Pumpkin Patch from FMS

A HUGE thank-you to CMU’s Facilities Management Services (FMS) for donating 80 pumpkins to the Children’s School and to FMS volunteers Jess, Rachel, Shannon, Ray, Sandy, and Alaine (in photo, left to right) for turning our playground into a Pumpkin Patch!! The children had a marvelous time searching through the playground patch to pick their perfect pumpkin! The Preschool 3’s friends saved their pumpkins to decorate with their families at their Open House.

November Gallery Features

3’s Friends: Ian J., Brandon M., and Atticus S.

4’s Friends: Sloan H., Holden P., and Cecilia T.

Kindergarten Friends: Yuval D., Julia L., and Josie M.

November Dates (Remember to Check the Interactive Web Calendar TOO)

CMU Food Drive – October 30th through November 13th

Sunday, November 5th – Daylight Saving Time Ends – Turn Clocks BACK One Hour

No School on Friday, November 10th - Conference Preparation Day for Educators

Tuesday, November 14th – Extended Morning 4’s Open House 12-1pm

Thursday, November 16th – Extended Morning 3’s Open House 12-1pm

No School for Children – November 22nd through November 26th

Happy Thanksgiving!!

NO SCHOOL – Friday, December 1st – Parent Teacher Conferences for All Ages

Saturday, December 2nd – Waterfront Barnes & Noble Book Fair (10am-2pm)
Giving Tuesday – November 28, 2017

Giving Tuesday, a global day of giving, now in its fifth year, is observed on the Tuesday following Thanksgiving. Giving Tuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. In 2016, Carnegie Mellon University turned #givingTuesday into #givingCMUday for a 24-hour day of giving.

This year, Giving Tuesday will be November 28, 2017 and any gift made from 12:00am to 11:59pm will count toward the 24-hour total. Real-time social media engagement throughout the day, as well as on-campus events, will engage our global CMU community. By making a gift to CMU this #givingCMUday, you directly impact students and their educational experience. #givingCMUday will be a great opportunity to support the Children’s School and the CMU community! Please watch your email for more information on this event.

Wear a Hat for Cancer

On October 5th, the Children’s School participated in the Wear A Hat for Cancer Campaign benefitting the Cancer and Blood Auxiliary of the Children’s Hospital of Pittsburgh Foundation. Everyone was encouraged to wear a hat to school, and we accepted donations to help with the campaign. The educators and families of the Children’s School collected $300. Thanks to everyone who contributed to this worthy cause.

Cans Across the Cut

The Carnegie Mellon University’s Staff Council Annual Food Drive is being held for two weeks culminating in the annual “Cans Across the Cut” event on November 13th. On this date, Children School students will place donated non-perishable food items in a line across campus. If you would like to donate, please send items (see insert) with your child or drop them off at our office after November 1st. Cash or check donations (made payable to the Greater Pittsburgh Food Bank) will also be accepted.

Continue to Save Your Box Tops

Help us to reach our Box Tops goal of $1,000 for 2017-18! Our November 2017 Box Tops for Education submission totaled $47.50. Since 2012, the Children’s School has earned over $830 via the Box Tops for Education Program. Our next Box Tops submission will be in February 2018.

Box Tops for Education has helped America’s schools earn over $600 million since 1996. You can earn cash for CMU Children’s School by clipping Box Tops coupons from hundreds of participating products. Box Tops also offers easy ways to earn even more cash online at http://www.boxtops4education.com.
Family Committee News

The **Library Committee** met on October 3rd and discussed reviewing books for possible purchase for the Children’s School library. This year, we are primarily looking at books that address the seven pillars of character education – trustworthiness, respect, community, fairness, caring, resilience, and identity. Members took books home to review with their children so we can start purchasing appropriate texts for our library. Many of the books approved by the committee will be available to purchase for the school at our Barnes and Noble Book Fair on December 2nd, and the profits from the Book Fair will be used to buy other volumes. If you have suggestions for books to purchase or would like to review books with your child, please e-mail Maggie Rosenblum at rosenblu@andrew.cmu.edu.

The **Book Fair Committee** met on October 30th at 9 am and 12:45 pm. We discussed possible themes and activities to offer during the event. A signup sheet for volunteers will be sent out shortly so please sign up and join us on that day!

The **50th Anniversary Committee** will be meeting on November 7th at 9 am to discuss plans for our kick-off event on January 22nd and for monthly events throughout 2018. Please join us if you can or e-mail Maggie Rosenblum if you have some suggestions for the year-long celebration.

A big **Thank You** to the members of the **Repair Committee** and the **Sewing Committee** who have been responding so promptly to our requests for help! Thanks to all the **Garden Committee**, **Monthly Appreciation Event Contributors**, and **End-of-the-Year Celebration Committee** members who have volunteered.

Family Social Organization Fun

On October 7th, friends came together at The Children’s School for a fall T-ball game. Parents and children enjoyed hitting the ball and running the bases as well as playing the field. While some friends enjoyed a solid 45 minutes of t-ball, others felt drawn to play on The Children’s School playground. After the game, everyone basked in the beautiful fall day while snacking on pretzels and apple cider and taking full advantage of the playground. This first ever Children’s School T-ball game was a great success for both parents and children!

Friends met on October 22 at Amazing Yoga Oakmont to share their flexibility and breath. Favorite poses included down dog, giraffe, crab, and candle. The children and parents sang together while combining movement and motion. We ended with a dance party to spooky music!
You Are Invited to Participate!!

Join us for the November meeting of the FSO Book Club!

Thanks to everyone who joined us for the first book club meeting last week. We had a great discussion, and we're looking forward to chatting again next month! Our next meeting will be on Thursday, November 2nd at 8:45am. We'll be reading Chapters 3 & 4 of The Blessing of a Skinned Knee, by Wendy Mogel, Ph.D. (http://a.co/ftkLtxl) - but feel free to come and chat, even if you haven't read the book!

Date: Thursday, November 2nd @ 8:45am  
Location: Carnegie Mellon Cafe (Not sure where that is? Meet outside the school office at 8:35 and walk with us!)  
Reading: Chapters 3 & 4 (The Blessing of Having Someone to Look Up To & The Blessing of a Skinned Knee)  
Discussion theme: Granting our kids freedom - where do we draw the line?

If you're interested in joining us, please RSVP to Sarah Deutsch at sarah.deutsch@gmail.com. Hope to see you there!

Give Thanks and Give Back with the Children’s School FSO at the Squirrel Hill Food Bank

We’ve partnered with the Squirrel Hill Food Bank to give Children’s School students a chance to learn about the work the food bank does and get hands-on experience with participating in helping neighborhood children. On Friday, November 10th at 10am, children will decorate a paper bag and then fill it with food and treats for a child in need. They’ll also tour the food bank and learn about the work being done there. This event can accommodate 12 children each with an adult chaperone along with a donation item from the need list. Please rsvp to jocelynster@gmail.com to confirm your space and select a donation item.

Not able to attend but still want to utilize this learning moment with your child? Donations from the need list can be dropped at the Children’s School and will be transported to the food bank on the day of the event. Contact jocelynster@gmail.com to find out what we need or list your donation directly on the public Google sheet below.

https://docs.google.com/spreadsheets/d/1suRqdDuHqrN9GbSar67cbvrAgyIrqyvOheMUV2YQhDw/edit?usp=sharing

Back by popular demand is a visit to Hatch Art Studio!

On Sunday, November 19th at 3pm the FSO will be hosting an “animal’s in the wild” art activity. The cost is child is $15 per child and there are 15 spaces available. We do ask that only one adult companion attend as there is limited space in the studio. The event lasts one hour and it is not to be missed! Don’t wait to register; this event always fills. Please contact Jocelyn to rsvp or for any additional questions at jocelynster@gmail.com.
Family Spotlight: The Love Family

We’re Bill and Morgen Love, and we keep ending up back in Pittsburgh. Morgen grew up here; Bill’s family moved to this area when he was in high school. Then we both went to a bunch of different cities for college and wanderings. We’ve spent time in Providence RI, Ithaca NY, Seattle WA, and bits of Florida. Bill got a Ph.D. mostly so he’d be able to call himself Dr. Love.

We moved back to Pittsburgh again in 2011. Julia arrived in 2012. Bill now works in the Computer Science department at CMU, where he builds computer clusters for professors & grad students. Morgen is an artist-turned-mom, who is trying to decide if Julia is old enough yet that it’s safe to set up a letterpress shop in the living room.

Our family’s involvement with the Children’s School began rather suddenly two-and-a-half years ago when Bill, who had heard of the Children’s School from a friend in his department, went over to see about putting Julia onto a waiting list for enrollment. Since Julia’s birthday is in December, we were assuming that she’d have to be three in order to enroll, and we thought that getting on the list more than a year in advance was a good idea.

“When is her birthday?” asked Mrs. Rosenblum.
“December 2nd,” answered Bill.
“Oh, she can enroll for this coming year, and we still have room in our afternoon class. Here’s the application.”

So we sent Julia to the Blue Room with Mr. Salinetro two years ago this fall, a year sooner than we were expecting, and it has been a terrific experience. We remember that one of the very first things Julia was excited about was the trick she learned for putting on her hoodie (for instruction, see https://www.youtube.com/watch?v=Gux6T_OY8n4).

Having Julia at the Children’s School has been great for the rest of us too. Julia’s Granny Martha (Morgen’s mom) was excited to have yet another garden to help tend. Bill has enjoyed being able to bring Julia to work with him, and Julia loves getting to visit his office after school. We all wish that we had gotten to go to such an amazing preschool.

Save the Date: 50th Anniversary Kickoff

Join us on Monday, January 22, 2018 at Hidden Harbor in Squirrel Hill to celebrate 50 years of The Children’s School! Hidden Harbor is a comfortable and inviting location, serving tropical drinks and bites in the long-standing tiki tradition, but with a touch of modern inspiration. Watch your email for more information on this event. http://www.hiddenharborpgh.com/
Spring Invoice Information

In a few weeks, we will be sending spring invoices home in your child’s backpacks. Carnegie Mellon University allows 30 days from the date of the invoice for the tuition and fees to be paid. For your convenience, monthly payment plans can be arranged through Maggie Rosenblum with no penalties or interest charged.

Open Houses for Incoming Families

The Children’s School will be holding Open Houses for potential Children School parents on January 11th at 8:00am and 12:00pm. We are still accepting applications for our 2018/2019 Three’s classes, Four’s classes, and Kindergarten. A preschool application is enclosed with this newsletter – help spread the news about our wonderful early childhood education program and pass this application to a friend. The $50 application fee will be waived for any applications received before December 1st, 2017. Contact Maggie Rosenblum with any admission questions, to schedule a tour, or to obtain a Kindergarten application.

Welcoming Substitute Educators

We make every effort for all children to know and be known by all adults in our open school environment so that they are comfortable interacting with and seeking assistance from any adult. Each child is assigned to a primary teacher, but he or she becomes familiar with all teachers within the teaching team, with the administrative team, and with the educational intern. In addition, we hire substitute teachers and orient them with the school and with each class. This way, there are several educators who can effectively substitute when a teacher is absent.

Violet McGillen, a preschool and kindergarten educator for 11 years at the Children’s School, retired at the end of the 2016-17 school year, but she is excited to be back in the role of substitute teacher. In her spare time, she enjoys travel, running and reading.

Elizabeth Friedman, a Pittsburgh native, has joined the Children's School as a Substitute Teacher. Elizabeth attended Winchester Thurston School and recently graduated from the University of Pennsylvania with a Master's degree in Elementary Education. When she isn't teaching, Elizabeth enjoys playing tennis, writing, and spending time with friends and family.
Fall Celebration with Our Cyert Center Friends

On the morning of October 17th, fifty-six preschool and Kindergarten friends from The Cyert Center for Early Education on CMU’s main campus joined our morning classes on the playground. For about two hours, the children enjoyed making fall collages, playing with Frisbees on the field, navigating an obstacle course, building with the Imagination Playground blocks, creating colorful weavings, and reading fall-themed books. The students also enjoyed a trail mix of cereals and pretzels for snack. Hooray for fall and our Cyert Center friends!

Save the Date – Children’s School Book Fair

The Children’s School Barnes & Noble Book Fair is being held on December 2nd from 10am until 2pm at the Waterfront store. There will be music, activities, and fun for the whole family. Please contact Maggie Rosenblum if you are interested in joining the Book Fair Committee and be on the lookout for a volunteer signup sheet for the day of the Book Fair. We hope to see you all there! Additionally, you will find a flyer with this newsletter that will allow you to pre-order a Cheesecake Factory cheesecake and pick it up at our Book Fair. Cheese cakes are $40 a piece. Simply return your order form with payment to the office by November 17th.
Fall Open House Events

On October 11th and 18th, our children shared favorite learning experiences with their families. Siblings, parents, cousins, aunts, uncles, grandparents, and friends shared the children’s excitement as they confidently demonstrated our favorite routines and activities. Thanks for taking the time to engage in the experience with us! Remember that you can learn about the children’s daily activities by reading the web blog that their teachers also send electronically each day via email. Talking about the highlights of each day helps the children reflect on their learning and affords families the chance to enhance and extend it.
More Fall Open House Events
Fall Parent / Teacher Conferences

The fall conferences are great opportunities for parents and teachers to discuss their views of each child’s development. This year, parent conferences are being conducted primarily on Friday, December 1st and the afternoon of Friday, December 8th. Specific schedules will be emailed in mid-November with a request that you call Miss Drash to reserve your particular conference time.

At the Children’s School, our conferences are structured by the developmental objectives that are the focus of our program design.

- Self-Esteem and Independence
- Interaction and Cooperation
- Communication
- Physical Capabilities / Health & Safety
- Discovery and Exploration
- Artistic Expression and Appreciation

Teachers will highlight the progress they have seen in each area at school. We encourage parents to prepare for their child(ren)’s conference(s) by considering the progress they have noted at home, particularly in the context of family discussions of the daily classroom blog updates. One strategy is to identify one adjective to describe your child in each of the areas that will be discussed. Another is to recall one prototypical anecdote for each category. A third is to consider the school activities and events related to each area that your child has discussed with you. Finally, you might specify one goal related to each domain that you would like to see your child achieve during the next six months.

Earlier this year, we invited you to share your view of your child’s development by completing two Ages & Stages Questionnaires, so this input may also guide your conference discussion. Sharing your views with your child(ren)’s teacher(s) facilitates productive dialogue about how your child is progressing in both home and school environments. It’s always interesting to see the parallels that exist between the two contexts, as well as the distinct differences that are often evident. Parents and teachers will also dialogue about strategies they each can use to support children’s growth.

The conference dialogue will help parents to choose the next school for their child so that its program will best match the child and family. For your convenience, we have posted Open House information for other schools on the family bulletin board across from the school library. In addition to the conference opportunity, Dr. Carver is available to discuss any questions or concerns you may have about your child’s development or about our program. We are privileged that you have entrusted your children to us and look forward to our continued partnership in their education.

Recommendations for Elementary Schools

Many families are working on school applications for next year. If any require a recommendation from the Children’s School, please obtain a Request for Release of Student Records form from Miss Hancock (lh37@andrew.cmu.edu or 412-268-2198). Please send the completed form along with your request to Miss Hancock. In mid-December, your child’s fall conference report will be sent to the school(s) of your choice.
Hi! My name is Camille Williams, and I am currently a sophomore at Carnegie Mellon. I am a chemistry major with an intended minor in business. I am from Cincinnati, OH, which is a similar city to Pittsburgh and about 5 hours from here. I am also a captain of the varsity women’s soccer team at CMU. Being on the soccer team has been a great experience as it has allowed me to grow my love of soccer, build relationships with incredible teammates, and travel to interesting places for games. I recently joined Kappa Alpha Theta sorority and am absolutely loving the amazing community and sense of “home away from home” it has given me. It is wonderful to know that in addition to the 30 women on the soccer team, I also have a family of 80 sisters to love and support me during my college years and beyond.

I have always had a passion for working with children. Throughout high school, I was an avid babysitter, I developed a summer camp for young girls called “Camp Fun in the Sun”, I helped with little kids’ soccer camps, and this summer I was a nanny for a vibrant family of 4 children. When my teammate came to me and asked if I would be interested in working with the Children’s School, I knew it was the perfect opportunity for me!

The Children’s School is such a unique and amazing place. The passion that the teachers bring to the classroom each day is undeniable, and I am so happy to work in such an incredible environment. I am currently working with the Morning 3’s, and coming to work is definitely a highlight of my day. The eager curiosity that the children display in trying new activities and playing games is so inspiring and a joy to watch. Their ability to be completely engaged in the present moment is so humbling and reminds me that, no matter what is happening in my busy schedule, I much appreciate every moment. I look forward to watching the children grow and learning from them this year and beyond!

CMU’s 1000Plus Day

On Saturday, October 7th, CMU students participating in the 1000Plus Day volunteered their time to remove our summer annuals from the garden and plant bulbs that will grow next spring. Thanks to Ms. Buchanan for being on site to guide the volunteers with the project!!
Family Fall Fun Fest

Thanks to the CMU students from the Mortar Board Senior Honor Society who offered a fun fall family event on the Children’s School playground on the morning of October 21st. What a beautiful day they had! More than 60 children and adults from the Children’s School and the Cyert Center played a musical mat game, tried their hand at a pumpkin ring toss, decorated a pumpkin, and hunted for gourds in the sandbox. Children had the opportunity to mix barnyard animal sounds and nursery rhymes using a DJ turntable. The playground climbers, wooden blocks, musical instruments, and mud kitchen were also open for play. Everyone got to snack on apple cider, pretzels, and chocolate chip cookies provided by the Mortar Board students.

Special thanks to event planners Aakash Parekh, Faith Kaufman, Dr. Richelle Bernazzoli, the Mortar Board faculty advisor, and Children’s School educators, Jean Bird and Lilah Buchanan, who helped host the event!
Seeking Host Families

The Children’s School will be hosting 2 undergraduate students from Duksung Women’s University in Seoul, South Korea for an International Practicum Program. A total of 8 Early Childhood Education students will be in Pittsburgh for practicum experiences at our school, Falk, Carlow’s Campus School, or Pitt’s University Child Development Center. To help the students experience family life in Pittsburgh, we are recruiting two host families who live close to the university to provide housing and some meals for one male or one female practicum student from Sunday, January 28th through Sunday, February 11th. Proximity to CMU is essential so that the students can use public transportation or rides from teachers to travel to and from school. Please contact Dr. Carver at sc0e@andrew.cmu.edu if you are interested in this hosting opportunity. Former host families will be happy to share their experiences with you, and student photos and bios will be available soon.

Undergraduate Research

Dr. Anna Fisher’s Developmental Research Methods students are preparing their final projects for the semester. They are beginning to pilot test their projects on the topics listed below. Families whose children participate will receive fuller parent descriptions via the child’s backpack. Everyone can read the study descriptions on the Research Bulletin Board near the office door. Notice the interesting range of important topics in early childhood development!

• Does clutter on the activity table impact children’s speed and accuracy when completing iSpy tasks that vary in difficulty? (The Pictures Game, AM 4’s and K)

• How do children consider merit vs. need when suggesting fair distribution of extra goods? (The Story Game, PM 3’s, PM 4’s & K)

• How well can children of different ages identify emotions and link them to the situations that might trigger them? (The Matching Faces Game, AM 3’s, AM 4’s & K)
  Which child below looks sad? What situation might have made the child sad? Why?

•
Research Spotlight

functional Near Infrared Spectroscopy (fNIRS)

Dr. Anna Fisher’s research team is using functional Near Infrared Spectroscopy (fNIRS) techniques for research with children whose parents have given permission. This technique has been approved by CMU’s IRB as a minimal risk procedure for use with young children, but the research permission form that families signed for the 2017-18 school year does not cover its use. Thus, participation in fNIRS studies, like the one described below, requires separate parental permission.

fNIRS records brain activity by measuring changes in blood flow in a given region of the brain. Changes in blood flow are measured by emitting infrared light into the scalp and underlying tissues, including the surface of the brain, at a frequency that is primarily absorbed by blood. By detecting the amount of light that is absorbed, we can infer changes in blood flow over the course of a cognitive task. Light is emitted and detected by diodes positioned on the scalp and held in place with a soft cap. The benefit of fNIRS is that it allows the child to sit and move comfortably while doing the task. The near infrared light exposure is comparable to sun exposure MINUS the UV wavelengths. The researchers also have health and safety protocols to ensure that the caps are free from lice and that the light never shines in the children’s eyes.

Each family received a permission form for the use of fNIRS during the enrollment process. Please contact Dr. Carver if you have any questions about fNIRS or would like another copy of the permission form so you can enroll your child.

The Brain @ Play Study

This year, the fNIRS team is conducting several sessions to measure children’s brain activation in the left and right prefrontal cortex during free play. In Session #1, they provide a set of toys and ask children to play with them for 5 to 8 minutes. This procedure allows the team to measure the ‘resting state’ brain activation, i.e., brain activation in the absence of an externally prescribed goal or task. As children develop, the different brain regions that are involved in a common set of tasks become more coordinated in their activity, even when the brain is ‘at rest’. To obtain a reliable measurement of the resting state brain activity, the researchers ask each child to participate in this task several times in one week.

Next, the researchers measure children’s prefrontal brain activity during The Opposites Game. This game is often used by researchers around the world to investigate the development of inhibitory control in young children. Inhibitory control refers to one’s ability to suppress responses that are not appropriate in a given moment (such as eating cookies before dinner, answering a teacher’s question out of turn, or taking a toy that another child is using). This ability is crucial to successful functioning in many areas of life, including academic...
Research Spotlight … continued

success, health and wellbeing, and social relationships. In the Opposites game, children are instructed to say “day” when given a picture of the moon, and “night” when presented with a picture of the sun. This game requires children to suppress responses that are not appropriate based on the rules of the game (such as saying “day” when shown a picture of the “sun”).

In another session, researchers measure children’s prefrontal brain activity during The Memory Game, which involves reading children strings of familiar but unrelated words (for example: cat, bottle, truck). First, the children are asked to repeat the words in the same order in which they were spoken, and then during the second round of the game, children were asked to repeat the words in reverse order (truck, bottle, cat). The game with short 2-word sets and increases the number of words up to 6 words if children can successfully repeat the words backwards. This game measures an aspect of working memory: one’s ability to hold and manipulate information in memory until a task is completed. People use this ability when following directions to a new place or calculating tip amount in a restaurant.

Another session involves two games: The Sorting Game and The Fish Game. Many researchers around the world use these games to investigate the development of inhibitory control in young children. Although inhibitory control skills keep developing well into adolescence, there are marked changes to this ability during the preschool years. In the Sorting Game, researchers present children with a set of cards depicting familiar objects that differ on two dimensions (such as color and shape). They first ask children to sort cards into bins according to one dimension (for example, shape), and upon completing the task, they sort the cards again according to the other dimension (color). Then, children have to alternate between sorting by shape and color based on a cue provided by the experimenter for each sorting card. This game requires children to suppress responses that are not appropriate based on the rules of the game (such as sorting a card based on color when asked to sort by shape) in order to provide correct responses.

In the Fish Game, researchers show a picture of fish on a computer screen, and ask children to point in the direction the middle fish is facing. Sometimes the middle fish is facing in the same direction as all the other fish, and sometimes the middle fish is facing in the opposite direction. To play this game, children have to ignore all the fish except for the middle fish – something that is much harder to do (and thus may lead to increased blood flow in the prefrontal cortex) when the middle fish was facing in the opposite direction.

Researchers are interested in documenting developmental changes in inhibitory control that occur during a school year, so they will repeat these games at the end of the school year. The broader aim of the research program is to understand how developmental changes involving increases in coordination among brain regions relate to development core cognitive capacities, including inhibitory control and working memory. By involving children in a variety of different activities that they hypothesize to differ in brain activation, they can compare the activation during inhibitory control and memory tasks to the resting state activation they measured.
Director’s Corner: Biodiversity Benefits

“The beauty in the genome is of course that it's so small. The human genome is only on the order of a gigabyte of data...which is a tiny little database. If you take the entire living biosphere, that's the assemblage of 20 million species or so that constitute all the living creatures on the planet, and you have a genome for every species the total is still about one petabyte, that's a million gigabytes - that's still very small compared with Google or the Wikipedia and it's a database that you can easily put in a small room, easily transmit from one place to another. And somehow mother nature manages to create this incredible biosphere, to create this incredibly rich environment of animals and plants with this amazingly small amount of data.”

Freeman Dyson, Physicist

As we consider the lessons we can learn about educating and raising children by observing the animal kingdom, the principle of biodiversity is a helpful place to start. The most stable ecosystems have significant diversity within and between species, in part because they are better able to cope with the stresses of change. Furthermore, the diversity of life demonstrates that there are literally millions of ways for living organisms to meet their biological needs of survival, which for humans include oxygen, water, food, shelter and sleep. In order for species to survive, organisms also need safe places to raise young to maturity. Abraham Maslow expanded the notion of safety for humans to include both physical and psychological safety, and then he suggests that in order to thrive we all need to form relationships that provide love and belonging and to participate in society that offers a sense of esteem. According to Maslow, these foundations are necessary in order for humans to have the motivation necessary to strive for their full potential. In other words, the health and sustainability of human ecosystems depends on our ability to build such foundations for everyone, beginning in early childhood.

Certainly, families have the primary role in providing for our youngest children’s needs, but our school community aims to support families. For example, at the physical level, we offer healthy snacks to everyone, with accommodations for children with special dietary needs. Similarly, with respect to safety, we endeavor to create a secure context for children and families with varying temperaments, cultural and linguistic backgrounds, etc. Doing so means that we cannot use a one-size-fits-all approach but rather must tailor our strategies to each individual, as needed. The same is true for the varied ways we encourage children to form relationships with each other and with the diverse adults in our laboratory school context. Some children naturally connect with a wide range of peers within the first weeks of school, while others prefer a slower pace with a few key adults and close peers. Similarly, there are children who love opportunities to share their knowledge and skills with the whole group at circle time, while others choose to communicate individually with an educator or wait to tell their families about their accomplishments at the end of the day. We increasingly observe that children can thrive in many different ways. By creatively crafting unique approaches for each of the children we are parenting and educating, and at the same time for all the adults in our spheres of influence, we can together build an incredibly rich learning community. We look forward to hearing any ideas you have for how we can best support the diverse learners at the Children’s School.
### November

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| **Preschool Theme:** Trees  
**Kindergarten Theme:** Pittsburgh | CMU Food Drive  
Oct. 30-Nov.13 |     |     | 6:30 PM PAUS Event for Educators @ Carlow Campus School |     |     |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| **Daylight Saving Time Ends - Turn Clocks Back 1 Hour** | CMU Food Drive  
Nov. Safety Week | **Election Day** |     | Music w/Mrs. Hraber | NO SCHOOL  
Conference Preparation Day  
10:00 FSO: Squirrel Hill Food Pantry | **Veterans Day** |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
|     | **Cans Across the Cut**  
12:00PM Extended AM 4’s Open House |     |     | 12:00PM Extended AM 3’s Open House |     |     |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
|     |     |     |     | **Thanksgiving Holiday NO SCHOOL** |     |     |
| 26  | 27  | 28  | 29  | 30  | Dec. 1  
NO SCHOOL  
Parent Teacher Conferences | 2   |
|     |     |     |     | Music w/Mrs. Hraber |     | 10AM - 2PM  
Barnes & Noble Book Fair @ The Waterfront |

**Children’s School**

CMUCHSch@andrew.cmu.edu  
http://www.psy.cmu.edu/cs/  
412-268-2199
## The Children’s School Snack Menu

*Subject to change based on birthdays & special events*

*Gluten and dairy free options available*

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<td>6</td>
<td>Yogurt &amp;</td>
<td>NO SCHOOL</td>
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<td>Dried Fruit</td>
<td>Conference</td>
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<td>Kix Cereal</td>
<td>7</td>
<td>String Cheese &amp;</td>
<td>Saltines</td>
<td>Preparation</td>
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<td>Rice Cakes &amp;</td>
<td>14</td>
<td>Broccoli w/</td>
<td>Ranch Dip &amp;</td>
<td>Pretzels</td>
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<td>Jelly</td>
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<td>20</td>
<td>Pears &amp;</td>
<td>Cheese Slices</td>
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<td>Raisin Bread &amp;</td>
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<td>Mini Bagels &amp;</td>
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<td>Cheerios</td>
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<td>Bread</td>
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<td>28</td>
<td>Bananas &amp;</td>
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<td>Sunbutter</td>
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<td>Pears &amp;</td>
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November 2017
Mark your calendar for these important Food Drive dates!

October 30 - November 13

Special Collection Events

November 1

One Day, One Can
10am – 2pm
Human Resources Benefits & Fitness Fair

Bring a non-perishable food item or cash donation to the Food Drive table and you will be entered into a raffle for GREAT prizes!

November 9

Snack Bags for Kids
11:30am – 1pm
Packing Party
Warner Hall, 1st Floor
Carnegie Conference Room West

Stop by to participate in this fun & rewarding event!

November 13

Cans Across the Cut
9am - 4pm

Sign up a team (can be comprised of students, faculty, and/or staff) to compete to see which group can gather the most canned goods and/or cash, and the cans are lined up across The Cut, starting at the clock.

Cash donations are greatly appreciated.

Visit www.cmu.edu/staff-council for all Food Drive details, including how to make a gift online.
BARNES & NOBLE
CAFÉ ORDER FORM
NOVEMBER–DECEMBER 2017
Whole Cakes from the Café—Perfect for Gatherings and Gift Giving

- **White Chocolate Raspberry Cheesecake**
  An infusion of imported raspberry coulis and white chocolate chunks swirled in creamy cheesecake on a chocolate crust.
  QUANTITY

- **Red Velvet Cheesecake**
  A creamy cheesecake swirled with chunks of homestyle red velvet cake and topped with a rich cream cheese icing.
  QUANTITY

- **Hershey's® Cheesecake**
  Hershey's® chocolate cake layered with chocolate ganache and chocolate cheesecake, finished with chocolate icing.
  QUANTITY

- **Plain Cheesecake**
  A creamy California cheesecake with a graham cracker crust.
  QUANTITY

- **Triple Chocolate Cheesecake Made with Ghirardelli®**
  Creamy chocolate cheesecake filled with milk and dark chocolate chips, baked on a moist chocolate brownie, and topped with rich chocolate mousse and whipped cream rosettes. Topped on top with milk and dark chocolate ganache. Made exclusively with Ghirardelli® chocolate.
  QUANTITY

- **Blueberries & Cream Cheesecake**
  Creamy white chocolate cheesecake swirled with wild blueberries and white chocolate on a graham cracker crust, topped with whipped cream and white chocolate shavings.
  QUANTITY

STORE ADDRESS ____________________________
CUSTOMER NAME ____________________________
PHONE & EMAIL ____________________________
EVENT DATE ____________________________
ORGANIZATION NAME ____________________________
PICK-UP DATE ____________________________

Note: Cheesecake flavors vary seasonally. So we can best serve your needs, please note a first and second pick. During bookfairs, all eligible purchases made by your supporters in our Barnes & Noble Café are included in your organization’s bookfair sales total. Members save 10%.
The Cheesecake Factory Bakery® is a registered trademark of TCF Co. LLC.

ITEMS VARY SEASONALLY AND BY STORE
Please inquire within the Café for pricing.
BARNES & NOBLE
CAFÉ SELECTIONS
NOVEMBER–DECEMBER 2017

We offer a great selection of delicious food and beverages to enjoy during and after your visit!

GODIVA

Patisserie Truffle Boxes
GODIVA’s 2017 Holiday boxes are gifts everyone will desire. Available in 9, 16, and 32 pieces.

Gold Collection
The GODIVA Gold Gift Boxes make for gifts that are both recognized and desired. Available in 4, 8, 15, and 36 pieces.

SWEET STREET

Cranberry Shortbread Crumble
Buttery shortbread strewn with tart cranberries, layered with jam made of cranberries from Maine, brightened by orange peel, and hand-finished with creamy drizzle. Available by the piece and gift box.

OREO® Stack with Peppermint
Double layers of brownie sandwich and peppermint-flavored white chocolate cheesecake piled high with peppermint white chocolate mousse and overflowing with hand-cut chunks of OREO®. Chocolate ganache and more cookies on top send it over the edge.

HARNEY & SONS

Holiday Teas
The Holiday Tea, spiced with citrus, almond, clove, and cinnamon, and the White Christmas Tea, a blend of white tea, almonds, and vanilla, are perfect for the season.

STARBUCKS

Holiday Blend
The secret to the Starbucks® Holiday Blend is the rare, aged Sumatran beans, which add a depth and mellowness to fine Latin American and Asian/Pacific coffees.

Pike Place® Roast
A delicious blend with a smooth body and subtle flavors of cocoa and roasted nuts that produces a rich, satisfying, and balanced cup.

CAFE

Turkey Chipotle
Peppered turkey breast, mozzarella cheese, cheddar cheese, and chipotle ranch spread on tomato basil bread.

Tomato Caprese
Fresh mozzarella, roasted tomatoes, provolone cheese, and basil pesto on an artisan Italian baguette.

Turkey & Brie
Smoked turkey breast and brie cheese on 9-grain bread.

Four-Cheese Grilled Cheese
Slices of sharp white cheddar, yellow American, provolone, and parmesan cheeses all melted between thick slices of toasted sourdough bread.

Chicken Club
Grilled chicken, Applewood smoked bacon, tomato, and mayonnaise on a ciabatta roll.

Philly Cheesesteak
Thinly sliced beef, sautéed onions, and white American cheese on a pretzel roll.

FLATBREADS

Margherita
California-grown tomato sauce, fresh mozzarella, roasted tomatoes, fresh basil, par-skin mozzarella, fontina, romano, parmesan, and asiago cheeses on a traditional flour flatbread crust.

Pepperoni & Sausage
California-grown tomato sauce, all-natural pepperoni, artisanal pork sausage, par-skin mozzarella, fontina, romano, parmesan, and asiago cheeses on a traditional flour flatbread crust.

Chicken & Artichoke
Grilled chicken breast with artichoke pesto, tomato sauce, roasted artichoke hearts, par-skin mozzarella, romano, parmesan, and fontina cheeses on a traditional flour flatbread crust.

ITEMS VARY SEASONALLY AND BY STORE
Please inquire within the Café for pricing.
New Preschool Student Application  

This Application is for the School Year Beginning September of: ____________________________

Child's Name: __________________ (Last) __________________ (First) __________________ (Middle)  

Gender: ________ Birthdate: ____________  

Address: ____________________________________________  

City _____________________________ State: _________ Zip Code: ____________  

Telephone Number: ________________________________  

Parent/Legal Guardian #1: ________________________ Email: ____________________________  

Occupation: ______________________________________  

Parent/Legal Guardian #2: ________________________ Email: ____________________________  

Occupation: ______________________________________  

Previous schools child has attended (if applicable): * ___________________________________  

* Please have your child’s teacher complete the Transition Application Addendum  

List children in family from oldest to youngest: (Name and Birthdate) ____________________________  

Do any of your children attend the Children's School now or have any attended in the past? ____________

How did you learn about the Children’s School? ____________________________________________  

Session Preference  

Preschool  

____ Morning Program  ____ Afternoon Program  ____ Either Morning or Afternoon Program  

Preschool Extended Day Program (AM)  
(Note: Due to limited spaces, not all students are able to attend the Extended Day Program. Admission preference is given first to children already attending the Children’s School. New students are accepted on a “first come, first served” basis.)

____ I am interested in enrolling in the Extended Morning  

Please enclose an application fee of $50 made payable to CMU Children’s School and mail with this application  

to: Children's School Admissions  

MMC-17, Carnegie Mellon University  

Pittsburgh, PA 15213  

Questions? Email Maggie Rosenblum at rosenblum@andrew.cmu.edu  

Application fee may be waived by Administration for scholarship eligible families.