



The Strawberry Patch

Strawberry Vale Preschool Newsletter

September 2009

Gail's Gab

Hello everyone. I hope you all had a wonderful summer and are feeling ready to start our preschool year together. Welcome back to our returning families and of course a big welcome to all of our new families that are joining our preschool.

September can seem a little overwhelming for all of us, new and returning families....even for me! There are lots of forms to fill out and lots of faces to put names to and policies and procedures to figure out...yes, it is a busy time. Not to worry, all will fall into place.



First things first:

Our number one priority this September is to help all of your little people settle in and feel comfortable, safe and happy at preschool. This will look and feel different for each and every family so be patient and strong....**you** will be just fine....and so will your child!

Please make sure we have good communication around any "going to school issues" that come up for

you at home. The more I know, the more I can help. Your child's best interest is our focus. Be prepared to stay if your child needs you while they are transitioning but also be aware that our goal is to get **you** on your way as soon as we can.



Duty Days: Don't sweat the small stuff they say....

Show up with a smile and ready to have some fun and we will guide you through your day. It's as easy as that.



School Job: Anything you don't understand, **ASK..** we will all help.

Your child: If you have questions or concerns regarding your child, please let me know and I will make time for a chat.

Ladybugs and Frogs: Show & Tell will be on the **1st Friday** of the month and will be for the entire class. The Show&Tell "theme" will be posted on the calendar. Please do your best to guide your children in their choices and help them select **ONE** item to bring.

MWF classes, please send **ONE** family photo on Sept. 25th (that you don't need back)

T/Th class, please send **ONE** family photo on Sept. 29th (that you don't need back)

Shared Snack : Due to high risk allergies in every class, we will be forgoing Shared Snack.



Allergies: All nuts and nut products, green peas and kiwi

Please check the calendar on the door and web site for field trip and special event dates.



Ready, set,
PLAY

Cooperatively,
Gail



President's Pen



Welcome!

To all of our new families, welcome to the little red schoolhouse! And a big welcome back to all of our returning families for the 2009-2010 school year!

We'd like to take a moment to thank all the folks who kept things going over the summer—our landscape team, the folks who picked up the mail, alumni families who continued their job through the summer and helped orient new families to the school and their positions, the executive who have jumped in already, and everyone else who has contributed to the preschool's continued success.

And, of course, a big THANK YOU to Gail who really makes Strawberry Vale Preschool feel like home for us and for our kids. We know she's done loads of work to get the school up and running for September and it looks great!

We'd also like to say a special thank you to Jen and John Moniz and their team for cat-proofing our sandbox area by putting in the concrete border... And what a great idea to have our kids commemorate this with their handprints in the concrete!

THANK YOU!

September...wow. Whether you're a new or returning family, the start of the school year is exciting. Maybe it's something in the air. Our new families will soon discover what our returning and alumni families already know...that Strawberry Vale Preschool is a special place—it's more than a preschool, it's a community. Gail and each and every family is an important part of this community and we all play a role in its daily life and success.

We know that this will be a fun year and we look forward to getting to know all of you better.

Happy September,
Jean Fraser and Kathy Rowbottom
SVP Co-Presidents



News and Events

From paw-prints to hand-prints:

As mentioned, we can say goodbye to the kitty paw-prints that once made Gail and duty parents shudder!

In August, John & Jen Moniz coordinated the cement work and invited our SVP kids to come out to put their hand-prints in the cement. Thanks to all who helped out to improve our school yard for the little ones!

New additions:

Congratulations to our newest Strawberry Vale Preschoolers to come!



In July, Jennifer, Dave & Jordyn Townsend welcomed Jack, a big baby boy (8lbs, 14oz) to their family!

As well, Ashley and her family had a new arrival this summer with their new baby!

Try a Listening Hike

Take a silent hike and listen to the sounds around you. Each time your child hears something new, have her say it—and your job is to keep count! Let him marvel at the sounds of cars, sprinklers, lawn mowers, kids playing and a host of other wonderful outdoor sounds.



Fundraising Corner

Hi everyone! Stay tuned for your Thrifty Foods Smile Cards, coming soon to a hot file near you!



Other exciting fundraising ideas are in the works for this fall and winter.

We have decided not to sell Entertainment books this year – they are available at most of the local elementary schools if you would like one.

Remember to use your Save On/ Co-op Gas # 11145 when you fill up – this could earn us up to \$1000 this year!

Elena Amos & Dan Mason
Fundraising Co-Chair








Enrollment Update






Welcome new and returning families! Currently our Tuesday/Thursday morning class and our MWF morning class are full. We still have 5 spots left in the MWF afternoon class for 4 yr olds or 3 year olds who turned three by June 30, 2009. If anyone knows of any interested families, please have them call Dennicka at (250) 744-1955.

What I learned in Preschool Last Year...

by Melanie Kilpatrick

Last year was my daughter's first year at Strawberry Vale Preschool and **my** first year as a co-op pre-school parent. Here are some of the things I learned at preschool:

-  43 newly made-up Knock-Knock Jokes
-  How to assist 15 kids with their shoes at the same time
-  That watching paint dry is FUN if it's on our art-rack
-  That most of us pack too many snacks for our kids
-  How to sing "Aiken Drum"

-  How easy it is to cry along with that little person that can't say goodbye to their mom
-  That a co-op preschool is a community that makes a difference in kids **AND** parents lives
-  Most times, it's harder for us to leave our kids than it is for them to say goodbye
-  That preschool teachers know how to smooth over the most irrational issues
-  That together **WE** can run a whole preschool!!

Kids Nutrition Boost

Here we are back to school again and in need of yummy, healthy & nut free snacks! Here's a fun recipe from Jessica Seinfeld's book.

Banana Bread

(with cauliflower, yes cauliflower)

- ★ $\frac{3}{4}$ cup whole wheat flour
- ★ $\frac{1}{2}$ cup all-purpose flour
- ★ $\frac{1}{2}$ tsp baking soda
- ★ $\frac{1}{4}$ tsp baking powder
- ★ $\frac{1}{2}$ tsp salt
- ★ $\frac{1}{2}$ tsp cinnamon
- ★ $\frac{1}{2}$ cup firmly packed brown sugar
- ★ $\frac{1}{2}$ cup canola or vegetable oil
- ★ 2 large egg whites
- ★ 1 $\frac{1}{2}$ cups banana puree
- ★ $\frac{1}{2}$ cup cauliflower puree (steamed and pureed)
- ★ 1 tsp pure vanilla extract

Preheat oven to 350 F, coat loaf pan with cooking spray.

In a bowl, mix flours with baking soda, baking powder, salt and cinnamon. In a large mixing bowl, mix sugar and oil until well combines. Mix in egg whites, banana, cauliflower, vanilla. Add the flour mixture and mix until just combined. Pour batter into loaf pan and bake 50-55 min.

* Cauliflower can be substituted by one extra banana



2009-2010 Strawberry Vale Preschool Executive

President Jean Fraser & Kathy Rowbottom

Vice President Stella Daniels & Shannon Eastman

Treasurer Linda Barlee & Kris Rogers

Enrollment Dennicka Lievre

Orientation Michelle Morton

Fundraising Dan Mason

Equipment Jen Moniz & Jacy Standish

Parent Education Lisa Bosdet





Executive Assistant Jennifer Townsend

Secretary Martine King


School Supplies for September

A quick reminder of what our preschoolers will need to be equipped with for school this year!

Small to Medium size back pack with:

-  A change of clothes in a plastic bag
-  Snack bag, washable snack containers with plastic cup (no sippy cups) for water at snack time, and spoons and forks if needed
-  Indoor shoes to be left at school
-  Rain / mud pants/ boots

PLUS:

-  An earthquake pack in an extra large Ziploc bag which includes: change of warm clothes, drink box, fruit leather, family photo and small comfort item—Earthquake packs are to be brought to the General Meeting on September 15th, please.




STRAWBERRY VALE PRESCHOOL SEPTEMBER DATES:

Back to School:

- ☺ Monday, September 14th—All MWF am kids attend & 1st half MWF pm
- ☺ Tuesday, September 15th—First half of T/Th program
- ☺ Wednesday, September 16th—Second half MWF pm the kids attend
- ☺ Thursday, Sept. 17th—Second half of T/Th program
- ☺ All MWF children attend Fri. Sept. 18th
- ☺ All T/Th children attend Tuesday Sep. 22

Other dates:

- ☺ Thursday, Sept. 24th - Parents Make-Up Date for Orientation/Philosophy meeting
 - ☺ September 25 & 26th weekend—SVP Preschool Family Goldstream Camping
-  **Don't forget to check the Strawberry Vale Preschool website News/Events page for the school year calendar and monthly calendars**

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