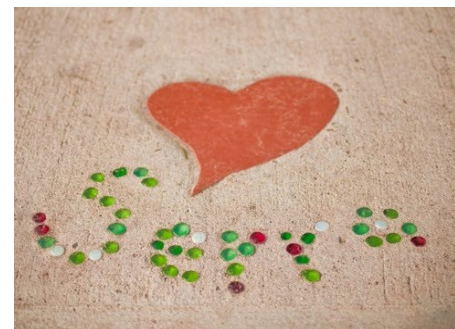
## February Birthdays

- Feb 2 | Isaias Camarillo
- Feb 16 | Andee Morrow

## Serra Preschool

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# Happy Valentine's Day

To: \_\_\_\_\_



From: \_\_\_\_\_