

Tall Pines Tidings

Important Dates

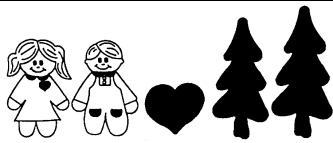
February

- 1 Dues are Due ~ May's Dues are also due ~ see your contract
- 1-2 Mother Goose Visits!
- 5 PT Classes Valentine's Celebration
- 8 Board Meeting 6:30pm @ Tall Pines
- 10-11 MW TTH Classes Valentine's Celebration
- 12 & 15 No School! President's Holiday
- 17-18 Chinese New Year!
- 24-25 Parent Teacher Conferences~ Short day 9:00-11:00am~Conferences will start @ 11:30am both days. TP will provide snack.



March

- 1 Dues are due - late after the 10th
- 7 Board Meeting 6:30pm @ Tall Pines
- 7, 8 & 11 School Pictures!
- 16 SVC/CCPPNS Meeting ~ 6:00pm Sacramento 17
- 17 General Meeting~ 7:00pm~ Speaker Nicole Schug
- 16, 17, 18 Easter Celebration & Egg Hunts
- 21-25 Spring Break
- 28 Return to School



Tall Pines Tidings

President's Message

Dear Friend,
Consider this my valentine to you. I'm afraid it doesn't contain any chocolates or candy hearts, (which on the playground open market renders it more or less undesirable). But nonetheless I think it is important to tell people how you feel about them so here goes. I think you're cute. Please be mine.

 XO Meghan

Business Office

Wow ~ it's hard to believe that we are already into the second month of the year!! What's even harder to believe is that we are beginning the process of registration for next school year. That's right, registration for the 2016-2017 school year will begin after Parent-Teacher conferences at the end of the month. You can help us prepare by filling out the blue "Child Placement Intent" form, and returning them by Friday, February 5th. These forms give us a snapshot of what class sizes and schedules will look like for next year. This form is NOT a registration form, and you can always change your class preference! And, remember as current membership you 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 don't forget 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!

Since I receive many different payment amounts, here is a reminder of this year's tuition:

Parent Toddler ~ \$52/month
2 day/week ~ \$125/month
3 day/week ~ \$188/month

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


Nicole.

From Teacher Michelle

February Books to Read!

Guess How Much I Love You Sam McBratney

Mama, Do You Love Me? Barbara M. Joose

Love You Forever Robert Munsch

Kiss Good Night Amy Hest

Daddy Cuddles Anne Gutman

No, David! David Shannon

Mama Loves Molly Goode

The Runaway Bunny Margaret Wise Brown

 *Teacher Michelle*

Tall Pines Website:
www.TallPinesNurserySchool.com
Facebook:
Tall Pines Nursery School & Tall Pines Event Reminder

Fall Pines Tidings

From Teacher Kelsey

Sharing Responsibility with Your Children

There are many benefits from encouraging your children to become “working partners” with you. This relationship can be met through mutual respect, sharing opinions, accepting decisions, cooperatively setting goals, consequences, and privileges. Teaching your child to assume responsibility enhances the learning of cooperation. Growth in this area is best acquired developmentally as the child feels useful and needed at an early age and as time passes they in turn become more self-reliant and independent. The following list is cumulative and was put together by teachers and parents and is meant to suggest possibilities, it is only a starting point subject to the situation and creativity of the adult. Before assigning duties, it would be helpful to keep these principles in mind:

- Children have rights as well as responsibilities. If these rights are arbitrarily or impulsively withdrawn by the adult, the child may feel dominated or revengeful and will resist any efforts to elicit his cooperation
- Children should be consulted about the job to be done. Afterwards, identify the work help them be involved in the evaluation of the completed job.
- Allow choices in which job they would like to do. Then make sure that they follow through with their choice.
- Allow the consequences to follow logically from the uncompleted job.
- Place appropriate time limits on when task should be completed. Let the child participate in discussing these time limits.
- Vary the tasks they do. The like the challenge of a new or unusual job.

- Remember you are a model of “order” for them. Do not expect an orderliness or cleanliness from them that you would not expect of yourself.
- Never do anything for a child the he/she can do for themselves

I personally love to have my children be my “partners” around the house. I notice that when I give them appropriate and varying jobs they in turn feel rewarded and confident. Don’t hesitate to ask any of the teachers if you are looking for age appropriate jobs for your children to start doing. Cheers!

♥Teacher Kelsey

Tall Pines Picture Day! March 7-11th



Fall Pines Tidings

FROM TEACHER DEBBIE

I thought that instead of always putting an article about your children, I would put something in about loving yourself and taking care of you, Mom and/or Dad.

Self-Care checklist:

Rate the following in terms of frequency:

5= frequently

4= occasionally

3= rarely

2= never

1= it never occurred to me

Physical self-care

___ Eat regularly

___ Eat healthy

___ Exercise

___ Get medical check-ups (the preventive kind)

___ Take time to take care of yourself when you are sick

___ Get enough sleep

___ Wear clothes you like

___ Take vacations

___ Take time away from technology (phone, email, social media, etc.)

Emotional Care

___ Write in a journal

___ Read literature that is unrelated to work or children

___ Do something where you practice receiving from others

___ Give yourself affirmations, praise yourself

___ Love yourself

___ Allow yourself to cry

___ Find things that make you laugh

___ Be open to not knowing

___ Be open to inspiration

___ Try at times not to be in charge or be the expert

___ Meditate

___ Pray

___ Sing

___ Spend quality time with your children

If we can always remember to ask ourselves “What am I grateful for today?” and if we can evaluate ourselves and do more self-care, we can be an even better parent because we’ll feel better. Happy Valentine’s Day!

♥ Teacher Debby

TO-DO

Sign up for a parent/teacher conference and for Special Person’s Day. This is a great opportunity for your child to invite an adult to come to school as a “Special Person”. Some suggestions would be: Grandpa, Grandma, Aunts or Uncles. We ask that you please limit it to one person. Children love this day because they can show off his/her school.



Make your Valentines!

Some simple suggestions would be to cut out heart shapes and to have your child put stickers on them or to have your child finger-paint on paper and then cut out heart shapes and place them on a doily. If you want to be more ambitious but need to get your creative juices flowing, try visiting familyfun.com for some fun ideas and variations. Little hands get tired easily so please try and pace yourself with whatever style your child chooses to create.

Tall Pines Tidings

In Regards to Valentines:

Other things to remember are that we ask for no candy, please, and while you won't be addressing the cards to individuals, your child's name should be on the cards that he/she gives out. You can choose to write your child's name if they prefer or providing letter stamps for your child also works.

Here is the count. Please make Valentine's only for your class.

MW Older: 10

MW Younger: 13

TU/TH Older: 13

T/TH Younger: 13

PT I: 17

PT II: 8

Of course one for teachers and Nicole, we love them too!

Play with me

I tried to teach my child from books;

He gave me only puzzled looks.

I tried to teach my child words;

They passed him by, often unheard.

Despairingly I turned aside;

"How shall I teach this child?" I cried.

Into my hands he put the key;

"Come", he said. "Play with me."

-Author Unknown



What it takes to be an Understanding, Compassionate and Healthy Person at Tall Pines Nursery School

Be informed



Read bulletin boards



Read the newsletter



Read your work schedule calendar



Read the info in your child's cubby

Take Steps to Solve Problems



Speak with your Class Rep



Speak with your teacher



Speak with Nicole if dues are involved



Speak with Debby or Kelsey, the Directors



Have integrity as a parent and adult



Be honest



Be non-back-stabbing



Be a good listener and send concerns to the proper person



Be non-judgmental of others, especially the children.



Don't forget!

Please bring back library books that you and your child have checked out before you check out more.

Tall Pines Tidings

You can bring in a book to donate to our library on your child's birthday celebration, too!

KIDS ARE COOKING!

FEBRUARY

3 & 4 homemade pretzels

10 & 11 Valentine's Party! Sign-up to bring something

17&18 Chinese New Year: Edamame, mandarin oranges, stir-fry noodles, dried seaweed

24 & 25 Short day because of parent/teacher conferences~ school will provide snack

And last, but certainly not least, WELCOME to all new families!



Valentine's Celebration at Tall Pines

Our Valentine's celebration at Tall Pines is a very wonderful event.

*Please have your children make Valentines but make it simple. Cut out hearts with stickers. Sign only your child's name (older side: many can do it themselves).

*Use homemade paper like finger painted by your child, cut hearts and good to go.

*Please, no candy.

*The children will be making mailboxes for Valentine cards to be mailed.

*Check your class list to see how many

*Best to start NOW!



10 ways to play in February

1 Set-up a stuffed animal zoo or vet office. Make signs, tickets, prescriptions, and feeding schedules. Lead zoo tours or treat your patients with bandages, medicine (poms poms work great), and love!

2 Make structures with toothpicks and marshmallows.

Tell a story and have a grown-up write it down. Add some illustrations, too!

3

4 Paint some card stock or watercolor paper (with brushes or fingers). When dry, cut the paper into postcards and send notes to friends and family.

Do a sink and float experiment.

5

6 Have a living room picnic!

Paint with unusual tools.

Here are some ideas to get you started: tree branch, toy cars, toothbrush, kitchen sponge, bath scrubbie, or cookie cutters.

7

Make a single-color collage.

Gather yarn, paper, buttons, crayons, paint, and anything else you can find that is your special color. Grab some glue and start creating!

Try batting balloons

around the room using your head, elbows, knees, or nose.

Can you bat a balloon back and forth with a fly-swatter?

9

How tall of a block tower can you build? How many blocks can you stack in one minute?

10

happy playing!