



# Serra Preschool

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

May  
2019  
Newsletter

## Mrs. Nowicki's Message

-Filling my cup-  
Hello everyone.

Over spring break I took a short online conference. I love learning and growing in this profession. The kids are my greatest teachers. They will always present me with something to think about and to know more about. Because of that I am always searching for answers to increase my knowledge to do better. If everything and everyone was perfect and if things stayed the same I would not be the teacher I am today. So I guess I should thank them for being a little bit naughty, silly, crazy, demanding, whiny and simply wonderful!!! I think you get the picture.

Back to what I learned over the break. All we humans do is behave. We are constantly choosing behavior to meet one of our needs. This notion is based on Dr. William Glasser's

work on "choice theory."

His work inspired Sandi Phoenix to develop something called "The Phoenix Cups Framework"

There are 5 cups:

**Safety and Survival Cup:** This is our need for physical safety, emotional safety and security. We are driven towards health and wellbeing with this cup.

**Power and Mastery Cup:** This represents our need for being in control and being competent.

**Freedom Cup:** This Cup represents choice and autonomy.

**Love and Connection Cup:** This cup represents belonging, connection and acceptance.

**Fun and Learning Cup:** This cup represents fun, joy and learning. Fun is a genetic reward for learning.

Sandi recommends that a goal of early

childhood educators should be to make sure that our environment and how we interact, guide and speak to children is cup filling versus cup depleting. If we can send children off to elementary school with full cups then they will be more resilient.

She suggest using positive descriptive feedback (stating what you see) versus positive reinforcement or behavior modification (good job)

Positive descriptive feedback is cup filling. Positive reinforcement techniques are cup depleting.

You should be happy to hear that. I was happy to hear that. I have spent my entire teaching career speaking to children **in that way. That's** what we do here at Serra. We are constantly talking about how to give messages to kids using descriptive phrases versus



**Patty Nowicki**  
**3 Day Director**

messages that praise instead of acknowledge.

We all have our own unique needs profile. A dominant cup is a big cup that needs filling. A dominant cup drives a lot of behavior. I think it is so helpful and interesting to look at behavior in this way. It has already helped me gain some insight into a behavior puzzle I am having with a particular child.

Full cups have positive outcomes.

A full power and mastery cup leads to a strong sense of self esteem.

A full freedom cup leads to a strong sense of autonomy.

*(Continued on page 3)*

## Miss Cori's Message

~This is one way to handle this conflict, this time~

Ah, the muddy river. One of the great joys of Serra Preschool tucked in the corner along the back fence. Oh what wonders behold in the muddy river. For those of you who have not witnessed the bounty of the muddy river, let me explain.

We turn on a hose and let the water run along the rain gutters attached to the fence, down the pipe, and into the back sandbox that is filled with shovels, pails, dinosaurs, gems, planks of wood, and yes, kids. Usually their feet are bare and pants rolled up to the knees. Usually.

The muddy river offers a great sensory experience for the kids. The cold water, the heavy sand, the "things" that float. Eww, and they love it. The muddy river also offers the children great practice in cooperation. There is constant conflict and constant cooperation going on at all times.

Dam up the water to form a lake?

Dig a pathway to form a river?

Allow sand in the rain gutters?

Can kids collect water directly from the spout or do they have to harvest it from the sandbox?

Will there be one bridge? Two?

How much can you splash?

Will there be a fork in the river?

The kids are maneuvering around each other, being careful not to land a shovel on toes or fling sand into eyes, discussing where the river will lead next, counting up the dinosaurs and ocean animals rescued from the depths.

It takes a lot of effort to make one, long, deep river. It really does require a team, and for many kids, it's their first time truly being engaged in cooperative play rather than parallel or associative play. And, as mentioned, with that amount of cooperation

comes a certain amount of conflict.

I really hope that parents walk away from Serra's program with many tools they can use with conflict resolution. It really is like building an arsenal of weaponry, ready to pull out the next big thing to help you along with the battle. We try to stress that you can't really do anything wrong. There's not a wrong way or a bad way to handle a situation, but we do have some ideas to help make situations go easier, often from the point of view of your child.

Conflict: Joe comes up to you and is upset that he's getting splashed in the muddy river.

How would you help Joe solve this problem? Here are some suggestions:

You can say what you see: "Joe, you look upset," and then comfort Joe. You can reflect back on what Joe told you: "Joe, you don't want to get splashed. I hear your feelings/ idea." You can ask Joe if he needs help giving a message: "Joe, say to the kids that you don't want to get splashed." One route to take is to let the other children know that at Serra Preschool, one of our rules is that we take care of each other. When we splash kids that don't want to be splashed, we're not taking care of them. Another route to take is to help Joe realize that playing in the muddy river means that you might get splashed. You can say, "Joe, if I wanted to play and not get wet, I would be upset if I got wet. Hmmm, I wonder where you can play where you won't get wet." or "Hmmm, I wonder if it's going to be ok for you to get wet again." You can find out why Joe doesn't want to get wet: "Why don't you want to get splashed?" (maybe he's worried that he doesn't have extra clothes). You can ask Joe how he wants to solve the problem (maybe he wants to still play with water, just not the muddy river).

There are many avenues to take, and none of them are wrong, and none of



**Cori Preisler**  
2 Day Director

them are perfect. One way might work one day but not the next. One way might work one day for one child but not another.

It's important to allow our children to continue to get into conflicts. We can't always be that "lawnmower" parent, keeping a few feet ahead of our children at all times, making the path as smooth and carefree as possible. Getting into conflicts and then resolving them is a crucial part of social development. Sometimes kids resolve conflicts in a way that make us adults cringe, but it works for them. If we allow children to be involved in the conflict resolution process rather than calling the shots ourselves (quicker, easier, and more logical!), we are strengthening their competencies in respectful and effective communication.

# Mrs. Nowicki's Message Continued

A full safety and survival cup leads to a strong sense of security.

A full fun and learning cup leads to joy.

A full love and connection cup leads to a strong sense of self worth. I think it is critical in early childhood and any childhood settings that this cup is getting filled. When we have full cups we have a nice sense of fulfillment and a strong sense of well-being.

I think most of what we do is cup filling at Serra. It fills my power and mastery cup (which I kind of think is a dominant cup for me) to contemplate what could be done better.

Parents, your hard work and efforts to participate and being open to learning new ways of doing things is cup filling. So thank you from the bottom of my heart for helping us create a cup filling environment.

Lastly, I think the most rewarding thing a child can do is to fill his or her own cup. Using descriptive messages, helping them to give and receive messages and giving them choices as to what they will do during their time at preschool helps them fill their own cups.

What do you think?

Love, Mrs. Nowicki

### Dates to Know:

- May 3 | Dad's Dessert Night
- May 8 | Board Meeting
- May 9 | 2Day Mother's Day
- May 10 | 3Day Mother's Day
- May 13 | Legoland
- May 15 | Prospective Parent Meeting
- May 22 | General Meeting
- May 27 Memorial Day No School
- May 29 | EOY Bonfire/Potluck
- May 30 | Last Day of 2Day
- May 31 | Last Day of 3day

## Dad Joke of the Month

What do you call a fake noodle?  
An Impasta!



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!).

### May Birthdays

- May 17 | Dane Salway
- May 21 | Arielle Guzman
- May 21 | Summer Vesque

### Serra Preschool Board of Directors

President, Adam Griffith  
 Vice President, Shane Powell  
 Treasurer, Allie Waldner  
 Membership, Dayne Spencer  
 Secretary, Alison Hegarty  
 Ways & Means, Erin Bright  
 OCCPPNS, Shelby Long  
 Family Growth, Jennifer White  
 Social, Kade & Alyssa Boisseranc

[allgriff@yahoo.com](mailto:allgriff@yahoo.com)  
[shanepowell99@hotmail.com](mailto:shanepowell99@hotmail.com)  
[alliejwaldner@gmail.com](mailto:alliejwaldner@gmail.com)  
[Dayna.spencer@yahoo.com](mailto:Dayna.spencer@yahoo.com)  
[Alison.hegarty@gmail.com](mailto:Alison.hegarty@gmail.com)  
[erin@brightapc.com](mailto:erin@brightapc.com)  
[mrsshelbylong@gmail.com](mailto:mrsshelbylong@gmail.com)  
[jenandconnor@hotmail.com](mailto:jenandconnor@hotmail.com)  
[Kadeboisseranc@cox.net](mailto:Kadeboisseranc@cox.net)  
[alykade@cox.net](mailto:alykade@cox.net)

## Legoland Field Trip May 13, 2019

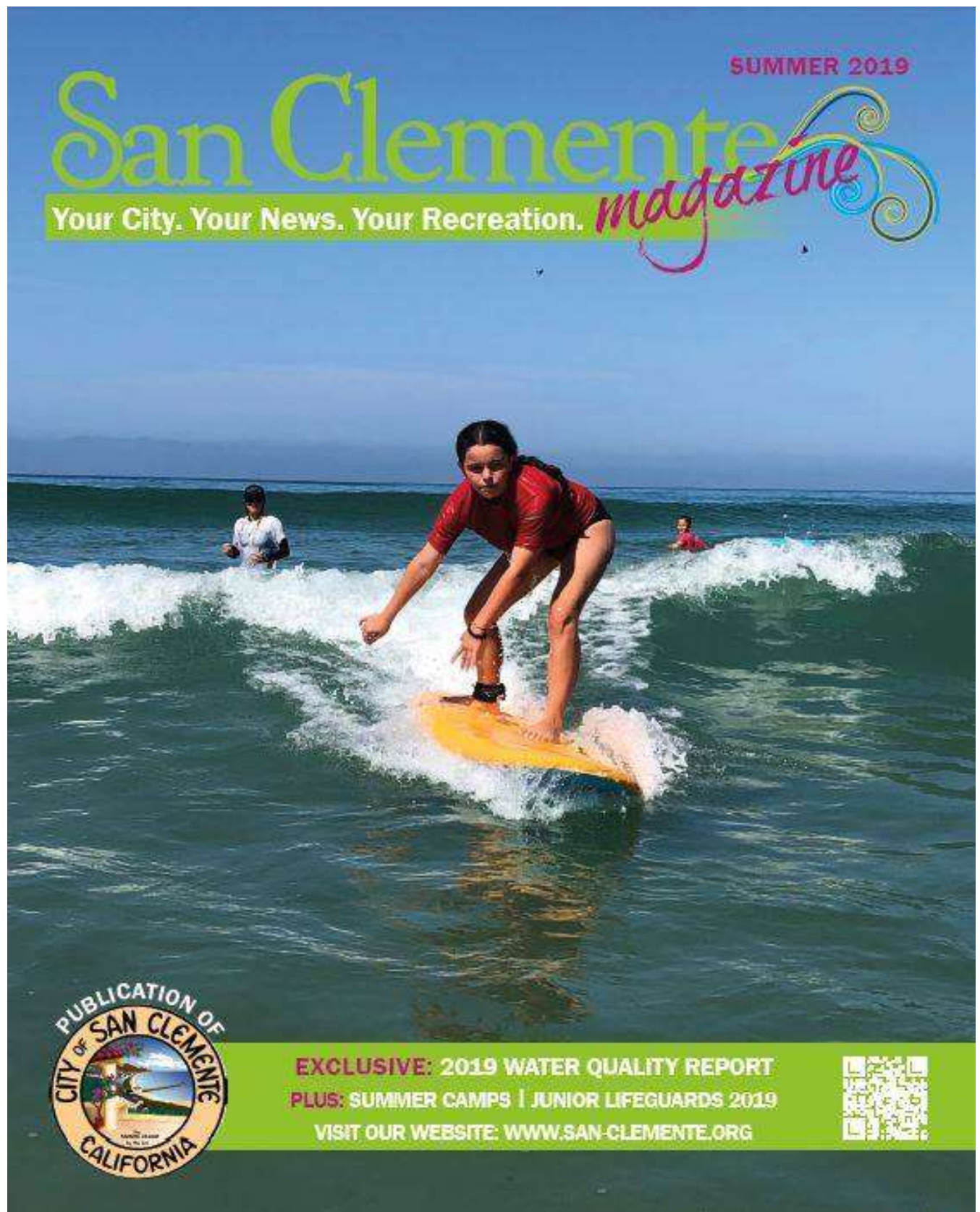


Serra Preschool  
 1005 Calle Puente  
 San Clemente, CA 92672  
 949.492.8188

[serrapreschool@gmail.com](mailto:serrapreschool@gmail.com)  
[www.serrapreschool.org](http://www.serrapreschool.org)



Registration for San Clemente Recreation's new summer programs has begun!  
Visit <http://www.san-clemente.org/recreationclasses> to register.



**SUMMER 2019**

# San Clemente

Your City. Your News. Your Recreation. *magazine*

**PUBLICATION OF  
CITY OF SAN CLEMENTE  
CALIFORNIA**

**EXCLUSIVE: 2019 WATER QUALITY REPORT**  
**PLUS: SUMMER CAMPS | JUNIOR LIFEGUARDS 2019**  
VISIT OUR WEBSITE: [WWW.SAN-CLEMENTE.ORG](http://WWW.SAN-CLEMENTE.ORG)

