

DECEMBER
2014

Unity School

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PROGRAM DIRECTOR

Happy winter, Unity families!

We want to tell you about the Winter Celebration coming up on December 12th from 6:45-7:45. This event will take place at Sheldon Community Center next to Sheldon High School. Each class performs a song or songs; classes will make yummy treats, and teachers will provide fun activities. Please note this event will not be at Unity School. Also, I want to reiterate that the doors will not open for this event until 6:45 to give teachers set up time. We hope to see you there! Be looking for details as we get closer to this event.

Have you noticed our community donation boxes out in the lobby? The Ladybug classroom is working to fill a pet donation box and the Butterfly room will be collecting PJ'S & books for their Scholastic Pajama Drive. Please feel free to support both classrooms by helping them fill their boxes!

Remember with the cooler temperatures you will want to provide your child with warm coats and extra layers of clothing. Gloves, hats, and warm boots help make your child's outside time more enjoyable. This time of year also brings runny noses and other sickness. Please remember to keep your child home if they are feeling under the weather so we don't spread illness around.

Our classroom Wishing Tree will once again be posted in the lobby. The teachers will post items they would like or need for their classrooms. If families are interested in donating an item that would be wonderful and much appreciated!

Upcoming closure reminders: December 25th and 26th & January 1st. Please notify us if your child will be absent during this time. Enjoy the holiday season.

Happy Holidays,
Susanne & Chris

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PANDA CLASS

Wow, 2014 is really flying by! We're already done with November!

We've been busy in the Panda class discussing the seasonal changes that fall brings, then we moved on to talking about foods: our favorites, different food groups, and what foods are especially healthy for growing bodies.

While talking about fall, we noticed a lot of changing colors, and leaves falling from the trees. We did a lot of art activities including painting and gluing.

The Pandas loved talking and learning about food. We did a lot of pretend play in our kitchen area, food collages, and we even got to make bread. Yummy!!!!!!



We will be taking a field trip to the Springfield Public Library on Thursday, December 11th for a special story time. We will have an early snack at 9:45 am, and depart by 10:15 am. Feel free to join in on the fun.

Again, we thank you for checking your child's cubby to ensure he/she has plenty of layers for the cold and rainy weather, including hats, gloves and a warm coat.

We also appreciate you taking home your child's blankets and pillows to wash at the end of each week.

If you haven't already done so please let us know if your child will attend school over Christmas break, so we can staff accordingly.



Thanks,
Cherri & Celia

CATERPILLAR CLASS

Happy December!

The Holiday season is in full swing now. We hope everyone had a wonderful thanksgiving.

With the holiday season here it is important to remember that young children still need 11-14 hours of sleep a day (including naps) to be able to have a successful day. Also, let us know what holiday traditions your family celebrates, so that we can include them at school.

We will still be going outside daily even when it is cold, so please remember warm layers, coats, hats, boots, and mittens' (gloves are difficult for young children). We cannot keep kiddos inside so please remember to keep your child home if they do not feel well enough to play outside. We are learning to

Keep germs away by coughing and sneezing into our elbow and to sing the A, B, C's when we wash to help us wash and scrub a little longer.

Some of our families have been wondering the best way to drop-off at school, so here is my recommendation. Find a consistent time that is best for your schedule to drop-off so your child can always go right to the same activity each day. Walk your child in and let them hang up their coat and put their things away and then a quick hug and goodbye. Sometimes there will be tears but they do not tend to last long once the parent has left. Please avoid dropping off at 9:00 am, this is when we are already starting our day. Great times to drop off are outside times, activity time 9:15-10:00 am, and as always we do start our day at 9:00 am so if possible, drop-off by 8:45 so your child can have some outside time before class starts.

I also wanted to ask families to save milk jug caps for us. We are learning letters and are going to use them for a project we are doing.

Happy Holidays,
Teachers Tara & Jessica

LADYBUG CLASS

Hello Ladybug families,

What a great fall we have had! Our pet supply drive was outstandingly successful. Thank you to all the families who donated. We couldn't have done it without you. Thank you also to the parents and students who donated a food item to our stone soup. It was delicious and even better because the children made it! We were super excited to have some parents join us for our stone soup lunch too. Please feel free to come and join us anytime for a meal or just for fun! If you want to join us or share a skill with the class, please speak to Dot or Michelle.

We are heading into winter and colder weather. Please make sure your child has a change of clothes and is dressed for the cold weather. We go outside every day and we want your child to be comfortable.

Please look for our Winter Program on December 12 at the Sheldon Community Center. The program begins at 6:45 PM and lasts about an hour. Your child has been working hard on several songs and we can't wait to see them perform!!!

We usually have a wishing tree up for the classrooms in the month of December. Please take a few minutes to look over the items each classroom is hoping to receive. Any help is greatly appreciated.

If you have any questions please speak to Dorothy or Michelle

Your Ladybug teaching team,
Michelle, Dorothy and Mandolin





BUTTERFLY CLASS

Hello Beautiful Butterfly Families!

Thank you to all of the families that met with us for conferences. It is so wonderful to get to spend time with the parents of our little ones and share our goals for the year. We know this time of year is busy, so we really appreciate those who took time to sit down with us.

The next big event is our Winter Festival on December 12th. Our little Butterflies have been practicing our song and working hard to put on an excellent performance! We can't wait for you to hear them! It brings us such happiness to hear them sing, it's truly beautiful.

Oregon weather can be tricky to predict- so please send a heavy winter coat, hat and gloves each day for the next couple of months. Some days can be very cold on our playground, especially early in the morning and late afternoon and we want warm, healthy butterflies!

If you are concerned about school closures due to weather, please call Unity school After 6:00 am to see if there is a delay or closure. There will be a message to give information, so please be sure to listen!

This is a busy month, so there will be no field trips but keep your eyes open in the New Year for upcoming trips! Our pajama drive through the scholastic book program is up and running! A big thanks to those who have brought in pajamas already!

We hope this month brings you happiness and peace, and thanks for being a part of our Butterfly family!

Pammie and Cassie

OTTER & OTTER PUP CLASS

Hello Otter families!

Welcome to December! Can you believe winter is already here? Hopefully everyone will be having some fun plans going on for the Winter Break. Winter Break this year starts on December 22nd. We will be closed on the 24th and the 25th. Please let us know when your child will or will not be at Unity School. We will have some field trips to go on for Winter Break and we will have a calendar of events for you soon.



November was a great month! The 'web' focuses we had were about: numbers, sticks, boats, and Thanksgiving. The Otter-pups have been working on different ways of counting and the many uses for numbers. They have been making creative 3-D art using sticks, tubes, and other things. They made boats out of different materials and tested their movability and durability. For Thanksgiving week,

we did some fun cooking projects and learned about the origin of Thanksgiving. The Otter-pups have also been very excited about their reading skills. They are really understanding the concept of sounding out words and remembering many of our 'high-frequency' words.

We have been glad to see more Otters working on their homework in the afternoon! Most of the students are required to spend a certain number of minutes reading after school. We give them a 'reading ticket' if they complete this reading homework at Unity. Please check to make sure they are doing the amount of reading they are required to do and don't hesitate to let us know if they are not getting it done here or at home.

We wanted to touch base about some social/emotional issues that have been coming up with some of the students. Sometimes there are social conflicts with the students. We address these conflicts by listening to each side of the story. Then, when they are calmed down, we take the students who are having the conflict to have a sit down conversation for them to each tell their side of the story and then help them come up with a mutual resolution. We also address the problem with the large group in a way where there is no blaming or names mentioned and where everyone can learn from the problem.

Have a great holiday season and have safe travels!

Sincerely, Teachers Jessica and Sarah

10 Things Parents Can Do To Protect Children From Environmental Threats

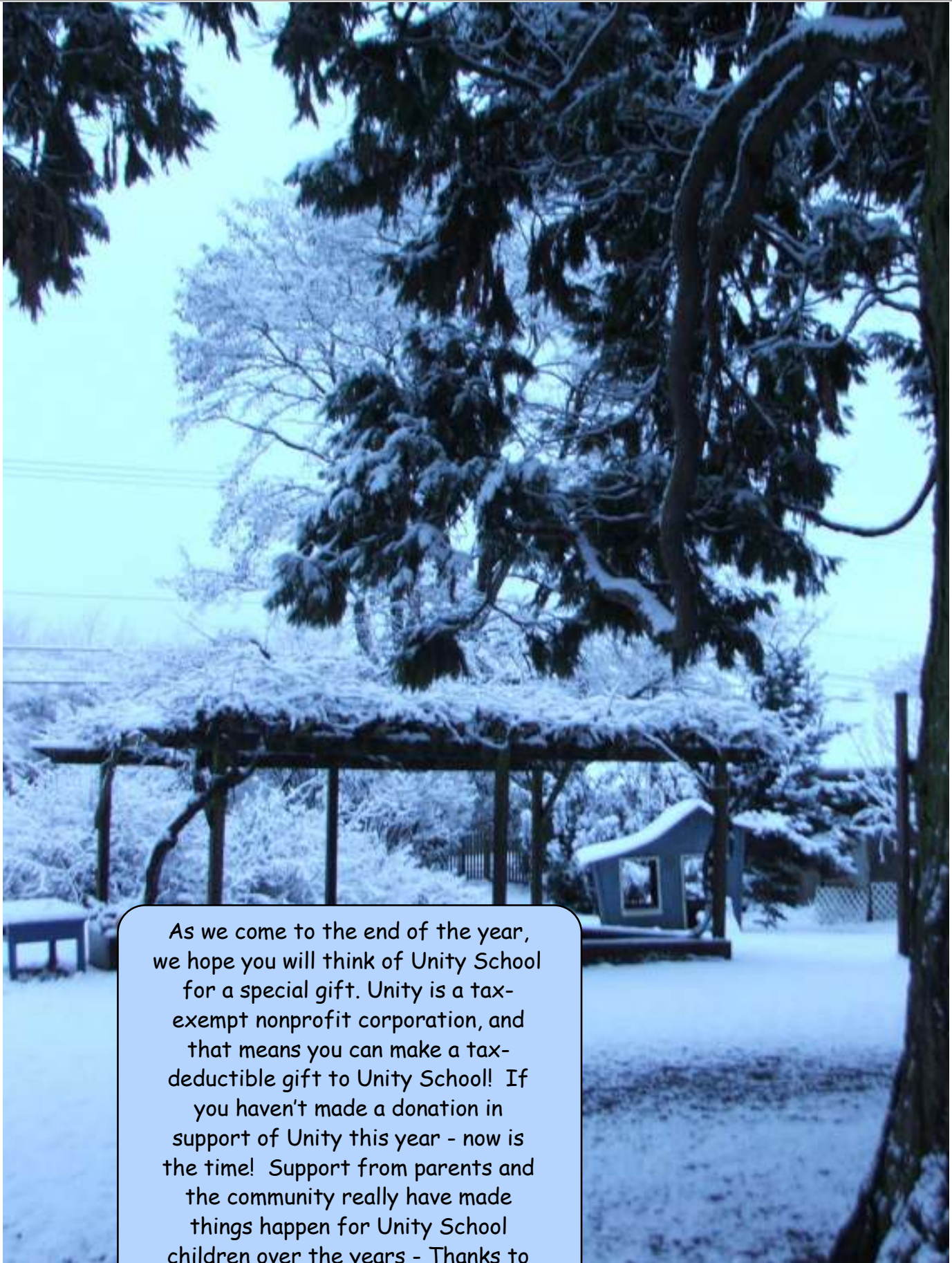
1. Make your lawn kid-safe
 - ✓ Maintain a healthy lawn so you don't have to use insecticides and weed killers
 - ✓ Use phosphorus-free organic slow release fertilizer
 - ✓ Mow high and water deeply, but infrequently
 - ✓ If your neighbors use weed killers, don't let kids play in the grass for a few days
 - ✓ If you use a lawn care service, use one that doesn't use chemicals
2. Keep pesticides away from kids
 - ✓ Put food and trash away in closed containers to keep pests out of your home
 - ✓ Don't use pesticides if you don't have to. If you have a pest problem, look for alternatives or use low toxicity baits and traps, placed away from kids and pets
 - ✓ Use non-toxic head lice treatments
 - ✓ Don't use insect repellants that contain DEET on young children
 - ✓ Find out if your child's school or day care center uses pesticides. If they do, tell them about integrated pest management. Find information at: www.beyondpesticides.org.
3. Healthier cleaning and home maintenance
 - ✓ If you need to paint or renovate, make sure pregnant women and young children are out of the house; increase ventilation (fan in the window; and paint in the summer when you can open the windows. Use low VOC paint
 - ✓ Avoid using solvents indoors and around young children and pregnant women
 - ✓ Air out dry cleaning before bringing into the home or ask for "wet-cleaning"
4. Healthy food choices
 - ✓ Increase organic food in your child's diet
 - ✓ Wash and/or peel non-organic produce to reduce exposure to pesticide residues

- ✓ Provide a healthy/well-balanced diet, which boosts your child's immune system and resistance
5. Help children breathe easier
 - ✓ Don't smoke or let others smoke in your home or car
 - ✓ Check the ventilation in your home to make sure that indoor pollutants don't build up inside your home
 - ✓ If you have a Problem with mold or mildew, try to eliminate it
 - ✓ If you renovate, choose products (carpets, paints, wood products) which do not discharge chemicals
 - ✓ If someone in your family has asthma:
 - Reduce carpeted surfaces and heavy draperies
 - Use allergy-resistant mattress and pillow covers
 - Look for other triggers in your home like pet dander
 6. Keep kids away from lead
 - ✓ Wipe feet or remove shoes before coming in the house
 - ✓ Wash hands before meals and wash bottles, pacifiers and toys often
 - ✓ If your home was built before 1978, inspect for chipping lead paint and correct problems as soon as possible
 - ✓ Have children between ages 6 months to 6 years tested for lead
 - ✓ Replace vinyl-miniblinds bought before 1996 with lead-free blinds sold today
 - ✓ Run your water for thirty seconds, when used for drinking or cooking or get a water filter
 7. Protect children from mercury
 - ✓ Replace mercury thermometers with non-mercury thermometers
 - ✓ Be sure to dispose of mercury-containing products at your county hazardous waste site. Find mercury-free alternatives
 - ✓ Follow guidelines for eating fish, especially children, pregnant women or women who intend to become pregnant. For more information go to: www.healthoregon.gov/fishadv.
 8. Stay away from vinyl products
 - ✓ Dispose of children's toys and vinyl products with lead and cadmium
 - ✓ Replace infant vinyl chew toys made of soft plastic, with non-vinyl alternatives
 - ✓ If you see "V" or "3", it's PVC, don't buy it
 9. Protect children from too much sun
 - ✓ Have them wear hats, sunglasses and protective clothing
 - ✓ Use sunscreen on kids over 6 months and keep infants out of the sun
 - ✓ Keep children out of the mid-day sun between 10 am and 4 pm
 10. Safeguard kids from high radon levels
 - ✓ Test your home for radon with a home test kit
 - ✓ Fix your home if radon level is 4 pCi/L or higher. If you need help, call the state radon office at (971) 673-0496.

For more information go to the Tiny Footprints Project (www.Tinyfootprints.org) of the Oregon Environmental Council (www.oeconline.org)

Originally Prepared by Kathleen Schuler, Institute for Agriculture & Trade Policy

Look for other ways to protect you child on the lobby counter!



As we come to the end of the year, we hope you will think of Unity School for a special gift. Unity is a tax-exempt nonprofit corporation, and that means you can make a tax-deductible gift to Unity School! If you haven't made a donation in support of Unity this year - now is the time! Support from parents and the community really have made things happen for Unity School children over the years - Thanks to everyone who made it all happen!

December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 TUITION DUE
8	9	10	11	12 Unity's Holiday Party 6:45-7:45
15 OVERUSE FEES DUE	16	17	18	19 SCHEDULE CHANGES DUE
22	23	24 All Class "PJ" DAY	25 <u>CLOSED</u>	26 <u>CLOSED</u>
29	30	31	Jan. 1 st <u>CLOSED</u>	