

TALL PINES TIDINGS



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TALLPINESNURSERY.SCHOOL.COM

Hello Tall Pines Families-

We are missing you all soooooo very much! My family and I have been hunkering down and staying cozy... we have had a few beautiful hikes and lots of laughs! Keep up the positive energy and kindness to others and ourselves.

These are trying times but we will get through them together and be a stronger community for it!

Don't forget to stop by my house to pick up a goodie bag! There are a few different ones so make sure you get something you haven't gotten before... also, please re-use the plastic bags around your house. We feel bad using plastic but it's the best way for you to see what's in them without touching them too much.

Lots of love from my family to yours!
Love, Teacher Kelsey!



Ram Sam Sam

A Ram sam sam, A Ram sam sam

Goolie goolie goolie goolie goolie

ram sam sam

A Raffi, A Raffi,

Goolie goolie goolie goolie goolie

ram sam sam

Skid-A-Ma-Rink

Skid-a-ma-rink a dink a dink

Skid-a-ma-rink a doo, I love you

Skid-a-ma-rink a dink a dink

Skid-a-ma-rink a doo, I love you

I love you in the morning and in the afternoon

I love you in the evening and underneath the moon

Oh, Skid-a-ma-rink a dink a dink

Skid-a-ma-rink a doo, I love you, and you and you and you....



Good Morning to the Sun

Good morning to the sun, good morning to the hills,

Good morning to the chickens and the hens, bock bock bock bock

Good morning to the rooster, cock-a-doodle-dooooooo

Good morning to the cows, mooooooo

Good morning to the piggies in the pen, oink oink oink

Good morning to the sheep, baaaaaaaaa
Good morning to the horse, neighhh

Good morning to the duckies in the pond, quack quack quack

Good morning to the dogs, woof woof

Good morning to the cats, meow meow

Good morning to the birdies in the trees, tweet tweet tweet

Talking to Children about Coronavirus

Don't be afraid to discuss the coronavirus

Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry more. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

Be developmentally appropriate

Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.

Take your cues from your child

Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.

Deal with your own anxiety

"When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.

Be reassuring

Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.

Focus on what you're doing to stay safe.

An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.

Stick to routine

"We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or summer vacation. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

Keep talking

Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"

childmind.org



Make a Macaroni Necklace!

Ready to start? First you'll need to gather a handful of supplies:

1 large jar filled with 2 cups water*

1/2 cup vinegar*

Paint or food coloring

Cookie sheet or tray

Uncooked pasta: Macaroni, Rigatoni, Penne, Ditalini, Ziti (the pastabilities are endless!)

String

Scissors

*If you want to dye your pasta multiple colors, you'll need to gather multiple jars of water and vinegar.



1. Add Vinegar to Water

Dyeing pasta is a lot like dyeing an egg. You want to make a mixture of vinegar, water, and dye. Start the dyeing process by filling a large jar or bowl with 2 cups of water. Pour a 1/2 cup of vinegar into the water.

2. Add Pasta to Water & Vinegar

Add the pasta that you want to dye into the water-vinegar mixture. If you plan to dye the pasta a few different colors, set up multiple jars with water and vinegar.

3. Add Paint or Food Coloring to Mixture

Squeeze paint into your water and vinegar mixture. You want the mixture to be really saturated with the color you are planning on dyeing your eggs. If you are using food coloring—add in several (at least 4-5) drops into the mixture.

4. Soak Pasta in Jar

Have your pasta soak in the dye mixture for 20 minutes. You can take a piece out to check on how it is doing. If the color is too light, have it soak for longer or try adding more pigment to the water and vinegar.

5. Dry Pasta on Cookie Sheet or Tray

Carefully pour the dye mixture out into a sink. You can use a colander to help make sure you don't lose any of the pasta down the drain. Put the dyed pasta onto a cookie sheet or tray, and set out to dry. Wait about 30 minutes for your pasta to dry.



6. Use Scissors to Cut String

7. Tie Knot in String

8. Thread Pasta onto String

9. Tie Necklace Closed



Respirators (Masks) In Need

We have a Tall Pines Family in Need

Two of our T/TH younger class parents are emergency room doctors in Marysville. They have reached out to our Tall Pines Community for help. **They are in dire need of p100 or n95 respirators (masks)** at their hospital to keep themselves safe and to be able to properly care for their patients.

Do we have any contractors, welders, or anyone else that may have some of these respirators that they could donate? These respirators are really of minimal use to the general public at this point, but could save the lives of many healthcare workers, and by proxy, your loved ones.

Thank you so much!!!



p100



n95



They are located at **13460 Idaho Maryland Road and Morro**, and would gladly accept items dropped off at their stoop. Or you can contact Teacher Cynthia and I can pick up and drop off, if that works better for you. cynthiawiberg@yahoo.com