



# LANSING CO-OPERATIVE SPIRIT

A NEWSLETTER FOR THE LANSING CO-OPERATIVE NURSERY SCHOOL COMMUNITY

## News from the Director

### Registration

We have actively started enrolment for all programs for the 2014-2015 school year. Register early to secure the desired program days and co-op job of your choice. Registration will open up to the public on **April 7th**.

### Chicks! Chicks! Chicks!

Chicks at Lansing? Why not! On March 19th, we set up an incubator with several chick eggs. The children have the opportunity to learn about the development of chicks, the hatching process and the care of baby chicks. We expect the eggs to hatch around April 9th, lets keep our fingers crossed that at least a few of them will hatch while the children are in the school. It's always exciting to watch the chicks play in our school! They will be returned to the farm on April 16th.



### Easter Break

The school will be closed from **Friday April 18th to Monday April 21st**. Classes will begin again on Tuesday April 22nd.

### Parking Issues

At our parent meeting in Fall, I requested that parents **STOP** parking along side our building when dropping off/picking up their child. **THIS IS A SAFETY ISSUE** if there is an emer-

gency a fire truck or ambulance would not be able to get through. For the safety of all children and consideration of others **please do not park** along side the school at all times. The parking lot is for staff and duty day parents. All parents are asked to use the church parking lot and remember to have your "Lansing" logo visible on your dash.

### Visit to the Fire Station

**Tuesday April 22** (blue group) at 9:30am,  
**Wednesday April 23** (red and yellow group) at 9:30am and  
**Thursday April 24** (Preschool and Kindergarten) at 1:30pm, we visit our local fire station to learn more about fire safety (and see the big red trucks, of course).



### Picture Day

Individual and Class photos will take place on **April 9th!** ALL Nursery children please be at the school at 9:00am sharp. Afternoon children please arrive at 1:00pm. Please be prompt. All children are to come that day.



## April 2014

### In this edition:

- News from the Staff
- News from the Board
- Calendar of Events
- Article of the Month

### FAMILY NIGHT

#### Open house

**May 29th, 5:30-7:30**

### This Month's Birthdays

Nika—April 16th

Mia—April 18th

Erica—April 25th

Isabella—April 25th

Reach us at  
[www.lansingnursery.org](http://www.lansingnursery.org)  
80 Church Avenue,  
North York, ON  
M2N 4G1  
(416) 225-4581



## News from the Director cont'd...

### **Spring Clean up**

Saturday May 3rd, sign up will be posted April 14th in the parent room.

### **Summer Camp Registration**

Lansing will be having a summer camp program this summer for 4 weeks! From July 7th-August 1st, we will be holding 2, 2-week sessions in the morning from 9:00am to 11:45am for children ages 2 1/2 to 5 years old. Registration packages are available now. It will be an action packed camp for the children with outdoor water activities, arts & crafts, music and much more!



### **Yearbook Photos**

Please submit to the school.

### **MOVIE NIGHT FUNDRAISER**

The staff have volunteered their time to organize a movie night on Thursday April 17th from 5:00-8:00.



## News from the Board & Teams

### **News from the President**

We are thrilled to welcome Jinah Kim Lee (Erica in the Blue Room's mom) to our board as Registrar. Her timing could not have been better. This was a vacant position for several months, but with registration on April 7<sup>th</sup>, we are very happy to have her helping us out on this extraordinarily busy day. If you know you are returning, then please submit your registration package to Gina (Director) before registration day so that we can hold a spot for you.

The other main event to mark on your calendars is what we are now calling "Family Night / Open House". This is an evening event (on May 29<sup>th</sup>) for you to attend with your children to see first-hand what they would be doing on a typical day at school. We'll post more information about this event as it gets closer, but the general idea will be for our morning classes to spend some time with

their teachers first (starting at 5:30pm) performing a song and doing a craft; and then our preschool and kindergarten classes starting a little later in the evening (around 6:15pm or so) with their teachers also performing a song and doing a craft. During the evening we will also be providing dinner (watch for ticket purchase information), as well as hosting a silent auction fundraising event (we'll showcase the items a few days before the event to get the bidding going). With this and our day-to-day programming, it's looking to be a busy couple of months.

So, how can you help?

**1) Engage** - We are a cooperative community, and outside of the direct programming provided by our teachers, everything else that allows our school to function is a direct result of community engagement. A big thanks to all the members who's co-op job involves supporting our kids programming (toy









cleaners, grocery, art distribution, etc.). For our special events team and fundraising team members, we've had a few successful events, and we have a few still to go. If you have not yet been fully engaged, please let one of us know, as we will need extra help to make these events a success. We have an outstanding group of parents this year, who all seem very willing to support our community activities. Thank you for this ongoing commitment.

**2) Donate** - We are a registered charity and our long-term sustainability is dependent on charitable donations. While your tuition allows us to cover the operating costs (salaries, consumables, overhead) associated with a determined number of student spots from year to year; charitable donations are critical to the maintenance of our facility and capital equipment. (cont'd)



# April 2014

## Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 	10	11	12
13	14	15	16 	17 	18 	19
20	21 	22 	23 	24 	25	26
27	28	29	30			



**Wednesday, April 9th**  
Picture Day



**Wednesday, April 16th**  
Chicks return to farm



**Thursday, April 17th**  
Musical performance by Josh (Liam's dad)



**Thursday, April 17th**  
Movie Night



**Friday, April 18th & Monday, April 21st**  
School closed



**Tuesday, April 22nd– Thursday, April 24th**  
Fire Station trip

### News from the Board & Teams cont'd...

We have benefited greatly from ~\$60,000 raised by previous members over the past 5-6 years and reinvested into our facility. Because of their hard work and donations, we expect that our facility will exceed health and safety standards for the next 20 years. Our current fundraising efforts are now targeting funds for new educational equipment and interactive toys for our programming. With the ~\$1000 raised by previous fundraising events, we have already purchased new stereo equipment for the classrooms. The recent donations campaign has added an additional \$600 over the past 2 weeks based on direct contributions from our member families. If you wish to make a donation to our campaign (now or at any time in the future), there is now a direct link from the [www.lansingnursery.org](http://www.lansingnursery.org) website.

**3) Contribute** - There are many other ways to contribute that are just as valuable as your financial gifts. Your commitment of time and support is always greatly appreciated (e.g. thanks to our parent and teacher volunteers for the upcoming movie night). Our current efforts are also focused on collecting items for our silent auction. If you have any new / unopened toys or other quality items (e.g. event tickets, gift cards, etc.)

at your home that you are not using, then we would welcome them as items in our silent auction. If you have connections from your work or within your own networks for potential auction items, then these would be most welcome also. We will provide full recognition of our donors for the event.

## *We still need donations from families to Lansing's Silent Auction*

I hope that you have found that our community owned facility and quality early childhood education organization stands out as a rare jewel in our neighbourhood. Please help us to keep it as a leading destination for nursery and preschool children for many years to come.

Rob (Esther's Dad)

## Featured Article

### *The Power of Super Foods*

#### **Eat the Colours of a Rainbow!**

Here is a quick reference color guide to the super fruit and vegetables:

**White:** Eat cauliflower more often than potatoes, onions, and mushrooms.

**Green:** Eat more dark leafy greens, such as red leaf lettuce and kale; and spinach, broccoli and Brussels sprouts rather than iceberg lettuce and green beans.

**Yellow/orange:** Eat more carrots, sweet potatoes, cantaloupe, oranges and grapefruit, instead of sweet corn or bananas.

**Red:** Choose tomatoes, red peppers and strawberries instead of apples.

In today's world, getting your child to eat healthy foods can often be a very challenging venture. The quality and quantity of nutrients we are feeding our children often falls very low on the priority list.

Super foods are whole foods that have not been refined, processed or preserved and are very close to their original source. These foods provide a child's body with essential fats, vitamins, minerals, lean proteins and iron. Supplementing your child's diet with super foods is a way of providing them with the essential nutrients necessary for healthy growth and development.

Here are a few examples:

- ★ **Whole grain bread**—Whole grain breads break down into glucose—the main source of fuel your child needs to maintain energy.
- ★ **Blueberries** - Blueberries are a wonderful way for children to get a sweet fix without the addition of refined sugars. Contains antioxidants.
- ★ **Yogurt** - One of the best sources of protein and calcium for your child.
- ★ **Sweet potatoes** - Loaded with beta carotene, vitamin E, vitamin B6, potassium and iron.

- ★ **Beans**—Filled with fibre and protein, and is an excellent source of iron.
- ★ **Broccoli** - Loaded with disease-fighting chemicals and vitamin C.
- ★ **Eggs**—Eggs offer a wonderful source of protein and essential fats, Omega-3 fats have been shown to improve skin, allergies, brain function and mood in children.

The best bet is to eat a wide variety of fruits and vegetables. Remember that each offers a different mix of vitamins and minerals to help fight off illness and make your body healthy and strong.

Source: [www.healthylicious.ca](http://www.healthylicious.ca)

