

CO-OP CAPERS

The Newsletter of the Williamsburg Parent Cooperative Preschool

CO-OP CALENDAR

- 9/12 (M) **First Day of School** for 4 Day 4's, 3-Day 3's,
and both 3-Day PM 4's
- 9/13 (T) **First Day of School** for 2-Day AM 3's, 2-Day PM 3's,
2 Day PM 2's
- 9/16 (F) **First Day of School** for 1-Day AM 2's
- 10/1 (Sa) October Tuition payment due
- 10/18 (T) Parent Chat
- 10/27-31 (R-M) Halloween (check with your teacher for plans)

The Board Meetings are held the 3rd Tuesday of every month (except for December), 7:30 p.m. at Co-op and are approximately an hour long. Anyone interested in coming is welcome.

Deadlines for submissions to Co-op Capers are the 25th of each month, except December, which is the 15th.

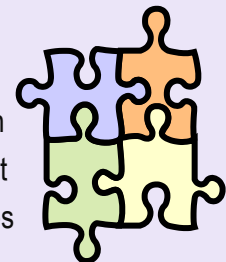
Please contact Lorelee Clark at 258-3254 for further information.

We welcome news of local opportunities for family activities and/or any parent- or child-related materials.

Submissions via e-mail: loralee13@verizon.net

—3 tips to help promote independent playtime—

Start fresh: Try to have the play area clean before each playtime. It tends to be much more inviting if everything is all picked up and put away. **Set up the environment:** set out a specific set of toys encouraging them to play. **Get them started:** There are times when I need to spend a few minutes playing with my kids. This helps them get started and involved in the games and toys.



—makeandtakes.com

Co-op's Emergency Plan

In the event of an emergency situation, the Co-op Director shall declare an emergency situation and institute the appropriate response actions. In the event that the Director is not available, the next person in authority shall assume the responsibilities of the Director, (i.e. Assistant Director, teachers).

DETERMINATION OF APPROPRIATE ACTION SHELTER IN PLACE – Sudden occurrences (e.g. hurricane, tornado, severe storm, intruders, chemical spills/hazardous materials) may dictate that taking cover inside the building is the best immediate response. The shelter in place site at St. Martins is the huge downstairs bathroom across from the church offices.

IMMEDIATE EVACUATION – Students are evacuated to a safe area on the grounds of the facility in the event of a fire, utility failure, or bomb threat. Evacuation will be to the playground, gray zig-zag building beside the playground, or in front of the Polo Club Restaurant behind the church.

TOTAL EVACUATION – Children are taken to a relocation facility if danger (e.g. radiological emergency, flooding) is present around the facility. Children will be transported to the JCC Community Recreation Center on Longhill Rd. (intermediate site – 259-4200) and then transported to Charles City Co. or to the Coliseum in Hampton (depending on which way the wind is blowing).

Teachers will bring the Co-op Handbook (with families' phone numbers) with them to contact parents about a plan of action.

Parents can pick up their child at Co-op, at anytime. The full emergency plan is available for review upon request.

If you have any questions, feel free to call Molly Gareis at 229-3407.

HANNAH'S CLOSET CONSIGNMENT SALE

October 13th-15th

The Shops at HIGH STREET
1424 Richmond Road

60% to Consignor & 20% to Co-op

For more information or to register visit
hannahscloset.com
List "Co-op" under Other for how you heard about them!

Co-Op T-Shirts still available!



Payment by honor system: put money in tuition box, noting what you are paying for.

Family Fun Ideas

Autumn scents

Bring a plastic cup or beaker with you on the walk.

Add a dash of water and find a stick.

As you find things on the woodland floor, add to your cup, mash, stir and smell.

Keep adding until you have created a wonderful autumn scent.

When you have finished, why not find a good place to empty your cup – who knows, a woodland animal may come and discover it later!

naturedetectives.org.uk



Random Ideas

- Dance with streamers or scarves.
- Have a yellow day: dress, eat, play games with yellow toys, etc.
- Play Go Fish with your child.
- Make a list of what you would bring on a picnic or trip.
- Let your child wash the windows.
- Make a “favorites” book from magazines.
- Fold a sheet of paper back and forth to make a fan.
- Look through the newspaper to find the first letter of your child’s name. Highlight or circle each one.
- Look for spider webs outside. Identify the spiders you find.
- Cut open a paper bag and let your child color all over it.
- Look through photographs together.
- Take turns drawing a picture together.

Encourage your child's creativity by letting him/her use basic household items. Show kids some of the ways they can use these everyday things, but also let them discover other ways they can turn them into great playthings.

Paper Towel Tube:

When the paper towels run out, hand over the tube to the kids. Let them decorate it and use it as a pretend telescope, a stick to bat balloons, or as a tool to play a game of I Spy. These handy tubes can also be used as drumsticks, rhythm sticks, or for rolling marbles through.

Toilet Paper Tube: Use these shorter tubes as pretend telescopes for very young children.

Empty Food Boxes:

Clean out used cereal boxes, spice containers, and empty soup cans; children can use them in their play kitchen or backyard house, and they are way better than toy food containers. Be sure that cans do not have rough edges, and remove labels if your children like to eat the paper.

Old Clothes: Everything from mismatched socks and large shirts to hats and work uniforms you no longer use can be tossed in a big box or chest for playing dress up. Don't forget shoes and accessories.

Old Appliances: They'll love pushing buttons and checking out the parts on the real thing. Remove batteries, check for sharp edges, and supervise your children.

Cups: Use sturdy plastic drinking cups, paper cups, or clean all those disposable plastic cups your family has gathered from gas stations and restaurants. Stack them up in a pyramid and knock them down.

Plastic Utensils: Under adult supervision, these can be used for cutting and making designs in play dough.

Drinking Straws: Use these for a variety of craft projects.

Cardboard: Use small pieces (from cracker boxes and cereal boxes) as a canvas for painting projects.

—parentingsquad.com

Feeding Ourselves, Feeding the Earth

THE CHALLENGE: September 17, 2011 you're invited to take back the 'value meal' by getting together with family, friends and neighbors for a slow food meal that costs no more than \$5 per person. Cook a meal with family & friends or have a potluck.



WHY: Because slow food shouldn't have to cost more than fast food. If you know how to cook, then teach others. If you want to learn, this is your chance. Together, we can send a message that too many people live in communities where it's harder to buy fruit than Fruit Loops. Everybody should be able to eat fresh, healthy food every day.

What if \$5 is too much for my family? Slow Food USA recognizes \$5 is actually not a small amount of money, but it is the cost of a typical fast food "value meal," so they figured that was a good starting place for cooking up a meal that reflects your values. They hope to help people find ways to make eating "slow" easier, while also acknowledging what makes it hard. Understanding the hard part and how to fix the hard part ... is the hard part. And it's where we've all got our work cut out for us.

HOW TO GET INVOLVED: Sign up for the challenge! You can cook a meal with friends and family, find a local event, or host your own event. When you sign up, we'll send you \$5 cooking tips. Go to Slow Food USA (slowfoodusa.org) for more information, more background on the day and the campaign, to read frequently asked questions or for \$5 cooking tips and other resources.

—Loralee Clark



Cut an apple crosswise and see the star inside.

Make some apple butter or have an apple taste test.

Sing "Apple, Apple"
(Tune: Twinkle, Twinkle Little Star)

Apple, apple on the tree,
I know that you are good for me.
You are fun to munch and crunch
For a snack and for my lunch.
Apple, apple on the tree,
I know that you are good for me.

Draw the inside and outside of an apple.

Find a book at the library about apples, Johnny Appleseed, and/or apple trees.

Bob for apples.

Play pass the apple (like hot potato) with your child's favorite song.

Lay down on the ground and see how many apples tall you are.

Make a card with an apple on it. Write inside, "You are the apple of my eye."

Earth Corner



Looking for children's books focused on the environment? Use this list to get you started! Be sure to check the book to ensure the right level for your students. This list includes fiction and non-fiction books concerning environmental appreciation and conservation.

Did we miss your favorite environmental book? Let us know!

Albert, Richard E.; Sylvia Long (illustrator): *Alejandro's Gift*

Burns, Loree Griffin: *Tracking Trash: Flotsam, Jetsam, & the Science of Ocean Motion*

Cherry, Lynne: *A River Ran Wild: An Environmental History*

Donaldson, Julia; Axel Scheffler (illustrator): *The Snail and the Whale*

Dr. Seuss: *The Lorax*

Driscoll, Michael; Meredith Hamilton (illustrator): *A Child's Introduction to the Environment: The Air, Earth, and Sea Around Us- Plus Experiments, Projects, and Activities YOU Can Do to Help Our Planet!*

Ehlert, Lois: *Red Leaf, Yellow Leaf*

Ehrlich, Amy; Wendell Minor (illustrator): *Rachel: The Story of Rachel Carson*

Gibbons, Gail: *Nature's Green Umbrella*

Gibbons, Gail: *Recycle!: A Handbook for Kids*

Hiaasen, Carl: *Hoot*

Lasky, Kathryn; Stan Fellows (illustrator): *John Muir: America's First Environmentalist*

McLimans, David: *Gone Wild*

Peet, Bill: *The Wump World*

Pfeffer, Susan Beth: *Life As We Knew It*

Rockwell, Anne; Paul Meisel (illustrator): *Why Are the Ice Caps Melting?: The Dangers of Global Warming*

Showers, Paul; Randy Chewning (illustrator): *Where Does the Garbage Go?* (revised edition)

Steig, William: *Abel's Island*

Tara, Stephanie Lisa; Alex Walton (illustrator): *Snowy White World to Save*

The EarthWorks Group: *50 Simple Things Kids Can Do to Save the Earth*

Thornhill, Jan: *This Is My Planet: The Kids' Guide to Global Warming*

Van Allsburg, Chris: *Just a Dream*

Vaupel, Robin: *My Contract with Henry*

Healthy Eating on \$7 a Day: Top Staples **(health.msn.com)**

Whole wheat pasta: Make the switch to whole wheat pasta, a complex starchy carbohydrate, as an essential part of a cost-conscious healthy diet. You'll get more fiber as part of the switch. At \$1.99 a pound bulk at most natural grocery stores, it's slightly more expensive than rice. Pair with a classic tomato sauce or serve as a bed for vegetables, nuts and a measured amount of cheese.

Eggs: Here is a budget super food, plain and simple. Nutrient-dense eggs are a relatively cheap source of protein, given that most meats and seafood are too expensive for an economizing budget. Eggs contain vitamin A, lecithin and biotin for boosts to both your muscles and brain. They're also convenient to keep around and easy to prepare.

Nuts and seeds: At first, nuts and sesame seeds, flax, almonds, walnuts and cashews and others can seem expensive if you look at their cost per pound. But you can stay on the \$7-a-Day plan if you watch for sales. For example, recently at a Whole Foods Market both almonds and cashews were on sale for \$3.99 per pound. Nuts and seeds add flavor, healthy fats, protein and sometimes calcium. They're great with all meals, including snacks. The key is to eat what you need, instead of absentmindedly stuffing a handful into your mouth.

Potatoes: one of the more versatile and fun budget foods. Potatoes are another complex starchy carbohydrate essential to a healthy diet. Rich in fiber and minerals, they add texture and variety and fill you up. Be sure to eat the skins to gain the most nutritional value.

Canned tomato sauce: Tomatoes contain vitamin C and are an excellent source of cancer-fighting lycopene. The tangy taste of tomatoes adds zest to the \$7-a-Day plan diet. Fresh tomatoes are too expensive, but a 14-ounce can of tomato sauce costs \$1.69 and can be stretched to serve in soups and sauces.

Organic brown rice: Rice, especially brown rice, is an essential item for inexpensive yet healthy eating. At \$1.39 to \$1.49 a pound at most natural food groceries, it's affordable and can stretch a meal. Brown rice contains complex starchy carbohydrates that are an important part of your overall diet. Plus, you get more fiber and a bit more protein than white rice. You also might like the heartier flavor.

Beans and tofu: When possible, look for organic bulk dried beans and tofu. Beans and tofu are an excellent source of protein, especially when you're eating on a budget. Bulk beans are less expensive than canned beans. Depending on the type, bulk beans can be cheap as 30 cents a cup. The plus side (along with the savings) is that one pot of cooked beans goes a long way, and can be part of different meals (pasta, soups, tortilla wraps, dips and more).

Organic bulk oatmeal: This is a classic breakfast, and when you buy it in bulk at about 89 cents per pound it is much cheaper than the \$2 per pound pre-packaged price tag. It is a complex starchy carbohydrate that contains important vitamins and minerals, and is delicious and filling—especially when served with a few nuts, seeds and raisins.

Bulk cornmeal: Look for organic when possible. Cornmeal makes a breakfast food high in B vitamins that is simple to prepare. Just add water and serve with a handful of raisins, sunflower seeds, flax seeds and perhaps a little molasses. It's less expensive than oatmeal and rotating it with oatmeal adds some variety.

Green veggies: The best picks here for healthy and cheap eating are kale, spinach, collards and other leafy greens. Also, look for broccoli on sale. Green veggies are rich in antioxidants, vitamins and minerals, especially calcium. They are a cheaper source of these nutrients than fruit. One suggestion that might take a bit of mindset recalibration: green vegetables are an excellent choice for breakfast because they are naturally alkalizing, so they'll help restore your body's pH balance.

Crafty Kids

Make some apples from yarn. You'll need a piece of cardboard, yarn, and pipe cleaners. Follow the photographic instructions. Easy Peasy!



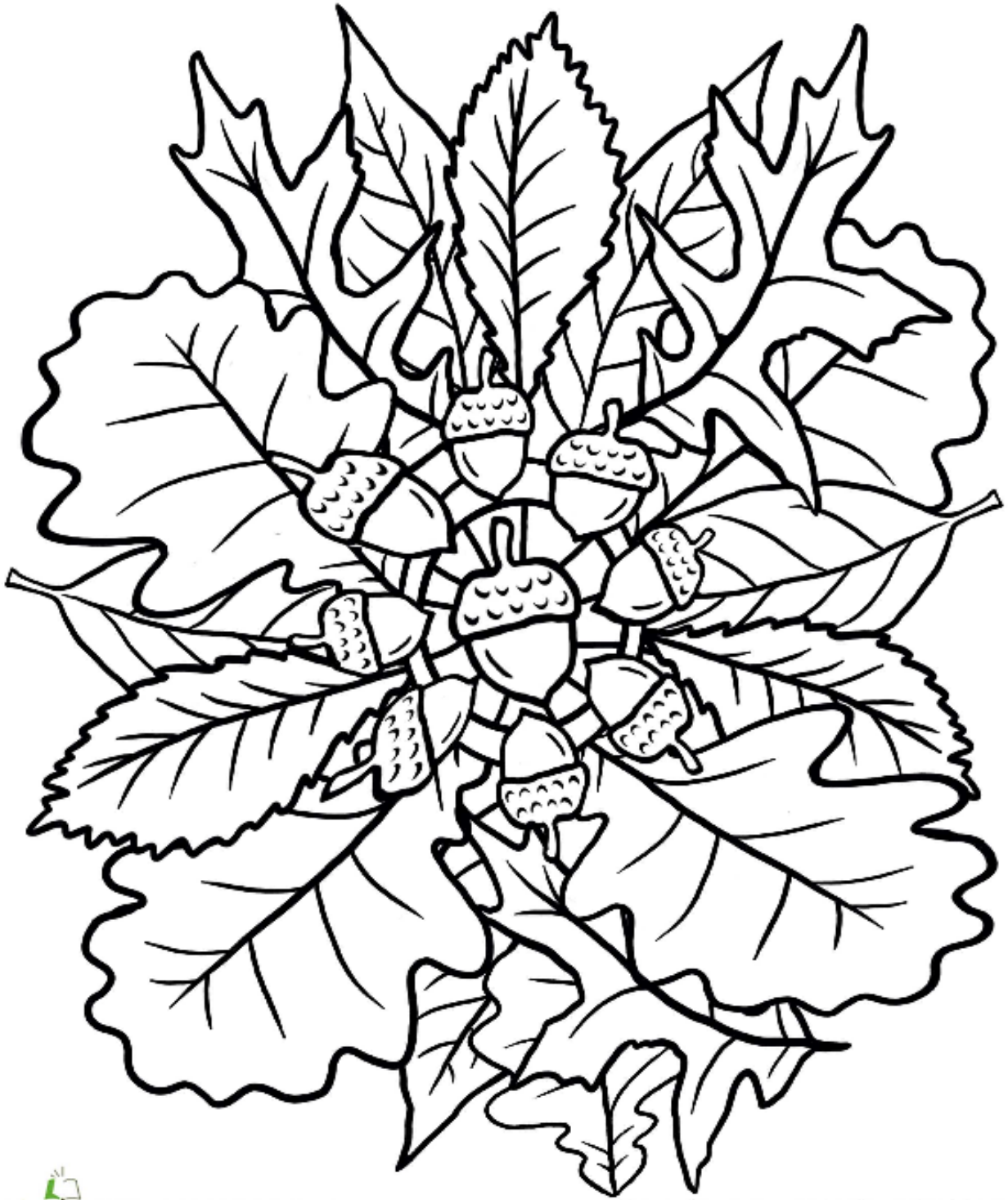
Does your child have a favorite color? Let them paint acorns! What a fabulous centerpiece you'll have.



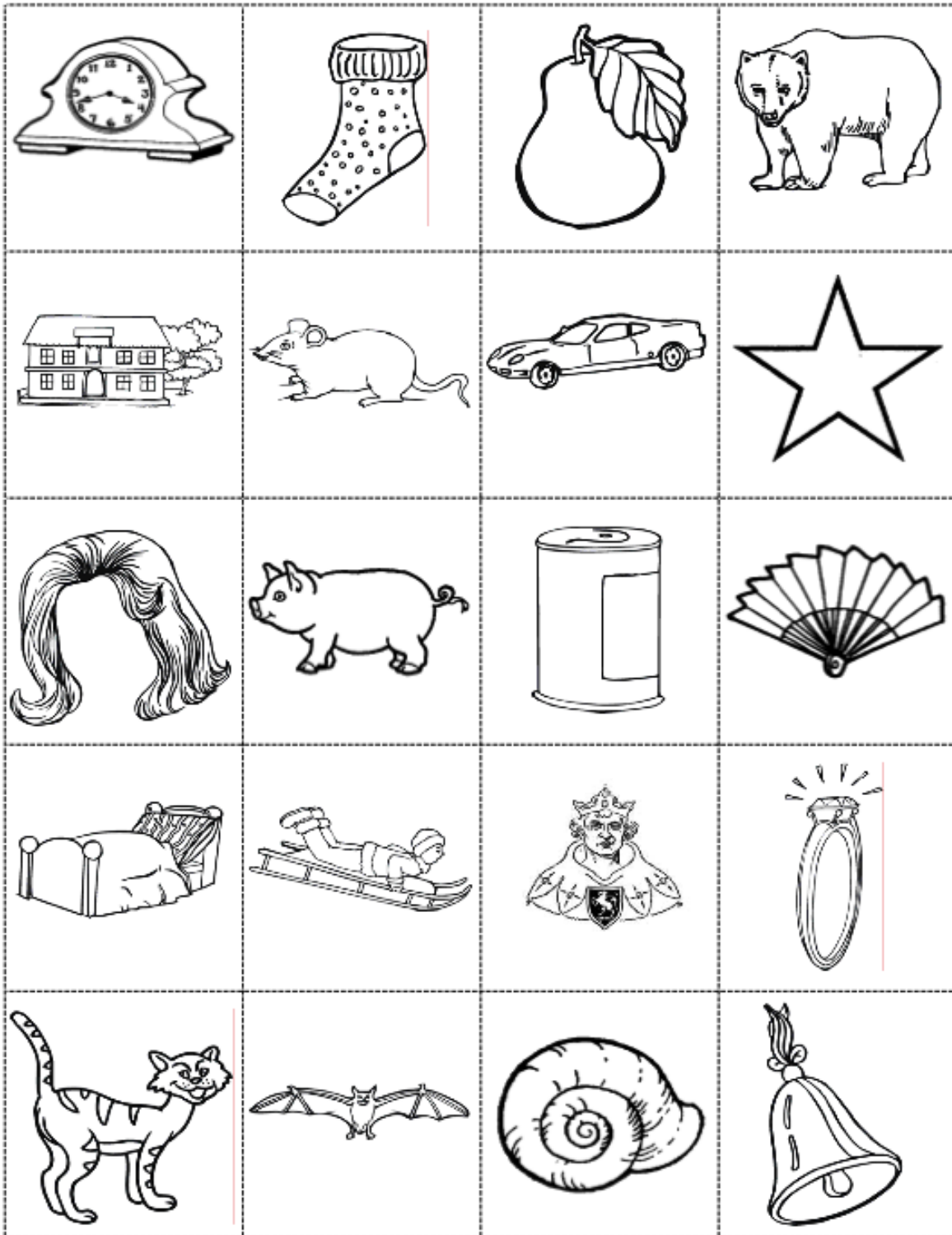
Another cute idea for acorns is to grab some felt or scrap fabric and make cute animals—owls, foxes, other birds, cats, dogs—whatever your child can imagine!



Color or paint your own Oak Mandala!



Print this out for your child(ren) to practice cutting, coloring, and rhyming!



Rhyming Cards/ www.prekinders.com