

JUNE 2016



# UNITY SCHOOL

580 N. GARDEN WAY ♦ EUGENE, OR 97478

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## PROGRAM DIRECTORS

Unity Parents,

Welcome to the beginning of summer! June is full of events, swim lessons, field trips, and summer routine changes here at Unity!

We have a few events happening this month in our classrooms we would like to share with you. First, the Otter class will be holding their Commencement Party on Thursday, June 9<sup>th</sup>, from 6-7pm. Congrats to all graduates! The Butterflies had their end-of-the-year "Parent Play Night" at the end of May- what a great turn out! We also have our end of the school year picnic on Friday, June 10<sup>th</sup>, from 12-1 pm. Join your child and teachers for activities and lunch in the play yard!

As you may have heard, we are doing some renovations in our Ladybug classroom this summer. This will start July 18<sup>th</sup> and will take about 2 weeks to complete. The plant & book sale was a great success that we had last month and brought over \$700 to help with the project. We will be doing two more fundraisers to help raise additional funds. On June 8<sup>th</sup> between 5-8 join us at Hop Valley Brewing Company for a "parent date night" where \$1 from every pint sold will be donated to Unity School. Also, on July 6<sup>th</sup> and 7<sup>th</sup> you will be able to go out to eat at Mucho Gusto and Dickie Yo's Frozen Treats and they will donate 25% of your purchase to Unity School if you bring in their fundraising voucher form (which we will provide as we get closer to the date.) Thank you for your support!

June 20<sup>th</sup> will be the start of our Summer Program, meaning we spend a ton of time outside! Please be sure to have sunscreen (no aerosol) and extra clothes for your child at Unity. We also encourage closed-toed shoes/sandals, as flip-flops can be quite challenging and unsafe running and playing on the woodchips. The staff will have some new and exciting activities planned for a fun-filled summer. Session 1 of swim lessons starts on June 20<sup>nd</sup>. If your child is enrolled in the first session, please:

- Have your child at Unity by 9:30 on Monday, Tuesday, Wednesday, and Thursday.
- Send your child in slip-on shoes
- Send your child with a sturdy bag (like a reusable grocery bag) large enough to hold all items

- Provide a towel for your child.
- Provide a plastic bag to put wet suit in.

Thank you!!! We still have spots open in all sessions so come to the office and we will help get your child signed up. Spaces do fill up quickly, so don't delay!

What a great turn out we had from mothers and grandmothers for lunch to celebrate Mother's Day. This month, we will be celebrating our fathers on Monday, June 20th for a special p.m. snack. We would love to have dads and grandfathers enjoy a snack with their child (or grandchild) for this special occasion.



On Thursday, June 2<sup>nd</sup> at 5:30, we will have a meeting about our upcoming camp-out (July 20-22) for the Otter class. Please stop in with your questions and grab some information about this 2-night adventure. If you register for camp by July 1<sup>st</sup>, you get a discounted rate, so hurry in and get your child signed up for this exciting opportunity!

Just a reminder that Unity will be closed Monday, July 4<sup>th</sup> for the holiday and September 1<sup>st</sup> and 2<sup>nd</sup> for staff training and clean up before the new school year. Please get your schedule changes for summer vacations turned in to the office so we can staff accordingly.

Have a safe and fun-filled summer,  
Susanne and Jessica

## PANDA CLASS

Hello Panda Families,

We followed our kids' lead this month and webbed "Colors" again. This time we did "Spring Colors." We have a lot of work on learning colors, and spring has brought so many to our playground and garden.

We have done watercolor paintings and even painted with an actual flower (purple iris) that Dawn brought us from the garden! We have taken many trips to the garden and found red strawberries (as well as green ones), pink raspberries, green peas, purple flowers and white bunnies.

Out front there are many colors of flowers growing. The kids like to talk to Jessica when she weeds out there too. She sometimes will give them a flower through the fence.

By the end of the month we found the kids consistently picking out their favorite books in our library, and re-telling the stories aloud. We created a web with them with all of our favorite books and stories, including "Pout Pout Fish." We put a lot of focus on the pictures in the books and telling the stories at circle time. We also got to bring out the flannel board to tell some of our favorite stories. You can expand this unit at home by reading at home - what are your child's favorite books?

We can't believe the school year is coming to an end and we are welcoming summer! Soon we will spend most of our days outside, and most afternoons the children will likely take part in water play - expect them to be a little damp at pickup, and dress them in light clothing and close-toed sandals so they can be comfortable.

Thanks and have a happy summer!

Cherri & Celia



## CATERPILLAR CLASS

Dear Caterpillar Families,

It is hard to believe that the school year has come and gone. It has been such a pleasure to learn and grow with the Caterpillar class this year.

Thank you mothers, grandmothers, and siblings who were able to join us for the Mother's Day Lunch! It was so special to share this event with you and celebrate all your hard work. The children loved having you here at school.



We would also like to give a BIG thank you to everyone who donated books to the school from the Barefoot Book Fair. The Caterpillars have enjoyed reading the new literature and learning the new songs!

This month we will be celebrating the end of the school year with a field trip to the Washington Park spray and play area on June 17th.

The bus will be leaving promptly at 9am so please have your child here no later than 8:45am to avoid missing the trip. We will be returning from the field trip before 12pm. Please have your child wear their swim suit to school and bring a towel, a change of clothes, a pair of easy on/off shoes, and a bag to put their wet suit and towels into. Unfortunately if Friday is not your regularly scheduled day we do not have room for your child to attend the field trip. If you would like to meet us there, however, you are more than welcome to come and play!

Our summer program begins on Monday June 20<sup>th</sup>. During our summer program we bring the curriculum outside! We will have different activity zones each day on the playground such as: Dramatic Play Zone, Art Area, Sensory Tables, Building and Construction, and many more! We do a lot of water play so keep those cubbies stocked with summer clothes! I would also like to remind families that since we do spend the majority of the summer outside to please provide non-aerosol sunscreen that can remain at Unity for the duration of the summer.

Things to Remember:

- Field trip to Spray & Play Friday June 17th at 9am
- Please bring non-aerosol sunscreen labeled with your child's name
- A jacket for those chilly mornings
- Extra clothes for you child's cubby (We do a lot of water play!)

- Keep your eyes peeled for the upcoming Father's Day snack!

Happy June!

The Caterpillar Teachers

## LADYBUG CLASS

Dear Ladybug Families

It's been a great year so far and we are looking forward to summer! Please check out the swim lesson opportunities for your child. Information is on the front desk or you can ask Virginia for details. As summer approaches, we have some reminders: Please remember to bring sunscreen for your child if you have not already done so. We are also requesting you send a very lightweight blanket or sheet for your child to rest with so they can be comfortable during rest time. We do a lot of water play in the warm weather so we appreciate a change of clothes sent with your child to change into if they get wet.



We had a great field trip to Papa's pizza last month. The kids were great and we are looking forward to our next field trip. Please keep an eye on your parent mailbox for more information. We have so much to look forward to! There will be an end of the year picnic for family members to attend and a Father's Day meal to celebrate dad! All information will be posted on our classroom door, at the front desk and in parent mailbox's. We will also be having a graduation for the Ladybugs at the end of summer. This will be a fun celebration at a local park after school hours. Ladybug teachers will be putting reminders out as the date draws near.

A special thanks, to the families who purchased books/games for our classroom during the book fundraiser. Thanks to all the families who participated in the book fair and the plant sale.

As always, if you have any questions please speak to Dorothy or Michelle.

Dorothy, Michelle and Mandolin.



## BUTTERFLY CLASS

Dear Butterfly Families,

I would first like to thank all of you who were able to come to the Parent Play Night! What a joy it was to watch all of you playing with your children! I hope you all had a great time!!!

### A Few Gentle Reminders

1. As we wind up the end of the school year, and head into our summer program, please make sure that your child has a FULL set of WEATHER APPROPRIATE clothes in their cubby at all times. We do a lot of water play during the summer and we have to do some clothes changing at times. Thanks!
2. On your child's last scheduled day of the week, please take home all of their nap bedding to be washed. After a few weeks of not being washed, they get pretty stinky and not so comfy to rest



children do here at school every day! They are very proud of their work, and would love to see it displayed at home!

\*\*Pammie will be gone to a conference from June 21st thru 24th.

I want to thank each of you for sharing your greatest gifts with me this year. What amazing, smart, funny and loving your children are! It's been a great year getting to know all of you. I sure am going to miss the children, but know that their next adventure starting kindergarten is going to be a fabulous one! Please keep in touch so I know how they are all doing!

Have a wonderful, safe and blessed summer!!!!

Love and hugs,  
Pammie and Kelly

## OTTER CLASS

Hello from the Otters,

It's hard to believe the month of May has come to an end already. We enjoyed our Mother's Day luncheon and were happy to have a few mothers/grandmothers join us for this time. We got to eat a wonderful taco salad lunch in our garden, and had the chance to visit and enjoy the warm sun while trying to keep the umbrella from blowing away. At times, this caused a few laughs among the group.

We have had a great year of fun and learning with our Otters. They are a great group of kids who are creative and eager to learn. We look forward to the summer break and the opportunities and fun we will enjoy together.

Some of our kids have been working on writing and illustrating their own books. We love having the opportunity to hear their imaginative stories and see their creativity come to life in a variety of ways.

This will be the last newsletter for the summer, so please check your mailboxes for field trip information, or any other information that needs to be passed to parents.

Have a fun safe summer,  
Teachers Josh & Sarah



June 8<sup>th</sup> (5-8 pm)

\$1.00 Per pint  
comes to Unity for  
Remodeling cost in  
Ladybug room

# HOPS THAT HELP

Parent Date-night

Unable to Attend,  
there is a donation  
box in Unity's Lobby





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.

## Built Environment

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### **What is a Built Environment?**

Child care facilities located in urban centers face challenges that are different from those housed in communities that have access to open green space with wildlife, trees and plant life. Built environments include the buildings, sidewalks, streets, play structures and other human-created spaces around us. As our cities develop and population grows, we create schools, apartments, shopping centers and other spaces for all to live, learn and work. The built environment is critical because it affects our physical and mental health and well-being by encouraging or discouraging positive activities. It is important to provide natural learning opportunities to promote physical, mental, and social activity that may otherwise be provided by regular access to green open spaces.

### **Health Concerns**

Indoor pollutants: Housing materials and consumer products, such as particle board, paint, cleaners, air fresheners and carpeting, can release gasses that cause indoor air pollution, trigger asthma and may be toxic in ways that can damage a child's long term health. *See Air Quality fact sheet.*

Movement: The built environment can contribute to obesity, diabetes, asthma and heart disease, if there is not access to safe places for children to exercise and play.

Outdoor Air Pollution: Placing a childcare facility near sources of pollution can increase children's exposure to air pollutants. Optimal locations for early learning programs would be away from factories, highways, gas stations, and agricultural businesses that use pesticides. Children are particularly vulnerable to air pollution because their lungs are still developing and they breathe more air per pound of body weight than adults do. Poor air quality is correlated with: decreased lung function, asthma, bronchitis, emphysema, and even some types of cancer.

### **Natural Learning**

Counteract negative consequences of the built environment by encouraging active outdoor learning. Learning and playing in the natural outdoor environment offers children: fresh air, opportunities to learn about nature, larger spaces for physical activity, and stimulation of their senses. Help to improve children's brain development and overall health by providing opportunities for vigorous physical activity and access to green space every day.

- Walk or bike: Take children on a walk whenever possible - to local parks, playgrounds or other nearby locations. Encourage caretakers to walk or bike their children to childcare and to the grocery store, drug store, bakery or coffee shop.
- Arrange field trips: Visit a local park, community garden or local farm. Arrange for experts in the community to provide learning experiences related to their work.

- *Grow organic vegetables and fruit:* Plant seeds in window boxes or in a raised bed outdoors. Watch them grow and enjoy the yummy vegetables at a picnic.
- *Promote hands-on learning:* Let children hold a ladybug or beetle instead of simply reading a book about insects.
- *Go exploring:* After talking about various types of nesting habits, go outdoors and instruct children to look for nests in trees. Have them point out other places where animals live.
- *Find space for active play:* Children should have 15 minutes of "unstructured" physical activity for every hour they are in childcare. Free play is essential for social, emotional, and cognitive developmental milestones and managing stress. Preschoolers should not be sedentary for more than 60 minutes at a time (except when sleeping). Children who learn about nature and play outside are more likely to build healthy habits for enjoyable physical activity.

## Built Environment Resources

- Center for Disease Control and Prevention: Children's Health and the Built Environment  
[www.cdc.gov/healthylives/healthtopics/children.htm](http://www.cdc.gov/healthylives/healthtopics/children.htm)
- National Environmental Education Foundation's Children and Nature Initiative  
[www.neefusa.org/health/children\\_nature.htm](http://www.neefusa.org/health/children_nature.htm)
- Connecticut's SAFER program provides guidance on the siting of child care facilities.  
[www.cehn.org/ehcc/siting](http://www.cehn.org/ehcc/siting)
- Natural Learning Initiative  
[www.naturalllearning.org/](http://www.naturalllearning.org/)
- National Center for Safe Routes to School  
[www.saferoutesinfor.org?](http://www.saferoutesinfor.org?)

### FOR MORE INFORMATION

Call: 202-543-4033, ext. 13

Email: [info@ecohealthychildcare.org](mailto:info@ecohealthychildcare.org)

Visit: [www.cehn.org/ehcc](http://www.cehn.org/ehcc)

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  
202-543-4033, ext. 13



# June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8 Hop Valley Brewing company Fundraiser	9	10 End of Summer Picnic (12-1 pm)
13	14	15	16	17
20 Father's Day Snack (3-3:30) Summer program Begins	21	22	23	24
27	28	29	30	