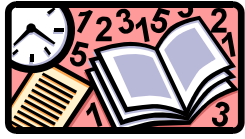




PPP December News

December 2005

Brought to you by the Piedmont Progressive Preschool Council



Dates to Remember

1st of the month - Tuition Due
 Dec 9th - Pizza Dinner
 Dec 12th - PPP Council Meeting, 7pm @ PUUC, Parents Welcome
 Dec 19 - Jan 2 - No School, Winter Holidays
 Jan 1st-Jan Tuition Due, Mailing Envelops Available at School for Your Convenience



Illness Policy

Please review the illness policy in your parent hand books and remember that it is for everyone's benefit that we require 24 symptom-free hours before returning your child to school, especially in the event of diarrhea, vomiting and fever.

Here's to the continued good health of all our families.

Founder's Note

Dear Parents,

The school year is going beautifully. Every time I stop by, I see happy children engaged in a wide variety of creative, social and playful

pursuits. The teachers are doing a great job as usual keeping them busy and active. If you are happy with your child's preschool experience, please drop a note or speak to the teachers and tell them that you appreciate their efforts. I also see the school's fearless leaders, Sharon and Dana (ably assisted by Council members and other volunteers), leading the school with utter commitment. Please remember to thank these remarkable women. Running a preschool is not an easy job and it's even harder when you have small children and no paycheck for your efforts (in fact they pay tuition like everybody else!). Your spoken words of thanks are a wonderful benefit for them in return for all their time and effort.

Best wishes for a wonderful holiday season,

Susan Burns
 Co-founder PPP

Philosophy Q&A

" Decisions and Choices...When Children Should (and Shouldn't!) Make Them."

As a child there is so much in life that is actually out of your control. Decisions are made largely by adults. As parents and educators we recognize the importance of allowing children to make choices and decisions when appropriate. Autonomy, independence, and

a positive self-image can certainly be enhanced when we give children the opportunity to make decisions and choices of their own. This developmental growth occurs, however, only when we carefully monitor the choices we allow children to make. Some decisions remain those that an adult should make. Assigning them to children can cause stress and be counter productive to their growth. Children need limits and parameters placed on choices they're allowed to make just as they need limits placed on their behavior. These limits, in both cases, provide children with a sense of security and a solid foundation on which to build their skills. For instance, you would not allow your child to wear shorts and sandals in 20 degree weather. They could, however, be allowed to choose the clothes they wear to school within limits. "Which pants and sweatshirt would you like to wear with your jacket?" empowers a child while setting reasonable limits you can live with as a parent. If your child has been "out of sorts" due to a busy weekend, an illness, a very late night, etc., the decision to stay home from school should be yours, not theirs. Their life experiences and skill sets don't enable them to responsibly make that choice. Let's all give careful and serious thought to the choices and decisions we allow children to make. Their success depends on it!

"10 Tips To Help Children (and Adults!) Relax and Sleep During the Holidays"

1. KEEP THE SCHEDULE LIGHT - Avoid overwhelming activities like long shopping trips to the mall. Even too many "small errands" can be too much for small children.

2. TEACH CHILDREN RELAXATION SKILLS - Stretching, deep breathing, guided visualization are a few examples. Check out the internet (or library!) for ideas and examples, i.e. Simon Says...curl up like a snowball, move your arms and legs like a snow angel, or open your mouth wide to catch snowflakes.

3. PUT CHILDREN'S WORRIES TO BED - Have your child draw a picture, write out or dictate to you what bothers or worries them. Fold the fear or worry up as small as possible and put it in a box or container that can be closed up tight or even locked!

4. ENGAGE IN HANDS ON CELEBRATIONS - Include children in gift making, cookie baking, etc. Try to involve the whole family.

5. MAKE YOUR HOME A SANCTUARY - Make "quiet time" part of your family's evening routine. Limit total "screen time" including TV, DVDs, computers, video games. Read and tell stories to one another.

6. HAVE CHILDREN PLAY OUTDOORS - Exposure to

sunlight and fresh air helps us all sleep better and generally stay healthier!

7. KEEP CHILDREN PHYSICALLY ACTIVE - One of the simplest and most effective ways to reduce stress and ensure a good night's sleep. Just make sure it's not within a few hours of bedtime.

8. MAINTAIN ROUTINES AS MUCH AS POSSIBLE - Especially in the evening before bedtime. Make it relaxing with calming music, a backrub for your child and a book before lights out!

9. NUTRITION!! - While it is always vitally important, pay even closer attention during the holidays. Watch the sugar intake and the rich foods that can upset little stomachs, especially before bedtime. Give plenty of water!!!

10. TEACH PEACE - A great time to focus energy on helping others...baking and delivering food, donating some of your child's toys and books to children less fortunate. A ritual as simple as lighting a candle for someone can instill a sense of compassion and generosity in us all!

Registration in January

We will be opening early registration for families that currently have children enrolled at PPP. The plan is to have a full spectrum of classes - 2 day 2's, 3 day 3's and a 4 or 5 day 4/5's.

Families interested in enrolling for the 2006-2007 school year will need to fill out a registration form and pay their registration fee and the last month's tuition for the respective classes they are signing up to attend. We will only be able to promise spots to families who have paid their fees.

Open registration will begin in February. Word of mouth is often our best marketing tool. Let your friends and neighbors know about our wonderful school so they can sign up and get involved too!



Fertilizing the Money Tree

Tracy Hensley is our Fund Raising Chair, and she and her committee are working hard to support our wonderful preschool. This group stays busy all year with different activities, large and small. Participation in this committee doesn't require yearlong membership. You can add it into your schedule a little at a time. We all will benefit from helping our school's bank account stay healthy. Please contact Tracy, 704-509-9261 or Tdphensley@wmconnect.com, to offer help or with any ideas you have about fund raising.

Our recent Tupperware fund raiser was quite successful. We raised well over \$350.

Special thanks to Sharon King for coordinating the fundraiser and contributing her commission on top of the profits that were raised. This and run a preschool too! What a wonderful gift she is!!

Here are a few things in the hopper.

Remember to clip those Campbell soup labels and send them in with your children. We can use them to help support the school.

Holiday Sale - We have plenty of note cards available for sale. \$2.50 for a pack of 10. What a fresh idea for thank you cards and family invitations for the holidays.

We are revving up for our Silent Auction in April. Please think of a list of businesses/services that you can start soliciting for contributions. Many businesses plan their charitable/marketing contributions early and January is a great time to get them to make a donation of products, services or time.

Thanks for your help and participation!



All Full Up - 2's Teacher Needed

We currently have a waiting list for both classes. In fact we have enough 2 year olds on the list to open a second 2-day 2's class. We need another teacher for a Wed/Thur class. If you know of anyone, please have them contact Sharon King or Dana Emery.



Recipe Corner

The Wessler family year round favorite is the Pumpkin Cake recipe below. As my cousin says, "Here is a recipe the pumpkin doesn't mess up!"

Pumpkin Cake

2 cups sugar
4 eggs
1 cup oil
2 cups flour
2 tsp cinnamon
2 tsp baking soda
1/2 tsp salt
2 cups pumpkin (1lb can will do; NOT pie filling)

Cream sugar and eggs. Add oil until it is blended completely. Could take several minutes. Combine dry ingredients in separate bowl, then add to wet mix. Batter will be stiff. Slowly add pumpkin. Put in well greased bundt or tube pan. Bake for 1 hour at 350°.

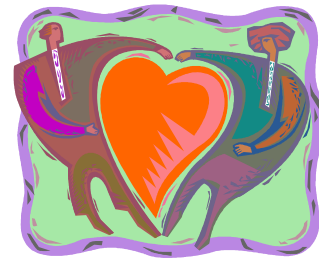
Variations:

Add 1 cup choc chips OR your favorite nuts OR raisins/fruit.

Use your favorite cream cheese icing mix if you want to sweeten it up. My family believes it is yummy enough to stand alone ☺.

If you have a recipe that you would like to share, please email it to Sibyl Wessler, swessler@carolina.rr.com for inclusion in our newsletter.

Council News



Remember, we are all important to the smooth and happy running of our preschool. All jobs, big and small, make a difference. Catherine Lutin, 704-766-0660, is our Parent Volunteer Coordinator. She will happily help you find a job that works with your skills and abilities. Happy Volunteering!

Council Members

Sharon King, Co-Chair,
704-948-8293

Dana Emery, Co-Chair,
704-248-0599

George Gruber, Treasurer,
704-688-6879

Bryna Callison, Secretary,
704-606-8521

Tracy Hensley, Fund Raising,
704-509-9261

Catherine Lutin, Parent
Volunteer Coordinator,
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Angi Calhoun, (4-day class)
Parent Representative,
704-948-0196

Susan Gruber, (2-day class)
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