



Vancouver Island Cooperative
Preschool Association

Member of Parent Participation
Preschools International (PCPI)

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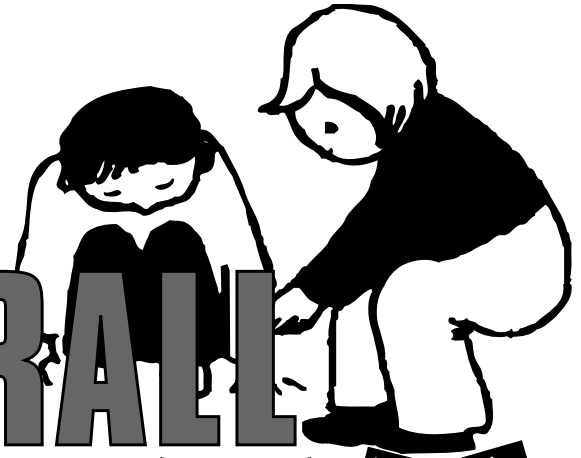
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COVERALL

Fall 2002

V I C P A



Teach your children respect for others

Sal Severe, Ph.D

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Our world is filled with disrespect. Politicians deny the truth. Professional athletes spit at umpires. Students cuss at teachers. Respect for others is learned. The place where children first learn about respect is in their own home.

Teach your children to respect themselves. It is difficult for children to show respect for others until they first learn to respect themselves.

One of the best ways to teach your children how to respect themselves is to show them respect. As your children recognize that you are treating them with dignity and respect, they learn that they are worthy of respect. Be respectful by being a good listener. When your children speak to you, stop what you are doing and listen. Show your child that he is important and you are interested in what he has to say. Listening is an excellent way to show respect for your child.

Children realize that you respect them when you ask their opinion. Thank them for sharing their ideas.

Model respect in your home.

Children learn respect by copying you. Observing ways that you show respect enables your children to learn how to show respect. For example, be polite to each other. Use please and thank you when you speak to your family members. Respect yourself. Avoid complaining about your personal life in front of your children. Such dissatisfaction makes them feel less secure about their life, and causes them to feel less respect for themselves.

Fathers who treat their wives with respect are teaching their sons how to respect women.

Mothers who treat their husbands with respect are teaching their daughters how to respect men. Teaching your children a respect for opposite genders while they are young enables them to respect the opposite sex when they are adults.

Treat your children's grandparents with respect. Show appreciation for their wisdom and experiences. You not only teach your children to honor their grandparents, you

are teaching your children how to respect you.

When your children accompany you, demonstrate respect for those you meet. At the grocery checkout or at the bank, thank the people behind the counter. You are modeling respect and appreciation for their help.

Everyone is worthy of respect.

Teach children to respect others by showing them how to help those who are less fortunate.

Ask them to donate their toys to a church rummage sale. If they are older, encourage them to help you volunteer at a homeless shelter or at a soup kitchen. You are sharing the message that all people are worthy of proper treatment.

Prejudice and bigotry are learned behaviors. Children hear and remember racial comments that adults make. If your child overhears someone make such a comment, take the time to explain that in our family, we do not talk that way. We treat everyone with respect.

Children will learn about racial disharmony in school and other environments when you are not present. Make them aware that

President's Pen



Fall is one of my favorite times of the year. It means many things to me; I like the crisp mornings and the warm afternoons, the contrast of the fall colours on the trees and the bright blue sky, but most of all it means reconnecting with school friends missed over the summer and meeting new ones in the new school year. Welcome back to those families returning for another year and hello to all the new families. You have all chosen a wonderful place for you and your children.

My name is Janet Anderson and I am honored to once again be the president of Vancouver Island Cooperative Preschool Association. My family started our co-op experience at Lansdowne Preschool. I enjoyed the experience of co-op so much that when my daughter graduated to kindergarten I decided to stay with VICPA and took on the position of president. Mikayla is now in grade one and I am still enjoying working with the super group of people that take part in the co-op experience.

For those families returning to co-op preschool the last month has been a time of settling in with familiar routines and faces. The new families may be feeling a little overwhelmed at all the new things encountered in the past month. It does get easier. Next year you will be the ones happy returning to familiar routines. One of the things I learned last year was that although you will come to know your own preschool very well, many of you are unfamiliar with what VICPA is and what it does for your preschool. Being part of an organization larger than your own preschool has many benefits.

Some of the benefits VICPA provides are:

- portfolios to guide your executive in doing their jobs
- workshops to help executive and committee members do their jobs effectively
- volunteer parents to visit preschools to ensure our high standards are being met
- monthly professional development days for your ECE's
- monthly meetings to help your president guide your preschool to success
- a support network to guide your preschool through any difficulties that may arise
- the "Making Tomorrow Conference", an interesting and informative conference on parenting issues
- an affordable insurance policy.

Whenever your president or executive members mention VICPA make an effort to ask questions and learn about our organization. The more you know, the more you can contribute to making Vancouver Island Cooperative Preschool Association and the individual preschools a better place for our children.

In the rush of getting started on a new year don't forget to take the time to stop and enjoy all the wonderful things fall brings to us. Have a good co-op year.

Janet Anderson
President, VICPA
janderson@aquaticpro.com

VICPA Calendar of Events

Oct 2002

- 22 VICPA Board Meeting, 7:00 p.m.
- 24 Marketing / Fundraising workshop 7p.m. (home of Joanne Scott 3020 Devon Rd)
- 24 Parent Education Workshop 7 p.m. Lakehill Preschool
- 24 Vice-Presidents, Personnel Cttee. (Class and E.C.E. Reps) Workshop Location TBA
- TBA Treasurer's Workshop 7p.m. CANCELLED

- Nov
- 16 UP Island Workshops: Time & Location TBA
 - 19 VICPA Executive Meeting, 7:00 p.m.
 - 26 VICPA Board Meeting, 7:00 p.m.
 - 28 Enrolment/Orientation Workshop, 7:00 p.m., Location TBA
 - 29 E.C.E. Committee Meeting
- Dec
- 17 Executive Meeting ?
 - 21 CHRISTMAS BREAK OFFICE CLOSED - public schools reopen January 6th

Jan 2003

- 1 Coverall Deadline
 - 21 VICPA Executive Meeting, 7:00 p.m.
 - 28 VICPA Board Meeting, 7:00 p.m.
 - 24 E.C.E. Committee Meeting
 - TBA Treasurer's Workshop 7:00pm
 - 30 Negotiating Contracts/Hiring Workshop 7:00pm
- Feb
- Parent Participation Preschool Week: Preschool open houses
Island Parent Education Fair
 - 18 VICPA Executive Meeting, 7:00 p.m.
 - 28 E.C.E. Committee Meeting
 - 25 VICPA Board Meeting, 7:00 p.m.

- Mar
- 1 Coverall Deadline
 - 17-21 SPRING BREAK



they may encounter individuals or groups who are prejudiced. Explain that people who show disrespect for others are destructive. Do not look to gangs for security, support and affiliation. These groups only tear you down. When you provide your children with dignity, respect and security at home and at your church or synagogue, they will be less likely to search for these needs elsewhere.

Help your children to respect others who are different and family traditions, particularly during holidays, talk with your children about how other families celebrate in different ways. Invite friends to share in an evening of your family traditions. Ask them to tell your children how they celebrate their traditions. The more cultural diversity your children experience, the greater the potential for respect for others. Familiarity and contact nurture increased tolerance and acceptance. By exposing your children to the diversity in our culture, you help them recognize the rainbow of humanity that makes up our world.

At the same time, you have the opportunity to show your children that all people are more alike than they are different. All people share emotions of joy and experience hurt. Help your children understand how much their words can hurt

others. Ask how they feel when they experience hurtful words. Ask them to talk to others in the way they would like to be spoken to.

Look for the beauty of our world.

We are a visual culture. We tend to make superficial judgments. Teach children to see other qualities besides skin tone or physical capability. Teach them about the beauty in a smile, the feelings in a song, the joy of a happy laugh. When you teach your children to recognize the beauty of every person, you will be giving them a gift that will serve them well for the rest of their lives.

R - E - S - P - E - C - T

1. Read and encourage your children to read books that help them understand other cultures.
2. Encourage open discussions.
3. Teach children about their roots and pride in their heritage.
4. Visit local museums, galleries and exhibits that celebrate art forms of different cultures.
5. Pass along recipes, stories and rituals that celebrate your family's history.

Cordova Bay Preschool Silent Auction

Cordova Bay Preschool is holding a silent auction. This is sure to be an awesome social event as well as a great fundraiser.

November 16th @ 7 pm
Our Lady of Fatima Church
4635 Elk Lake Drive

For more information about tickets or donations, please call Lori @ 658-1384 or Kathy @ 479-6675.

Special Thanks

VICPA would like to thank:

Dino Tents - 361-9835
Timeless Toys - 598-8697
Discovery Toys - 478-6514
Minute Maid Canada

Who provided prizes for the VICPA Annual General Meeting.

All have fundraising opportunities for your preschool please call them directly if interested & support the businesses that have donated so generously to VICPA!

Parenting with Compassion

Based on the work of Dr. Marshall Rosenberg and NonViolent Communication



with
Selinde Krayenhoff
co-Founder of *Island Parent Magazine*

The way we choose to communicate with our children greatly influences increased harmony or continuing conflict within our families. Learn practical ways to communicate with respect and understanding to generate more loving, creative and peaceful relationships with your loved ones.

Next Intro Course

Mondays, November 18, 7:15 - 9:15 pm \$70

Clarifying Values & Keeping Sane around Christmastime

Sunday, November 24, 12-4 pm \$28

(1/2 day workshop)

Call 388-5627

or email jits@telus.net to register

Calling All HLM's and Cooperative Parents

We need volunteers to work on VICPA Strategic Planning Committee

Call Kerry at office 598-2667 for more information.

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Remembering Gail...

In memory of Gail Wallace

April 29, 1940 – August 6, 2002

It was early spring 1981 when I began my search for a preschool for my daughter, Mary. She would be three in August and I was determined that her introduction to school would be the best possible. I had attended a co-op preschool/kindergarten in North Vancouver many years before and so had a predisposition to co-ops. But that didn't mean co-ops were the only possibility. I was on a quest. I observed at many different preschools and determined that Lansdowne was the choice for me. Thus began our six years in a row of preschool life.

I chose Lansdowne Preschool because of Gail Wallace. I enjoyed her program – outside play first with a very high ceiling and lots of movement, noise and exploration . . . then inside to the 'muscle' room with a lower ceiling but still noise and large motor play with climbing frames, rebounder, balancing beam and playhouse . . . and on to the quieter classroom for painting and clay, dress up, doctor's office, blocks, sand, snack and books. I was impressed with her organisation and especially by her interaction with the children and parent helpers.

I would continue to be impressed by Gail. She genuinely cared for each person, little or big. She was ready to appreciate our differences, to build on strengths and to work on (not ignore) weaker areas. Gail was forthright and honest and always willing to explore possibilities. She would stick up for a child who had difficulties interacting with others

– encouraging all the parents to understand the situation and give that child a second, third and fourth chance. She would help us to deal appropriately with fellow parents who were not fulfilling their duties. Gail was a wise woman, a mentor to numerous parents, and a special friend to each child.



And Gail was fun! Ready to laugh with others. To jump in the rain. To wear bright clothes, snazzy earrings and great shoes (often red!). To build block towers . . . and to knock them down. To act out a story. To sing a silly song. She lived 'learning through play'. She was always ready to play and to explore this world. Children and parents experienced the amazement of ants carrying large burdens, the awe of washing a new baby, and the joy of serving and sharing snacks. Each experience was better for having lived it with Gail.

We also learned that there are rules for living. On a trip to Goldstream for the salmon run the children were very excited and ignoring the naturalist who was constantly reminding everyone not to touch the water, not to throw anything into the water, not to disturb the water. A loud and definite "Do not touch the water." from Gail stopped that behaviour immediately and we parents coined the phrase "A word from Gail is a word from God".

Our six years at Lansdowne preschool were formative ones for my children and for me. I think that co-op preschools are just as much (maybe more) important for parents as for children. I certainly

learned so much from the children, their parents and Gail. Because of Gail's support and encouragement I felt able to act as a supervisor substitute and to serve as VICPA President and Conference Chair and was proud to be her personnel rep to both the preschool and the VICPA.

The end of preschool days did not mean the end of my relationship with Gail. Not only did both of us work on VICPA committees, but also we met every year with others from that same preschool era to celebrate and enjoy our friendships. I will miss her wisdom, her ability to call a spade a spade, her joy in each new day and her laugh. But I know that I am fortunate that our lives crossed and that I had the privilege and pleasure to share my journey with Gail Wallace. She was a loving and much loved woman.

Gail was very active at the administrative level of the VICPA. As well as sitting on numerous committees, she served as Chair for the E.C.E. Committee on two different occasions and was our E.C.E. Consultant from 1988 to 1991.

Gail was made an Honourary Life Member of VICAPA in 1990.

After leaving co-op preschools, Gail became a Licensing Officer for the Capital Regional District, putting her interest and skills to work for a wider range of early childhood centres. She was always available to consult with us when licensing issues arose, most recently assisting with the "parent sub" issue.

Gail's wisdom, common sense approach to issues and humour will be sadly missed by us all.

Our deepest sympathy goes out Gail's family.