

COLLEGE PARK

**NURSERY SCHOOL
 & KINDERGARTEN**

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

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 NOVEMBER/DECEMBER 2009

November and December
School Calendar

11/11
MANDATORY
MEMBERSHIP MEET-
ING, 7:00 p.m.
(Wed)
 Limited babysitting
 available

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

12/21/09-1/3/10
WINTER BREAK
VACATION—NO
SCHOOL
(Mon-Fri)

A LOOK AT MEMBERSHIP

There are now 5 openings in Miss Joan's Kindergarten class and 6 openings in Miss Ann's 3s class. Please continue to mention CPNS&K to friends and please let Becky Widman (becky_widman@yahoo.com) know if you need proposed text to send to neighborhood listservs. Remember, CPNS&K needs your help to keep its membership full and active.



On October 14, the College Park Fire Department paid an exciting visit to the school. The kids loved the shiny fire truck and learned a lot about fire safety.



It was a beautiful day on October 21 for the CPNS&K field trip to the pumpkin patch and petting zoo at Green Meadows Farm in Jessup, MD. Goats, ponies, chickens, and even emus were eager to be petted. And, the CPNS&K students and their families got to enjoy a picnic lunch, sun-filled hayrides, animal demonstrations, and pumpkin picking.

WHAT'S INSIDE

2...A PRIMER ON POSITIVE DISCIPLINE
 3...LOCAL SCHOOL DEADLINES
 3...TEACHER WISH LIST

3...THE PAMPERED CHEF
 4...ABOUT TOWN
 4...BOOKS FOR THE SEASON

A PRIMER ON POSITIVE DISCIPLINE

— by Cynthia Finley

Before your child joined your family as a baby, you probably read all sorts of books, articles, and advice on how to care for babies. But many of us did not do so much preparation for the toddler and preschool years, and probably found ourselves asking, “Now what do I do?” when faced with typical 2- and 3-year old behaviors.

There is a lot of advice out there for how to handle these behaviors, and the techniques are varied and often conflicting. “Time outs” seem to be the most commonly recommended discipline method for preschool-aged children. As you may have noticed, or as your child’s teacher may have explained during your orientation session at the beginning of the year, CPNS&K does not use “time outs.” Instead, CPNS&K uses “positive discipline,” which can also be used in your home.

What is positive discipline? It is a way of interacting that develops a mutually respectful,

cooperative relationship between adult and child. Jane Nelsen gives the following five criteria for effective discipline that teaches. (<http://www.positivediscipline.com/what-is-positive-discipline.html>):

“Effective discipline...

1. Helps children feel a sense of connection. (Belonging and significance.)
2. Is mutually respectful and encouraging. (Kind and firm at the same time.)
3. Is effective long-term. (Considers what the child is thinking, feeling, learning, and deciding about himself and his world – and what to do in the future to survive or to thrive.)

Instead of “time outs” CPNS&K uses “positive discipline” which can also be used in your home.

4. Teaches important social and life skills. (Respect, concern for others, problem solving, and cooperation as well as the skills to contribute to the home, school, or larger community.)
5. Invites children to discover how capable they are. (Encourages the constructive use of personal power and autonomy.)”

This sounds great, but how do you put it into practice?

That can be difficult, especially if you grew up in a house

that did not use positive discipline and have no other experience with it. Many good parenting books give detailed explanations and examples of how to use positive discipline with children of different ages, including *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish, *Positive Discipline for Preschoolers* by Jane Nelsen, and *Playful Parenting* by Lawrence Cohen.

These books generally emphasize understanding normal development phases for a child’s age, adjusting your expectations to fit your child’s development, accepting and acknowledging your child’s feelings, and appropriate responses to children’s behaviors that teach them while strengthening your relationship and avoiding punishments.

Faber and Mazlish give the following example on their website (<http://www.fabermazlish.com>)

“Two year olds like to throw things. They throw when they're happy and they throw when they're upset. They also hit their parents and their siblings.

Many good parenting books give detailed explanations and examples of how to use positive discipline.

Our job? To help them get through this normal developmental phase by teaching them the difference between what they may and may not do - over and over again - until they learn what they need to learn.

How? By accepting their feelings even as we stop and redirect their unacceptable behavior. For example:

-“Hold it! Blocks are not for throwing - even when you're angry. Here, you can throw the pillow or the balloon.”
 -“Ouch, that hurt! I can't let you hit me. But you can tell me what you feel. You can say, 'I don't want you to be with the baby now. I want you to be with me!' ”
 -“No shoving! Tell your sister what you want with words, not shoves. Tell her, 'My doll. I'm not ready to share.' ”
 -“The carpet is not for cutting. Let's see, what can you cut? How about this paper? Or this cardboard? Which one? You decide.”

You'll discover many variations of this kind of talk on your own. By following the basic principle of acknowledging her feelings while giving her guidelines and choices for how she can express them safely, in times you'll see the fruits of your patient teaching.”

Learning these types of positive discipline techniques can take some time and practice, and may take

more effort from the parent at first than just sending a child to “time out.” But the benefits of positive discipline will be well worth the effort in the long run and will help parents and children to develop a loving and respectful relationship, good communication and problem-solving skills, and a strong sense of responsibility and self-esteem.

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LOCAL SCHOOL DEADLINES

– by Malin Ljunggren-McNulty

It's never too early to start researching your child's educational options after he or she has completed preschool. Believe it or not, Open House season is in full swing at many private schools already. Below is contact information for some of the local private and public schools where former CPNS&K students have or are currently attending. This list does not constitute any kind of endorsement of these institutions by CPNS&K, nor is this an exclusive list of schools in the area.

If you are looking to go to your local public school you may want to research special programs within your school district as well. Some require applying for a slot through lottery, and deadlines are often in early spring. Please let your teacher know if a school you are applying to requires any assessments to be filled out or a preschool observation visit to take place.

LOCAL PRIVATE SCHOOLS

Berwyn Christian School
(former Berwyn Baptist School)
4720 Cherokee St., College
Park, MD 20740
(301) 474-1561
www.berwynbaptistschool.com

Christian Family Montessori
School
3628 Rhode Island Avenue
Mount Rainier, MD 20712
(301) 927-7122
www.cfmschool.org

Fairhaven School
17900 Queen Anne Road
Upper Marlboro, MD 20740
(301) 249-8060
www.fairhavenschool.com

Friends Community School
5901 Westchester Park Drive
College Park, MD 20740
(301) 441-2100
www.friendscommunityschool.org

Holy Redeemer School
4902 Berwyn Road
College Park, MD 20740
(301) 474-3993
www.holy-redeemer.org

Paint Branch Montessori School
3215 Powder Mill Road
Adelphi, MD 20783
(301) 937-20783
www.pbmontessori.com

St. Hugh's of Grenoble
145 Crescent Road
Greenbelt, MD 20770
(301)474-4071
www.sthughs.com

St. Joseph's School
11011 Montgomery Road
Beltsville, MD 20705
(301) 937-7154
www.stjos.org

PUBLIC SCHOOL SYSTEMS

Prince George's County Public
Schools
www1.pgcps.org

Montgomery County Public
Schools
www.montgomerycountyschools
md.org

Howard County Public Schools
www.hcpss.org

Washington, DC Public Schools
www.k12.dc.us

Washington, DC Public Charter
Schools
www.dcpubliccharter.com

TEACHER WISH LIST

The next time you're at a craft store, your local Target, or just looking through your office or art supplies at home consider donating something to CPNS&K. The school's teachers often pay for supplies out of their own pocket and any donations are most welcome. Here are some of the most sought-after items:

1. Copy paper – white
2. Copy paper – colored
3. Constructions paper – multi-colored
4. Items for the art carts – jewels, beads, feathers, buttons, bead-like confetti, wiggly eyes, pony beads (for string work), etc.
5. Pipe cleaners
6. Kleenex
7. Tape – both masking and Scotch
8. Dot markers
9. Sheets of Mylar
10. Cotton Balls
11. Masking tape – colored
12. Stamp pads – any or all colors
13. Toothpicks – multi-colored
14. Liquid hand soap

If you are able to bring in any of these items, please note your donation on the Teacher Wish List sign-up sheet posted on the hall-way news bulletin in order to minimize duplicate donations. Thank you!

THE PAMPERED CHEF COMES TO CPNS&K

The Pampered Chef - the premier direct seller of essential kitchen tools – is a popular fundraiser for the school. Get the means to provide quick, delicious meals for your family while raising money for the school and contributing to your fundraising requirement: 25% of your order and other orders you collect will go toward your fundraising obligation.

It's easy: full-size catalogs and order forms are available in the office. Please return orders with payment to the Pampered Chef mailbox (under the Kindergarten mailboxes).

Circulate a catalog and order forms to family, friends and co-workers. **Orders are due by November 24th.** Products will arrive by December 10th. Payment can be credit card or checks made payable to Becca Durbin.

Or, order online: go to www.pamperedchef.biz/chefbecca. Click on "shop online" on the bottom left. Enter College Park Nursery School as the host.

If you or someone you know decides to host a Pampered Chef party, \$10 will go toward your fundraising. Becca's hosts earn an average of \$125 of FREE products plus other deep discounts while having fun and enjoying great food with family and friends. Hosts in January can get an additional \$100 of free products.

Let family, friends and co-workers know about this opportunity to support your child and CPNS&K. This is a great way to include out-of-town family and friends in the fundraiser. Their orders can be shipped directly to them.

**Questions? Please contact Becca Durbin,
(Jack - 4s), 301-937-1744
becca_durbin@mindspring.com
www.pamperedchef.biz/chefbecca**

ABOUT TOWN ...

- until 11/9/09 *Kids' Euro Festival* includes children's theater -- like *Babar the Elephant* -- from around the world, presented by different European embassies and cultural groups, at various D.C. locations:
<http://www.kidseurofestival.org>
- 11/12 – 13/09 *Step Afrika!* a high-energy, percussive dance performance, based on stepping, at the Clarice Smith Performing Arts Center at the University of Maryland:
<http://claricesmithcenter.umd.edu/2009/c/performances/performance?rowid=9165>
- 11/28 – 1/10/10 *Mulan*, the stage version of Disney's animated movie, at the Imagination Stage in Bethesda, MD:
<http://www.imaginationstage.org/shows-a-tickets/0910-season>
- 12/13/09 Chanukah Magic and Miracles: a Community Chanukah Celebration, at the Washington, DC Jewish Community Center:
<http://thejdc.convio.net/site/Calendar/611880043?view=Detail&id=118041>
- 12/18 – 27/09 *The Nutcracker* performed by the Maryland Youth Ballet at the Montgomery County Arts Center in Rockville, MD:
<http://www.marylandyouthballet.org/nutcracker.html>
- 12/10/09 *A Kwanzaa Celebration* by the African Heritage Dancers and Drummers at the Prince George's Publick Playhouse in Cheverly, MD:
http://www.pgparcs.com/Things_To_Do/Calendar_of_Events/Pre-Kwanzaa_Celebration.htm

BOOKS FOR THE SEASON

Thanksgiving is for Giving Thanks, by Margaret Sutherland. A Reading Rainbow book, which provides cheerful illustrations and a simple text about family, friends, and the holiday. Ages 2 to 4.

The Perfect Thanksgiving, by Eileen Spinelli. A humorous book about two families that celebrate Thanksgiving in their own loving ways. Ages 3+

On Hanukkah, by Cathy Goldberg Fishman. A beautiful, lyrical book about a family celebrating Hanukkah. A helpful glossary is included for young readers. Ages 3+

Candlelight for Rebecca (American Girl Collection Series), by Jacqueline Dembar Greene. From the hyper-popular series, a story about a Jewish-American girl in 1914 learning the meaning of the Jewish holiday season. Ages 5+

The Polar Express, by Chris Van Allsburg. The classic story – with classic illustrations – about a magical train ride to the North Pole. Ages 3+.

The Sound of Kwanzaa, by Dimitrea Tokunbo. A book of colorful verse guides young children through the seven principles of Kwanzaa. Ages 2 to 5.

Who Likes the Snow? by Etta Kaner. Easy to understand photos detail the different reasons to love the snow. Ages 2 to 5.

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

Please contact
Laurelle Lo at:
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