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# Newsletter

*“Nothing Without Joy”*

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## Welcome to the School Year!

by Selina Scott

Welcome, CCC Friends! Whether you are a returning family or are joining us for the first time, we are glad you will be part of our community this year.

This is our third year at CCC, and my second year as Parent Director. Our daughter Renee will be in Sunshine Kids for the second year. She started in Play Pals and has loved every minute, so much so that we often have a hard time *leaving* school. Our son Hunter will be in Play Pals. He has been in and around CCC since he was 8 months old, so don't be surprised to see him running around and playing like a big kid!



As Parent Director (a parent support job), my main job is to be a link between parents, the school council, and staff. I work with our Director Lucy to plan events for school, help place support jobs, and facilitate our monthly Advisory Council meetings. My role includes understanding the history of our program, supporting parents, and planning for the future.

Feel free to contact me if you need guidance throughout the year. I will be at school most mornings and at noon for pick up, and at [selina.cb.scott@gmail.com](mailto:selina.cb.scott@gmail.com) I encourage you to join us for our Parent Education Meetings, along with our family events. *The Harvest Moon Lantern Walk* on Sept. 24th, is a fun evening with dancing/songs, and a walk in the woods to welcome the harvest moon. The Family Feast, a pizza potluck on the last day of school before Winter Break, is a celebration to send us into the holidays! I look forward to meeting you all in the coming weeks! - Selina

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### DATES TO REMEMBER

Sept. 8	Work Party, 9am-noon
Sept. 20	Parents as Partners—Meeting @ CCC, 6:30pm
Sept. 24	Harvest Moon Lantern Walk—6pm
Oct. 6	Work Party, 9am-noon
Oct. 10	K-3 Curriculum Night
Oct. 11	SK, RR, PP Curriculum Night
Oct. 12	<b>NO SCHOOL</b> —Teacher Inservice (Club Opened)
Oct. 24-26	<b>NO SCHOOL</b> —Parent Teacher Conf. (Club Opened)

## Meet the Teachers...

### Teacher Lucy:

Leading the educational team is our director, Lucy, who also stays active as the teacher in the K-3 classroom. Lucy received her MFA in Theater Arts, and has augmented her education by working with the schools in Reggio Emilia and studying under some amazing leaders in Early Education.

Lucy is the mother of four adult children, and Grandmother of two little girls, ages 4.5 and 1 month! With over thirty-five years of teaching experience, Lucy has worked with diverse ages, from college lecture halls and parent education, to children ages 1.0 to 16. "I find that no matter what the age, we all love learning when we have a voice and can share our ideas". Lucy loves the ocean, dinners out, going to the theater and spending time with her family.

### Teacher Vivien:

Rainbow Rascal (3-5 year olds) Teacher  
From Taipei, Taiwan  
Master of Education in Curriculum & Instruction  
from Portland State University  
Bachelor of Business Administration in Finance  
from San Francisco State University.  
Teaching since 1999; At CCC since 2015

I enjoy teaching young children at CCC because in a community school it is exciting to watch how happily children learn and participate with teamwork. CCC provides me an extraordinary opportunity to share my language and culture. For me, being part of the teaching staff here is also a dynamic and wonderful experience. In our little community, we are working and collaborating together. I am looking forward to working with everyone and very excited to have the opportunity to get to new students and families each year.

## ...of CCC!

### Teacher Niki:

I am excited to begin my second year teaching at CCC. I have been working with young children in a variety of settings for 12 years both in the U.S. and abroad. In 2011 I received my master's degree in Curriculum and Instruction with a specialization in Early Childhood Education. In 2008 I was fortunate to travel to Reggio Emilia, Italy as part of an international study tour for educators. I met Teacher Lucy and her daughter Teacher Casey on the same study tour! I love travel, camping, music, and yoga. I look forward to another exciting year!

### Teacher Charli:

Teacher Charli is returning for her second year of teaching at CCC, to teach our Play Pals class. She is an Oregon native who grew up in the hills of Yamhill County, and moved to the Beaverton area in high school. She has three children, two that graduated from CCC, and now attend Orenco Elementary School in Hillsboro, ages 9 and 11. Her youngest is Liam (age 6), who currently attends Creative Children's Center Elementary program. Outside of teaching, Charli loves traveling, biking, hiking, trips to the beach, learning new things (working on knitting, crocheting, several languages, and learning the ukelele), and cooking. She looks forward to another wonderful year at CCC!

### Teacher Rita:

I'm Teacher Rita and I am so excited to be back at CCC! This year I'll be working with Sunshine Kids every day and will do some co-teaching in elementary as well. I'll also be staying after school with Creativity Club on Monday and Friday this year--we have fun new classes, so come check it out!

I have worked with children for about ten years, beginning during my undergraduate studies at PSU. I went on to earn my Master's in Teaching at Concordia University in North Portland afterward. Throughout my time as an educator I have had wonderful opportunities to experience different educational environments and philosophies, and my work has ranged from toddler groups to teaching sixth graders art!

*(continued on page 7)*

## School Safety Reminders

### Gates:

To open the gate, pull the handle up while pulling the gate toward or away from you. Make sure you close it back into its locking position and be sure to listen for the "click". We don't want any little ones to escape into the parking lot! **Children are not allowed to open the front or back gates regardless of their size or age.** We understand that older children feel they are ready to open gates at CCC, but it is simply not allowed. Please do not let children climb or swing on the gates as it dislodges the locking system.

### Parking Lot Safety

When walking through the parking lot, children must walk by your side. Explain to your child the height rule. *"Drivers backing up look backwards and out the back window to make sure the parking lot is clear of people. If you are over four feet tall, they can see you. If not, they cannot see you. (Demonstrating this with your car is a good way to get this message across.) Walk next to someone tall so the person driving the car does not accidentally back up and injure you. Someday you will be tall enough to walk alone."* Children run across parking lots because they can see the cars. They do not understand that cars cannot see them. Do not under any circumstances allow children to walk ahead of you in the parking lots.

### Do not leave children in your car.

If you have a sleeping child in the car, please ask another parent or your teacher to help with pick-up. Parents can help watch your sleeping child while you run in, or they can bring your child out to you. ☺

## School Supplies

Thank you to everyone who has already brought in their school supplies. There are boxes in the covered area to place your supplies. Be sure to cross your name off your class lists when you have brought in all of the items.



## Parent Support Jobs

Support jobs are essential to running CCC. Without parent participation, our tuition would be much higher, and we wouldn't have such an incredible facility. Parents like you have turned this school into the wonderful place that it is. From building the shed and sandbox to staining the decks and making flubber, every job makes our school a better place.

We are working to find a job for everyone, so if you haven't heard anything yet...don't worry! By turning in your support job form, you have a better chance of getting the job you want. You should be receiving a call soon about your position. If you have any questions, you can call Lucy at 503-591-0604. ☺

## Work Party!



Please join us for the first work party of the year, **Saturday September 8th from 9am to noon.** It is guaranteed to be a fun morning of work and community engagement, and an opportunity to connect with the teachers and other parents as we improve the learning environment for all of our children. These parties keep tuition costs down while keeping our school neat and clean. Due to safety reasons, children are not allowed on campus. Childcare is not provided, but many families trade or pool childcare resources.

*Please note that all families are required to participate in 2 of 5 scheduled work parties, or they may elect to buy out for \$80 per work party (\$160 for both).*

## Mini Meal Planning

Mini-meals and meal time provide three important purposes:

1. **Nutrition:** Wholesome foods grow healthy bodies.
2. **Socialization:** Your child will feel a sense of pride and responsibility knowing they have provided the day's food. Meal time provides time to talk with each other about the day or other interesting things.
3. **Exposure to different foods:** It's wonderful and fun to expose the children to different foods or familiar foods prepared in a new way. Be creative!

You must bring unopened containers of food and prepare it in the classroom. You can purchase small quantities of ingredients like spices from the bulk foods aisle at the grocery store. Teachers love activities that involve the children, like making fruit kabobs or rice cakes with cream cheese and raisin faces. Feel free to plan an item that needs to be heated, made in class or prepared by the children. Special birthday snacks should be discussed with the teacher in advance.

Questions? Check with your teacher or class rep. Teachers always have fun mini-meal ideas, and alumni parents do as well! Here is a list of possible ideas to get you started. Mix and match from each of the categories.

### Fruits/Veggies

Bananas or Strawberries  
Apples or Pears  
Baked Potatoes  
Applesauce  
Jicama or Broccoli  
Bell Pepper  
Carrots and Celery  
Cucumbers

### Breads/Grains

Cereal or Oatmeal  
Pita Bread  
Whole wheat Crackers  
Muffins  
Pasta/Macaroni  
Rice Cakes or Pretzels  
Toast w/jelly  
Bagels

### Proteins

Cheese  
Beans/Hummus  
Cottage Cheese  
Cream Cheese  
Yogurt or Eggs  
Turkey Slices

## Mini Meal Ideas

Here are some Mini Meal ideas compiled from current and former CCC families:

- English muffin pizzas: 1/2 muffin topped with sauce, kids can slice soft veggies like mushrooms and peppers, then choose their own toppings.
- Veggie Sushi Rolls: Cook sushi rice and season with sesame oil and soy sauce (or tamari for gluten free diets); kids can prepare veggies – cucumber, carrot, pepper, etc; slice firm tofu into sticks, season with soy/tamari, cook in sesame oil; serve small portions of all ingredients on a plate with roasted seaweed from Costco, kids get to make their own sushi!
- Stir fry/sautéed veggies over rice or pasta.
- Deli turkey slices with sticks of cucumber, zucchini, and cream cheese, rolled up. Serve with fruit.
- Make hummus with the kids – they LOVE to measure and dump out ingredients – serve with pita, veggies, fruit.



## Mean, Nasty, Dirty, Disgusting But Invisible Germs!

Yes, all CCC students have heard the book *Mean, Nasty, Dirty, Disgusting But Invisible Germs*. Our brilliant students now know to cough on their arm instead of their hands. They all know the safety steps to eliminate germs: Wash your hands, keep toys and fingers out of your mouth, and don't share food or drinks with others. We've been practicing hand washing and encourage you to do so too!

- (1) Wet hands,
- (2) Soap up,
- (3) Rub and scrub, front and back and in between,
- (4) Rinse all the soap off and watch the germs go swirling, whirling down the drain, and
- (5) Dry, dry, dry! Germs like wet places, so dry as thoroughly as you can!



**Practice makes perfect!**



## Parent Help in the Classroom

Helping in the classroom is a wonderful way to learn the philosophy of our school, interact with your child's classmates, and help our teachers.

If you have chosen to parent help, please sign up for your September help day on your child's first day of school. The calendar is always available in the classroom. If you have a strict schedule for when you can help, we recommend you sign up for the whole year.

We require you to hold a food handler license and enroll in the Central Background Registry. Once you have begun the enrollment process, you can help in the classroom while you wait to get your CBR confirmation letter.

Several documents regarding parent helping will be included with this email. Please familiarize yourself with them before your help day. Here are the basics to remember:

- Please arrive on time at 8:30am.
- Sign in your child and sign in yourself on the parent help clipboard.
- If you are providing mini meal that day let the teacher(s) know what it is and what/how much cooking is involved.
- Follow the classroom set up check list. Ask your teacher(s) when in doubt!
- Dress for mess and movement. Don't wear your favorite jeans or fancy shoes.
- HAVE FUN!!! Access you inner child with blocks, playdough, etc.
- Your teachers will let you know when it's time to start mini meal prep.
- Follow the food preparation guidelines.
- Serve mini meal (teachers will help). Time to sit down with the kids and enjoy!
- Start the clean up check list after mini meal.
- You may leave when all the half-day students from your class have been picked up and your teacher dismisses you. This is usually around 12:30pm.

Thank you for your help! It is greatly appreciated!

# Lantern Walk

By Lucy Chaille

Come one and all! CCC teachers, families, and grandparents too! We invite you and your family to our annual *Harvest Moon Lantern Walk*. This is a time of year when communities all over the world come together to celebrate the season and the annual harvest.

**Why:** To celebrate the changing of the seasons and the beautiful harvest moon.

**When:** September 24, 6:30pm.

**Where:** Rood Bridge Park – meet near the playground

**Food:** Families are welcome to picnic in the park beforehand but be sure to be all cleaned up by 6:15 to prepare for the walk. You are invited to bring harvest muffins (blueberry, apple, banana, zucchini, pumpkin, etc) to share at the end. Homemade is fine!

**Lanterns:** Participants are encouraged to create your own handmade lanterns to carry in the walk. This is a great family activity. All you need is a clear 2-liter bottle for each lantern you wish to make (see following for instructions). We will make a few extra in the classrooms. Bring your lantern and battery candle with you that evening.

**Here are some celebrations around the world to read about, research further, and talk about with your family.**

- Chinese Harvest Moon Festival
- Homowo in Ghana, the Yam Festival
- Korea – Chu Suk
- Western Europe – Oktoberfest, Martinmas, and St. Leopold's Day
- Native American Green Corn Festival

**Instructions for lanterns**, adapted from Inlight Lantern Walk,  
[https://www.1708gallery.org/inlight/docs/Lantern\\_TissuePaper\\_2013.pdf](https://www.1708gallery.org/inlight/docs/Lantern_TissuePaper_2013.pdf)

## Materials

Plastic 2-liter bottle

Elmer's glue, wood or white (1/2 glue mixed with 1/2 water)

Scissors

Tissue paper or other thin papers, such as newspaper, colored coffee filters, thin plastic wrappers. Using recycled materials can be fun!

Soft bristled brush

Wire or stick for a handle

Tape

Battery operated candle, or you can use a tealight.

Just place it inside a tin can and secure it with sticky tack or duct tape to the bottom of your lantern.

1. First remove the cone shaped top portion of the bottle by poking a hole in the bottle using an exacto knife or the tip of your scissors (**adult only job**).
2. Then cut off the top portion with scissors. You now have a nice wide opening for your lantern. Make sure the bottle is clean and dry.
3. Tear or cut your papers into the sizes you would like for your design. This is something that parents and children can do together. It can take too long for a child to do this alone and children enjoy collaboration. You can use a combination of both torn and cut papers. Your design can be abstract or recreate something. Think of it as a paper mosaic.

*(continued on page 8)*



## Art By Heart



## Meet the Teachers of CCC

*Continued from page 2*

At home you'll find me cooking, knitting, reading, or working on my garden (often with the help of the neighbor cats!). I believe connecting to the environment around us and the flow of the seasons is so important our health and happiness. Sharing the wonder of our beautiful Pacific Northwest with my classes through gardening, nature observing, and simply playing outside is one of my favorite parts of school! Our garden here at CCC is an amazing resource and constant inspiration.

I look forward to the coming school year and getting to know you all!

### **Teacher Brit:**

Brit Eagan is thrilled to be joining our teaching team here at CCC! She looks forward to working in both our Play Pals and Sunshine Kids classrooms this year, as well as running several after-school Creative Clubs. Brit taught Pre-K at an active early-learning Preschool in NW Portland for several years, beginning as a Teaching Assistant and eventually taking over her own class. With a unique background- over 25 musical theatre productions and 7 years' experience in a vocal ensemble, as well as 3 summers working at a children's musical theatre camp- Brit strives to inspire young people through her own gregariousness and curiosity about the world and all things unknown.

## Parents as Partners

Meeting #1

### **"Supporting the Children"**

CCC-6:30pm

On Thursday, Sept. 20th, we will host our first parent meeting on campus. This is a great way to connect with the community and learn ways to support the growing minds at CCC.

We will be dividing into two groups. One group of parents will take a walkabout the classrooms and share secrets for a smooth day at CCC, while another group will meet with and have a mini lesson in conflict resolution and how to support the children emotionally.

We encourage everyone to come! Even those who do not work in the classrooms will benefit from the "training" and can apply what you learn at home and in the community. (An early childhood training certificate will be given to all).

From problem solving to hygiene tips, we will present strategies for home and school. See you there!

Treats are welcome!

## Parents as Partners

Meeting #2

### **Curriculum Nights**

Oct. 10, K-3

Oct. 11, SK, RR, PP

CCC-6:30pm

Come learn about CCC's 2018 curriculum and our home & school connections.

This class is a must for understanding CCC's approach to education and how to build a foundation that supports the child's love to learn!

(Lantern Walk – cont from page 6)

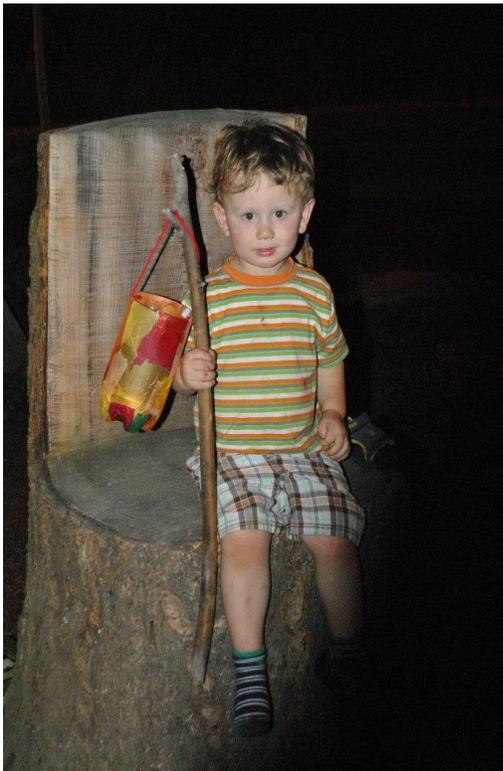
4. In a small bowl or cup, make up the glue mix. Use equal amounts of glue and water.

5. Brush some of the glue mixture onto the bottle. Place your tissue paper onto the bottle and paint over it again with the glue mixture. Brush on more paper, then more glue. You can do this over more than one day, and use a variety of materials. Slowly you will cover the whole bottle and your lantern will appear!

6. After the glue has dried, you can use a hole punch to make two holes on opposite sides for your handle.

7. Use 12" of string or wire to loop it through the holes. Twist or tie it so that it is secure.

8. You can use a curved stick through the holes if you prefer. Children enjoy holding the lanterns high above their heads as they are walking.



### An Autumn Greeting:

"Come", said the Wind to the leaves one day.  
"Come over the meadow and we will play.  
Put on your dresses of red and gold.  
For summer is gone and the days grow cold."

— Unknown

## Fall Stories

Are you looking for some good family stories this fall? Our CCC teachers have a few recommendations for you:

**How Big is the World?** by Britta Teckentrup

**The Very Busy Spider**, by Eric Carl

**Stellaluna**, by Janell Cannon

**Nuts to You!** By Lois Ehlert

**The Apple Pie Tree**, by Zoe Hall

Looking for some great Halloween Holiday Books? Some of our favorites include:

**The Little Old Lady Who was not Afraid of Anything**,  
by Linda Williams

**Big Pumpkin**, by Erica Silverman

**The Pumpkin Blanket**, by Deborah Turney Sagwyn

These books are sure to keep your family entertained and get those creative minds churning! ☀

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