

# CO-OP CAPERS

The Newsletter of the Williamsburg Parent Cooperative Preschool

## Announcements

### Ukrop's Golden Gift Program

Once again we will be participating in the Ukrop's Golden Gift program. All you have to do is shop at Ukrop's between March 2nd and March 28th and present your Ukrop's customer card at checkout. In May, you will receive a Golden Gift certificate in the mail. Turn it in to Co-op and the school receives funds to use for education, equipment, and scholarships. What could be easier?

Co-op is looking for a few new teachers for next year.

If you or someone you know is interested, please contact Molly Gareis at 229-5619 for more information.

### Need a Break from Margaritas?

The 4-year-old classes are looking for a used blender that is tired of making margaritas and is eager to make paper! If you have one to donate to the Co-op, please email Emma McMillan at [emmamcmillan@cox.net](mailto:emmamcmillan@cox.net). THANKS!

### LOST AND FOUND

Our blue Lost and Found bin is overflowing! PLEASE check to see if any of your precious items are there. We will be taking some of these items to the Thrift Store soon. The bin is located in the hallway as you enter the Co-op in the back.

If you can't find it, ask a teacher.





## CO-OP CALENDAR



March 2 (M)	March Tuition Payment Due
March 12-13 (R-F)	NO SCHOOL—VAECE Conference in Richmond
March 26-28 (R-Sa)	<b>Co-op Consignment Sale</b> ; March 26 <sup>th</sup> (12-7pm), March 27 <sup>th</sup> (8-7pm), March 28 <sup>th</sup> (8am- 2pm)
April 1 (W)	April Tuition Payment Due
April 6-13 (M-M)	NO SCHOOL—Spring Vacation
April 14 (T)	School re-opens
April 23-24 (R-F)	NO SCHOOL—Parent/Teacher Conferences; AM 2's <u>will</u> meet
May 1 (F)	May Tuition Payment Due
May 3 (Su)	Carnival

Deadlines for submissions to Co-op Capers are as follows: 3/27, & 5/3. Please contact Lorelee Clark, 258-3254 for further information. We welcome news of local opportunities for family activities and/or any parent- or child-related materials. Submissions via e-mail are strongly encouraged: [loralee13@verizon.net](mailto:loralee13@verizon.net)

### But Why?

—Written By Hannah Tello, Wondertime Magazine

**Why must we keep elbows off the table?** One theory: During the Middle Ages, the tables in the great houses were made from trestles, and diners sat along one side only. If they leaned on the table with their elbows, the whole thing could collapse.

**When you eat soup, why is it proper to spoon away, not toward yourself?** To keep spills from your lap. But this is only in the Western world; in parts of the East, it's courteous to spoon inward since it's more noble to spill on yourself than on the table, which interrupts others' mealtime.

**Why should we sit up straight at the table?** It isn't just a sign of decorum. When you slouch, you compress your stomach and intestines, which may make digestion difficult.

**Why do we say "God bless you" after a sneeze?** Two of many answers: Pope Gregory the Great, who lived through the Justinian plague, blessed any sneezer, in hope that he or she wouldn't develop the plague. Also, some believed the heart stops when you sneeze; the blessing is a plea for life to return, or congratulations at the heart's restart.

## PRESCHOOL MATH

by Jean Warren

—Submitted by the Parent Education Committee and used with permission from Preschool Express (preschoolexpress.com).

Opportunities for exposing your children to beginning number concepts are everywhere. From your home to the grocery store, there are objects to count, measure, estimate and divide. Parents can help math become a fun, normal part of their child's life. For example, parents can strengthen math skills through:



**Art** : gluing legs on starfish, making number books, or counting play dough balls

**Cooking**: dividing out portions, measuring ingredients, dividing pizzas and pies.

**Science** : counting legs on bugs, or petals on flowers.

**Music** : singing counting songs.

**Language**: reciting counting rhymes, or reading counting stories.

**Thinking Skills**: estimating and sorting items.

**Personal Skills**: counting buttons on clothes, pairing up shoes and socks.

Parents can maximize their child's learning experience. Studies have found that young children learn things easier when the learning involves doing. For example, just telling three year olds that one and one make two means little to them. But giving them one toy and then another, and encouraging them to count and touch them, is where real learning takes place. Look for opportunities in your environment where your children can be exposed to number concepts in concrete ways. Below are some math activities that you can do at home with your child.

### KITCHEN MATH

- Have your child help by placing a napkin out for each person on the table.
- Ask your child if they want their sandwich cut into two rectangles, four squares or two triangles.
- Let your child help you by measuring out one cup of milk or by bringing you two eggs.
- Have your child press four raisins onto the top of each cookie before baking.

### BATH TUB MATH

- Give your child a plastic boat and some small toys to play with. Have him count how many toys it takes to sink the boat.
- Give your child a set of plastic measuring cups and have her discover how many cups it takes to fill up one cup.

- Sing silly songs about toes and fingers. (1 little, 2 little, 3 little toes in the tub...)

### CAR MATH

- Count with your child the number of red trucks you see.
- Count how many seconds pass until the light turns green.
- Count the number of letters to mail, or the number of books you have to return to the library.

### GROCERY STORE MATH

- Weigh fruits and vegetables.
- Pick out three red apples.
- Locate the larger or smaller size of a product, such as cereal.
- Estimate how many bags your groceries will be put into.

### PLAY-TIME MATH

- While playing with blocks, see

how many they can stack up, counting as they go, before their stack falls down.

- While putting toys away, have your child pick up a specific number of toys and have her count as she puts each toy away.
- Have your child estimate how many blocks or other specific toys can fit into his wagon. Have him count toys as he puts them in and takes them out.

### CRAFT MATH

- Count beads or straws as they string them onto a lacing string.
- Make a number counting book with pictures cut from magazines.
- Count candles on play dough cakes.
- Trace around five fingers.
- Glue six petals around a yellow center to make a flower.

## Crafty Kids: Buggy Bugs!

Spring is fast approaching and soon bugs will be hatching everywhere!

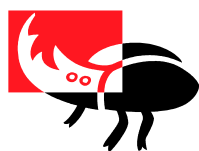
You will need: thick cardboard, string or wool, scissors, pipe cleaners, tape and a marker.

Cut out a variety of bug shapes from cardboard and cut an equal number of notches down two sides.



Run string or wool from notch to notch. Your children may enjoy un-winding and re-winding the string and wool in different ways. Tape on pipe cleaner legs to the back of the bug and draw some cute buggy faces on the front.

—newsletter@kidscraftweekly.com



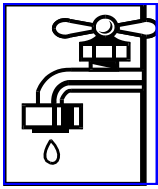
**Rock Bugs:** Create your own insects out of natural materials. Some suggested bugs are below, but feel free to use your imagination to come up with others. You will need:

- Smooth pebbles in different shapes, colors and sizes (for the body)
- Tacky glue
- Small twigs, blades of grass and pine needles (for the legs and antennae)
- Leaves or flower petals in different shapes, colors and sizes (optional for the wings)

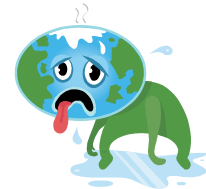


First, build a body from the pebbles. For example, make a dragonfly by gluing a small rock (the head) on top of a long skinny rock (the body). Or glue three small pebbles end to end to make an ant. Next, add appendages by putting a drop of glue on the end of each leg, then pressing it to the rock. Finally, glue on wings and antennae, if you like.

—Family Fun Magazine, July/August 2008



## EARTH CORNER: March 22nd is World Water Day



The international observance of World Water Day is an initiative that grew out of the 1992 United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro. This year, World Water Day falls on March 22—a day of observance and action to draw attention to the plight of those without access to safe drinking water.

Next to fresh air, water is the most precious thing required by all living beings. 20% of the world's population lacks access to adequate and safe drinking water, and as our population increases so will the number of people without easily attainable water.

We need to protect water for future generations. We have the same amount of water on Earth now that there was at the time of the planet's creation. The water consumed today will eventually be recycled throughout the Earth's ecosystem for use by future generations. The water we're drinking now has been on Earth for millions of years! If you can imagine that your great-grandchildren will drink the same glass of water that you drink, you will be inspired to take better care of it. (care2.com)

Just by **turning off the tap while you brush your teeth** in the morning and before bedtime, you can save up to 8 gallons of water! That adds up to more than 200 gallons a month, enough to fill a huge fish tank that holds 6 small sharks!

**The same is true when you wash dishes.** Turn off the tap! Scrape your dirty dishes into the trash—then put them in the dishwasher.

**Taking a shower uses much less water than filling up a bathtub.** A shower only uses 10 to 25 gallons, while a bath takes up to 70 gallons! If you do take a bath, be sure to plug the drain right away and adjust the temperature as you fill the tub.

To save even more water, **keep your shower under five minutes long**—try timing yourself with a clock next time you hop in!

If your toilet has a leak, you could be wasting about 200 gallons of water every day. That would be like flushing your toilet more than 50 times for no reason! **Try this experiment:** test for leaks by placing a drop of food coloring in the toilet tank. If the color shows up in the bowl without flushing, you have a leak!

The **best time to water your yard is in the early morning or late evening** when it's cool outside. Watering when it's hot and sunny is wasteful because most of the water evaporates before the plants have time to drink it.

**Washing your bike or car with a bucket and sponge instead of a hose** saves a lot of water. A hose can waste 6 gallons per minute if you leave it running, but using a bucket and sponge only uses a few gallons!

Also, **some car washes recycle water** instead of letting it run down the sewer drains—check if a car wash near you recycles water. (epa.gov/watersense)

# **FROEBEL**

## **THE NEW SCHOOL FOR CHILDREN**

### **THE KINDERGARTEN**

**For children ages 4 to 8**

**This class includes pre-k , k , 1<sup>st</sup> & 2<sup>nd</sup> .**

### **THE CONNECTING SCHOOL**

**For children ages 8 to 10**

**This class includes 3<sup>rd</sup> & 4<sup>th</sup> grades.**

### **FROEBEL ACADEMY**

**For children ages 10 to 12**

**This class includes 5<sup>th</sup> & 6<sup>th</sup> grades.**

**To begin in the Autumn of 2009 in Williamsburg, Virginia**

**Classes conducted by Miss Tiffeni J. Goesel  
Certified Waldorf teacher, Froebel pedagogue,  
BA and Masters in education**

**and by cooperative parents and community members sharing their time  
& talents.**

**Details and more information can be had at Kinderhaus Toys,  
Village Shops at Kingsmill, 1915 Pocahontas Trail # A8,  
Williamsburg, VA. 23185  
# 757-645-2980**

**[TOYS@kinderhaus.hrcoxmail.com](mailto:TOYS@kinderhaus.hrcoxmail.com)**

**Information meetings held every month.**

Parents can come and hear more about the school on the following meeting dates:

**Froebel Table Meetings** are held on Fridays, 5-6 pm at Kinderhaus Toys  
located in the Village Shops at Kingsmill on  
**March 20, April 17, May 22, June 26, July 24, August 21.**



## Learning to Tie Shoes

By Christiane Lavin

Although many of today's children's shoes forgo laces in favor of Velcro or slip-on styles, tying shoes is still a rite of passage for kids. It's also one of the trickier tasks for them to master. "Their tiny fingers sometimes have difficulty manipulating the laces through the multistep process," says Carol Fiftal, M.D., a pediatrician in Groton, CT, who offers these pointers:

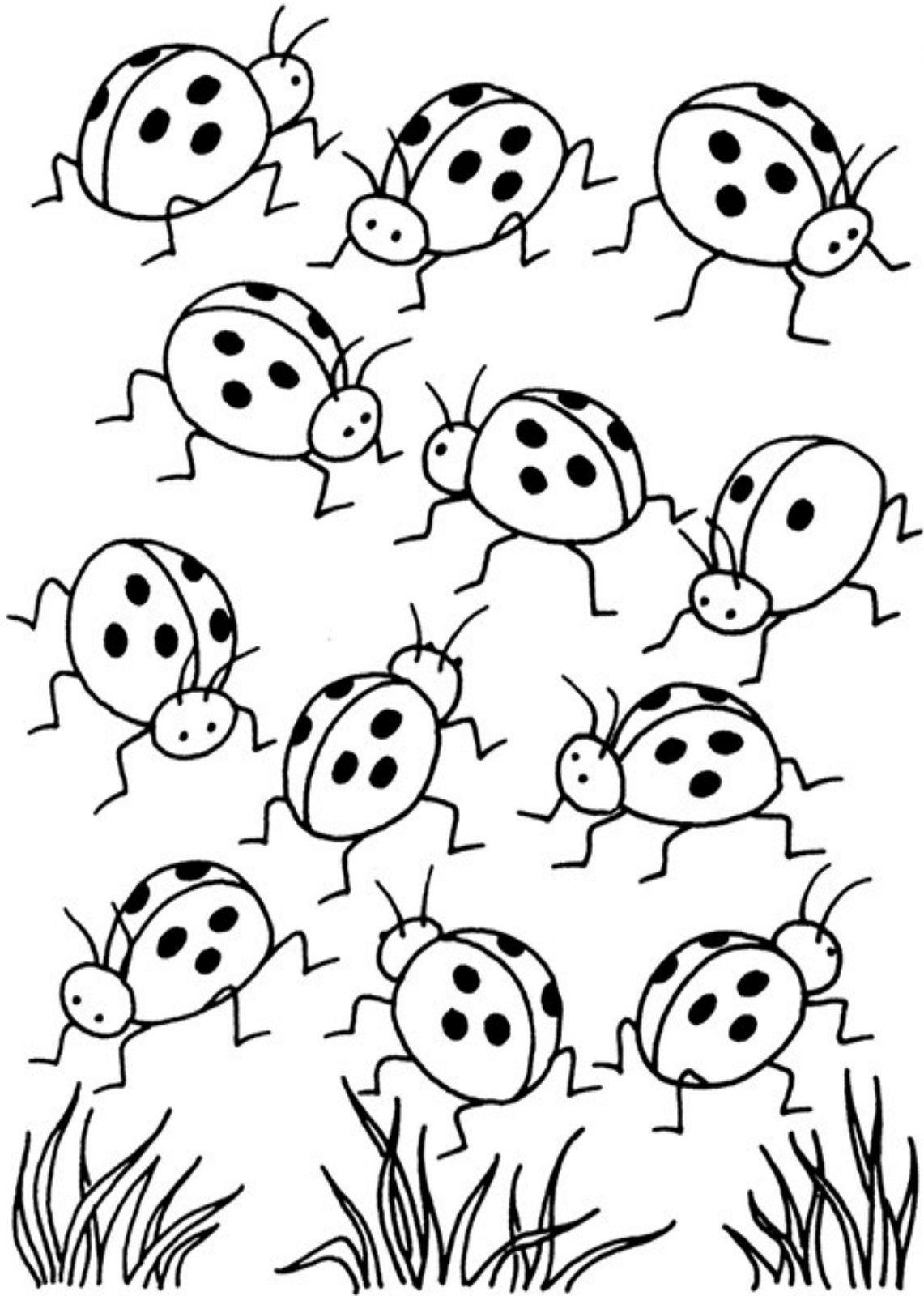
- Watch for signs of readiness. Before tackling laces, tune in to your child's fine-motor-skill development and hand-eye coordination. How are his scissor skills? Can she string a necklace of beads? Is he able to draw stick figures? How is she with manipulating buckles? While some children can manage tying their shoes as early as age 3 and others as late as age 8, most kids start to learn the skill in kindergarten and master it by the end of first grade.
- Set up a practice space. Rather than squatting over your child's shoe, find a comfortable seat for both of you and place an adult-size shoe (easier for young children to handle) on a flat surface. Or better still: Make an easy practice shoe by nailing an old sneaker to a piece of wood.
- Take baby steps. Demonstrate the process once or twice, then break it down into manageable chunks, allowing your child to practice each stage until she's comfortable with it. As much as possible, use easy-to-remember, kid-friendly terms to describe what comes next -- something along the lines of "First, crisscross the laces, then put one lace under the bridge and pull tight." Step two might be "Next, make two bunny ears, and hold them tight on the bottom where the bunny holds his ears." The final step: "Crisscross the two bunny ears, then loop one under the bridge and pull tight."

—www.parents.com

**Winter Days Inside Seem Endless?**

Feeling like a rotten parent for putting on the TV for hours at a time? Tired of watching the same videos over and over? Here are some fun, time-flying ideas to beat those winter blues:

- Polish pennies! Soak them in white vinegar and then rub them with salt and an old rag. Who wouldn't be proud of sparkly new money?
- Make puppets from coloring book pictures or stencils! Color, cut out, and tape to popsicle sticks and have a puppet show from behind a couch.
- Play post office! Save junk mail and fliers, round up some stickers and markers and you have productive post office personnel.
- Bring books to life! Make a book-inspired craft, play a book-inspired game, cook a recipe from food in a story, create a mask or picture of a character, and/or find books from the library with the same theme or by the same author.



Which ladybug is different?