

Tall Pines Tidings

(530) 273-4638

February 2018

tallpinesnurseryschool.com

A Letter From the President



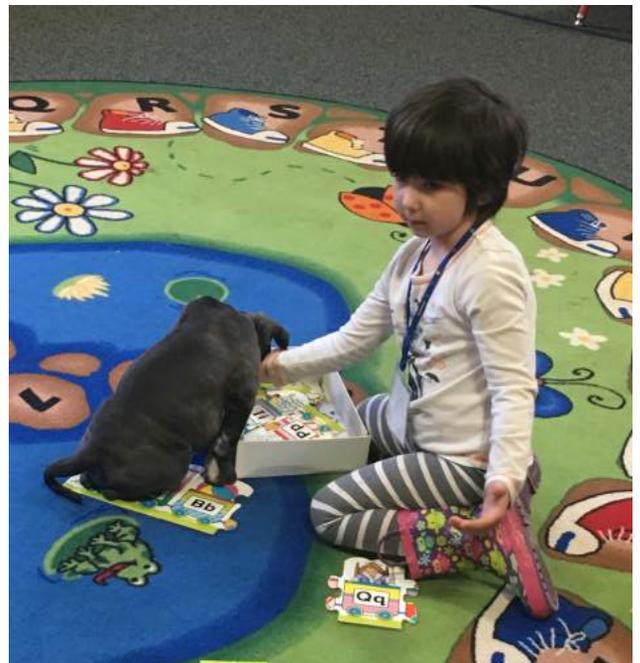
Reminders

- ✓ February is Double Tuition month
- ✓ Valentine's Day Celebrations
- ✓ Parent Teacher Conferences start 2/28, sign up at school



A New Year is a new start. A reset button for the next twelve months. In parenting, I'm always looking for my reset button. Sometimes I need to reset a few times a day. Some days I feel like I'm drowning in the relentless seas of big emotions and needs of little people. I find I'm fighting, yelling, struggling to stay afloat. I need to reset, reboot, restart.

Sometimes the reset button is me taking a personal timeout. Other times it's getting in the car and finding a change of scenery. Or starting a project, putting my to-dos on hold, taking a deep breath and breaking the tension with something silly. The best part about the reset button is that it's available and ready to be used anytime. It's not just when the ball drops on New Year's Eve. What do you do to reset?
Leia



Lydia with Puppy & Puzzle

School Calendar

February 2018

- 1 Tuition Due – Double Tuition, Feb & May
- 7, 8 Mother Goose Visits Tall Pines
- 9 PT Classes Valentine's Day Celebrations
- 12 Board Meeting, 6:30pm at Tall Pines
- 13, 14 Valentine's Day Celebrations for T/Th & M/W
- 16, 19 No School, President's Holidays
- 21, 22 Wildlife Rehabilitation & Release
Please bring new rolls of paper towels to donate!
- 28 M/W Classes Parent Teacher Conferences
See schedule by sign-in sheets
No School on these days



March 2018

- 1 Tuition Due
- 1 T/Th Classes Parent Teacher Conferences
See schedule by sign-in sheets
No School on these days
- 3 Special Persons Day for Younger & Older Classes
Look for fliers in cubbies!
- 12 Board Meeting, 6:30pm at Tall Pines
- 15 General Meeting, 6:30pm at Tall Pines
- 21, 22, 23 Easter Celebrations & Egg Hunts
- 26-30 Spring Break, No School
Return to School April 2nd



April 2018

- 1 Tuition Due
- 2 Back to School
- 14 ****Tall Pines Family Festival****
Mark your calendar for one of our
biggest fundraisers of the year!!



From The Director



Welcome to Winter... finally! ☺ It has been such a pleasure seeing the growth of your children from when we left for the holiday break and to their wonderful return. Socially, emotionally and developmentally the children have risen to the tasks of sharing, focusing, being patient and kind. I am so proud of each of them and feel joy everyday because of all of them.

Love, Teacher Kelsey

Welcome Student Teacher Sydney!

Hello! My name is Sydney Hershey and I am a student teacher under Teacher Kelsey. Four years ago I had the honor of being at Tall Pines as a Regional Occupational Program student (ROP). Now I am finishing my degree to become a teacher myself by completing my student teaching. I will be in the classroom everyday observing, assisting and learning with your children. It is great to be back at Tall Pines and I look forward to getting to know all of the amazing families and students!

What's Cooking in the Tall Pines Kitchen

February 1
Ants on a Log

February 7 & 8
Good Luck Soup

February 21 & 22
Pretzels & Fruit Kebabs

February 28 & 29
"Warm Your Tummy"
Grilled Cheese



From The Office



Reminders From Nicole

Hello Tall Pines Families! While it may only be February, we are already looking ahead to next school year. That's right, registration for the 2018-2019 school year will coincide with Parent-Teacher conferences February 28th & March 1st. You can help us prepare for registration by filling out the blue "**Child Placement Intent**" form, and returning them by Friday, February 2nd. These forms help give us a snapshot of what class sizes and schedules may look like for next year. Please keep in mind this is NOT a registration form, and you can always change your class preference! Also, as current membership, you do receive priority for fall registration ~ we will open it up to the general public by mid-March ~ so let your friends know!

One more reminder ~ February marks our **double tuition month**. Please remember to include May's tuition with your February payment. Many of you have been adding a little each month, or have paid in advance, so if you have any questions concerning your balance, please check with the business office. If this double payment causes any financial difficulty, please stop by and we can set up a payment plan that works for you. Thank you!

Once again, here is a reminder for this year's tuition amounts:

Parent Toddler ~ \$54/month

2 day/week ~ \$129/month

3 day/week ~ \$194/month

As always, thank you for all you do for Tall Pines! We have such a wonderful school because of our AMAZING families and teachers!!

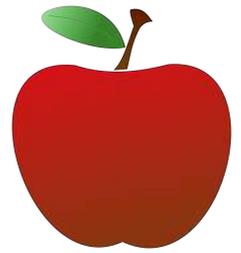
Nicole~



amazonsmile
You Shop. Amazon Gives.

Tall Pines is registered with smile.amazon.com to help with fundraising. When buying at Amazon, use our smile link and a half percent of your total purchase will go to the school. The prices are the same if you use it or not, so it's an easy way to help out.

From The Teachers



The Power of Ordinariness by Teacher Cynthia

When your children speak to you, it's helpful, if possible, to set aside anything you are doing and give them your full attention, looking them in the eyes. In the mornings, it's important to greet your children and engage them for at least a few minutes before the rush of the day takes over. When rushing to get ready to leave the house, you can engage them in a song, share a joke or join in a game of who can get ready first.

One reason why I have always loved working with young children is their natural authenticity. As parents wanting to protect that authenticity in their children, I believe we need to honor the ordinariness in childhood, rather than wanting our children to be extraordinary, which can come at the cost of their authenticity. We need to enjoy our child's ordinariness, for I believe in so doing, we can find their true specialness and not put pressure on the child. It is good to encourage exploration as a way of honoring your child's being, but it is important to help our children understand that their sense of worth is not predicated on achievement.

When children learn to value the ordinary, they learn to inhabit life itself. They appreciate their body, their mind, and the pleasure of sharing a smile—what we as parents teach them to appreciate.

Highlight for your children quiet, ordinary moments such as these:

The touch of our skin when we hold hands together

The quiet of the mornings when we first wake up

The togetherness of the family when we sit to eat

The light of the sun as it sets

The quiet moon when we shut out the lights for bed

The taste of our favorite foods

The wonder of every element of nature

When your children learn to revere such moments, gone is the madness for more, flashier, bigger. They grow into adults who are able to focus their attention on what's before them as opposed to what isn't. Then they are free to reach for expectations that spring from their own center.

Much of the ideas I share here come from one of my favorite parenting books, [The Conscious Parent](#), by Shefali Tsabury. Another parenting book that I would also recommend is [Simplicity Parenting](#) by Kim John Payne and Lisa Ross.

From The Teachers



Valentine's Day Ideas from Teacher Michelle

Valentine's Day is coming soon and we love to see simple homemade valentines. You and your child can begin this weekend and do a few at a time so you keep it a fun activity. A simple idea is to begin with an old painting and cut it into heart shapes. Children may add stickers, coloring, glue decorations, etc to make it extra special. Another idea is to make a double batch of playdough and have your child roll it into special balls wrapped up for their friends. The idea is to make a special gift to give their friends. Make enough for everyone in your class and your teachers (older side has student teacher, Sydney). The children will "mail" their valentines to their friends so do not put friends names on them. Please just put the "From:" and your child's name for easy delivery. Class Party Sign-up sheets are at school to bring needed items for your child's party. Happy Valentine's Day!

Education Through Music Training by Teacher Kelsey

Teacher Michelle and I had the opportunity to take a college-level course of Education Through Music (ETM). This is a hands-on cooperative course with 25-30 of our peer educators here in Nevada County. ETM celebrates its 50th year of practice next summer and is an amazing tool for teachers nationwide. I highly recommend that you check out the website which is www.richardsinstitute.org

"ETM is the study of artful teaching and the process of learning through song and play"*

"ETM activities build the imaging system and symbolization process through the synergy of language, song, movement, and interactive play, thereby, laying the foundation for the building of intelligence."*

- ETM develops focus and attention while reducing distractibility and impulsivity
- Enhances working memory, strategizing, language structure, and auditory processing
- Stabilizes emotional system, promotes self-monitoring and motivation
- Increases spatial awareness and sequential thinking*

I have had the pleasure of seeing ETM in action both at Tall Pines with Teacher Debby (Tall Pines has been using ETM for about 15 years) and at my daughter's elementary school. I am very passionate about ETM as I have seen how beneficial it can be for classroom management, transitions, and all of the ways it helps my students with the benefits described above. However, in my opinion the most wonderful aspect of ETM is the relationship building qualities it provides between teacher and child, and child to child. For example, when we sing a name "game", it is not to learn names (they already know their classmate's names), it is to HONOR their name and each of them as an individual. Every child yearns to hear their name and to be acknowledged. Growing up, I thought it was because I was proud of my NAME, but that wasn't it. I was proud to be acknowledged for the individual I was...

Your children are my life-blood and our aim is to help build confidence and kindness. I am proud to be using ETM to enhance their experience at Tall Pines... Just another way to help them shine from their bright-eyed and beautiful selves.

From The Kiddos

Overheard In The Classroom

"I was just in the neighborhood and wanted to see a friendly smile." –**Axel**, T/TH-O, as he walked over to Teacher Kelsey

"The forest makes me feel better." –**Eden**, M/W-Y

"Actually, Theo, sharing is caring!" –**Jude**, T/TH-O, in a very serious voice, and who very badly wanted some of Theo's playdoh

"If you put me in the washing machine, I would get sick and dizzy!" –**Olivia**, M/W-O

"Yeah, I am ready... to pick my nose!" –**Zedric**, T/TH-O, in response to the Gymnastics Coach question if everybody was ready

"Teamwork makes the dream work" –**Kadence**, T/TH-O

"RAM SLAM SLAM!!!" –**Marvin**, PT1, while running around the house slamming things



Gymnastics Fieldtrip

