

Tall Pines Tidings

Dates to Remember

December

- 2 December dues are due – late after the 10th. late fee applies.
- 2 Return to school
- 4 & 5 **“A Tall Pines Christmas”**: Program starts at 6 pm sharp! Please bring food to share: hors d’oeuvres or a dessert (Please make enough for about 20 people).
Here is the schedule:
Mon/Wed AM. classes & the PT-I class come Dec 4th. 6 pm sharp! Be early!
Tue/Thu AM. Mon/Wed PM. & PT-II class come Dec 5th. 6 pm sharp! Be early!
6:00 pm Sing - Practice at home! (see songs included)
6:15 - 7pm Share hors d’oeuvres and desserts. enjoy visiting with each other.
- 9 & 10 Santa visits Tall Pines!
- 9 Board Meeting 6 pm. location TBD
- 18 & 19 M/W, T/Th Christmas Celebrations in the classroom
- 20 PT I and PT II Christmas Celebration in the classroom.
- Dec. 23 – Jan. 3 Christmas-Winter Break – no school.

January

- 6 January dues are due – late after the 17th. late fee applies.
- 6 Return to school
- 13 Board Meeting 6:30pm at school.
- 15 SVC Meeting 6pm at James Marshall in Sacramento
- 15-16-17 Pajama Day
- 16 Take Out for Tall Pines –Location TBD
- 20 No school –Martin Luther King Holiday
- 22-23 Wildlife Rehabilitation & Release at 10:30 am
- 23 General Meeting. **Kindergarten Panel !** 7pm at school. All must attend!!
- 25 Winter Clean-up 10:00 to 2:00. Look in cubbies for reminders.
- 29 & 30 Fieldtrip to Gold Country Gymnastics. (Older/Younger) 9-10:30 \$8 per child.

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We wish you a Merry Christmas and a Happy New Year.

Many Blessings to all our wonderful Tall Pines Families!

♥ ~Teacher Debby, Teacher Michelle, Teacher Kelsey and Nicole.

Kids are Cooking in December !

December

- 4 & 5 Veggie X-mas trees
- 11 & 12 Santa pancakes
- 18, 19 & 20 Christmas Celebrations in class. Sign up to bring something!

January

- 8 & 9 Noodle soup & crackers
- 15 & 16 PJ Day. Green eggs & Ham and toast
- 22 & 23 Snowman bagels
- 29 & 30 Biscuit bears. homemade butter & honey

President's Message

Happy Holidays!

Are you excited for Tall Pines Christmas this week?! It always fills my heart with joy, and my eyes with tears, to watch all of our little ones sing, "We WISH You A Merry Christmas" – as they swing their arms and sing their hearts out with such passion and enthusiasm under the great big Tall Pines holiday tree. Could there be any gift as grand?

As 2013 gradually comes to a close, I'm acutely aware of how quickly the time passes and find myself asking, "Where has the year gone?" Time seems to pass by so much more faster as an adult than it ever did as a child. Alas, the new year approaches with promises of new beginnings and endings, new opportunities, and hopefully a greater sense of knowledge and understanding. So here's to the Happiest of Holidays and a very Prosperous New Year to us all!

Cheers and Blessings to you and your's,

♥ ~ Jeanette

Business Office

Hello Tall Pines Families and Happy Holidays! I can't believe that we are already immersed in the Christmas season! Here in the business office, things are running smoothly ~ we have gotten into our routine, and all is well.

Just a few reminders ~ please put your child's name and class on your tuition payment. Also, as we enter into the New Year, remember that we pay May's tuition in February, so it will be a double tuition month. As always, please come see me if you would like to set up a payment plan, or have any questions.

We still have a few openings in the Monday/Wednesday afternoon class, as well as the Parent Toddler II class. January is a great time for families to join our school ~ so, please let your friends know. Also, please join me in welcoming all of our newest families to Tall Pines! This is truly a remarkable place and a

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wonderful environment for both children and parents alike.

Wishing you a peaceful and joyous Holiday season!

♥ ~ Nicole

Young children learn best in the context of relationships, and what they most need to learn in their preschool years isn't found on flash cards nor on TV and computers.

Fundraising News

2013 has been a successful year for our school on many levels from welcoming many new families to our ranks to meeting the fundraising goals that sustain our school economically. It's the spirit of the season to be thankful and for all this and more we truly are thankful! You make this school such a special place for our children to learn and you are the reason it works so well. Thank you for your continued support!

The Take Out for Tall Pines have been great. We were excited to include a Penn Valley restaurant this year. By all accounts the Take Out at the Northridge Penn Valley was a success. Thanks to all who attended!

Original Artwork was a hit this year as well. Kudos to Teachers Debby, Michelle and

Kelsey for doing such a great job on the hand-print art this year. Orders are expected to arrive by Dec. 18 in the mail, just in time for Christmas. All orders should be in cubbies, or on the table near the office, by Dec. 19.

Thanks to the popularity of the Olive Oil sale last year and the generosity of Olive Vitality in downtown Grass Valley (also a Tall Pines family), the 2014 Olive Oil sale will be even better. We will host an Olive Oil tasting at the January General Meeting of infused oils and/or balsamic vinegars and ask parents to vote on their favorites. The top vote-getters will be our featured flavors for the sale, which will begin in early February.

Until then, from our families to yours we wish you a joyful holiday season filled with laughter and love!

- Original Artwork gets delivered to you Dec. 18-20
- Olive Oil sale begins in early February

Mention Tall Pines and receive 10% off your purchase!

Matthew & Jeanette Angell, Proprietors
530-273-8336
olivevitality@gmail.com
126 Mill Street
Grass Valley, CA 95945



www.OliveVitality.com

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From the V-P Team

Thank you to everyone for all of your hard work on your selected committees -your contributions are what make Tall Pines what it is. Just a reminder that if you can't remember what committee you signed up for at orientation, you can always check in with Tanya or myself, or check the committee list located outside the Business Office. (PT-I and PT-II classes do not need to be on a committee.)

Also, a reminder that Winter Clean-Up will be happening Saturday, January 25. This is a two hour commitment to help clean the school for our kids. If you are not sure if you signed up for the winter one, again, check in with Tanya or myself, or check the committee list. For those of you who did sign up for Winter, we will send you a reminder closer to the date with additional information. (All Tall Pines families need to participate in either the Winter or Spring clean-up.)

Lastly, please remember that if you have to miss a General Meeting, make sure to complete one of the forms located in the Business Office and place it in the Vice President folder also located in the Business Office. This is very helpful for us. If you have any questions, please feel free to contact us. Thank you!

♥ ~Mercedes Ricciardi and Tanya Telford

Great info on these websites
Parenting Info online
www.positivediscipline.com
www.loveandlogic.com

The ABC of Power Struggles

Power struggles are a component of human development. When two people want a different outcome, whether it is with regard to food, clothing, money, or means, a struggle for power begins. For children and parents, power struggles typically occur during the toddler years and then recur during adolescence. They occur more or less frequently depending upon a child's temperament and physical depletion (hunger, fatigue, stress). A parent's main job is to set limits while supporting their child's growing independence. As children learn the boundaries set by the parents, power struggles may decrease. In a process of testing the limits, children quickly find any weak boundaries, wishy-washy rules, or pushover parents. If limits are unclear or inconsistent, power struggles may intensify or become more frequent. Power struggles teach children how to resolve conflicts and solve problems. It is a learned skill that can make one's life easier when done well, or more difficult when done poorly. I use my ABC thinking whenever possible:

A – Attention to the moment. If I am feeling under attack by my child or the need to strongly defend myself, I am likely engaged in a power struggle.

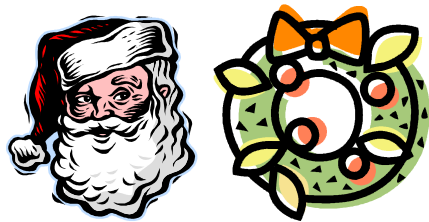
B – Breathe! Take a few moments to pause and check your emotional and physical state and consider that of your child.

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C- Choose to diffuse: Lay down the law (health or safety involved), lay down your end of the rope (pick your battles), compromise (can you negotiate without giving up authority).

Even good parents will make mistakes. Accept it and move onward. If you have more than one child, you may have the opportunity for a do-over. If they have different temperaments, you will have the opportunity to increase your neurons.

♥~ Michelle McIntosh, MA Ed., CA ECSE, mother of 3



From Teacher Kelsey

Happy Holidays Tall Pines!!!! This is truly my favorite time of the year. As we gather together for holiday feasts and festivities, it is important to take the time to reflect on what we are thankful for. I am thankful for so many blessings, most importantly my family, friends, health, and the 20 smiling faces I get to see every day in my classroom. I wanted to share a few of my favorite gift ideas.

1. An activity... Print out a certificate for horseback riding lessons (if you want a recommendation let me know), craft classes at Ben Franklin or Artist Workshop, soccer workshops at Samba soccer, or Gymnastics classes.

2. Fun kid science. Foothill Mercantile downtown has a great aisle with all kinds of fun science activities.

3. Board games one of my favorite family time activity.

4. Donate to a charity like Heifer International.

5. Some of my favorite Christmas books... *A Pirate's Night Before Christmas* by Phillip Yates. *The Night Before Christmas* by Clement C. Moore (great illustrations) and *Christmas Moon* by Denys Cazet.

♥~ Teacher Kelsey

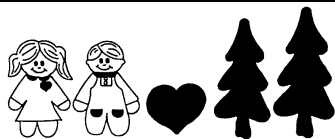
Wildlife Release Program

Wildlife Release Program is bringing their birds to Tall Pines on January 22nd and 23rd. You can help this organization on the day they visit.

To help their program they are asking for donations of paper towel.

Thank You!





Teacher Debby's Parent Page

Winning Ways to Talk with Children

Talking with children involves exchange of words, ideas and feelings between two people. Communication is what we say and how we say it. We communicate with looks (scowls and smiles), with actions (slaps, hugs), with silence (warm or cold) as well as with words (kind and unkind).

Hopefully this helps with avoiding power struggles. Good communication leads to:

- Warm relationships
- Cooperation
- Feelings of worth

Poor communication leads to:

- Kids who "turn off" adults
- Conflicts and bickering.
- Feelings of worthlessness.

Children "listen" to kind, firm and consistent action more than they listen to words.

How to Win with your Child !

Here are some winning ways of talking with your child. But remember, what works well for one child may not work for another. Try other ways to reach a positive outcome.

1. Communicate Acceptance

When your children know that you accept them just as they are, it is possible for them to grow, to change and to feel good about themselves.

When adults:

Threaten
Command
Preach
Lecture

The child feels:

"I don't count"
"I'm bad"
"You don't like me"
"I can't do anything right"

2. Use "I Messages" to communicate your thoughts and feelings clearly. "I messages" are

statements of fact. They tell your child how the behavior makes the adult feel. Example:

"I message"

"I need help picking up"

"You message"

"You sure made a mess"

The "I message" gives your child responsibility for changing their own behavior.

Do not use "I messages" to express anger.

3. Use more Do's than Don't's: Tell your child what you want them to do: not what you don't.

Do's

"Please hold your coat so it stays off the ground"

Don't's

"Don't drag your coat on the ground"

4. Talk WITH, not AT your child

Talking with a child is a two-way conversation. Forming this habit makes a difference in a positive way.

5. Make requests simple. More than one request at a time is hard for young children.

6. Get their attention before you speak.

7. Make important requests firmly. Speak as if you mean it and give your child a reason why. One request at a time.

8. Communicate at eye level.

9. Say please, thank you and you're welcome.

10. Try not to interrupt or scold your child when they are telling you their stories.

11. Don't use unkind words that put your child down. Ex: Ridiculing, "you're acting like a big baby"; Shaming "I'm ashamed of you". Name Calling "you're a bad boy".

Unkind words spoken without considering their effect make you child feel disliked.

12. Use Kind Words "Thank you for helping me clean off the table". "I love you".

The way you talk with your child sets the tone for either a power struggle or a positive outcome. When you find yourself getting frustrated, come back to these check points again and again.

♥ ~Teacher Debby