

Serra Preschool Newsletter

December, 2013



a cooperative preschool in South Orange County
where children and parents learn and love together

Upcoming Dates

Dec. 23-Jan 6: no school
Jan. 7- school resumes
Jan. 11- Garage Sale
Jan. 11- 6wk clean up
Jan 20- no school
Jan. 22- Gen Mtng, 6 pm dinner

Kids' Birthdays

Sophia Azzam turns 4 on 1/1
Amelia Moag turns 5 on 1/17
Noah Lahr turns 4 on 1/18
Yaretzi Camarillo turns 4 on 1/19



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How to Cook a Turkey

Presley- My mom helps me. Turkeys are afraid of cooking. I don't know why they are afraid.

Andrea- You have a cake and a turkey and a fish. Hmmm. I don't know.

Elisa- I don't know. I don't really like those. We don't even have a turkey, but we had a cat that visited us one time.

Arjun- You put it in the gas, then you eat it.

Carmen- I don't know. Put it in the oven, then open the oven and see if the turkey is ready.

Sophia- Put it in the oven, then you eat it.

Our Board

Cindy Parker, President cindyparker80@gmail.com
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Sponsorship Rates

Business Card: \$5 per issue or \$30 for the year
¼ Page Ad: \$10 per issue or \$50 for the year
Email your ad to Cori Preisler at CoriPreisler@hotmail.com
Serra Preschool does not endorse any advertisements listed.

Riley- You put the turkey on the turkey, then you trick him with a knife and eat him.

Maverick- First you cook him in the microwave. Then you bring it out. Then put it in the oven for baking. For dessert- chocolate turkey.

Pearl- Catch it with your fingers. Then jump, get a rope and hop and stick it on a stool. Then cook it in the stove.

Yaretzi- You cook it with soup then eat it. He would go out the window.

Clara-Rae- Fist you put eggs, then in a pan, then it's ready.

Luca- If it's too soft, put cake, sprinkles, and chocolate chips, and then you cook it and eat it.

Noah- I would use cook tools. Then eat tie. Put it on a plate, eat it on the plate.

Hank- Catch it in a net, then eat it.

Marcus- First I would add salt, then pepper, then silverware.



Oatmeal Blueberry Breakfast Bars

1 ½ c flour
1 tsp cinnamon
1 tsp baking soda
1/2 tsp salt
1 cup light brown sugar
1/2 cup sugar
1 stick butter-softened
1/2 cup veg. oil
2 eggs
1 tsp vanilla
3 cups uncooked old fashioned oats
1 pint blueberries- or 2 cups any berry- or use blueberry jam or both jam and berries.

Preheat oven to 350 degrees. Line a 13x9-inch baking dish with foil and spray with cooking oil. Mix dry & wet ingredients separate; then combine. Still keep berries/jam separate. Spread ¾ mix out on baking dish, then spoon berries over, then put remaining ¼ mix on top. Bake for 30-35 minutes. Let cool on wire rack.

Garage Sale

Saturday, January 11th 6 AM - 3 PM

There will be a sign-up sheet to bring and organize your goods on Friday, January 10th.

Each family must donate \$50 worth of goods for the sale.

Each family must work a shift.

I know that there is a 6-week clean-up scheduled the same day and it will work out just fine :)

If you have any questions or concerns, please do not hesitate to contact me.

XOXO,

Ami Walstrom

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Ways and Means



Director's Message

THE MOUSE KING VERSUS EVERYONE!!!!!!

I'll be the mouse king, you be the prince, I want to be a tin soldier. Bang you're dead! Run its the mouse king. Get him, he's over there. This is some of the play that has been going on in the 3 day class during our discussions, story reading and acting out of the Nutcracker. Weapons are part of the play along with bad guys and good guys.

Some of you may be wondering why I am allowing this kind of play to go on. In a child's social and moral development "good versus bad guy" play is normal and important.

Children engage in pretend power and super hero play because:

- It gives them the power to dominate
- They come up with their own solutions
- It gives them feelings of strength
- Everybody listens to a superhero
- It gives them that feeling of superhuman traits (The mouse king is magical. He turned the prince into a nutcracker.)
- Provides the opportunity to use a powerful and different vocabulary
- Creates feelings of belonging
- Kids try out both sides of power, the good and the bad.
- Helps them to develop problem solving skills.

Dr. Stewart Brown, founder of the National Institute for Play says, "In authentic rough and tumble play, children squeal, smile, and laugh while diving, wrestling, chasing and heckling and they remain friends after the bout is over" While I doubt that providing superhero play alone will prevent the problem of bullying it is an essential step, especially in early childhood programs.

Bullies often like to dominate and crave attention. The more we remove the opportunity from young children to achieve POWER the more they seek experiences to attain it.

We can help kids by guiding this type of play when it begins to get out of hand. We can do this by:

- Redirecting the play when kids are getting hurt
- Playing with them by taking on a role
- Monitor what and how much children watch television
- Encouraging running, climbing and building

Along with being a super hero kids can pretend to be:

- A firefighter
- An emergency rescue worker
- A mechanic
- A construction worker
- A builder
- A police officer
- A teacher
- A princess or a queen
- A mom or a dad



All of these roles provide lots of opportunity for attaining power and control. My hope is that this information helps you to understand why kids engage in "power play" both boys and girls. We all know princesses that have a lot of rules. They can be very demanding, I mean commanding!! Giving kids opportunities for power and control can mean that we let them be in charge while playing. One way to do that at home is to give your kids something I call "special time."

When my kids were small I found it painful to play endless barbie tea party while wearing a feather boa on my head. Or ninja warrior battle lord longer than a few minutes at a time. 5 minutes seemed like an hour. What I learned to do from a much older and wiser person was to get a kitchen timer and set it for 15 minutes. I told each child that we would have special time for 15 minutes and play whatever they wanted. Nothing could take me away, not the phone, not my husband, not even a crying baby. My child had me for 15 minutes. I could do anything for 15 minutes and we often played longer. They knew though that once the timer went off that I may have to stop playing if the phone rang or the baby cried. If you have a crying baby at home it may be a good idea to make sure your husband is home too help. Your child will appreciate your time and the baby will grow up!

Happy Holidays to all the wonderful families and kids that I have come to know and love at Serra Preschool!!

Thank you for all your love and support. I appreciate all you do.

Fondly, Mrs. Nowicki

President's Message

HONEST QUOTES

You just **do the best that you can** and most of all, you **stop judging** and begin to **understand**: the mother who hasn't slept in three days because her daughter has strep throat and gets ice cream for breakfast because that's all she'll eat; or, the mother who's juggling three babies under the age of four, trying to pay for groceries while her boys are running around the store like wild things; and, the mother who's child drops his only cookie in the sandbox, so she swiftly picks it, shakes off the sand, and hands it right back to him thinking, " a little sand never hurt anyone." Because as a parent, I know that **nobody is perfect**. I'm not.

Arianna Carlson



I found this quote to be right on at the stage we are in. You do the best you can, and you don't judge other parents by how they cope/survive. Being a Mommy is the best job I have been given but it is also the hardest and you really don't see that until you are in it, day after day. So take a deep breath, relax and leave the judgments behind because you know you are doing the best you can!! I hope you and your family have an amazing holiday! - Filled with lots of LAUGHTER, LOVE and CHEER!!

MERRY CHRISTMAS!!

XOXO

Cindy

Dear Serra Families,

Thank you from the bottom of my heart for the very generous and thoughtful Christmas gift. I will have a delightful time spending my gift and using the bell. The bell will be heard miles away and I know I won't be able to lose it. THANK YOU!

I hope you all enjoyed our humble little Christmas party. The kids appeared to be having a great time. Some expressions on faces when Santa walked in were simply priceless. I have had a wonderful time telling the story of the nutcracker and playing it out with all of the kids during the last few weeks. I thought the kids did great considering they had to perform in front of a lot of people and in a much smaller space than they have been used to. The whole theme of the nutcracker has generated a lot of interest, conversation and play.

I want to thank the board of Serra Preschool for all they have done so far this year. The members of the board really go above and beyond for our school and I appreciate it so much.

Merry Christmas to all of you!!! I am looking forward to some time with my family and for all that is yet to come at school.

Fondly, Mrs. Nowicki



From a couple of 2day cutie pies:

Cori: What should Daddy get me for Christmas?

Elisa: "A new teddy bear for Luke. That's from Daddy to Mommy. And also for Mommy a new license. The car kind."

Kim: "What should I get daddy for Christmas?"

Clara-Rae: "I think you should get daddy a boat."

Kim: "What should daddy get me for Christmas?"

Clara-Rae: "A truck to drive the boat around on."