



**COLLEGE PARK  
NURSERY SCHOOL  
& KINDERGARTEN**

4512 College Avenue, College Park, MD 20740  
Tel: 301-864-5355 Web: www.CPNSK.com

VOLUME 1, ISSUE 2 —  
OCTOBER 2009

**October and November  
School Calendar**

**10/12 (Mon)**  
**COLUMBUS DAY—  
NO SCHOOL**

**10/14 (Wed)**  
**Board Meeting (everyone  
welcome), 7:00 p.m.**

**10/21 (Wed)**  
**Field Trip to the Green  
Meadows Farm (Pumpkin  
Patch!)  
in Jessup, MD  
11:00 am  
\*\* NO SCHOOL \*\*\***

**11/11 (Wed)**  
**MANDATORY  
MEMBERSHIP  
MEETING, 7:00 p.m.**

**11/25-27 (Wed-Fri)**  
**THANKSGIVING BREAK  
NO SCHOOL**

**A LOOK AT MEMBERSHIP**

Classes are underway and given the economic climate, CPNS&K is doing well, enjoying close-to-full enrollment. As you know, CPNS&K strives to keep tuition low, and we need to keep our classes full in order to do so. We have the followings spots available:

- 3 openings in Miss Joan's Kindergarten class, which meets 5 days a week from 11:30 am to 3:00 pm;
- 4 openings in Miss Ann's 3s class, which meets Tuesdays and Thursdays from 9:00 am to 11:30 am

At this point in the year, we may get another student or two for the Kindergarten class. With your help, we should be able to fill the 3s class! Miss Ann and her 3s students would love a full class.

Talk up our school at music classes, sports lessons, the neighborhood park, church or temple,

and at playgroups. Feel free to ask people with young children, "Do you have a preschool?" Parents love to hear about the cooperative experience. Tell them what you love about our school and remember to point out that we have many families with two working parents who manage to co-op without any trouble. Don't forget about After Care. That's a great incentive for a preschool like ours.

We've had great success improving our enrollment with our neighborhood listserve postings! If you need any text for an email post, please contact Becky Widman. Ask for promotional materials to leave at libraries or at appropriate community events. CPNS&K needs your help to keep its membership full and active.



*Miss Terri's substitute teacher Mother Goose drops in to sing and entertain the Friendly Frogs.*



*Miss Ann and her Terrific Turtles get to know each other during the September 4<sup>th</sup> playground get-together.*



**WHAT'S INSIDE**

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## FLU SEASON IS HERE

One of the least pleasant parts of the season is upon us – the threat of influenza or the flu. An infection of the nose, throat, and lungs caused by the influenza viruses, the flu is thought to spread mostly from person to person through the coughs and sneezes of people who are sick with the flu or by touching something with flu viruses on it and then touching one's mouth. With the novel spread of the H1N1 (or swine) flu, parents understandably are concerned about their children's health. In addition to contacting your physician about getting a seasonal flu vaccine to protect against seasonal flu viruses, here's what the Centers for Disease Control have to say about taking everyday steps to prevent the spread of all flu viruses:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
2. Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, alcohol-based hand cleaners are also effective.
3. Avoid touching your eyes, nose and mouth. Germs spread this

way. Teach your child to take these actions too.

4. Try to keep your child from having close contact (about 6 feet) with sick people, including anyone in the household who is sick.
5. Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
6. Throw away tissues and other disposable items used by sick persons in your household in the trash.

A vaccine against the H1N1 flu is being produced and will be available soon. Check back with the CDC or with your physician about how to get both the seasonal and H1N1 flu shots. Recent reports suggest that children under 10 may need two shots of the new H1N1 vaccine but check with your pediatrician and the CDC for the latest medical updates.

For more information: [www.cdc.gov/flu](http://www.cdc.gov/flu) and [www.parenting.com](http://www.parenting.com).

*“In Case of Illness” – excerpted from the CPNS&K Manual*

*“Common sense should prevail. A child who comes to school must be physically able to participate fully in the program, including outdoor play. Sniffles and coughs are part of the routine, but the teacher and parent aides have specific duties which make it difficult to spare an adult to stay with a child who is not well enough to keep up with the group. When the child is overtired or has a fever, is coming down with a cold, or is taking medication which causes drowsiness, he is better off at home ... In addition, communicable diseases must be reported to the Class Representative or Director. These include pin worms, thrush, impetigo, head lice, and others as well as the usual chicken pox, mumps, and measles.”*

Additional CPNS&K advice:

- If your child develops a fever, please wait at least 24 hours after the fever subsides before returning to school.
- Also, please talk to your teacher to find out if any students in your child's class have particular health concerns that warrant taking additional precautions with a sick child.

## IT'S PUMPKIN TIME!

Come enjoy the hayride, petting zoo, and corn maze on Wednesday, October 21!

CPSN&K Field Trip to the Pumpkin Patch at Green Meadows Farm at 8018 Max Blob Park Road in Jessup, Md (about 30 minutes from school).

- \$9/person (which includes a free pumpkin) and under 2 are free. Pay by check, payable to 'College Park Nursery School' – deposit in envelopes on the hall bulletins or give to your class representative.
- Parents, please meet us at the farm at 11:00 am (you will get your tickets upon arrival). Bring a brown bag lunch and drink as we'll eat first before enjoying the activities. Classes are canceled that day.
- Our group tour is from 11:45 to 12:00. You're free to leave when you're ready (a typical visit lasts around 2 hours)
- Directions – see the map on page 4.



## ABOUT TOWN ...

9/26/09 – 11/1/09	<i>Ferdinand the Bull</i> at the Imagination Stage in Bethesda, MD: <a href="http://www.imaginationstage.org/">http://www.imaginationstage.org/</a>
10/01-8-15/09	<i>Searching for Sculpture</i> , a three-part class for children and their adults, with an introduction to animal sculpture and the historic gardens at the Hillwood Estate in DC: <a href="http://www.hillwoodmuseum.org/">http://www.hillwoodmuseum.org/</a>
10/03/09	<i>Jump Off!</i> presented by the National Children's Museum, showcasing exhibition performances of nationally renowned Double Dutch jump rope teams along with other family friendly activities at the National Harbor: <a href="http://www.ncm.museum/home/news/jump-off">http://www.ncm.museum/home/news/jump-off</a>
10/03/09	<i>Riverdale Park Day</i> in Riverdale Park, MD: <a href="http://www.riverdaleparkmd.info/">http://www.riverdaleparkmd.info/</a>
10/03/09	<i>Capital Bookfest</i> in Largo, MD: <a href="http://www.capitalbookfest.org/">http://www.capitalbookfest.org/</a>
10/04/09	<i>Kinderfest</i> , the 29 <sup>th</sup> annual afternoon event at Watkins Regional Park in Upper Malboro, MD: <a href="http://www.pgparcs.com/Kinderfest/About_Kinderfest.htm">http://www.pgparcs.com/Kinderfest/About_Kinderfest.htm</a>
10/23-25/09	<i>Boo at the Zoo</i> , the popular trick or treat event at the National Zoo: <a href="http://nationalzoo.si.edu/ActivitiesAndEvents/Celebrations/Boo/">http://nationalzoo.si.edu/ActivitiesAndEvents/Celebrations/Boo/</a>
10/24/09	<i>The Great Jack-o'lantern Campfire</i> at the Marietta House Museum in Glenn Dale, MD: <a href="http://www.pgparcs.com/Things_To_Do/History/Marietta_House_Museum.htm">http://www.pgparcs.com/Things_To_Do/History/Marietta_House_Museum.htm</a>

## BOOKS OF THE SEASON

*Leaves*, by David Ezra Stein – a beautifully illustrated book about a young bear's first autumn, falling leaves, and the change of seasons. Great for ages 1 to 4.

*Allie Gator's Halloween Ride*, (John Deere Series) by Heather Alexander – for the young tractor-lover in your family, a story about corn mazes, black cats, and Halloween fun. Great for ages 2 to 5.

*I Spy Spooky Night*, by Jean Marzollo – part of the popular *I Spy* series, children are challenged to find hidden objects in eerie Halloween pictures. Great for ages 3 to 6.

*Happy Halloween, Amelia Bedelia*, by Herman Parish – the perfect book for new readers, Amelia helps plan a costume party. Great for ages 5+.

*The Runaway Pumpkin*, by Kevin Lewis – rhyming fun when an enormous pumpkin rolls through the Baxter's Farm. The story with a feast of pumpkin delights. From the author that brought you *Chugga-Chugga Choo Choo* and *Tugga-Tugga Tug Boat*. Great for ages 2 to 5.

*I Know It's Autumn*, by Eileen Spinelli – a rhyming tale about the onset of autumn: raking leaves, apple-picking, and more. Great for ages 3+.

*Stellaluna*, by Janell Cannon – a heart-warming and beautiful picture book about a baby bat that is adopted by birds. Great for ages 2 to 5.

*Room on the Broom*, by Julia Donaldson – by the team that brought you *The Gruffalo* comes another rhyming tale about a witch and her animal friends who outsmart a dragon. Great for ages 2 to 5.

Comments or  
suggestions for the  
CPNS&K Newsletter?  
Items for submission?

Please contact  
Laurelle Lo at:  
[laurellelo@starpower.net](mailto:laurellelo@starpower.net)

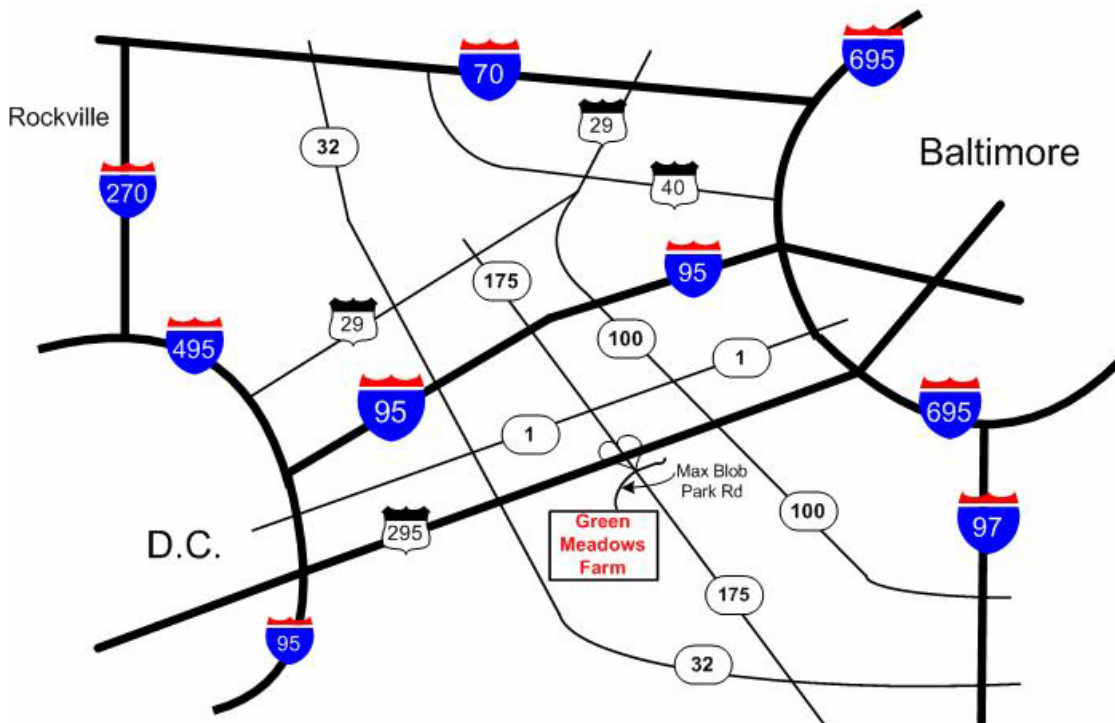
Green Meadows Farm at  
8018 Max Blob Park Road  
Jessup, MD 20794

**FROM BALTIMORE:** Take Rte. 295 South then exit at Highway 175 East and go 200 yards. You will make an immediate RIGHT turn at the blinking yellow light (Max Blob Park Rd). Go ¼ mile to parking.  
(If you pass Latella's shopping center on Highway 175, you've gone too far.)

**FROM WASHINGTON:** Take Rte. 295 North then exit at Highway 175 East and go 100 yards. You will make an immediate RIGHT turn at the blinking yellow light (Max Blob Park Rd). Go ¼ mile to parking.  
(If you pass Latella's shopping center on Highway 175, you've gone too far.)

**FROM ANNAPOLIS:** Take I-97 North then exit Highway 32 West. Take Hwy. 32 West to Highway 175 West. Take Highway 175 West approximately 3 miles to the blinking yellow light (Max Blob Park Rd). Turn left and go ¼ mile to parking.  
(If you pass Latella's shopping center on Highway 175, you've gone too far.)

**FROM COLUMBIA/LAUREL AREA:** Take Highway 32 East to Rte. 295 North. Exit at Highway 175 East and go 1/8 mile. You will make an immediate RIGHT turn at the blinking yellow light (Max Blob Park Rd). Go ¼ mile to parking.  
(If you pass Latella's shopping center on Highway 175, you've gone too far.)



Please call if you need further directions  
1 (800) 799-1166