



May 11, 2006

First-Plymouth Early Education Programs Dimensions Research Classrooms

DIMENSIONS
Educational Research Foundation
dimensionsfoundation.org

NEWS

Executive Director's Message

by Nancy Rosenow

Thanks for the Wonderful Opportunity

On Friday, April 28 and Saturday, April 29, all of our staff attended the Midwest Association for the Education of Young Children Regional Conference in Omaha. Thank you for giving us the opportunity to attend this wonderful event. We participated in sessions presented by great speakers from around the country, and a number of our teachers presented sessions about our new Dimensions resources (including one focused primarily on helping children connect with nature).

We'll have some of our Dimensions Resources...like our Building Box Series Towers kit, and some Nature Image Cards and Posters available during the Family Picnic for you to see...and buy if you wish.

During the Family Picnic you'll have a chance to see some of the new work being done on our Outdoor Classroom. Here's a quick re-cap:

Sculptor Michael Morgan is creating a wonderful, interactive brick sculpture/wall that will surround a wood-chipped area where children can dig and create. Wood chips will be transferred from the area close to the Infant/Toddler rooms so that this space can be transformed into an Outdoor Classroom specifically designed for Infants and Toddlers.

Yankee Hill Bricks are donating the brick for the wall Michael is building. Many thanks to them.

Ed Ring of Trading Landscapes and Peter Hind, architect and parent of preschool student William Hind, are installing limestone retaining walls in the garden north of the outdoor classroom bathroom. They began on April 29. These walls will make it so much easier to plant the garden this season. They also plan to install a paver pathway. We should have fewer issues with mud now because of their great work. They are donating their time, but there are costs associated with the materials. At our Family Picnic we'll have a place that you can leave a donation toward these costs if you would so choose. Thank you to Peter Hind and Ed Ring, and thanks to those of you who are able to provide support!

Charuth Loth and Mike Hillis will be selecting our garden plants as soon as the terracing is finished and you will see beautiful new color on our Outdoor Classroom space. Your donations toward our outdoor changes will also help support this planting effort.

Thanks also to *First-Plymouth Church's Environmental Committee* for helping move the woods chips from the old space over to the new space.

Mark your calendars:

Family Picnic on our Outdoor Classroom — Friday, May 19, beginning at 5:30 p.m. See the inside of this newsletter for more details.



Become a lasting part of the First-Plymouth Nature Explore Classroom....

...by purchasing an inscribed 4"x8" brick to be placed in the walking paths.

Each \$50 brick can include up to 27 letters.

Inscribe your family name, your children's, parents' or grandparents' names, a favorite pet...anyone you would like to remember with this long-lasting honor or memorial.

To purchase your 4"x8" brick(s), please pick up a form (by any of the black boxes or in the Preschool office), fill it out and include a check made out to "First-Plymouth Early Education Programs."

Call 476-8304 for more information.

Thank you for adding to the beauty of this wonderful space for children, families and our whole community!

Fun in the Sun

Source:
www.aap.org/advocacy/archives/tanning.htm

Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

For Young Children:

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.

- Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours – between 10 a.m. and 4 p.m.

- Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen – about one ounce per sitting for a young adult.

- Reapply sunscreen every two hours, or after swimming or sweating.



Children's Activities

During this week (May 8-11) Bob Henrickson from the Nebraska Statewide Arboretum has been filling in for Charuth Loth during the children's greenhouse times. He has been talking about taking care of the trees and plants we have on our grounds. He also helped children plant a sugar maple tree in the parkway by our school.

During the next few weeks teachers are working with their individual groups to solicit ideas and thoughts from children about "favorite" activities that children have enjoyed throughout this year. It's hard to believe the 2005-2006 school year is coming to a close soon! The Preschool and Kindergarten children will be bringing home their portfolios full of teacher observations and children's collected work, so please watch for these on cubbies during the last week of school.

A number of our kindergarten students traveled to Nebraska City on Saturday, May 29 to take part in the dedication of Nature's Classroom at Arbor Day Farm. Dimensions designed this space in

collaboration with the National Arbor Day Foundation. Children got to work with movement and music specialists, Anne Wike and Sean Murphy from Memphis, Tennessee, as well as with teachers Holly Murdoch, Suzan Haley and Ann Watt to create a nature-inspired dance performance, complete with costumes students created themselves. It was a wonderful event! Thanks to all the parents who supported this experience for children! (*Be sure to check out pictures from the performance on page 3!*)

Student nurses from UNMC College of Nursing in Lincoln worked with some of our children to talk about healthy eating and the importance of handwashing. The two students, Mikele Boshart and Erin Ferguson, prepared a handout for parents, which you'll find included in this newsletter. Thank you Mikele and Erin!

Children in the Infant Room are enjoying beautiful new carpet made possible by parent Eric Woodhead. We want to thank Eric very much!

Thoughts for Parents

Thanks for a Wonderful School Year Together

As the 2005-2006 school year winds to a close and we prepare for our summer sessions, all teachers and staff of our Dimensions/First-Plymouth Early Education Programs want to thank parents for the incredible generosity of spirit and the invaluable support you all provided all year. A program like ours could not be possible without the many gifts (both tangible and intangible) that parents provide. We feel honored to work as a team with all of you, and we thank you for sharing your very

precious children with us.

Here are some dates to keep in mind:

Thursday, May 25: Last day for Preschool and Discovery Days and Infant/Toddler

Thursday, June 1: Last day for Kindergarten Discovery Days students

May 30-June 2: Limited sessions for Infants and Toddlers IF you signed up in advance

June 5: Summer Sessions begin

Upcoming Events

You are Invited to our Family Picnic and Farmer's Market...on our Nature Explore Classroom...May 19, beginning at 5:30 p.m.



together and enjoy each other's company again. We'll have a fun Mini-Farmer's Market featuring plants we've grown in our own greenhouse plus produce that Charuth and Kevin Loth are bringing from Shadowbrook Farm.

We will be providing drinks, but we are asking each family to bring:

- Your own plates and silverware
- A main dish to share
- A salad OR dessert to share

Here's a chance to celebrate our year

Come rain or shine. If it rains we'll move indoors to our North and South classrooms! Stay for as long or as little as you desire. We always have lots of great potluck food, and a good time together. Let's celebrate!

Nature Explore Classroom at Arbor Day Farm Dedication Performance



Summer Birthdays!

June

Beth Pauley	4
Valerie Cuppens	14
Theresa Frey	30

July

Nancy Rosenow	1
Cami Burchett	7
Barb Jensen	15
Denise Topil	21
Kathy Tichota	22
Angie Rosendale	29

August

Jen Smith	13
Kristi Reitz	13
Chris Dickhaut	16
Sue Erdkamp	17
Ann Watt	19



Donations

Preschool & Kindergarten

Needed for upcoming activities:

- ☞ Pipe Cleaners
- ☞ Washable Markers
- ☞ Kids' Fiskars Scissors

On-going Donations:

- ☞ Plastic Spoons
- ☞ Dish Soap
- ☞ Band-Aids

Donations

Infant & Toddler

Needed for upcoming activities:

- ☞ No Spill Bubble Containers
- ☞ New Shoe Strings

On-going Donations:

- ☞ Wipes
- ☞ Infant Toy Gym (talk w/Infant teachers)
- ☞ Double Stroller

Thank You!

We'd like to take this opportunity to thank you all for your generous donations throughout the year! Every item brought in helps in more ways than you can know to enable us to learn and grow with your children. So thank you from the bottom of our hearts!

Mark Your Calendars... Upcoming Events & Important Dates!

May 19... Family Picnic and Farmer's Market on our Nature Explore Classroom

May 24 & 25... Last day of Infant/Toddler and Preschool Sessions

May 29... NO SCHOOL for Memorial Day

May 30–June 2... Limited Summer Sessions Infant/Toddler ONLY

June 1... Last Day of Kindergarten Discovery Days Sessions

June 5... First Day of Summer Sessions

Community Events Held at First-Plymouth Church Open to Everyone!

Tower Club II (Young Families/Young Couples)

Want to have fun and meet other couples with young children? Each month a group at First-Plymouth Church called Tower Club II meets for fun, fellowship and outreach to the community. To receive up-to-date information about events, sign up for our e-messages. Contact Staff Liaison, Addie Powell, 476-7550 or addie@firstplymouth.org

Give Us Your Best Shot ...

Do you have good photographs of First-Plymouth to be considered for publication in a book we are publishing? Topics could include: the church building through the seasons, events, worship, baptisms, outreach far and near, and people & activities. Submit a copy of your digital photos on CD (clearly label with your contact info.) To Tammy. The book, to be released in September of 2006, will be a color photo coffee-table style book. Deadline for submissions is June 1st. Contact Tammy Alvis, 476-7565 or email tammy@firstplymouth.org.

A Pair to Care

Fundraiser for Fresh Start Home... collecting pairs of shoes for funds for their new shelter at 6433 Havelock Ave. Collection barrels are located at the west entrance of First-Plymouth. Shoes must be paired and rubber banded or tied together. Men's, women's, and children's – work, athletic, and casual shoes. No high heels, skates or roller blades, rubber boots or jellies. Hoping to collect over 11,600 pairs through June 5th.

In & Around Our Community

Pioneers Park Free Hikes

May 13-14: Nests and Songs... May 20-21: Discover Harrington Trail... May 20-21: Discover Martin Prairie Trail... June 3-4: A Walk in the Woods

My Movies for Mommies (and Daddies Too)

May 17, 10AM, "Ice Age: The Meltdown" will be shown. Door prizes, brief educational presentation. The theater will provide soft house lighting and lower soundtrack noise during the show. For parents, grandparents & caregivers of children ages 3 and under. \$3, limit of two tickets. SouthPointe Pavilions, 27th & Pine Lake, 421-2114. www.southpointeshopping.com

Baby Signs Parent Workshop

May 22 6:30-8PM. Learn the benefits of using simple signs to communicate with your baby and how to get started. Pre-registration is required. (402) 617-0669; Union College, 3800 S. 48th St. www.babysignswithtracy.bravehost.com; babysignswithtracy@yahoo.com

*Newsletters and Program information can be found on-line ...
www.firstplymouth.org or dimensionsfoundation.org*