

Redeemer Preschool

Newsletter - March 2009

www.redeemerkids.com



Annual Auction Dinner—May 16, 2009
San Rafael Community Center
6:00 p.m.—11:00 p.m.



The auction dinner will take place at the **San Rafael Community Center on 618 B Street**. Bring your friends and families to this fun-filled evening with music, sit down dinner, raffles, live/silent auction, games, bar and much more. . . Grandparents come for FREE and guest admission is \$25 per person. We are in need of **parent donations** for this year's Silent Auction, and are hoping for 100% participation from all Redeemer families to make this year a success! Donations, big or small are greatly appreciated. Donated items are due **May 1st**.

What to Donate:

- Do something unique—a party, a service, a theme gift basket.
- Partner up with other families to create an item that may be too pricey for one family to provide, such as a weekend packet, or a family fun party.
- Theme baskets: movie night, dress-up, train, food, gardening.
- Theme parties for kids: ice cream, swim, ballet dance, jewelry making, fishing, afternoon tea, park.
- Theme parties for adults: dinner, cocktail, poker, hiking, wine tasting, moonlight boat ride.
- Goods and services: hand-made items, performance tickets, gift certificates, or your expertise.



Please contact Jill Sheehan on the auction committee if you have any questions or need more ideas at 415-259-0889 or jmosch@yahoo.com.

Grandparents come for FREE!!

IMPORTANT DATES

Parent Workday

Saturday, April 4
9:00 a.m. to noon

Week of the Young Child

Children's Activity Faire
Saturday, April 4
Venetia Valley Elementary
11 am to 2 pm

Parenting Today Workshop

Wednesday, April 8
Defiant Behavior
6:45—8:00 p.m.

Pajama Night

Friday, April 24
6:30—11:30 pm
by Karen & Stefan

Lion Dance Performance

Saturday, April 25
11:00 am
at Redeemer Preschool
followed by Chinese food



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Week of the Young Child

Redeemer Preschool will participate in the celebration of the Week of the Young Child at **Venetia Valley Elementary School** on 177 North San Pedro Road (across the street from JCC). Sponsored by Marin Association of Education for Young Children (MAEYC), FREE, fun-filled activities will take place on **Saturday, April 4, from 11 a.m. to 2:00 p.m.** including:

- * Our storyteller Scott and friends' performance—Let's Go Green;
- * Music by Tim Cain;
- * Smart Start Gymnastics by our gymnastics teacher Issac Norman;
- * Craft table by teacher Claire and Sarah; and food



Gardening with Children

Gardening is fun and can be a skill used later in a child's life in many ways. Children often get enjoyment doing simple things like tasting fresh fruit or vegetables, digging a carrot or potato, picking berries, or just watching adults work in a garden.

Tips on Gardening with Children

(from March/April 2009 Childcare Exchange Magazine)

- Start small so that you can help children achieve success and not feel overwhelmed.
- Follow the child's lead. Even when playing in soil the child is learning.
- Use child-sized tools for planting and digging.
- Keep safety in mind; test your soil and use only non-poisonous plants.



At Redeemer, with a school garden in a natural setting, we offer plenty of discovery opportunities and hands-on experience for our active learners. Children have a natural curiosity that requires direct sensory experience such as digging, watering, smelling, and tasting. A gardening program can also teach children about nutrition and health, particularly when they can taste the things that they help grow.

Building Positive Self-Esteem in Young Children by Jacqueline Tarantino

One of the core things we can all agree on as educators and parents is that helping a child to develop positive self-esteem is very important. It is one of the corner stones to a mentally healthy life. Self - esteem refers to how you feel about yourself. It includes such things as self-confidence, self-respect, and pride in self, independence and self-reliance. The more positive your self-esteem, the more successful you will be at dealing with life. Naturally we want this for our children. Getting off to a solid beginning will make the path in life a little easier to traverse. For the first four or five years of life parents have the greatest influence over the self-esteem of children. Teachers also contribute to the building of positive self-esteem in the early years. Every child is unique; they possess individual qualities that form who they are. We should celebrate the individuality of children and help them to develop the traits that support a good self-image. Dr. Thomas D. Yarnell Ph. D is a licensed clinical psychologist who wrote an article on techniques for parents and teachers to adopt in order to build good self-esteem in young children. I found that Dr. Yarnell's suggestions are very helpful and wanted to share a few of them with the parents at Redeemer Preschool. Here are some of the techniques he has suggested.

Honest praise. This is so important. We do not want children to do something just for the praise or feel that if they do not do something correctly, they are not good. Provide encouragement so a child will continue to try and not give up because they feel a task is too hard or they cannot do it the first time. Avoid the phrase "good job". Be specific as to what you are praising. Providing encouragement means that you are acknowledging progress and children will respond in a positive manner. Dole out the praise judiciously and offer encouragement liberally.

Focus on a child's positive behavior. Keep criti-



cism to a minimum. Even if you don't like some of their behavior traits, focus on the positive and encourage desirable behavior. Criticism does not produce positive behavior. Praise and acknowledgement does.

Communicate with your child. That means listening to how your child feels without making judgments

about those feelings. Try to find out why they feel the way they do. If you listen and understand, then you are better able to suggest behaviors that will have positive consequences rather than negative ones.

Give your child some degree of control over their life. Younger children can select what they want to wear as long as it is appropriate for the weather conditions. (If they have a favorite pair of boots it is ok to wear them when it is not raining. However, that favorite pair of shorts might not be ok in the middle of winter.) Allow them to make a cereal selection for breakfast or sandwich for lunch. As they mature control of their life can increase.

Let them know that they are loved and capable. Give them hugs and kisses, have a picture of the family by the bed and remind them that they are an important part of the family.

Teach your child anger control. Building self-control can be a major source of pride for your child. Anger comes from the right side or emotional part of the brain. If you teach your child a left-brain behavior (left side of the brain is the analytical side) as soon as anger is felt the anger starts to go away...the famous count to ten really has a purpose.

These are just some of the suggestions for building self-esteem. If you would like more information about this important topic, the following websites may offer you more information:

www.informedparent.com, www.ezinearticles.com
www.buildselfesteem.homestead.com.



Mark Your Calendar—June 19

1. **Graduation**—A graduation picnic will be held for all Dragon families on Friday, June 19, from 6:00—8:00 p.m. A yearbook representing your child's time at Redeemer Preschool will be distributed to all graduating Dragons. If your child will be attending Redeemer for another Dragon year, a certificate will be presented. We invite all families to bring a picnic dinner to enjoy while socializing amongst each other. A graduation cake will also be served.
2. **Talent Show**—A talent show performed by each class will take place on Friday, June 19 at 10:00 a.m. followed by a family potluck. All family members are welcome!



School Humors



A girl, "My daddy keeps trying to grow hair but he can't."

A boy, "I went to Disneyland and got a driver license."

Teacher, "Oh yeah? How old are you?"

Child, "I'm 3. That's old enough."

A girl, "I goed skating before. I fall down and roll like a ball. Then I eat the snow but I didn't get sick."

A girl before music with Tom, "What's that noise in there (from adjacent classroom)? That noise that makes my body want to dance and wiggle..makes me wiggle my butt."

Parentsplace Marin

Located at 600 Fifth Avenue in San Rafael, Parents Place provides a wide range of parenting workshops throughout the year. Parents Place also offers family coaching and consultation. Their staff will spend time with you to assess, plan and recommend the best options for your situation. They can also observe your child at preschool if you have developmental concerns. Please check their web site at:

www.ParentsPlaceOnline.org



Einstein Never Used

Flash Cards

While we worry about those ever growing standards of school readiness, psychologist Kathy Hirsh-Pasek has some good news for exhausted parents: allowing your kids free time to play may be the best thing you'll ever do for them. Check out the book called, "Einstein Never Used Flash Cards: How our Children REALLY Learn—And why they need to play more and memorize less."

Class List for 2009-2010

The director and the teachers are currently working on the class lists for the coming school year. Attention is given to children's developmental readiness, proportion of boys and girls, and appropriate mix of teacher and student temperaments. The list of each class will be distributed in early April.