



LANSING CO-OPERATIVE SPIRIT

A NEWSLETTER FOR THE LANSING CO-OPERATIVE NURSERY SCHOOL COMMUNITY

News from the Staff



From the Director

Valentine's Day Party

We will be celebrating Valentine's Day on **Friday, February 14th**. We ask that everyone, including our parent volunteers, dress in Valentine colours. All children are welcome to participate in our celebration. A letter will be sent home with more information.

Valentine Fundraiser

Show your love to your kids with a surprise cookie gram with your child's name made by Lansing parents volunteers. Don't forget to buy for siblings, nieces, nephews and friends. Cookies are on sale for \$5 each and all orders (with your payment) have to be given to teachers by **February 7th**. Cookies will be delivered on Thursday February 13, just in time for Valentine's Day.

Critters—Special Guest

On Tuesday, February 25th, the Preschoolers and JK/SK classes will be educated and entertained by *Critters*. *Critters* offer a unique, hands on experience for children using a wide variety of small, mostly exotic animals. Students will be able to get close up to touch and hold some very interesting animals! See www.critters.ca for more information.



Preschool Program

Lansing will continue to offer full day Preschool starting in September. Preschool will be from 9am to 3:30pm with a 3 or 5 day option. There will be enriched curriculum classes, weekly gym classes at Mitchell Field and more! This is an ideal way to prepare for Kindergarten in a supportive, nurturing environment. Children must be 3 1/2 and/or have completed one year of Nursery school

Open Houses

On Wednesday **February 5th** and Thursday **February 20th**, Lansing will host the next two scheduled Open Houses for the 2014-2015 school year. Please let your friends and neighbors know about our Open House visits.

Registration for 2014-2015

Registration packages for the 2014-2015 school year are now available for pick-up in the office by those families wishing to enroll their children for September 2014. All returning families may return their forms to guarantee their spot before registration is opened to the public on April 7th. If you have any questions regarding any of the programs we offer or regarding registration forms, please stop by Gina's office.

February 2014

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This Month's Birthdays

- Melanie—Feb 4th
- Aashni—Feb 5th
- Emma M.—Feb 10th
- John—Feb 20th

REMINDER : DUTY DAY SIGN UP IS ONLINE Please sign up today!

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



News from the Staff cont'd...

Duty Day Sign Up Online

Just a reminder for duty day parents to sign up online on Monday, February 3rd after 1:00pm. If parents are having trouble signing up, the duty day coordinator will be in the school Tuesday morning to provide assistance.

Clean Up Day, February 22nd

The second of the three clean up days is scheduled to take place on Saturday February 22nd. The day will focus on indoor tasks including painting. A sign up sheet will be posted in the parent room the first week of February. Lansing members **MUST** participate in two of three clean up days. The third and final clean up day is scheduled for May 3rd.

News from the Board

News from the President

As many of you may have noticed, (or more likely didn't), this was the first year we did not have a second members meeting in January. Our annual members meeting in September is mandatory for everyone to attend as we vote on important issues for the year ahead (e.g. board of directors elections). For the first time this year, we were also able to vote on our audited financials, which had previously taken several months to complete, and thus required a second members meeting in January. So, given that no one likes attending meetings unless it is essential, we have now cancelled our annual January members meeting.



However, community and member engagement is still of great importance to our co-operative organization, and so we still wanted to provide a second annual opportunity for members to meet with other members and our staff. We've decided that in lieu of a second members meeting (which was boring anyways), we will have

an evening open house in the spring (date still to be finalized). This open house event will still encourage all members to participate, but it will not be mandatory as it is not a formal members meeting and no voting activities will take place. It will be an informal evening for parents to come with their children to see some of the work and activities that they have been doing throughout the year. While duty day parents have the pleasure of frequently participating in the nursery programming, our pre-school and kindergarten parents do not. Many parents are also working throughout the day and never have the opportunity to fully participate in the school. This open house event will provide the opportunity for all parents to come with their children in the early evening to see first-hand what their children are doing day-to-day, and to also speak with our teachers. To further entice you, we will be hosting a silent auction during the evening as a fundraiser for the school, along with some child friendly activities. Watch for further information about this event.

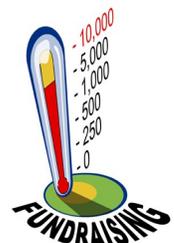
Silent
Auction



A few other things on the radar. We have a several new families, so please make them feel welcome. Jodi (Evelyn Cheung's mom) has been working hard on implementing a new online sign-up for duty day parents. We want to hear your feedback on this. Our fundraising team has a few other activities planned over the next few months. Please join us in giving back to the school. Finally, we are hosting several open house events over the coming months. Please help us spread the word to anyone who may be interested in enrollment for next year.

We're now at the halfway point in the school year. Can you believe it. Make sure you enjoy every moment that's left.

Rob (Esther's dad)



Donations
Needed
Can you help?

February 2014

Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 	4	5 	6	7 100th Day of School party! (PM)	8
9	10	11	12	13	14 	15
16	17 	18	19	20 	21	22 
23	24	25 Critters Visit (PM)	26	27	28	



Monday, February 3rd
Duty Day online sign up



Wednesday, February 5th
Open house



Friday, February 14th
Valentine's Day celebration



Monday, February 17th
Family Day—school is closed



Thursday, February 20th
Open house



Saturday, February 22nd
Clean Up day

Looking Ahead: We are arranging for a puppeteer to share a story and entertain our children with a fairy tale or two on March 6th.

March Break is March 10-14 inclusive (school closed) and the school will also be closed on Friday March 7th for a staff clean-up day.

All About Whining

How to help kids ask for what they want so people will listen

Cathie Kryczka

If Family Feud listed the top 10 irritating blips of childhood, whining would surely be on the board. Carrie Smith of Halifax, mom of four-year-old Aidan, knows all about it. "He whines when I won't let him have something he wants, whether it's Smarties for breakfast or a third cup of juice at supper. He was whining today because I closed his puzzle box and he wanted to be the one to close it!"

The sound that distinguishes a whine from a run-of-the-mill complaint — that fingernails-on-a-chalkboard

pitch — tests the mettle of even the most patient parent. Val Bergeron, coordinator and parenting consultant with Information Children at Simon Fraser University in Burnaby, BC, says the tone of whining gives us a clue as to its roots. "Some people believe it's a natural evolution from crying," she says.

Whatever its origins, whining is a habit most parents hope their kids will break. Here's a look at how to put a cork in the whine.

Children whine when they need something (like a hug) or when they want something (like candy for breakfast). That distinction is important — although the tone is aggravating, your child may have a legitimate complaint. "We ask parents to think of the HALT acronym

Reading Readiness: Activities

is the child hungry, angry, lonely or tired?" says Bergeron. "Are any of those factors playing into it? If it's a real need, we encourage parents to step in. Not to give in to every whim, but to take a look at what's really going on, and respond."

Whining may be linked to the child's age. Young children are egocentric. "They aren't patient and they don't understand the concept of time," Bergeron explains. "When I'm hungry or want that red truck, I want it now because one minute from now might be tomorrow for all I know!" When a snack or a truck doesn't materialize in a wink, the child may grow anxious and up the ante — and the pitch.

Whining often peaks around age three or four. "This is a time when life can get frustrating," says Bergeron. "They're floating between wanting independence and still needing to be babied a little." Kids this age are often starting preschool or taking on a new role as big brother or sister — mighty responsibilities. They may have learned that whining is an effective way to get the attention they need as they adjust to these new and unfamiliar roles.

When a child is whining, parents have a couple of roles. To begin with, you want to understand what's really up. This is where HALT is handy. "Try to respond to the emotion by saying something like, 'Sounds like you're feeling angry,'" says Catherine Lee, professor of clinical psychology at the University of Ottawa. "Often that's

enough for the kid to tell the parent what's going on in a normal voice. They want an acknowledgement of their feelings."

Next, help your child express how she feels more directly. Kids are entitled to their opinions — and complaints — and you want yours to feel comfortable voicing her views. But people are more inclined to cringe than listen when a child is whining. "Our job is to help our children learn the most effective way to be heard," says Lee. "If they come back at the teacher in a whiny way, the teacher is unlikely to give them what they want."

Here are some ways to help kids learn to un-whine:

- ★ Heed the need Kids are less likely to whine if they are getting enough of our focused, positive attention. Break up a road trip with a stop at a park, and make sure kids aren't hungry or due for a nap when you hit the mall. A little bit of time spent playing together before heading out to do errands can go a long way in whining prevention.
- ★ Give them words A young child may have trouble expressing himself. It's very frustrating when he knows what he wants but doesn't quite have the words. Step in with, "Show me what you want. Oh, you want a banana!" Use a similar strategy for your child's feelings; help him find a word that describes "sad" or "grumpy."
- ★

What's Cooking?

Lovin' Sweetcakes

- 1 package (2-layer size) white cake mix
- 1 package Jell-O strawberry jelly powder
- 3 cups Cool Whip whipped topping, thawed
- 1/4 cup seasonal sprinkles

1. Line 24 medium muffin cups with paper liners. Pre-heat oven to 350 degrees Fahrenheit.
2. Prepare cake batter as directed on package. Stir in dry jelly powder until well blended.

3. Pour batter evenly into cups, filling each cup $\frac{1}{2}$ full.
4. Bake as directed on package for cupcakes. Cool completely.
5. Spread two tablespoons of whipped topping onto each cupcake. Decorate with sprinkles or your favourite Valentine candy. Store in refrigerator until serving.

