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# Newsletter

*“Nothing Without Joy”*

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## Inside this issue:

## Work Party Success!

- Parent Perspective **2** The October 6th work party was a huge success. Our
- Raising Children **2** school community came together to complete a
- Get the Word Out! **3** long list of tasks. There was an amazing energy as
- Fire Station Field Trips **3** parents got together to weed, sand, organize,
- Halloween at CCC **4** clean and paint. The grounds sparkled on Mon-
- Boo and Bowl-A-Thon **5** day when the children returned to school. There
- Halloween Safety **6** was an enthusiastic chatter from the children as they touched and climbed



on the newly painted rainbow bridge. Thank you to everyone that participated! If you didn't get a chance to participate and are itching to help out before the next work party - there are always small projects to do around the grounds.

*Please note that all families are required to participate in 2 of 5 scheduled work parties, or they may elect to buy out for \$75 per work party (\$150 for both).*

DATES TO REMEMBER	
Oct. 28	Boo and Bowl-A-Thon
Nov. 9	<b>NO SCHOOL</b> -Teacher Inservice
Nov. 12	<b>NO SCHOOL</b> -Veteran's Day
Nov. 13-14	Picture Day (During class time)
Nov. 21-23	<b>NO SCHOOL</b> - Thanksgiving Holiday
Dec. 3	<b>NO SCHOOL</b> -Teacher Inservice
Dec. 4-5	2013 Preschool/Playpals Visitation Days
Dec. 6-7	Kinder/Elementary Visitation Days

## Parking

Remember, only park in designated parking spaces. Parking is not allowed along the gravel road between the front and back lots, or along the bark/bushes in front. We must keep these areas clear in case of emergency. The back lot holds many cars, so please park there if the front lot is full. Thank you!

# Parent Perspective: September Moments

## Teddy Bears/Rainbow Rascals:

"While overseeing a foot painting project, I asked Sam Z. if he was ready to have his feet painted by one of his friends. He responded, 'No, I don't want to have painted feet. I want to have regular feet'. It made me laugh." —Katie Otte

## Super Stars:

"I have loved watching the way students are exploring and growing together already. They are actively engaged in their learning and so curious about everything in their classrooms and outside. It is so sweet to

watch friendships beginning to form and to watch this class become a group of explorers together." — Kelly Sigrah

## Sunshine Kids

Many new relationships are forming! Hadyn and Adam were hard at work at the sand table, when Adam picked up a handle-less sifter. "No, you can't use that, it's broken!" Hadyn exclaimed. But then Adam found he could balance the sifter on a container, and both happily sifted sand together. We're looking forward to more fun and friends in the coming months!

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## Raising Children Who Think for Themselves

*This article is a reprint and discusses raising self-directed children. Adding her own insights to the raising of self-directed children, Teacher Lucy Chaille also referenced the book "Raising Children Who Think for Themselves" by Elisa Medhus.*

In her book, Medhus focuses on ways to raise children who are self-directed, instead of externally driven by rewards and or the need to please others. Self-directed children think of themselves as competent. They're risk-takers and problem solvers and they have high self-esteem. As Lucy pointed out, self-directed children are better prepared to deal with later influences like drugs, alcohol, and peer pressure.

Medhus discusses seven strategies for raising self-directed children. One strategy is to create an environment in which parents model internally directed behavior. If parents are concerned about

other people's opinions ("What will people think if you wear shorts in the middle of winter?"), children are more likely to do the same.

Another strategy is that parents teach their children empathy. Medhus encourages parents to use "I" messages to help children empathize: for example, "I felt angry when you did that", explaining exactly what happened and how you felt. You can also ask your child, "How would you feel if that happened to you?".

Medhus points out often parents excessively praise and reward their children, which promotes external direction. She encourages parents to praise children for their efforts, not the results. Instead of praising the child for an A on a test, Medhus suggests you make a comment like "That A shows you worked hard. You must be proud". Children reflect on their own effort, and it emphasizes *(continued on page 4)*

# A Full School is a Healthy School!

Do you love CCC and want to shout it to the world? Thanks to our PR committee chairperson, Kirstan Graham, here are some ways to get the word out about the fantastic place that is CCC.

Many prospective parents look for preschools online, and reviews from past and current preschool parents can make a huge impact on a parent's decision to explore a school further. We would like to encourage all parents to write a quick review for the school. Here are some sites to focus on:

- **Google** <https://plus.google.com/104147215334367634399/about?hl=en>

- **Yelp!** <http://www.yelp.com/biz/creative-childrens-center-beaverton>
- **CitySearch** [http://portland.citysearch.com/profile/8418308/beaverton\\_or/creative\\_children\\_center.html](http://portland.citysearch.com/profile/8418308/beaverton_or/creative_children_center.html)
- **Yahoo!** <http://local.yahoo.com/info-21906133-creative-childrens-center-aloha?tab=reviews>

Kirstan is also working on the possibility of ordering business cards for current families to hand out to prospective families, so make sure to keep your eyes and ears out for more information on more ways to help advertise our wonderful school! And of course, your ideas are more than welcome!

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## Fire Station Field Trips

The fire station field trips in September were a huge hit! The kids had so much and the firefighters did a great job explaining their job and showing off all of the fire equipment. A big thanks to all of our field trip helpers!



Be sure to look for stories and photos next month showcasing all the fun that the classes had at the pumpkin patch! To share any photos and stories for the newsletter, please email them to Carrie at [carrie.mint@yahoo.com](mailto:carrie.mint@yahoo.com).

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## Raising Children, continued from page 2

the correlation between efforts and results.

Here are some other tips Lucy suggested for raising children who think for themselves.

- Resist the urge to rescue your children. Let them solve their own problems – whether it's who gets the next turn on the slide or how to deal with a difficult situation at school. Lucy shared how she often served as a mediator for discussions between her own children and their teachers when a problem arose at school.
- Don't label your children. ("He's so outgoing" or "She's just shy")
- Allow children to make choices. Give them healthy snack options. Let them choose what to wear. Resist the urge to correct (even if their choices are fashion disasters!).
- If a problem exists, don't ask "What's wrong?". Instead, ask "What's going on?"
- Make statements about what's important to your family. Medhus calls these "family statements" - for example, "Our family doesn't gossip" or "The people in our family have faith in each other".
- Practice reflective listening to encourage conversation. Echo back or summarize what your children say: for example, "I understand that..."
- Instead of asking questions like "Do you have your backpack?", ask "Do you have everything you need?"

As Lucy pointed out, a key to raising independent thinkers is to believe that children are competent, a major philosophy in the schools of Italy where she has studied. Make statements like, "I have faith that you can figure that out" or "I'm confident that you can do that" - all things that are crucial to developing self-esteem and independent thinkers.

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### Halloween Celebrations

CCC recognizes that Halloween is a fun event for children and many look forward to the tradition of dressing up in costumes. However, we try to keep the scary and violent costumes and accessories out of CCC's community. Check with your teacher to find out the details for your class celebration.

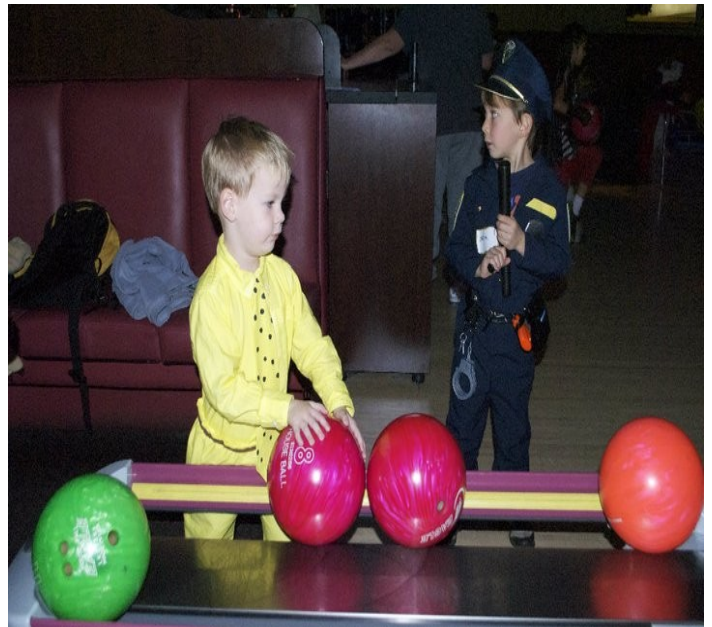
Please keep in mind that if your child chooses to dress up in a Halloween costume, please make sure that it is not scary because many preschool children believe that a mask or a costume is real. Also, toy guns and other weapons are not allowed.

# Boo and Bowl-A-Thon!

If your kids haven't started talking about the Boo and Bowl-A-Thon yet, it won't be long! Join the CCC staff and families for this seasonal favorite on **Sunday, October 28th at Four Seasons Bowling Center** and experience the joy.

This is the premiere event of the Halloween season, and you won't want to miss it. This is an opportunity to debut this year's costumes, bowl some frames, and raise money for our favorite school. The kids are trying to think of the best possible costume to wear – one that still allows them to bowl a perfect game, of course.

In addition to wearing their costumes, bowlers can also have their face painted, and even make it part of their costume! **Sunshine Kids, Rainbow Rascals, Teddy Bears, and High 5's** are invited to bowl from **12:30-1:30**, and **Kinder, Play Pals AM/PM, and Super Stars** classes from **1:30-2:30**. You may attend either session if you have a scheduling conflict – just let us know which time you prefer.



The Boo & Bowl-A-Thon is a fun family event and it is also a way to help support the school while socializing with other CCC families. This is a chance to reach out to your community and families, introduce our school and allow them to support our school by sponsoring your child. This is an especially good opportunity for out-of-town relatives who want to support our kids but can't participate in our other fundraisers.



Supporters can either pledge per pin or make a direct donation. Pledging per pin is more exciting, but you may want to put a maximum pledge down, as we have some really good bowlers at CCC! Packets were delivered to your child's sign-in pocket last week. If you plan to participate be sure to fill out the Boo & Bowl-a-thon form and return it to the marked box in your classroom. CCC students and siblings are invited to participate; there is a \$5 participation fee per bowler, and a minimum pledge of one pledge per bowler is required.

You can also enjoy lunch either before or after bowling at the bowling alley restaurant, Sports Look (15% of all sales will be donated to CCC). Come and have lunch with your teachers!

It's a howling great time! We hope to see you all there!

**Would you like to advertise in the CCC Newsletter?**

E-mail Carrie at [carrie.mint@yahoo.com](mailto:carrie.mint@yahoo.com)

Business-card size

(3.5" x 2"):

\$20/issue

1/4 page (3.75" x 4.75"):

\$35/issue

1/2 page (7.5" x 4.75"):

\$55/issue

All advertisers must provide their own artwork.

# Cheery Pies



Handmade pies made with local and organic ingredients.

**Trista Ainsworth**-owner and CCC parent.

Now is the time to order your pies for this Thanksgiving!

**Check us out on our website:**

[www.cheerypies.com](http://www.cheerypies.com)

**Email us:** [info@cheerypies.com](mailto:info@cheerypies.com)

**Follow us on Twitter:** @cheerypieshere

**Like us on Facebook:** <https://www.facebook.com/CheeryPies>



## Halloween Safety Tips

- Children shouldn't snack while they're out trick or treating. They should wait until they get home and parents have had a chance to inspect the goodies. To help prevent children from munching, give them a snack or light meal before they go – don't send them out on an empty stomach.
- Tell children not to accept – and, especially, not to eat – anything that isn't commercially wrapped.
- When children bring their treats home, discard any homemade candy or baked goods. Parents of young children should also remove any choking hazards such as gum, peanuts, hard candies, or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say so on the label.



Information from the FDA website: <http://www.fda.gov/oc/opacom/kids/treats.html>