

Children's School

FAMILY NEWSLETTER

APRIL 2003

The Week of the Young Child April 7 – 11, 2003

The Week of the Young Child has been celebrated since 1971. The primary goal of The Week of the Young Child is to focus public attention on the needs of young children and their families and recognize the early childhood programs that meet those needs.

The theme for the Week of the Young Child 2003 is Children's Opportunities - Our Responsibilities. Today, we know more than ever before about the importance of children's earliest years in shaping their learning and development. The Week of the Young Child is a time to recognize that *children's opportunities are our responsibilities* and to recommit ourselves to ensuring that each and every child experiences the type of early environment (at home, at school, and in the community) that will promote their early learning.

Art Exhibit

In celebration of the Week of the Young Child, we are collaborating with the Cyert Center on an exhibition in the CMU University Center Gallery (close to the information desk in the University Center). The exhibit will open on Tuesday, April 8th and continue through Saturday, April 12th. The Gallery hours are Monday – Friday from 9:00AM to 5:00PM. Please make time to attend the exhibit with your child.

Spring Carnival April 10 – 12, 2003

Carnegie Mellon's Spring Carnival begins the evening of Thursday, April 10. The Theme this year is "Great Moments in History, Where The Past Comes Alive". Spring Carnival is held in the Morewood Gardens Parking Lot (on Forbes Avenue between Morewood and S. Craig Street). It's a fun event for the whole family. **There will not be school on Friday, April 11th** because of the congestion caused by traffic and the closing of roads surrounding the Children's School during the buggy races.

Enrollment Update

As of today (March 30), we have 25 children enrolled in our morning three's program, 12 children in our afternoon three's program, 25 children in our morning four's program, 16 children in our afternoon four's program, and 23 children in our kindergarten program. We have 25 children enrolled in our extended morning and 7 children enrolled in the extended afternoon program. We have so many new applications for our four year old program, that we have added a second group in the afternoon!

Nature Camp 2003

We still have several spaces available for our Nature Camp in June. The dates for camp are June 2 to June 27, 2003. Please call the Children's School's office for a registration form.





TV-Turn Off Week

•On average, children in the United States will spend more time in front of the television (1,023 hours) than in school this year (900 hours).

•Forty percent of Americans frequently or always watch television during dinner.

April 21 to 27 marks National TV-Turnoff Week, whose aim is to demonstrate how rewarding life can be without the tube. Turning off the television gives us a chance to think, read, create, and do. It gives us the chance to connect with our families and engage in our communities. Join thousands of parents, teachers, pediatricians and other families by celebrating TV-Turnoff Week 2003.

If your family participates in this event, please let us know. We would love to hear about your experience!

To learn more about TV Turnoff Week, check their website (www.turnoff.org).

For Your Information

As of February 21, 2003, a new safety seat law for your children went in effect statewide. Most parents don't know they could be pulled over for not having their children in the right safety seat.

1. You can be stopped if a child 4 years of age or younger is not riding in a safety seat.
2. If pulled over for another violation, you could be fined if you have a child between the ages of 4 and 8 who is not in a booster seat.

Safety Corner

Please remember to send a bike helmet to school if you would like your child to ride a tricycle on the playground.

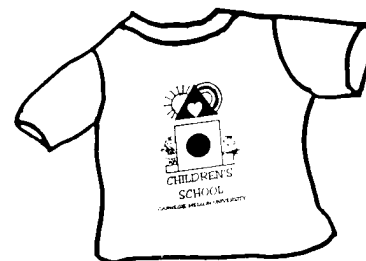
Here are a few keys to helmet safety:

- Make sure the straps are tight.
- Pull the helmet down and to the front of your child's head.
- The helmet should meet or exceed the ANSI or ASTM requirements for certification.
- The industry recommends that you replace your child's helmet every 3 years or if your child is in an accident while wearing the helmet.
- Helmets that are too small, straps that are too loose, and helmets that are worn so far back that the forehead is exposed are not effective protection.

A tip on fastening the chin strap: To avoid pinches, place a finger in between your child's skin and the strap and then fasten the strap.



Stop by the office to buy your school spirit items!



Nutrition Corner

Children love snacks! Snacks that children enjoy can also be healthy. While snacks can give children nutrients and food energy that are missing from their meals, they should be supplements to regular meals, not replacements. By giving children snacks at least two hours before their meal, they will be hungry at mealtime. It is best to vary snack food and to plan snacks around the food pyramid. Here are just a few ideas:

Snacks from the Grain Group: Graham crackers, trail mix (cereals with raisins or other dried fruit), ginger snaps, fig bars and wheat crackers with cheese

Snacks from the Vegetable Group: Carrots, celery stuffed with peanut butter, cherry tomatoes cut in half, and broccoli with dip

Snacks from the Fruit Group: Apple Rings, bananas, canned fruits packed in juice and Juice box (100% juice)

Snacks from the Milk Group: Milk shakes made from fruit and milk, cheese slices, string cheese, and mini yogurt cups

Family Festival News

Thank you to all the families who attended the Family Festival and helped make it a huge success! One family has renamed the event to the "Family FUN Festival"! Many parents, grandparents, brothers, sisters, aunts and uncles enjoyed Square Dancing, making crowns, necklaces, and fruit salad, playing Children's School Bingo, and watching magic and balloon tricks. One of the favorite activities was the Goop! Here is the recipe so you can make your own goop at home!

Children's School Goop

Ingredients:

1 part liquid starch

2 parts white glue

1 teaspoon of food coloring or liquid tempera paint

(we used biocolor paint, which is hard to find in the stores)

Directions:

Put the starch and glue into a large plastic ziplock baggie. Add the coloring and close the bag. Knead the mixture until color is evenly distributed and mixture is the consistency of "good goop". Store in an air tight container in the refrigerator. Goop keeps for several weeks.

April Web Artists

Cherry S., Blake G., Sebastian O., Emilie Y., Noah Z., Sophia D., Sarah K., Madeleine P., and Caleb H.

Director's Corner

Learning via research is a lifelong process that is evident daily in our laboratory school. For example, during the week before spring break, our preschoolers experimented with color mixing in a variety of ways, our kindergartners tried three different salt mixtures for mummifying apples as part of their unit on Egypt, undergraduate observers from the Child Development class discovered the amazing cognitive and social differences between 3 and 5 year olds, Mrs. Tomer compiled data from her survey of our teachers' circle time strategies for presentation to other educators, and Dr. Carver reviewed a range of resources re: talking with children about war in order to choose one to share with our parents and to synthesize key points to share with reporters who called for advice to share with their readers.

During April, you will have two interesting opportunities to examine the ways that our young children and our undergraduates learn via research. In celebration of the national Week of the Young Child, we are highlighting a broad array of approaches to help children investigate their world (see exhibit introduction in the box below). Please make every effort to attend.

Young Children's World of Discovery

"Carnegie Mellon's commitment to research and to the construction of knowledge reverberates throughout the university community. These values are at the heart of both centers for young children located on campus, the Children's School and the Cyert Center for Early Education. At each of these schools, the youngest members of the university community are constantly investigating the world around them, asking questions, expressing theories and ideas, and telling stories. Often, the children's research occurs through materials alongside spoken words- 'languages' such as paint, wire, clay, wood, graphics, paper, and relationships between these and other media. This exhibit will highlight the children's emergent work with materials at the Cyert Center for Early Education and the Children's School. This work tells stories of ongoing research of the children at both schools, research that combines investigating the world with investigating the materials themselves."

Amy Strada, Cyert Center Educator

Throughout the month, twenty-six undergraduates will be conducting their group research projects this month under the supervision of Miss Bowers and Dr. Carver. Children who participate in each study will bring a full study description home in their backpacks, so please take the opportunity to read about their research.

Undergraduate Research

Music Recognition (The Music Game) K

STM Word Recall (The Memory Game) 3's

Culturally-defined Gender Roles (The Picture & Story Game) 3's & K

Weight Stereotypes (The Space Game) 4's

Context Effects on Verb Learning (The Word Game) 3's & K

Stereotypes of Adult Body Shape (The Poster Game) 3's & K

Children's Narrative Skills (The Storytelling Game) 4's and K

In addition to these opportunities for learning, on the last Saturday of April, the Pittsburgh Association for the Education of Young Children (PAEYC) will host a **family event at the Pittsburgh Zoo** from 11:00AM to 3:00PM. In addition to activities and performances for children of all ages, they will have information booths from diverse organizations that offer resources for parents. What a great way to engage in your own research about parenting, family services, and child development. I hope to see you there!