



# Handprints



*"Working Together for Children"*

Hello Everyone! I wanted to start off by saying Happy Thanksgiving! I hope everyone enjoys this precious time with family and friends.

I want to thank everyone who participated in our annual Cheesecake Fundraiser! I also want to thank everyone who helped out with Dad's day. I know Mikaylah loved the boat project. Now that we are a couple months into the school year, I hope everyone is getting to know each other well. This is where it all begins, forever friendships between parents and between the children are formed.

We do have several fun and important things happening at the preschool over the next couple months. This week we will have a Jewelry Fundraiser, you will learn more about that from Sarah, our Ways and Means Chair. On Dec. 2<sup>nd</sup> we will kick off Hometown Holidays Weekend. The Co-op sponsors a fun nights filled with crafts while the children wait to visit Santa at the Chelsea Depot in town. We do have a committee for this event but if you are able to help in any way that would be fantastic! Dec 12 and 13<sup>th</sup> we will have the Lions Club at our school to do a FREE vision screening. You will get a reminder in your email, mailbox and these dates will be posted on our bulletin board. With the holidays approaching it is important to remember those less fortunate. Faith in Action of Chelsea will provide us with a list that is needed for their food pantry. Each class will have a specific item they can donate. I will have a drop off area for anyone that is able to help. Please look for that information when you return from Thanksgiving break.

Just a reminder that we are all owners of this preschool. All efforts put into the co-op will only benefit our children and future children of our community. If you have any ideas or concerns, please do not hesitate to contact me or anyone else on the executive Board.

Have a wonderful Thanksgiving!

Casey Lindstedt  
Chelsea Children's Cooperative Preschool  
President 2016-2017

## November 2016

### Inside this issue:

<i>The Bountiful Benefits of Big Body Play</i>	2
<i>Publicity Notes</i>	3
<i>Publicity Notes</i>	4
<i>Mark your calendar...</i>	4
<i>Reminders</i>	5



## The Bountiful Benefits of Big Body Play

On a crisp, early, Saturday morning this November, I attended an Early Childhood Education Conference hosted by Child Connect for Family Success in Howell, MI. The keynote speaker was Jacqueline Wood and her presentation was titled “The Greatness of Band-Aids.” As she energetically bounced around stage explaining to us the importance of allowing children to take risks, she shared that she had 40+ years of early childhood education experience. I decided at that moment that I would write the November Handprints article based on her presentation. For someone to be so passionate and enthusiastic after forty years of hard work, I knew I needed to spread her message. I decided this for two reasons: first, I want to share with you the importance of children engaging in risk taking and big body play, and second, I want to reassure you we are already doing this at the Co-op.

Big body play and risk taking touch on the four curriculum objectives incorporated into our classroom practices: physical, cognitive, social, and emotional. Through big body play, children learn to think on their feet, make quick decisions, and come up with innovate solutions (cognitive). It engages children in developing their gross motor skills and exploring the limits of their balance, strength, coordination, and endurance (physical). Children make rule following a priority in order to participate in this inviting form of play, promoting communication and collaboration between peers (social). Finally, children learn to regulate their feelings through experiencing disappointment and “little hurts”, working through overreactions, and learning to manage their temper (emotional).

It is so important for children to experience the natural consequences of their own limitations. By challenging themselves and taking physical risks, children learn to persevere, even if failure is a possibility. Facing failure and enduring challenges are strengths we want to develop in our children. But how do we do this?

First, it is important to know that risk taking may result in ‘little hurts.’ This includes scrapes, bruises, bumps, tears, and an occasional black eye. These are rites of childhood! The physical evidence of a risk-taking injury provides opportunity not only for conversation, but also tangible proof that our wounds heal. We can bounce back from failure. That’s powerful stuff! When our little ones are injured, it is important for us as caregivers to acknowledge their pain, listen to their story, and provide comfort as needed. This includes offering a badge of courage, otherwise known as a Band-Aid.

Second, we need to support children in risk taking, not help them avoid every risk. This means providing opportunities and encouragement for children to push themselves. To provide opportunity, we can let them explore without our direct guidance. They will find new and interesting ways of using their body without our instruction. If requested, we can give advice or lend a helping hand. Encouragement most definitely includes engaging in the activity yourself. One of the many benefits of belonging to a cooperative preschool is that children get to play with fun loving grown-ups!

Finally, it is SO IMPORTANT for parents and teachers to communicate. If you have any questions or concerns, please don’t hesitate to reach out to one of our fabulous teachers and teacher aides. This type of play requires trust between children, trust between children and teachers, and trust between teachers and parents. If you are lucky enough to get to watch (or even better, participate!) in big body play or risk taking during your time at preschool, be sure to look for quick thinking, trickling sweat, growing friendships, and smiling faces. And don’t fret too much about the occasional Band-Aid.

Big body play and risk taking you may see at the Co-op:

Activity	Rules	Safety
Inside Slide (classroom)	Children can go down on their belly, back, or bottom with nose or toes first.	There is a cushion under the climber and a mat under the slide.
Outside Slide (playground)	With adult supervision, one of the three slides can be made into an "up slide."	There are woodchips under the slide and adult supervision for turn taking.
Wrestling on the Mat	Children can choose whether or not to participate. Activities include dancing, tumbling, wrestling, pulling, hugging, tugging, squishing, rolling, jumping, falling, and laughing.	Teachers closely manage this activity. Kicking, pulling clothes, hitting, and aiming for the head are not allowed.
Foam Swords	If you are holding a sword, you are choosing to play and may get whapped.	These swords wouldn't squish a fly. No aiming for the head.
Chase, Capture, and Flee Games	Escaping from your captors is encouraged. Running is a must.	No clothes pulling or tackling.
Obwisana Rock Game	The rock must be passed gently to your neighbor's lap while following the beat of the music.	Throwing is not allowed and the rock must stay below waist high.
Throwing Snowballs	Snowballs can be thrown at walls, trees, and fences. If you throw at a person, you are choosing to engage in snowball play.	No throwing snowballs at faces or toward people who do not want to play.
Throwing Balls Indoors	Using plastic ball pit type balls, throw the color that is called through the hoop to the other side.	Teachers manage this activity. Children stand far enough apart so if a ball does make contact, the impact is minor.
Underdogs on the Swings	Must be holding on to chains with both hands.	Height is gradually increased until child is comfortable. Woodchips are under the swings for cushion.

## Publicity Notes

### Great Start Reviews

Great Start is a website that lists preschools and daycares. Potential new families are referred to this site by other preschools and I would love for it to have reviews from our families. Please go to <http://greatstarttoquality.org/> and leave a review for the Co-Op. We had some in the past but when we moved, they started a new license # with the state, so we lost the reviews on the prior license #. You can also leave reviews on our public Facebook page (<https://www.facebook.com/chelseacooppreschool>).

## WAYS & MEANS

The Cheesecake fundraiser raised \$1285 profit this year! Next, we will be kicking off a jewelry fundraiser on Wednesday 11/16 and the packets will be in your mailbox. This is another opportunity to raise money for the co-op and jewelry will arrive prior to the winter holidays.

Sarah Garot  
Ways and Means

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### Note from the Room Manager

Hello again from me, Jarrod Sandel, this year's room manager. I hope this year so far has been engaging and fun for both you and your little student(s). It's my goal to make sure the classrooms meet your needs, so if something is wrong with our facilities or supplies, please contact me at [roommanager@chelseacoop.org](mailto:roommanager@chelseacoop.org) or via cell at [734-891-1070](tel:734-891-1070).

In October, I sent out a list of toy cleaning assignments to all of the 3s and 4s families in the Co-Op. By distributing the work, no one has more than one large tub or two small tubs of toys to clean. For our Young 5s classroom, since there are so few toys, I asked for volunteers to clean what's in there; if you are a parent of a Young 5 student, please consider helping out by cleaning some toys. By Thanksgiving, I'll be posting a paper list of all the assignments in the entrance of the 3/4s classroom - please make sure to denote your completion status on it so I can track outstanding toys yet to be cleaned.

After the holidays, we'll be holding our Winter Semester classroom cleaning on Sunday, January 8th from 10A until completion. I'll be sending an email to the group in December to officially solicit volunteers. Last time, we only got three volunteers (and that's including me) to help out, so I'd really love to see more families pitch in this time.

We appreciate all of your efforts to help keep the classrooms and their learning supplies in tip-top shape for our kids. Thank you all for making our Co-Op the wonderful school that it is!

### Mark Your Calendars:

November 23 - November 25 - Thanksgiving Break

December 2-4, 2016



Visit or Eat Breakfast with Santa, Decorate Cookies, Shop at the Bazaar, Decorate a Gingerbread House

**Complete Activity Schedule is online at**

**<http://chelseafestivals.com/holidays/activity-schedule/>**

December 12-13 – Lions Club Vision Screening

December 21 – January 1 - Christmas Break

January 16 - No School

**Reminders:**

The temperature is getting cooler. Please remember to dress your children appropriately for school. Temperatures have been cool enough that children have needed hats and mittens. Please remember to pack warm gear when the weather is cool.

School Supplies Needed – if you are able to donate any of the following to the preschool, it would be greatly appreciated:

- Paper Towel
- White Vinegar
- Hand Soap Refill
- Napkins (quarter fold crumb catcher)
- Kleenex
- Swifter refills

