

Tall Pines Tidings

Dates to Remember

May

REMINDER: Sign up to work in our Pizza Booth at the Fair –Mandatory!!

- 1 No dues if you have already paid
- 4 Spring clean-up 10-2 pm
- 8, 9, 10 Mother's Day Brunch. See flyer to come.
- 13 Board meeting 6:30 pm at school
- 15 & 16 Unbirthday celebrations –for children with Summer birthdays
- 16 General Meeting 7:00 pm at school – Mandatory for all!
- 17 Last day of school for Parent-Toddler classes
- 22 Last day for M/W classes. Pack the school. Pack lunch and drink for child.
- 23 Last day for T/Th classes. Move to storage. Drop off T/Th children at Minnie Park (by Condon Park, GV). Pack lunch and drink for child.
- 23 Ice cream social 6:00 – 7:30pm at Tall Pines. Bring a topping to share



June Office closed

July

- 8 Office reopens. We will be answering phone calls. Available for all school info
- 15 Reminder cards for pizza booth at the fair go out.
- 19 Children's Festival. Pioneer Park 9-12 pm and 5-8 pm \$3 per person

August

- 5-12 Fair week. Fair is Aug 7-11. Work at the Pizza Booth (all parents)
- 5-12 Confirmation letters go out for school
- 27 Cal Fire moves us in
- 28 & 29 Orientation. Class reps will contact you
- 30 Meet your Teacher!

Tall Pines Tidings

President's Message

Well the school year is coming to an end. It's hard to believe Summer is almost here. Some of us will be going on to Kindergarten and some families will be returning to Tall Pines for the next school year. It has been amazing watching our children form friendships and grow into kindergartners and the younger side is so excited to move onto the older side.

Thank you to our wonderful teachers at Tall Pines, for your time, your patience, your loving hearts, and helping our children grow. In our house it is like Christmas the night before school. Hearing the excitement in my daughter's voice "is it school tomorrow?!" brings joy to my heart. I thank you for touching our hearts the way you have! I know I have said this before, being a part of this Tall Pines family has been an amazing experience for our family. Such wonderful memories have been made with our loving teachers and the lifelong friendships we have made. One last reminder the **mandatory General meeting is May 16th**.

I hope that you all have a great summer vacation and there is lots of family time and cherished moments. I want to share a couple quotes that I found to be so true, as I finish my last newsletter.

"Tell me and I will forget. Teach me and I will remember. Involve me and I learn." –Benjamin Franklin

"A teacher takes a hand, opens a mind, and touches a heart." –A Teacher

Tall Pines we love you and Thank you!

♥ ~Sarah



Business Office

Wow ~ this year really flew by!!! I can't believe we will be packing up the school in a few short weeks!

Just a few friendly reminders ~ I recently placed notes in cubbies if you have an outstanding balance on your child's account. Please make sure you settle your account before May 15th ~ or come see me so that we can create a payment plan. But, I will need to hear from you before the school year is over. Also, please make sure you get all of your forms filled out over the summer....your child will not be able to start school in the fall if their file is incomplete. If something comes up over the break and you need a form, have a question, etc. you can always call Tall Pines or send me an email (tnkiser@hughes.net). I will be checking the messages periodically.

Thank you again to everyone for making my job such an easy one ~ we have the most wonderful families at Tall Pines!! It has been such a fun year getting to know you and your children ~ the best part of my job is the kids! I love to listen to them while they are in class ~ they have the most imaginative conversations...and occasionally one of them will just pop into my office and sit down to have a little chat with me ~ I love it!!

Tall Pines Tidings

For those friends who are moving onto Elementary School ~ we will miss you, but our friendships will last a lifetime! Have a wonderful summer everyone!!!!

♥ ~Nicole

overtime. Finally, to Teacher Michelle, Teacher Kelsey and Nicole, Bill & Nancy. Wow! Thank You. It really does take a village, and our village is very grateful. I'll see you soon and have a great Summer.

♥ ~Teacher Debby



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Office closed in June

- The office is closed the month of June for a well-deserved break. If it becomes urgent, you can leave your name and number and we'll get back to you ASAP.
- The office will re-open after the 4th of July for calls.

End of Year Ice Cream Social

NOT TO BE MISSED !! Our last gathering before summer is upon us. You don't want to miss this opportunity for some luscious Baskin Robbin's Ice Cream. Not to mention a time to visit with parents and let the kids play. Please bring a topping to share.

⚙ Thursday, May 23rd, 6:00-7:30 pm at school in the patio area.

A Last Thought Before School Ends

Thank you to all of you and your children. This school is wonderful because of the dedication of the Tall Pines staff, and because of all you parents. Your commitment is incredible. Your Board of Directors works very hard behind the scenes to keep us focused. Especially a huge thank you to the Fundraisers who work

Things To Do this Summer

My Favorite Free Things to Do in The Summer
From Teacher Michelle

- Pack a picnic & go exploring our parks, rivers, trails..
- Join the library weekly story time
- Have a watermelon seed spitting contest -- outdoors
- Listen to the birds and count the different songs
- Make your own lemonade from fresh lemons
- Build a home for bugs with rocks and sticks you find
- Paint outdoors with squirt bottles of colored water
- Run through sprinkler or hose spray
- Ride bikes at the fairgrounds
- Lie on the lawn after dark and look for shooting stars
- ...add 4 hugs, 3 kisses, and 1 big smile to each activity and ENJOY SUMMER!

♥ . Teacher Michelle

More stuff to do this Summer

- Don't overschedule your child and family
- Do relaxing things:
- Go to the pool
- Go on a hike and take food and water

Tall Pines Tidings

Build things in your yard with cardboard, small logs, rocks, paint...

Have an outdoor neighborhood movie night, using a sheet on the wall. Children sell popcorn and juice. Have Dad figure out the laptop projector!

♥ . Teacher Debby

*CSA Produce Boxes June-November.
Vegetable starts available after Easter.
We are one mile from Tall Pines!*



Starbright Acres Family Farm
Eat Right at Starbright!

Ken and Aleta Barrett
Your Farmers

12575 Polaris Drive
Grass Valley, CA 95949

(530) 273-2513

starbrightacres@yahoo.com

From Teacher Kelsey

I just want to say a heartfelt thank you to all the wonderful families of Tall Pines. You have made my year so special and I absolute loved making memories with all of you! Your children are such an amazing blessing and I really enjoyed getting to know each and every one of them!

A couple if ideas for summer activities:

Horseback riding lessons at Oak Tree Ranch.

Contact Gwen at 615-6947

Mommy and me soccer at Samba Soccer.

Contact Jo at 274-3205

Visit one of our beautiful local lakes-

Scotts Flat, Fuller, Rucker, Englebright and Eagle Lake, Bowman, Sawmill, French...

Take a hike in Spenceville wildlife area

♥ . Teacher Kelsey

Thank You !!

Your fundraising team is so thankful to you all for your hard work and support since the beginning of the school year! Each and every one of you played an integral role in our success and we extend our heartfelt thanks for your efforts and most importantly, we hope you had fun in the process! If there is an event you found particularly enjoyable we hope you'll volunteer next year to help plan and organize it with us by putting your name down for that committee during registration. We've made a lot of new friends this year and look forward to working with you all again next year! Have a beautiful summer!

Your Fundraising Team.

♥ Brett, Monique and Carah

Mother's Day Celebrations!

Every year the children make a special brunch for their Moms. They cook, clean, set the table AND clean up Mom's spot. It's a wonderful way for your child to thank you for all you do (the Teachers thank you too!)

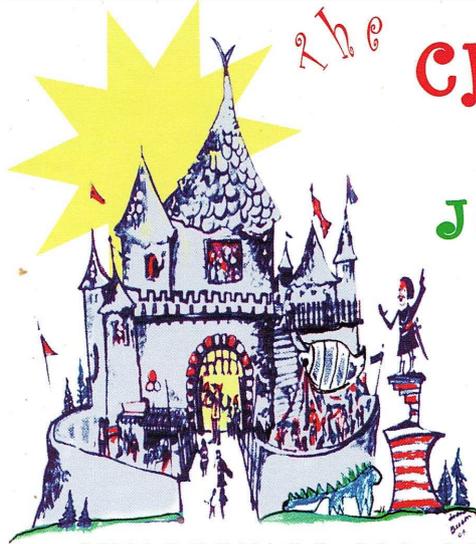
Please have your child bring a piece of fruit or berry basket to make fruit salad.

(530) 273-4638

www.TallPinesNurserySchool.com

Summer 2013

Tall Pines Tidings



The

CHILDREN'S FESTIVAL July 19, 2013

**PIONEER PARK
NEVADA CITY, CALIFORNIA**

FRIDAY, JULY 19, 2013

TWO SESSIONS:

9AM - 12PM & 5PM - 8PM

\$3 PER SESSION

www.thechildrensfestival.com

CHILDREN OF ALL AGES ARE INVITED!



Teacher Debby's Parent Pages

5 Easy Steps

1. Communicate your expectations clearly

Pitfall: Expressing what you want your child to do by including the child's feelings as a part of the communication. "Let's get in the car. I know you want to go to grandma's, don't you?"

Instead: "I want you to get in your car seat now. We are going to grandma's house."

2. Communicate consequences

Pitfall: Resorting to yelling, whining or complaining (which we all do at one time or another). **Instead:** Accept complaints but clarify what will happen if they do not listen. Deliver the consequences in a matter-of-fact tone. For example: "If you do not get in your car seat by the count of three, I will put you in myself." Or, for an older child, "If you do not do your homework, you will not be able to watch your TV program."

3. Follow through on consequences

Pitfall: Threatening inappropriately in the heat of anger. **Instead:** Be sure you make appropriate consequences that you are willing to deliver. Then, follow through! (Note: Yelling is not a viable consequence and only leads to escalation!)

Expect to follow through on your consequences several times before your children know that you mean what you say and will start to listen, especially if you have been resorting to whining or complaining instead of being authoritative.

4. Accept your child's feelings, but reinforce your expectations

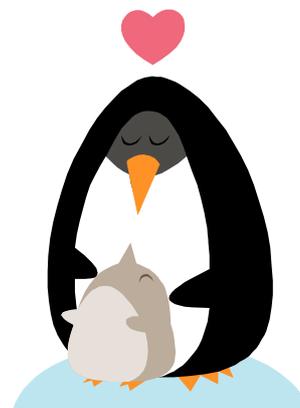
Pitfall: Expecting your child to show enthusiasm or contentment about doing what is required.

Instead: Be willing to reflect your child's negative feelings about doing what you require, but do not negate what you expect. "Grandma is waiting for us. You must get in your car seat. I know you are sad about having to leave your friends right now. You will be able to play another day."

5. Separate your child's behavior from their self-esteem

Pitfall: Confusing behavior with character labels. "No hitting! Only bad boys hit."

Instead: Label a behavior "bad", but not your child's motives or character. "Hitting is a bad thing to do to others. You must learn to use your words." Or to an older child when addressing a bad mistake, "You are not a thief. Why in the world did you steal that lipstick?" Separating behavior from action allows children to learn from their mistakes, rather than be condemned by them.



Tall Pines Tidings

Top 10 Ways your child can eat more veggies

From John and Angie of Mountain Bounty Farm

1. Make it Fun. Engage kids in cooking. Even your youngest can peel garlic or wash vegetables. Tools they can use include butter knife, vegetable brush, ruffle-edged cutter (works like a knife, but not sharp) and kid-safe carrot peeler.

2. Make quick pickles. Thinly slice turnips, radishes, carrots and cucumbers. Place in mixture of $\frac{1}{4}$ cup water, 3 Tbsp rice vinegar and a pinch of salt. Marinate while preparing dinner. Also try with mustard seeds, fresh herbs or seasoned rice vinegar.



3. Try a surprising kid favorite. Try beets, turnips, radishes, fennel and red pepper.

4. Plant it. Whether planting herbs in a window box, creating a patio planter, or preparing a family garden, growing food helps

kids connect with veggies and where they come from.

5. Make it an adventure

Join a CSA and visit the farm. Have your children unpack the veggie box. Sample produce at the farmers market.

6. Sneak in veggies

Prepare entrees and side dishes with veggies in them. Frittatas, omelets, pastas and meatballs make it easy

7. Play with your food

Dip fruit skewers in yogurt and raw veggies in hummus. Top whole grain breads with red pepper spread. Whirl kale and berries for a green smoothie.

8. Grill it

Toss summer squash, eggplant and zucchini in olive oil, balsamic vinegar.

9. Set the tone

Avoid dinnertime food battles by putting more focus on family time and less on what your child eats. If there are only healthy choices, they'll eat them.

10. Be patient

On average, kids need to sample a new food a dozen times before they will eat it.



~Teacher Debby