1900 Cochran Road Pittsburgh, PA 15220 mushroomfamily.org mflcdirector@hotmail.com 412-531-1225

DECEMBER 2016



Important Dates & Info

due Dec. 12.

JAN. TUITION DUE NOW - DEC. 1
Set up online bill-pay with your
bank...and have it done for you!
First-half fundraising fee

Barnes & Noble Book Fair Fundraiser – Dec. 2 In-store, café and online! See

In-store, café and online! See last page for details.

Penguins Package (and others!) Raffle ticket sales Dec. 5-9 100% to fundraising fee. See last page.

Dec. 13-14 - Play It Forward "Stuff-a-Truck" at Mushroom

MFLC Board Meeting – Dec. 14

Foster Love Project donations due Dec. 15

Winter Break Dec. 21-31 Dec. 20 is the last day; classes resume Jan. 3.

No Class Jan. 16 Martin Luther King Jr. Day

In-House Registration for 2017-18 school year starts Jan. 23

Outside Play – We will go outside if it's 25+ degrees and no rain. Please be sure your kids are prepared with labeled coldweather gear.

Proper Shoes – Please be sure your child has proper play shoes (closed toe with a back), especially on movement day.

Enrichment Classes and "Munchin' Lunchin'"

Contact Ms. Melissa at melissa.oprison@gmail.com.

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Ways to Help MFLC

- Youcaring.com/mushroomfamily-learning-center
- smile.amazon.com
- United Way agency # is 885339.
- Giant Eagle Apples for the
- Students program # is 5245
- Save Tyson Project A+ labels.

From the Director ~ Joan Harrison

As the first part of the school year ends, we are reflecting on the time we spent with families during conferences. It was a time to have meaningful connections, to celebrate success and discuss hopes for the future. We thank all families for taking time out of their schedules to participate in these important meetings.

Thank you to all who attended our Thanksgiving feasts. It was such a special time for sharing and giving. The children really realized the idea that the school is much larger than the classroom they attend. Thank you to all the parent volunteers who came in before and on the day of the feast to help the children prepare for the celebration.

Thank you to all the magnificent teachers who were such a huge part of the feast, from invitations and decorations to food preparation and preparing your children for the entertainment. This is such a dedicated staff who care so much for your children and love them every day. I give thanks each and every day to work with such awesome women.

I can't believe December is already here, bringing us to 2017 right around the corner. This is a short month since we will close for Winter Break December 21 – January 2. We will resume classes on Jan. 3, 2017. This allows a nice break for our teachers to rejuvenate and the children to have quality time with their families.

The holiday season is a time to enjoy family and friends, practice traditions and create memories. It is a time to reflect on what is important in our lives. Each family has its own way of celebrating during this season. Luckily, the holidays provide plenty of opportunities for all of us to be positive role models for our children — showing them that we have consideration for others of different religious, racial, and economic backgrounds. Remember: children learn by watching. Seeing us treating others with respect, as well as being generous with our time and talents, will "go a long way" toward teaching them real values. This month, we at preschool will be focusing on holiday traditions and about sharing with others.

As we enter into the winter season and cold months ahead, our parking lot and walkways may be slippery. Walking slowly and wearing weather-appropriate shoes may help prevent a fall. Please hold on to your children and watch them carefully as you enter and exit the school.

We at MFLC would like to thank you not only for choosing our program, but also for the trust, support and love shared with all of us. On behalf of the staff, I wish all of our families a wonderful holiday season. Happy 2017, and take time to play! Thank you for sharing your children with us. We are all so excited and energized for a terrific year ahead.

Reminder: Always make sure that your child does not run through the halls, open or linger by a door, and does not leave the building unescorted. Children must <u>never</u> enter or leave a classroom without a parent/guardian. In general, please be respectful, as we share space with Beth El. Let's work together to keep our children courteous and safe!

BIG Thanks to...

- Hollie DeLuca (Dominic, KToo; Lydia, 3s), for organizing and all who attended the Chick-fil-A spirit night, which netted \$105!
- **Erin Betler** (Sylvie, 3s) and Kate Gigliotti-Gordon (Lazlo, 3s; Rowan, Pre-K) for their work to finish our sandbox cover and trolley painting.
- **Kelly Lotter** (Evan, 4s) for donating empty yogurt, applesauce and fruit cups for classroom crafts.
- All the homeroom parents, family members, teachers and students who worked so hard to make our feasts so delightful!

From the Board President ~ Erin Betler

Long ago, people found a way to light the darkness. They built fires to keep warm and cook their food. To help them see at night, they learned to make candles and lanterns. Light was so important in their lives that they came to use it in holiday celebrations. In each of these holidays, light plays a significant role, marking and brightening special days. Celebrations of Light now circle the year and the globe. The contemporary holiday season offers us so many ways to add light to the darkness: sparkling strings of lights adorn homes and businesses, shiny wrapping papers envelope presents, fireplaces crackle with blazing light and warmth, and glittery preschool craft projects and ornaments shimmer throughout our homes.

How fortunate we are to enjoy a vibrant preschool community that is brightened by your children's sunny smiles and twinkling eyes every day throughout the year. With a new year approaching, we can look forward to a radiant 2017 with so much gratitude that our Mushroom community is strong and thriving.

We are grateful for the support and participation of all our teachers and families in our Mushroom family. You are the light that keeps Mushroom glowing and growing. Our preschool is truly a place where glimmers of light radiate on a daily basis. The children are truly all our lights.

As you add your own light to your home and start the countdown to gift giving, please consider participating in this month's MFLC raffle ticket fundraiser. Ticket sales will take place December 5-9. Look for prize details in this newsletter. Give tickets to your significant other, grandparents, or a friend. (A gift to you: 100% of the ticket price goes toward your fundraising fee.) Please also consider being the source of someone else's light by donating to and participating in our Play It Forward gently used toy drive on December 13 and 14. Your donations will help others who may need a ray of light during the hustle and bustle of holiday festivities.

[Parents' Corner]

Geletko family (Vivienne, 3/4s)

Our family is new to MFLC! We love the safe, happy and encouraging environment provided by the school. As first-time preschool parents, we had a lot of anxiety sending our daughter, Vivienne, with food allergies to an environment without our supervision. We have received not only a warm reception and reassuring safety measures from the school, but also our lovely classmates in the 3/4s class!

When Vivienne was diagnosed with food allergies at nine months old, we immediately educated ourselves on how to keep her safe. Our home became peanut and egg free, we learned how to cook (and eventually bake) without her allergens, and we navigated how to eat at restaurants and gatherings with family and friends. We take great pride in our efforts to teach Vivienne how to stay safe and to advocate for herself.

We encourage you to talk with your children about the seriousness of food allergies and to teach them the importance of respecting their friends' medical needs. You can start with reminding them to always wash their hands after eating, to keep snacks to themselves and not to mock or bully an affected child.

Remember – a child with food allergies is kept safe by a network of family, friends and parents who work together. Thank you for being part of our network!

I hope you enjoy the light of the season. All my best wishes to you and your family for luminous holiday celebrations and a brilliant New Year!

School delay/cancellation

MFLC will follow Mt. Lebanon School District decisions during inclement weather: When MTLSD is delayed, MFLC will be delayed; when MTLSD is canceled, MFLC will be canceled. Delayed start time will be 10 a.m. for morning classes which will dismiss at regular time; afternoon classes will begin on schedule. Please check local TV and cable stations, email blasts and the school answering machine when in doubt.

Little Sprouts – Kelsey

It is often easy to get overwhelmed by the day-to-day tasks associated with the holidays and the negative things you may hear and see in the media. Sometimes it is our children who remind us that we need to slow down and remember the simplicity of life. This month's activities included water exploration, songs and stories about Thanksgiving, and paint and Play-doh fun. Watching our Sprouts interact so well with one another: sharing, laughing, exploring, and simply getting

along is a lesson for us grown-ups. As we continue through this holiday season, let's take a moment to remember our children and spend some time with them keeping it simple. Angela Scwhindt writes, "While we try to teach our children all about life, our children teach us what life is all about."

Foster Love Project ♥

Items for Foster Love Project bags are due Dec. 15!

Early Learners - Amy, Sheila, and Marlene

The month of December can be a lot of fun. Whether your family celebrates various holidays or not, the time leading up to January 1, New Year's Day, holds many activities, events, and sights to see. You may want to take a sleigh ride downtown, drive around and look at some pretty lights, or go to sit on that special someone's lap at the mall. Many friends and families and even employers have parties and gettogethers, which may be child-friendly or not. There may be fancy new clothes to wear, too!

During this busy time of year, it's important to remember that these things that can be so fun for us as adults can actually be quite stressful for our children. Children really like to know what to expect, and giving them a routine accomplishes that. Even if your child says, "No nap! No nap!" it still serves as a milestone in his day. The special outings that you plan, while lots of fun, might interfere with that schedule. And that work party might be an adults-only event at the William Penn Hotel, which requires a babysitter.

There are also sensory concerns. Malls and stores are loud places. Waiting in long lines is frustrating for all of us! New sweaters and taffeta dresses can be itchy or hot. Parties and family dinners have lots of people and maybe new faces. Light displays can be backed up which requires waiting in line while stuck in a car seat!

Does this mean that families shouldn't plan to do these exciting things? Of course not! Just be aware that things may not go according to plan. You might not get the perfect photo, or your child might put her hands on her ears when you hear the special music. The itchy sweater might have to come off to reveal the boring onesie underneath. Your child might not participate in the pageant after all. And guess what? It's all fine.:) Every other family in the world has experienced the same thing at one time or another (or even 10 times!). Watch your child for clues, and don't be afraid to throw in the towel.

Sometimes things we see on TV or online set us up to be disappointed. Yes, there are families out there who manage to get pictures every year with the same rocking horse or with everyone standing in front of the tree Great-Grandpa planted years ago. But one year, you might forget to take it,

or someone might be missing. Or the tree could need to be chopped down! That's OK. The important thing is that your family has a great time together doing whatever is just right for YOU!

To help foster that routine and promote a sense of security for your children, we will be having class as usual with our familiar schedule and toys. We will continue to go outside as the weather permits, so don't forget to put all those coats and boots and hats and mittens in that big bag! Have a wonderful month, and we look forward to sharing 2017 with your children and you!







Dress for Success! Now that the weather is getting colder, we request that you send your children in appropriate outdoor clothing: warm coat, hat, mittens, snow pants, and boots when necessary. Items should be labeled and placed in the child's bag. The children go outside every day, weather permitting – no rain and a temperature of 25 degrees or above. Please be sure your kids also have proper play shoes, *especially on movement day*. Thank you!

Threes – Jamie, Debbie, and April

The definition of random is "done without a conscious decision." When the word "random" is added to the saying Random Acts of Kindness, the definition is given a whole new meaning. Can you imagine a world where kindness was not a thought-out plan? A world where kindness was the first thought in our minds when meeting someone with different backgrounds or beliefs? Imagine a world where we teach our children to be friends with everyone and to always help each other. I CAN imagine this as I observe the natural tendencies of our three-year-old students.

In our classroom, we focus on positive interactions, helping our partners and using kind words to get our message heard. We learn that communicating with positive actions is easier to understand than harsh words. We create an environment where helping others becomes second nature. And, it is a wonderful place to be.

The three-year-olds class took on the task of completing 10 Random Acts of Kindness in the month of November. The projects were simple, yet when we worked as a team the impact on others was magical...

- 1. We collected 65 items of food for the Kosher Food Bank and SHIM. These items easily helped feed families in need.
- 2. We collected \$100 in change, which was traded in for a \$100 gift card to Giant Eagle. This gift card was used to feed a few families during the Thanksgiving holiday.

- 3. We collected enough items to make two FOSTER LOVE PROJECT backpacks to help children transition into a foster care system.
- 4. We made beautiful cards to cheer up a man who was sick in the hospital.
- 5. We made delicious cupcakes and hand-delivered them to the wonderful teachers at Mushroom Family Learning Center.
- 6. We opened our classroom doors and invited our new friends to play with our toys.
- 7. We played nicely with the two-year-old students, treating them with kindness as we showed them around our room.
- 8. We said "please" and "thank you" during snack.
- 9. We cheered on our classmates when they participated in a talent show.
- 10. We gave our friends a hug when they were sad.

Sharing kindness with others can be completed in many different forms. If we teach our children at a young age to help others, the hope is that they pay it forward to their own children some day. Giving is always better than receiving.

Our challenge for you is to complete one Random Act of Kindness during the month of December. It can be an unconscious decision one day at Target as you see an elderly person struggling while carrying out her packages. You could give a stranger a hug when you see he is distressed. You could pay for the person's coffee in the line behind you at Starbucks. Finally, you could just say hello to someone who walks past you on the street. Let me know if you complete a kind act that is especially inspiring to you. Together, Mushroom Families can change the world, one kind act at a time.

→ Parking Lot Safety Reminders

- Drive slowly and carefully, especially when backing out, and be observant of the cars and people around you.
- Stay alert and keep kids close to you from the classroom to your car.
- Parking is not permitted in front or along the side of the school.
- Please note that there is only one handicapped space allotted close to the school building, and also observe the others near Beth El's community entrance.
- Don't leave other children unattended in your vehicle or in the lot.

Three/Fours - Liz, Melissa and Jamie

November is a great time to focus on being thankful for what we have. We endeavored to be mindful throughout the month of the many wonderful people, things, and experiences that enrich our lives. Although "thankful" may be

a new word for an abstract concept, it is really just putting a name on what the children naturally feel. In that spirit of gratitude, we set about planning our biggest sharing project of the month: a Feast to share with our families.

Our theme for the month was "Feast: Family, Friends, Food, and Fun." We explored ideas such as healthy food, manners, celebration, sharing, cooperation, and gratitude. Now that the children are accustomed to their teachers, friends, and classroom, we were ready to venture out to explore our larger school community. We found many opportunities to engage with the other classes and teachers. We practiced songs with Miss Marilyn's and Miss Cara's classes. Coming together for rehearsals may have added a hectic note to our days, but the sense of community this experience created was well worth the effort.

We practiced being welcoming hosts when we invited Miss Marilyn's class to join us for snack time. It was a lot of fun learning about the big kids! On Welcome Wednesdays, we opened the classroom doors to create one big, multi-age learning experience when we combined with Miss Cara's class. It was great to see the children making new friends and taking advantage of twice as many learning experiences.

Whether we celebrate Thanksgiving or another holiday, we all have traditions that bring us together to give thanks for what we have in our lives. Sometimes the preparations seem daunting. Shopping, planning, cleaning, decorating, traveling, cooking, cleaning some more, having guests, visiting—all of these can feel like chores if we let them. Seeing these experiences through the children's eyes as we made our way through the month helped me see them in a new light. The delight on their faces made the reason for the celebration and the worth of our efforts clear. As adults, we have gone through the process of getting ready for a holiday many times. For the children, this may have been their first experience of entertaining friends and family. The food we prepared, the decorations we made, and the entertainment we provided were the children's gifts to you, offered in the spirit of generosity and gratitude. We hope you enjoyed our little Feast!

Next month we will try to make our classroom a low-key respite from the excitement of the holiday season. Our theme will be "Colors, Lights and Shapes of the Season."

Fours - Liz and Melissa

I could write about all the great activities we did related to our theme of "Feast: Family, Friends, Food, and Fun!" I could tell you about the books we read and the art projects we created and the teacher-facilitated activities we completed. If I did, though, you would just be waiting to get to the good part. That is exactly what this group does every day as we make our way through the structured parts of the day.

We begin each day with Table Time. The children are free to choose from a selection of table-based activities, such as responding to a journal prompt, creating with art materials, playing a structured game, manipulating playdough, competing puzzles, beading necklaces, and practicing cutting skills. The common themes are fine motor skills and preacademic concepts. After Table Time, we come together on the rug for Gathering. We review the question of the day, read a story, share news, play games, and have great discussions. I can tell you, though, that no matter how engaged the children are in these opening activities, they truly come to life the moment I announce that it is time for free play!

In a room full of four-year-olds, play time is serious business. They are actively engaged in creating their own learning on every level. This little group has become a very tight-knit community, and they tend to stick together throughout the day. Their favorite spot is the block area, but they will often move together as a group to the dramatic play area, reading corner, math table, or, occasionally, back to the tables to explore the art project. They are industrious in pursuing their visions and testing their ideas.

We can see the great affection they have for each other and the pleasure they take in each other's company. However, a significant part of their days are spent in conflict. How will we share these materials? Whose idea is the best? Who gets to take the lead? Who will sit together? How can we coexist peacefully in the same space when some of us want to play quietly and others want to move our bodies boldly and loudly? These are the questions that arise again and again in different ways. This is true not just for our group, but for every group of four-year-olds I have known.

You might ask yourself why they consider this to be the fun part. People's feelings get hurt. They often don't get exactly what they want. Frustration and disappointment are always waiting just around the corner. Why don't they all just go play by themselves, or choose to return to a structured activity? Perhaps they are discovering that the benefits of being part of a respectful community are absolutely worth the discomfort of working to get along. They are discovering that, if they listen to each other and respect each other, they have access to something greater than themselves.

If you really listen, you might find that your friend has a great idea! If you take someone else's perspective, you might learn how wonderful it feels to let someone have what he/she really wants, especially if having it didn't matter so much to you. If you make the effort to express your feelings and needs honestly, you might discover how deeply satisfying it is to be truly heard and understood by someone who cares, even if you still don't get to have exactly what you want. This is the work we do every day.



Does your child want to have more fun at Mushroom??!!

Sign up for enrichment and/or "Munchin' Lunchin"! Supervised lunchtime is \$8 per day for students 3+. Enrichment classes are \$15 per class for students 4+ available on Mondays and Fridays. Contact Ms. Melissa at melissa.oprison@gmail.com!

In this month of gratitude, I am especially grateful for our little community of learners. They are still learning how to get along with others. As their teachers, Melissa and I can show them specific skills for managing their feelings and working together. We can help them keep the process of negotiation moving forward in ways that respect everyone's feelings and rights. We can help them find the words they might not know to express themselves. But we benefit from the experience at least as much as the children do. We are touched by their willingness to stay connected, respectful, and present in the midst of conflict and difficult feelings. We are moved by their empathy for each other. And we are inspired by their courage in speaking their minds. Most of all, they give us hope for the future.

In the words of my favorite preschool blogger, Teacher Tom, "If our goal is well-adjusted, 'successful' citizens, we know what we need to do. In the early years, it isn't about reading or math. It's not about learning to sit in desks or filling out worksheets or queuing up for this or that. If we are really committed to our children we will recognize that their futures are not dependent upon any of that stuff, but rather this really hard, messy, emotional work we do every day as we play with our fellow citizens."

Our theme for December will be "Colors, Lights, and Shapes of the Season." We wish you a joyful, peaceful holiday season.

DECEMBER ENRICHMENT CLASSES

Enrichment classes are available for those 4 and older on Mondays and/or Fridays each month; \$15 per class. Contact Ms. Melissa at melissa.oprison@gmail.com.

Days and Themes This Month...

MONDAYS with Ms. Sheila

Dec. 5: Read a story and take old, tired crayons and melt them into brand new ones! Dec. 12: After reading our snow story, make a snow creature out of "shredded" snow! Dec 19: Read camping and hiking stories and make trail mix to take home and share!

FRIDAY with Ms. Marilyn

Dec. 2 – A story and a gingerbread boy/girl bake and decorate!

Pre-K – Cara, Jane, Marlene and Melanie

As I woke up on Thanksgiving morning, instantly the lyrics popped into my head, "I feel better when I'm dancing!" I could instantly picture dancing with all of the children on Tuesday for our family and friends. I envisioned the looks of joy and felt my heart feel full. I pictured the children earlier in the month baking our butternut squash muffins and black bean brownies. The children worked so hard on creating all of the wonderful decorations throughout the classroom and how wonderful it was to see how proud and excited they were to share their classroom community with their families.

Each child had his/her own unique special part of our Harvest Celebration that was evidenced as I caught their smiles, excitement and joy throughout the day. Your children are so special to us. Your family is so special to us. Thank you.

I would like to share again a quote from "Teaching the Curriculum of Generosity" because it continues to speak volumes to what is important and what we are trying to "unlock"...

"If someone was to ask about our long-term hopes for our children, we'd probably mention character traits like thoughtfulness, passion and generosity. These qualities are education goals for the whole child. Almost a century ago, activist Emma Goldman had this to say: 'No one has yet to realize the wealth of sympathy, and the kindness and generosity hidden in the soul of a child. The effort of every true education should be to unlock that treasure.'"

Our Mushroom community is richer because of the relationships and generosity of spirit created between the children, teachers and families. Melanie, Jane, Marlene and I continue to be humbled and so thankful to be a part of your child's community. So truly, thank you.

(Dushroom Wish List ~ ~ ~ ~ ~

- Empty yogurt, applesauce, fruit cups for craft use
- Little Tykes equipment (slides, climbers, houses, picnic tables, etc.)
- ♦ Toy lawnmowers
- Clothes: underwear, socks, pants, tops
- Oress-up clothes/costumes your child may have outgrown

K-Too - Marilyn

The holiday season is an exciting time for children. At five, children begin to make sense of time and traditions through their own experience. K-Too is uniquely suited to provide an environment for them to explore the history and lessons of celebrations we see all over the world and here at home.

In November, K-Too had fun with the geography, maps, and architecture of Pittsburgh. For Thanksgiving, we created a play that dramatized the cooperation between colonial officer George Washington and Seneca tribe chief Guyasuta, inspired by the sculpture of them on Mt. Washington called "Point of View." The two men met at the confluence of the Allegheny, Monongahela, and Ohio rivers in November 1753 to negotiate with the French on building forts on the point. The children loved making costumes, props, and scenery, which filled out their understanding of 16th century geopolitics, technology, and cultural differences.

In December, we will continue our journey as we learn about world holidays and culture through imaginative and creative exploration.

Nothing in my bag today

Author Unknown

Today I did math and science, I toasted bread, I halved and quartered. I counted, measured, used my eyes, and ears, and head.

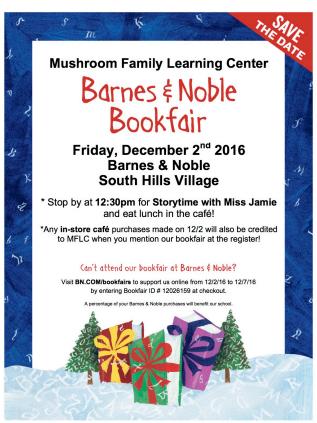
I added and subtracted on the way; I used the magnet, blocks, and memory tray. I learned about a rainbow and how to weigh.

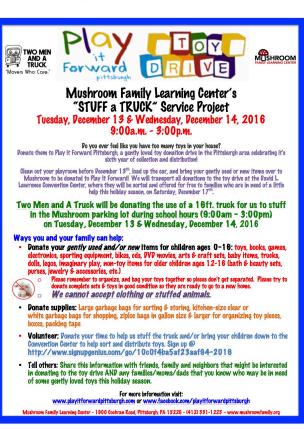
So please don't say, "Anything in your bag today?" You see, I am sharing as I play.

I learned to listen and speak clearly when I talk, to wait my turn, and when inside to walk; to put my thoughts into a phrase, to guide a crayon through a maze. To sign my name and write it down, to do it with a smile and not a frown. To put my painting brush away. So please don't say, "What, nothing in your bag today?"

I've learned about a snail and worm, remembered how to take my turn. I helped a friend when he was stuck, learned that water rolls off a duck. I looked at words from left to right, agreed to differ not to fight.

So please don't say, "Did you only play today?"







Don't Forget Mushroom When You're Shopping!

smile.amazon.com

Choose Mushroom as your charity on smile.amazon.com and a portion of your purchases benefit our school!

Giant Eagle's Apples for the Students

This is the easiest way to donate to our school! If you haven't registered and designated Mushroom as the beneficiary of your purchases, it's easy:

- Sign in to gianteagle.com or create an account.
- Register your Giant Eagle Advantage Card® online.
- Visit the My School Programs page and enter the code of the school that you'd like to receive points (5245 for Mushroom!). You can also register to earn points for more than one school.