

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

## Upcoming Dates

Nov. 25-29: no school  
Dec. 2- school resumes  
Dec. 15- holiday party, 5 pm  
Dec. 23-Jan 6: no school  
Jan. 7- school resumes  
Jan. 11- 6wk clean up  
Jan 20- no school  
Jan. 22- Gen Mtng, 6 pm dinner

## Kids' Birthdays

Robbie Erspamer turns 5 on 12/2  
Kennedy Wills turns 5 on 12/25



San Clemente, California

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[www.serrapreschool.org](http://www.serrapreschool.org)

## Our Board

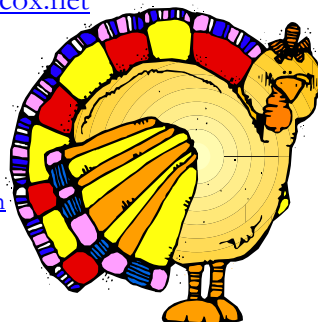


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## Sponsorship Rates

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](mailto:CoriPreisler@hotmail.com)  
Advertisement should be in Word.doc format.



## How to Catch a Turkey

“If the turkey was on a rainbow, and I was on a rainbow, I would catch it and bring it home.” -Lila

“If it was running, I would chase it. I would run as fast as I could ‘till I could catch it.” –Olivia

“With a rope.”- Mateo

“You catch a turkey by shooting it. Then you eat it.” –Iara

“Grab it, then roast it.” –Teo

“With a net then I would put it in water.” –Paulina

“With a net then roast it.” –August

“Chase it all day.” –Hollie

“I would use a fishing pole.” –Kennedy

“I would catch a turkey with cranberry sauce, then I would eat him.” –Andrew

“Put it in a net, then you cook it.”  
-Chase

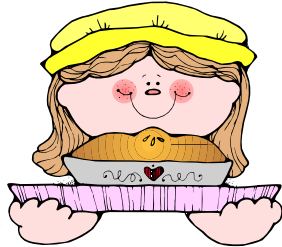
“With a butterfly catcher, then I would put it in the microwave so we could eat it.” –Shiloh

“You can fish for it, then you can eat it.” -Anna

## Pumpkin Cookie Recipe

*no dairy, soy, or eggs, making them allergy-safe for many kids*

- 1 1/2 cup organic cane sugar
- 15 oz can of organic pumpkin puree
- 3/4 cup non-hydrogenated shortening (Spectrum brand is great)
- 3 cups unbleached flour
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 3/4 tsp. nutmeg
- 1/2 tsp. salt
- 1 1/2 Tbsp. grated orange peel



Heat oven to 375. Cream together with a mixer the shortening and sugar until fluffy, then mix in the pumpkin puree. Mix together the rest of the ingredients, then add to the pumpkin mix. Drop by tablespoonfuls (I use a 2 tsp scoop) onto ungreased cookie sheet, and bake until "light brown" on the bottom, about 10-11 minutes. Let cool for a minute or two, then remove from the cookie sheet to a wire rack. Makes about 4 dozen cookies, with a light, almost muffin-like texture

## Scholastic Book Orders

If this is your first time ordering online:

- REGISTER at [scholastic.com/readingclub](http://scholastic.com/readingclub)
- ENTER the Serra one-time Class Activation Code: MFML4 to link your child with Serra preschool

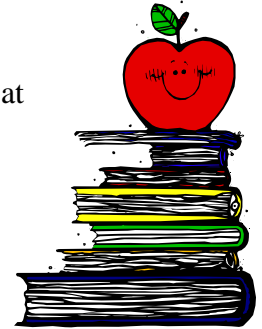
If you are already registered with other children in your family:

- Add your Serra student by clicking on add a child
- Link your child to Serra with the one-time Class Activation Code: MFML4

THEN:

- CHOOSE your books by adding them to your cart
- PAY online with a credit card
- SUBMIT the order to me online by the due date listed on the website

Questions? Contact Kate Vojtus at [lenkoski@yahoo.com](mailto:lenkoski@yahoo.com)



## Director's Message

### Self Regulation



Dear Parents,

Thank you parents who participated in the parent teacher conferences. For those of you who could not make it, I will gladly try and schedule another time that works so we can discuss your child and your time spent here in our co-op preschool.

I truly enjoy talking to you parents and hearing your perspective on your child and how things are going in the classroom for you on your working days.

One of the recurring themes of my conversations with parents was self-regulation. What is self-regulation and what does it mean for your child? It is probably the most important developmental area that we focus on in the preschool years because this is the optimum time for children to learn skills of self control and problem solving.

Self regulation allows children to control their actions, it refers to a person's ability to modulate their emotions, control behaviors, attend, plan, and problem solve, or to put it another way, to appropriately respond to their environment. This requires the child to make intentional decisions ( I will not hit ) and actively process this decision ( by keeping my hands in my lap ) or ( using my words to let another person know what I need ). Research has found that children who developed self control in childhood do better in all areas when entering Kindergarten as well as when they are teenagers and adults.

It's hard to learn anything new if you can't sit still during group time, or when you always have to be the first one to get a turn, or when you are frozen in an emotional dilemma, or when you grab a toy from another child. This is what we are working on in preschool right now: establishing a routine and expectations of behavior that help children regulate their attention, impulses, thoughts, and feelings more consistently. Serra Preschool provides the children with a play-based curriculum that fosters self-regulation skills. Socio dramatic/fantasy play situations provide excellent opportunities for preschool children to develop and internalize self-regulation. Examples: turn taking while playing a game, waiting for a turn on swing, negotiating roles in pretend/fantasy play, learning how to let others join your play, when you make a mistake that affects another person how do you make amends, how to solve a problem when it occurs in your play, and how to find something else to do when things are not going your way rather than whining or throwing a tantrum.

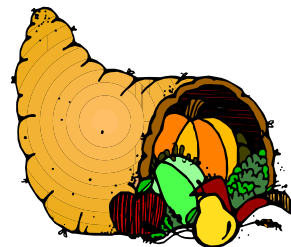
What is our role then as parents and teachers? We need to be involved in child initiated play by teaching the children to reflect upon their choices. Adults help children interpret their play situations by verbal feedback and reflective comments. Teacher guidance during play promotes self regulation by helping the child plan, follow through, and evaluate their actions. Through planning and reflecting the child is better able to identify their goals, consider their options, recognize problems, propose solutions, and anticipate consequences. All of these skills are important for developing self regulation and academic readiness.

I hope the more you learn and the more involved you become in this preschool that you are coming to know just how meaningful and important you are in the lives of all the kids that attend this preschool. We can't expect children to know how to solve problems until the adults in their lives have shown them how. Children learn through observation and participation. Our direct involvement with them makes a difference.

Once again I will thank you for being a meaningful person in the lives of kids, for taking the time to learn something new and for trying to apply what you are learning with the children.

Fondly,  
Mrs. Nowicki

## President's Message



The year is rapidly coming to end which means for most of us, chaos. We are rushing to get the best gifts, make the best dinners, decorate perfectly and look our best and let's not forget getting that perfect family photo for our holiday card. I have to stop and remind myself that's not what it's about. I kept Riley home from school a couple weeks ago because he was not feeling well and all he wanted to do is lay on the couch and watch "a show". I thought to myself "Okay. Perfect. He can watch a show and I'll clean up the house, make phone calls, check my email, and do laundry. Hey you can do a lot in 23 minutes. My plan was quickly smashed when he said "No Mommy I want to watch a show with you and a blanket"

As most of you can relate staying at home 24/7 with 3 small children is amazing. I am lucky to be able to do this BUT at the same time, sometimes you just need a moment to breathe and make a phone call without someone screaming in the background. And if Dora and Boots are helping me with that goal, then so be it. I felt guilty at Riley's request because I didn't want to lie around; I needed to get things done. But I agreed to sit with him, of course. As we watched the show he began to tell me all about the show and what was going on. As I snuggled with him on the couch just talking to Riley, I was reminded of what a funny little guy he is. We needed to make that connection. We needed to snuggle on the couch together and hide under the blanket and watch TV. That's what I needed to be doing. Everything else could wait. So, as I said before with the holidays right around the corner I will try not to worry whose gift I still need to get but worry about making more messy, happy memories with my boys, because we all have so much to be grateful for.

I hope you and your family have a wonderful Thanksgiving!

See you in December!! XOXO.

Cindy