



STRAWBERRY VALE PRESCHOOL

newsletter

# Gail's Gab

OCTOBER 2016

**Everything is slowly "Falling" into place here at Strawberry Vale Preschool. The children are settling into their routines and starting to build friendships with their classmates.**

**Many thanks to all of the families for working together to learn your role at the preschool and supporting not only your child but all of the children in our program.**

We have spent the first 4 weeks getting to know each other, adults and children alike, setting the foundation for learning and loving relationships. The children are quickly getting the hang of our daily routine and seem to be enjoying the company of their peers in the classroom and on the playground. It is quite fascinating to watch the relationships and connections start to form.

As a class we shared photos and conversations about the similarities and differences within each of our families, showing and posting family photos on the Circle board has led to lots of observation and discussion within the peer group as well as a place of connection when a child has missed a parent. We experimented with paints to find each of our own personal skin colour, blending and mixing and testing it out on our hands (or sometimes faces) for a good match. I have posted a photo log of some of the children participating in this activity...check out the classroom when you have time.

The Ladybug class has started taking turns caring for our class mascot, Star the dog. Each child will have a turn to take star home for a sleep over and an opportunity to write in Star's journal for sharing at Circle time. Our class has also taken a trip to the Pond with our local naturalist to learn about pond life and local bird identification.



The Bears class has started the library lending program and should be taking home a little Bear book bag each day for home reading. Please help your child keep the preschool book and bag in a safe place at home until it returns to preschool on our next day.

BOOK BAGS should not be put in back packs. Please pick up and return book bags to the bin at drop off and pick up times. It is too time consuming for duty parents to dig through 18 back packs looking for a book bag each day. Thank You.

Science Explorations Table: Currently we have many interesting items on the science table for the children to examine....chestnuts, rushes, pine sap, corn on the cob, squash, mini pumpkins, seedlings..Please feel free to bring in anything that your child is showing interest in and would like to share with class mates on the science table.

Things we are looking forward to: Pumpkin Express Field Trip Please check with class rep for details if you have any questions about location, time etc.

Things we are not looking forward to: Teacher Vanessa will be leaving Strawberry Vale Preschool in mid November. This is very sad news for all of us, including Vanessa. After 8 years supporting our preschool classes it will be a very difficult goodbye for all of us. We of course wish Vanessa all the best as she moves on to another career opportunity and will miss her Like CRAZY! The preschool is currently looking for a new Inclusion Support Staff to fill Vanessa's very big shoes.

**Happy Fall Everyone  
Playfully, Teacher Gail**



STRAWBERRY VALE PRESCHOOL

# newsletter

## welcome note from the president

Welcome to Strawberry Vale Preschool 2016/2017! And congratulations for making it through all the many transitions of September. I don't think I ever felt the true weight and chaos that this change in season brings until I had my first child enter elementary school this year. Between managing gradual entrance to both kindergarten and preschool, figuring out how to pack school lunches, keeping track of all the paperwork, dealing with tantrums and separation anxiety, getting out the door on time, running a business, and also figuring out this new role of SVP President...my head has been left spinning.

And I imagine that I am not alone. Actually I know I am not alone, and that is because of the amazing communities my children are fortunate to be a part of. I believe that preschool not only benefits our children greatly (by giving them the chance to socialize, learn new skills, take risks, and expand their world beyond the home), but it also greatly benefits parents. It brings us together in community with like-minded families who share similar values - but also who share similar struggles, questions, stressors, developmental stages, and those absurd moments where all we can do is laugh.

In this day of widespread online information overload, parents of today have insanely high expectations of ourselves in trying to follow all of the 'dos' and 'don'ts' of raising 'healthy' (subtext 'perfect') children. This causes a great deal of anxiety, stress and self-doubt. I think the antidote for this epidemic is to engage in a face-to-face community of support like SVP where we can all accept that we are doing our best. Where we can commiserate about the insane moments, and also revel in the unique gifts of one another's children. Where we can realize that although all families are different, we are also paddling our canoes through the same river together, doing what we can to keep a float. And hopefully (with the help of preschool and Teacher Gail), finding some wee moments to take a breath and admire the exquisite beauty around us and within us.

I look forward to getting to know you and your children, and paddling through all the rapids, eddies, and calm waters this year together. I also welcome your input, questions and feedback about how to make this preschool great for all of our children - being a co-op means all voices are valued.

Katy



Ladybug class did self portraits while looking in a mirror. Emma did Gail and Vanessa.



It's apple season again! I know lots of us at SVP have trees dripping with fruit. If you're sick of making applesauce, here's a healthy and delicious muffin recipe to mix things up. Cora in Bears class loves these in her snack.

### Wet ingredients: Mix together

- 2 eggs
- 2 tablespoons oil
- 1 cup buttermilk or yogurt
- 3 tablespoons molasses
- 2 tablespoons honey
- 1/3 cup bran cereal

### Dry ingredients:

- sift together
- 1.5 cups whole wheat flour
- 1/2 cup oats
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon.
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg

### Mix wet and dry together.

- Add 1-2 chopped apples
- 1/2 cup nuts optional.

Bake at 350 for 15-20 minutes. From Angie Hentze

## playdough

- 3 Cups of Flour
- 3 Cups of Water
- 1 & 1/2 tsp cream of tartar
- 1 & 1/2 cup of salt
- 5 tbsp of vegetable oil
- Food Colouring

Combine all ingredients in a non stick pot.  
Cook over me-low heat, keep stirring!  
Ingredients will thicken and form a ball.  
Remove from heat, knead and cool completely before storing.