

Child's View News



Educating
for Peace

March 2011



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**Happy
Birthday!**

6th— Erin

8th—Shadow

25th - Charlie

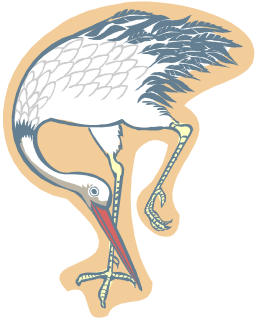
29th - Addie

Dear Parents:

March already! And the coming of Spring. Our time outside is primarily wet and cold with very little evidence that Spring is upon us, other than a few buds beginning to poke out their heads. The weather has provided a great deal of interest, with snow, rain, hail, sunshine & thunder, even all in one day. We look forward to the warmer days ahead and to preparing our garden for planting. Orders for the Spring Plant Sale begin this month, offering very nice plants for vegetable and flower gardens, as well as planters and hanging baskets. We continue with our observance of the Season for Peace, learning about peacemakers and how we can create peace within ourselves and the world. Watch the playground for the new peace pole that will be coming soon! We are collecting "Pennies for Peace" and will be collecting food to "Feed the Hungry." The teachers are looking forward to the opportunity to meet with each of you to connect regarding your child during Parent Conferences. At the end of the month we'll be having a Parent Night to share parenting support and strategies. For more about all these happenings, classroom news and more... ..keep reading!

Pertinent Information:

- With constantly changing weather, we never know what to expect. Please make sure your child is prepared for anything. Layers are a great choice that allow for wardrobe changes during the day as the weather changes. And always be sure that boots, coats with hoods and rain pants are at school for those spring showers.
- Spring Break is coming up March 21st through 25th. Other than for Interim Care, school will be closed.
- Keep an eye out for your **Returning Student Enrollment Form** and **Summer Credit Form**. It is hard to believe it is already time to begin thinking about Summer and next Fall! These forms will be due in April.



Crane Room News

There are so many wonderful things going on in the Crane Room! I hope you got a chance to view the pictures on the website to get a glimpse of the kinds of activities the children are working on.

This year we had some really wonderfully made Valentine's! There was a wide variety of techniques and materials used, and the children enjoyed sharing what they did with their classmates.

We've been talking about what peace means and what we can do to enact peace. When I asked the children about what kinds of helpful things they can do for others, their answers included; offer a hug or orange juice, invite a friend to have snack or join you for lunch, share a smile, help someone who is frustrated with their work, prepare a flower arrangement for someone's table, thread a needle, help a classmate put things away, give a compliment, teach someone how to turn on a lamp - everyone had great input.



Candlelight lunch

Lately the children have especially enjoyed listening to "Light a Candle for Peace" while I light candles at our lunch tables.

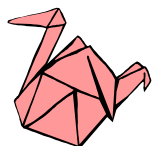
I am looking forward to conferences and sharing with you in more detail what your child is working on in class.



Afternoon News

Recently Erin joined the afternoon staff and the transition could not have gone better. With her years of experience in a Montessori environment, Erin has quickly become a great help with both the nappers and the all day children.

Erin has gotten to know the group very quickly by introducing many small group and individual works, such as water coloring and picture frame making. We look forward to continuing our afternoon projects with the Season for Nonviolence.





Dove Room News

Hello all! It is with great sadness that I report the loss of our class bunny, Banana. You all have

known for a bit now, but I wanted to let you know that the children have taken it very well. Since the news, they stop by and comfort Bobo, explain to others what happened, and have even helped create a small memoriam for her so they always remember Banana's time in class. With the help of the Fisher family, we hope to find another companion for Bobo. As of now, Bobo is adjusting and gets lots of TLC. Many thanks again to ALL the families, especially the Fisher's, for all their help with our pets!



Banana Bunny

As far as the Dove Room itself, the room has been re-arranged to accommodate everyone's needs by creating larger work areas and adding new work. Some of this work includes instruments, math and "parts of" language cards. The children really like the new room and materials!

Since this is the Season for Non-violence, we've been discussing peace and what peace means to each person. The children are also aware of our *Pennies for Peace* jar, and have graciously collected pennies from their families to help this organization. Soon we will be discussing some of the "greats" who represented peace in the world, like Gandhi and Martin Luther King Jr. We also have our peace rug to help the children resolve their own conflicts. This is really great to see! They pass the yellow peace rose as they talk about the situation and ring a small bell when all is resolved. Not only do I enjoy seeing the children work out their differences on their own, I know this process helps maintain their peaceful disposition.

We continue to grow and learn from each other in the Dove Room. I feel blessed to have such a wonderful class.

Thank You!

We are so grateful for all the help and support we receive from our families! Volunteer jobs to help the school and classrooms, Parent Link, fundraising and more. We have purchased many new items from the Wish Board thanks to you. It is so exciting to have these new materials for our classroom.



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

~Gerard C. Eakedale

Eco-Healthy Tip

From the Oregon
Environmental Council



*Always turn off
your car when
stopped for more
than a few seconds!*

Car exhaust releases pollutants that are harmful to health (especially to children) and the environment. Idling cars release even more pollution than moving cars. Contrary to what some people believe, leaving your engine running uses more gas than turning the engine off and on. Be sure not to leave your car running while waiting in the school parking lot or running inside to pick up.

Season for Peace & Nonviolence



The **Season for Nonviolence** continues and we are collecting *Pennies for Peace*. The pennies go toward the building of schools in Afghanistan and Pakistan. With a focus on education for girls, literacy is spread to others in the family, better health is established and knowledge leading to more peaceful conditions is created.

At the local level, we are participating in **NW Hope Feed the Hungry** through the Neighborhood House in Multnomah Village to help our neighbors in need. Please help your child choose non-perishable food to contribute to the barrel when it arrives mid-March.

In the classroom the children are talking about ways to be peaceful and helping others. They practice becoming peaceful inside through activities such as yoga and silence activities. They will be learning about Mahatma Gandhi, Martin Luther King, Jr., Maria Montessori and others who worked towards a peaceful world. And we are singing songs, reading books and continuing to learn how to solve problems through peaceful conflict resolution. Our old peace pole has become very weathered and even lost one of the plaques. Our new one has arrived and we will be putting it in the ground soon!

Parent Ed Night March 30th

Mark your calendars to join us for a Parent Night, 7-8:30 pm on Wednesday, March 30th.

We'll be talking about how to turn the negative into a positive both in communication and behavior. Bring your questions and what has worked for you. A fun and informative night to share with other parents. Come away with ideas to make immediate changes.

We are working to have child care available. Please let the office know if you will need care.

Come join us!



Annual Plant Sale

Our annual Spring Plant Sale begins March 28th. New Leaf Greenhouse offers great plants to get your garden started or spruce up your landscaping. Also wonderful planter boxes and hanging plants – just in time for Mother's Day. Orders are due by April 12th. Plants will be available for pick up after 1pm on May 5th. Watch your Parent File for order forms. For pictures of available plants, go to Spring Fundraisers at:

www.newleafgreenhouse.com.



Welcome to
the World...



Sydney Annabelle made her debut into the World on Valentine's Day. She was welcomed by Mom, Dad and big sister, Samantha. She weighed 7 lbs 11 ounces and was 20 1/2 inches long. Mom and baby are doing well.

Congratulations to the
Smythe Family!

Being Peaceful . . . With Children

By Tamara Ulrich

CHILD'S VIEW NEWS

Being peaceful with children, or in spite of them? While we can do our best to behave in a peaceful manner around our children, they seem to have a knack for throwing us out of that place of calm. As stressful as life with children can sometimes be, our children actually give us a perfect opportunity to practice and model being peaceful people.

Most of us think of peace as the absence of war or conflict. While it does follow that with real peace there would be no war, absence of war does not necessarily mean there is peace. Conflict is inevitable. However, even with conflict we can practice peace. With a whole world of different people with different ideas and beliefs there can't always be agreement. Even within our own families we experience an array of personalities and opinions. It is what we do with our differences and conflict that determines whether we live in peace.

At school we utilize peaceful conflict resolution techniques in the solving of problems. The children come to the peace rug and take turns expressing their feelings using "I" messages. Initially teachers "mediate" to help the children learn the process, but it doesn't take long before the children learn to ask another child to the peace rug and work things out on their own. Once they have expressed how they each feel, they determine what is needed to help each other feel better. It is a process, for children—and adults—to learn to use positive communication to resolve problems, rather than hitting, name calling,

"It takes an attitude of respect for each person as an individual and acceptance of opinions different from one's own."

blaming or victimizing. It takes an attitude of respect for each person as an individual and acceptance of opinions different from one's own.

This same method of peaceful conflict resolution can be practiced at home. As well as creating an atmosphere of respect and acceptance. The steps are simple:

1. **Create a safe place** to communicate. A special rug or table works well.
2. **State the problem.** "There are still toys all over the living room floor."
3. **Express your feelings.** "I feel frustrated when I ask you to take care of your things and it doesn't get done."
4. **State what you need.** "It is time to put the toys away now."
5. **The other person has an opportunity to express their feelings** as well. At school we pass the peace rose to show whose turn it is to talk. "I was too tired...I was still playing....I can't do it all, etc."
6. **Determine what to do to help each other feel better**, such as a hand shake, a hug, helping get a Band-Aid if there was an injury, or even giving some space. In the case above with a preschool age child, the adult can determine if the child needs additional support to follow through. "After you put your toys away, we'll read a book." "I'll put the Lego's in the basket while you put away the other things." "I'll set the timer

and you can race to get everything put away before it dings."

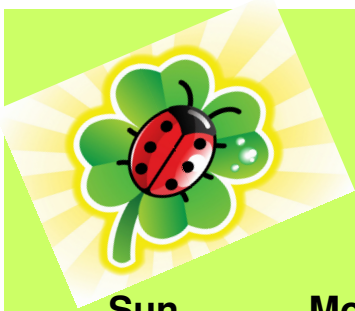
7. Finally, ring a bell to signal that both are in agreement that everything is okay again.

Although the steps are simple, sometimes reaching a place where both parties feel better may not be, especially when emotions are high. It is important to maintain the expectation to continue the use of positive communication, utilizing "I" statements and expressing feelings, rather than moving into a place of blaming or shaming. Sometimes it is necessary to agree to have some space for a little while and try again later. Children in a high state of emotion are not able to reason and may need help to calm down before moving on.

This same practice can be used between parents or other adults to model positive communication to children. While it is not healthy to have extensive arguments around our children, it is good for children to see that people can disagree in a positive manner, and even get angry, then feel good with each other again.

Our children learn more about how to behave in the world through watching us then by anything we can do or say. By practicing being peaceful to teach our children, we become peaceful, they learn to be peaceful, and our world becomes a better place.

"Let there be peace on Earth, and let it begin with me."



March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
				Parent—Teacher Conferences		
6 <i>Erin's Birthday</i>	7	8 <i>Shadow's Birthday & Talk About Trees Visit</i>	9	10	11	12
13	14	15	16		18	19
20	21	22	23	24	25 <i>Charlie's Birthday</i>	26
Spring Break - Montessori Program Closed Interim Care Only						
27	28 <i>Spring Plant Sale Begins</i>	29 <i>Addie's Birthday</i>	30 <i>Parent Night 7:00</i>	31		



Coming in April...

- April 1 — Returning Student Enrollment Form due.
- April 4 — Season for Nonviolence Ends
- April 7 — Parent Link 8:30am
- April 8 — Inservice Day — School Closed
- April 15 — Summer Enrollment Form due.
- April 30 — Garden Party, 10 am - 2 pm