

Unity School

PROGRAM DIRECTORS

Dear Unity Families,

The first month of 2016 is over and we are into February already. We hope that all Unity families have been staying warm and healthy during this first month of the new year.

Are classrooms have been filling up over the past couple months but we do have a few School-age spots available and can always put families on our waitlist and get their child started as soon as a spot opens up. Please tell your friends and family, as you will receive a \$25 dollar credit for every family referral that continues with Unity for three months or more.

When you are in the building, please take a moment to enjoy some of the creative and unique projects your amazing children are a part of every day at Unity school--beautiful works of art are popping up throughout every classroom!

Our pull-through driveway is a five-minute zone, If you think you might take longer than 5 minutes inside, just pull into a parking slot to give others room to pull through. Also, please remember the "NO Idling" the fumes are very unhealthy for all of us. Thanks!

Here at Unity, we always celebrate love and kindness; this month, in particular, we encourage our families to participate in a friendship celebration on Friday, February 12th. Each classroom will be doing their own activities, so please check in with your child's teacher for more information. There will be time for the kids to exchange tokens of appreciation with each other and we encourage homemade crafts and cards. No sugary treats, please!

Thanks for being a part of our ever-expanding community! As always, it is our pleasure to answer any questions you may have or just stop into our office and say "Hi".

Sincerely,
Susanne and Jessica



PANDA CLASS

Hello again Panda families!

My goodness, we're already a whole month into 2016, Wow! We have a few new families/friends added to our class: welcome to our school - Trey, Stella and Benjamin, we're happy you're here. Also, it is time to watch three of our friends move on to the caterpillar class. Have fun Levi Aubrey, and Rylan, we know you'll have a blast!



In the month of January we continued to explore the winter season. We played with "snow" (shaving cream), and did a variety of art projects depicting winter weather. We also got a lot of self-help practice from our Oregon winter rain - many opportunities for changing wet clothes. On that note, at the risk of sounding like a broken record, please check your child's cubby to ensure they have spare clothes especially pants and socks.

The second half of January was spent exploring musical instruments and song and dance. Our shelves held many instruments; we made "microphones" with magnets, and listened to a variety of songbooks on CD. A favorite in our room was "A Soup Opera".

We are working on planning our future field trips. Stay tuned for more information. Also we want to thank everyone who donated items to Egan Warming Centers. Your generosity is so appreciated. THANK YOU ALL!

Thanks,
Cherri Celia & Cori



CATERPILLAR CLASS

Thank you for all of your recycled material donations! We will continue to collect materials this month as well. We will be building and creating art with the materials as soon as we have enough. So look for our up and coming 3-D recycled art projects!

During the month of February we will be collecting donations of hand made or store bought hats. Size - preemie to adult. We will donate these for patients at Riverbend Hospital.

We will be going to the National Academy of Artistic Gymnastics on Feb 12th. Please have your child here by 9:00 am, and we will return around 12:00 pm.

Our class is celebrating friendship day on February 11th! Children are encouraged to bring in handmade or store bought cards for their classmates, but remember "NO" edible treats.

We will put class lists in parent mailboxes soon. We will also have a sign-up in the classroom if you would like to help supply some special art supplies. Please "NO" Candy.

Tara, Jessica, Kevin & Tinisha

LADYBUG CLASS



Wow, can you believe it, we're already one month into the New Year! We hope everyone enjoyed their January; we sure did in the ladybug room! We got two new friends and did lots of fun activities.

Coming up in February, we are going on a field trip to gymnastics! Look in your mailboxes for the information and remember to dress your children in comfortable clothes. Also make sure to find Michelle or Dorothy so you can get your permission slips signed.

We really need backpacks to stay at home since our classroom hooks are so crowded. A good rule of thumb is: "If stuff doesn't fit in a 2 gallon bag, then take something home". This helps the children be responsible for what they have brought and are able to put their own things away. It also helps them hang up their coats easier.



Thank you to the parents who have come in and read a book and thank you for all the boots and coats that have been coming to school in the rainy season. Keeping everyone dry in the rain, helps to keep everyone healthy.

Love your ladybug teachers,
Michelle, Dorothy, Mandolin, Valery

BUTTERFLY

Dear Butterfly Families,

It sure feels as though January blew right past us and is in the wind! We hope that you have all had a fun and safe winter so far!

The first week of February is a busy one for the Butterflies! As you all know, Monday, February 1st was our "100th Day of School" celebration! It's been a big deal in this room and the kids have been waiting for so long to have their party!!!! We would like to thank all of you for helping your child create an amazing 100 Day Poster!!! We hope you enjoyed the process, because we know how happy the children were to see them hanging in the hall!

On Friday, February 5th, the Butterflies are taking a field trip to the National Academy of Artistic Gymnastics. Another exciting adventure! We understand that not all of our children attend school on Fridays, and unfortunately, our classroom is at capacity (14 every day, morning and afternoon),

that we will need those children whose schedule is conflicting, to be brought by their parent or other adult. Sorry for any inconvenience this may cause you.

We (the Unity Bus) will be leaving Unity school promptly at 8:45 am and return around 11:30ish. If you are a family that will be joining us at NAAG, our appointment time is at 9:15! :) If you have any questions or concerns, please feel free to chat with Pammie or Erin.

Gentle Reminders

**The weather has been VERY wet as you know, and we are still noticing that many of our children do not have spare clothes in their cubbies or weather appropriate outer ware to help keep them warm, dry and comfortable. Please note that Unity has a VERY limited supply of spare clothes, so it is very important for each child to have a full, weather appropriate change of clothes in their cubbies at all times. Thanks so much! If you need help with this, please let us know and we will do what we can to help out! ♥

**Please remember to take your child's nap items home at the end of their weekly schedule to be washed and then brought back on their first day back. This not only makes rest time more comfy, it also helps a lot in keeping sick germs at bay. Thank you! We truly appreciate your help!



**The Butterfly "Art File" is right outside our door, to the left. These folders get filled up quite quickly as your children expand on their artistic creativity. Please remember to check them once a day. It's a great conversation starter to see how their day was! Thank you!

**We would like to remind the families that at Unity School, we celebrate "Friendship Day", instead of Valentine's Day. Unity really encourages families to have their children make/create their own cards or pictures for their friends (if they choose to participate in a card exchange) instead of store bought. We also want to remind you all that "food or candy treats" need to be kept at home. Instead, if you want to bring a "treat", you may bring things like pencils, stickers, etc. You will find a list of the Butterflies names in your mailboxes! If you have any questions, please feel free to ask! Our Friendship Day card exchange will be on Friday, February 12th during our Small Group time (11:00 to 11:30). If your child doesn't normally come that day, please note that we will collect all of their cards and save them for your child!

Pammie, Erin and Kelly want to thank all of the families who were so kind and generous by getting us the fun items we asked for on the Wish Tree. Your loving hearts are greatly appreciated!!! Thank you!!!!

Well, that's it for this month. We hope you have a wonderful month!!!

Hugs and Smiles,
Pammie, Erin and Kelly

OTTER CLASS

Hello from the Otters!

We are getting back into the swing of things now that the holidays have passed. The students are working on homework and school projects again, and we have some exciting new class projects in the Otter room too. One of the projects is with the class terrarium. The Otters found some snail eggs and put them in the terrarium with soil, leaves, wood and rocks. There is a clipboard by

the terrarium for students to record observations to track the development and growth of the snails and the other changes in the tank.

Unity also has two new pets that live in the Otter classroom! They are female guinea pigs and their names are Jelly Bean and Brownie. If you have not already met them, have your child introduce you to them. They are very friendly and talkative.

The Otters continue to explore various mediums of creative expression. They work hard to construct mazes and garages for cars and animals. Some of the Otters have started to use the bug connectors to form their own stencils so that they can custom make their own designs. Forts and fortunetellers are another popular choice activity.

2016 is off to a great start and we are very excited for what the year has to offer!

We hope you have a great one too,
Teachers Josh and Sarah

HAPPY FRIENDSHIP'S DAY



Jelly Bean



Brownie



**Eco-Healthy
Child Care®**

Eco-Healthy Child Care® helps early childhood learning environments to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals.

Air Quality

Health Concerns

Air quality significantly impacts people's health. The health impacts from exposure to air pollution (indoor and outdoor) can include: decreased lung function, asthma, bronchitis, emphysema, and even some types of cancer. Children are particularly vulnerable to air pollution because their lungs are still developing and they breathe more air per pound of body weight than do adults.

Air Quality

Indoor air pollution levels are often 2-5 times greater than outdoor levels. In addition to a lack of adequate air filtration and ventilation, the presence of dirt, contaminants, moisture, and warmth, which encourages the growth of mold, can trigger allergic reactions and asthma.

Outdoor air pollution comes from a variety of sources, including cars, buses, trucks, ships, trains, wildfires, industry, and activities such as smoking or campfires. Traffic pollutants include possible harmful chemicals in gasoline and diesel exhaust. Childcare facilities may be exposed to excessive levels of diesel exhaust if they are located less than 500 feet from major roadways or close to heavy bus traffic.

Fortunately, many ways to improve indoor air quality and protect children from harmful outdoor air pollutants exist.

Improve your indoor air quality:

Ventilate, ventilate, ventilate. Increase ventilation by opening screened windows and using fans.

Ensure that your HVAC (heating, ventilation and air conditioning) system is properly maintained and meets legal standards. If window air conditioning units are used, check filters regularly and replace as needed.

Prevent mold and mildew. Reduce excess moisture and humidity. Fix leaks and clean spills promptly. Use a fan that vents to the outdoors in both bathroom and kitchen to reduce moisture and mildew. For major water leaks hire a professional company to ensure drying within 24-48 hours. Consider removing carpet completely if it has been wet longer than 48 hours; mold can grow in the carpet, the layers of padding beneath the carpet, and in the flooring beneath. If removing carpet is not an option, deep steam clean regularly.

Do not use scented candles, artificial air fresheners or products with fragrances. These products contain multiple harmful chemicals, which can include dangerous solvents and fragrances.

Ensure all solvents, adhesives, paints, and art supplies are stored in a well-ventilated area.

Products should be sealed tightly and stored in their original containers out of the reach of children.

Dispose of anything that is not being used by taking it to a hazardous waste facility. To find one nearest you, visit www.earth911.org. Avoid products that emit odors, such as plastic shower curtains.

Remove classroom pets. Pet allergens (fur or feathers) can trigger allergic reactions and asthma. Turtles and other amphibians can carry salmonella.

Use low or no VOC (Volatile Organic Compounds) paint. When painting, allow 24 hours of ventilation before re-entering the area.

Prevent Carbon Monoxide (CO) exposure. Purchase and install a carbon monoxide detector. Gas stoves (stove top and ovens) can be a significant source of carbon monoxide. Install and always use a stove hood that vents to the outdoors to ensure adequate ventilation.

Never smoke on childcare premises, in your car or near children. If you do smoke, wear an outer garment that you remove upon entering the building. Wash hands immediately.

Protect Children From Outdoor Air Pollutants

Adopt a no-idling policy. Car exhaust releases pollutants that are harmful to health (especially to children) and the environment. Pollution from idling vehicles can also enter a facility.

Know Your Air Quality. Check your local daily air quality index (AQI), usually found in your weather forecast, or visit www.airnow.gov. If the forecast is for a Code Orange day (unhealthy for sensitive populations) or above, minimize strenuous outdoor activities or keep children indoors. In some areas, you can sign up for electronic updates; visit www.enviroflash.info to find out more.

Here are other ideas; for more details, download the related fact sheet from www.cehn.org/ehcc/factsheet.

- **Use integrated Pest Management (IPM) procedures to manage pests.** Pesticides fact sheet.
- **Use non-toxic art supplies.** Art supplies fact sheet.
- **Test your facility for Radon.** Radon fact sheet.
- **Avoid purchasing furniture products that have pressed wood (plywood and particleboard).** Furniture and carpet fact sheet.
- **Use unscented, biodegradable, least-toxic cleaning, sanitizing and disinfectant products.** Household Chemicals fact sheet.

Air Quality Resources

- Indoor air quality tools for schools: www.epa.gov/iaq/schools
- Check the air quality index for you community: www.airnow.gov or www.enviroflash.info
- American Lung Association: www.lungusa.org/healthy-air
- Eco-Healthy FAQs on Fragrances; Pet Allergens; and Candles: www.cehn.org/ehcc/FAQ

FOR MORE INFORMATION

Call: 202-543-4033, ext. 13
Email: info@ecohealthychildcare.org
Visit: www.cehu.org/ehcc



More Air Quality resources can be found at: www.cehn.org/ehcc/resources

Eco-Healthy Child Care® (EHCC) is a science-based, award-winning national program that seeks to improve the environmental health of children by partnering with child care professionals to eliminate or reduce environmental health hazards found in child care facilities. Originally created by the Oregon Environmental Council in 2005, EHCC is now managed by Children's Environmental Health Network.

Eco-Healthy Child Care®
c/o Children's Environmental Health Network
110 Maryland Ave. NE Suite 402 | Washington, DC 20002



February 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|-----------------------|-----------|----------------------------|--|
| 1 | 2 Ground Hog Day | 3 | 4 | 5 Tuition Due Butterfly field trip |
| 8 | 9 Chinese New Year | 10 | 11 | 12 Friendship Day Caterpillar field trip |
| 15 Overuse fees due | 16 | 17 | 18 | 19 Ladybug field trip |
| 22 | 23 | 24 | 25 Schedule Changes Due | 26 |
| 29 | | | | |