

A Great Beginning to the 2006-2007 Year... Thanks for Your Support!

Executive Director's Message

by Nancy Rosenow

We've had a wonderful start to our new school year! Each child, each parent, and each staff member brings something unique and valuable to our shared experience. Already we've seen so many examples of people supporting each other and working together to make our programs the very best they can be. That's something to be celebrated!

You'll notice that throughout the year we hold many social events for families. These events serve two purposes. First and foremost, we hope they give children a chance to experience an "extended family" feeling during fun times when they can interact with other adults and children who care about them. Second, the events provide some much-needed funds to our program to supplement our tuition. Providing quality early education programs that are still affordable to most families is very difficult to do through tuition payments alone. Our program must raise over \$100,000 each year in order to keep our program going at the quality we know young children deserve. So... when you attend our family events we hope you gain in two ways – by having lots of fun, and by feeling good about the financial

support you are providing to help all of our children.

Our first social event – a pancake breakfast and garage sale – takes place on Saturday, September 23. We'll enjoy a fun breakfast together, pick up some "new" toys, clothes, books, etc., and also enjoy a mini-farmers' market (with produce from plants our children have raised and ShadowBrook Farms) and fun

outdoor activities on our Nature Classroom space. Please save any donations you might have for our garage sale to bring to school on Thursday, September 21 or Friday, September 22. Thanks so much to everyone who is able to work on committees to make these social events possible! Check your child's cubbie for the flyer and ticket order form about this event.

Everyone had a great time at last year's Pancake Breakfast!



Thinking Ahead to Holiday Shopping

Many people begin shopping early for the holidays so we wanted you to mark your calendars for our Holiday Gift Fair November 15-17.

Quality children's books, Discovery Toys and many items for adults and children will be offered by our parents with home businesses such as cosmetics, nature greeting cards, candles, jewelry and more.

The Holiday Gift Fair is a quick and easy way to shop...and 20% of what you buy goes back to our children...so consider shopping at the Gift Fair!

NOTE: Parents...if you have a home based business and are interested in participating, please call Heather Guess at 476-8304.

Donations Information

Thanks to everyone who has helped with donations of materials. Any and all donations are always tremendously appreciated. If you would like to donate something off our posted list, please check the Daily Information Board and note these donation procedures:

- **For Preschool:** Place your donation on the shelf in the closet next to the Daily Board. If you would like, please use the paper and tape to write your name or child's name so that we know who donated.
- **For Infant/Toddler:** Please give your donation to your child's teacher.

We also have lots of other supplies that we need that are not listed on the donation board. Some are very specific and hard to put on a list, and others are bigger items. If you would like to donate money toward any of these

items, you can make out a check to Dimensions/First-Plymouth Early Education Programs and put on the memo line what you would like the money to go toward. We appreciate any donations so very much. We are able to do so many more activities with children that we might not otherwise be able to afford.

Preschool and Discovery Days Wish List of "Other Items"

Refrigerator (full-size)
Dehumidifier

Infant/Toddler Wish List of "Other Items"

Refrigerator (full-size)
Gently-used Pack-n-Plays
Gently-used High Chairs

Donation Requests

Preschool & Kindergarten

Needed for upcoming activities:

- ⊙ Pipe Cleaners
- ⊙ Craft Sticks
- ⊙ Cotton Balls
- ⊙ Pom Poms

On-going Donations:

- ⊙ Finger Paints
- ⊙ Masking Tape
- ⊙ Kleenex
- ⊙ Scotch Tape Dispensers

Infant & Toddler

Needed for upcoming activities:

- ⊙ Bubbles
- ⊙ Face Paint
- ⊙ Washable Tempera Fingerpaints
- ⊙ Glue Sticks

On-going Donations:

- ⊙ Bounty Paper Towels
- ⊙ Wipes
- ⊙ Dish Soap
- ⊙ Bleach
- ⊙ Crackers
- ⊙ 100% Fruit Juice
- ⊙ Canned Fruits & Vegetables

Staff Birthdays

Kristin Holmes9/15

Our Illness Policy

Do not send your child if one or more of these symptoms are present:

- fresh cold
- red throat
- fever
- rash
- vomiting
- diarrhea
- wet, thick cough, or
- green, runny nose.

If your child will be absent, please notify us.

If your child needs medication while at school you will need to fill out and sign a Medication Form. Make sure your child's teacher is aware of any medication needs. Medication must be in original, labeled container.

Children with a temperature of 101° or more will be sent home.

Make sure we know how to contact at least one parent or guardian during your child's sessions.

Bulletin Boards

Please take a moment to stop and take a look at the bulletin boards in the hallways.

To find your child's schedule or learn the faces of all the Early Education Programs' Staff, look on the Bulletin board labeled **Staff and Schedules**.

To find information that you will need to know each day see the Bulletin Board labeled **Daily Information**.

Also, watch the **Information** bulletin board for events and happenings that will be coming up soon.

AND, don't forget to take a look at the **other bulletin boards** with great children's artwork. These will change throughout the year and will also have some documentation of projects or events in different groups.

The Lunch Dilemma...What, How Much, to Pack?

Small children may not eat very much at one sitting. Pack appetizers instead of a large sandwich and whole banana. Include more choices if the quantity of each is smaller. Fill a mini muffin tin with small amounts of foods, wrap with foil, and pack into the lunch box.

Small foods are easier to handle and more fun to eat. Cut sandwiches into smaller pieces, use tiny tortillas for wraps and small sandwich buns, serve baby carrots and peel and cut fruit into smaller pieces to interest your child in the foods you pack.

Instead of plain bread, try crackers, mini waffles, rice cakes, mini croissants, pita bread, mini muffins, small bagels, tortillas, focaccia, raisin or cinnamon bread.

If your child wants the same thing day after day, go ahead and pack it, as long as the overall meal is nutritious and you are sure your child eats it.

Study the prepackaged lunches in your grocer's refrigerated section. These appeal to kids, but aren't very nutritious. You can pack the same types of snack foods, but use healthier choices for more kid appeal.

Salsa, hummus, bean dips, or fruit

dips with baked chips and veggies or fruit are good lunchbox choices, since these foods contain more vitamins and fiber.

Think about food safety. Freeze juice boxes or small gel packs and place in the bag to keep other foods cool. Use an insulated thermos for hot foods like soups and stews, and cold salads too.

If you make your own snack mixes, you can include healthy additions like dried fruits, unsalted nuts, pretzels, and baked crackers.

Cereal bars can pack a lot of nutrition into a food kids love to eat. Include raisins, currants, or other dried fruits in the recipe for additional flavor, color and nutrition.

Include something fun - a sticker, cookies wrapped in plastic wrap with a ribbon tie, sandwiches cut into playful shapes, or meats and cheeses or fruits threaded on a caramel apple stick.

- A general guide for lunch portion sizes:
 - 2-3 ozs. of meat or cheese
 - 1-2 slices of bread OR 1/2 c. grain or rice
 - At least 2 different fruits or vegetables
 - 1 c. milk or dairy product



Snack Information

Check the bulletin boards in the Preschool hallways and the Infant/Toddler Rooms for snack sign-up sheets. If you would like to sign up there are snack suggestions listed on the sheets. However, we welcome any healthy snack!

Here is a partial list of some of the healthy snacks we serve:

- Animal Crackers & Juice
- Apple Slices & Cheese
- Applesauce, Raisins & Crackers
- Bagels with Jelly & Juice
- Bananas & Vanilla Wafers
- Carrots & Crackers
- Celery, Crackers & Juice
- Cheese Cubes & Orange Juice
- Cinnamon Bread with Butter & Juice
- Cottage Cheese & Pineapple Tidbits
- Fruit Salad & Crackers
- Goldfish Crackers & Raisins
- Grapes & Muffins
- Mini Muffins & Fruit
- Mini Rice Cakes & Fruit
- Orange Sections & Wheat Crackers
- String Cheese & Crackers
- Sliced Meat & Crackers
- Sliced Peaches & Bread Sticks

Mark Your Calendars For Upcoming Events & Important Dates!

Pancake Breakfast and Garage Sale...Sept. 23

Our first event of the year features a pancake breakfast (with fun pancake toppings) with our very own mini-farmer's market featuring produce grown by children in the program and also by ShadowBrook Farm. Make sure to check out our garage sale, too! Each year we ask families to donate outgrown toys or clothes so we can share our resources with each other. This is a great way to find a "new" toy or outfit for your child(ren).

Holiday Gift Fair... November 15-17

This event makes holiday shopping a little easier for everyone. We provide a book, toy and gift fair offering various gift items provided by parents with home businesses. On November 17 we offer a fun parent-child holiday lunch complete with cookie decorating.

In & Around Our Community

ShadowBrook Farm 6th Annual Harvest "Festival" & Farm Tour, Sept. 24, 2-4PM

Fun for the whole family! Taste locally produced food including their newest product – fresh goat cheese. There will also be music and children's activities (from 2-3PM). Check out Shadow Brook Farms' large selection of vegetables, herbs, cut flowers, and their new dairy goat parlor. They also feature free-range chickens, grass-fed meats and organically grown fruits and vegetables. 2201 West Denton Road, in case of rain call 421-2383. \$4 donation, children free.

First-Plymouth Church Events Open to the Whole Community

Tower Club II

Each month meet other couples with young children for fun, fellowship and outreach to the community. The next event is Boating & BBQ Party, Sept. 16, 4PM, David and Kerry Florell's home. Boating on Capitol Beach, BYOB BBQ (favorite dish and beverage). Adults only. Stick around to watch the Husker game on TV at 7pm. Call 435-6191 or email ker-ryflorell@yahoo.com to RSVP. For more information about Tower Club II please contact Addie 476-7550.

Dave Ramsey's "No Matter What" Youth Financial Workshop

Sept. 20–Nov. 1, 6-7 PM, Room B. Teens today are living in a difficult, critical time in life. Dave Ramsey's workshop will give teens (high school–college-age) the practical information and spiritual insight to live counter-culturally. Led by Linda Marcy. Pre-registration required, send \$7 payment (includes workbook and materials) to register to First-Plymouth Church, Attn: Addie, 2000 D St., Lincoln, NE 68502.

Grief Recovery

Sept. 26–Nov. 14, 7-8:30 PM, Classroom H. If you have experienced a loss of any kind consider joining the Grief Recovery Workshop. Led by facilitators, Becky Walkowiak, RN, LMHP and Laurie Reinsch, LMHP. Class has limited enrollment of 8 participants, send check to register to First-Plymouth Church, Attn: Addie, 2000 D St., Lincoln, NE 68502.

First-Plymouth Neighborhood Block Party

First-Plymouth's Peace & Justice team wishes to create a sense of community between our church community and our neighborhood and would like to invite you to the First-Annual Neighborhood Block Party on Sunday, Oct. 1, 4:30-6:30 PM. There will be food, games, music and fun for all! If you would like more information or would like to volunteer to help – please contact Pastor Barb Smisek at 476-7565 or email Barbara@firstplymouth.org

October 15

Abendmusik Benefit: Introducing John Cummins, Organ. Call 476-9933 for more information or to reserve tickets.

4th Annual Chili Cook-off & Silent Auction

Sunday, Oct. 22, 5-8PM, First-Plymouth Church, Mayflower Hall (west side, lower level).