



Newsletter – March 2010

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Upcoming Events

- ◆ **April 2:** Spring break, no school.
- ◆ **April 12:** School resumes
- ◆ **April 30:** Friends and Family Day, 11 a.m.-1 p.m.
- ◆ **April 24:** Spring cleanup, 9 a.m.
- ◆ **May 15:** Spring picnic, 11 a.m.-3 p.m.
- ◆ **May 18:** 4B graduation
- ◆ **May 19:** 4A graduation; last day of CCNS school year

Message from the President

Dear friends,

It is hard to believe that in just two months we will be saying goodbye to each other for the summer. Wow! On some mornings as I scurry around getting three children ready for school I think that summer can't arrive soon enough. But then I realize all I'll miss by not arriving at CCNS each day...the smiles, the fashion statements, the laughs in the bathroom as we all wash our hands, our teachers. So I urge you to take advantage of the last few activities of the 2009-2010 school year.

Friends and Family Day is Friday, April 30 from 11 a.m.-1 p.m. at school. Bring a lunch and visit with your friends.

Finally, our Annual Spring Picnic is Saturday, May 15 from 11 a.m.-3 p.m. The weather is typically lovely and of course the company is outstanding!

I hope to see you at both these family events.

Amy Hall
President
CCNS

CPR, First Aid Class Planned

Jill Wallace from the CPR Center will be teaching a Heart Savers CPR and First Aid class at CCNS on Tuesday, April 20.

The class will be held in Room 208. The CPR class is from 6-7 p.m., and the first aid class is from 7-8 p.m.

The cost is \$40 for both classes, or \$30 for either just CPR or first aid. Cash only please. A signup sheet will be posted at the front desk.

Yoga and Preschoolers

By Deanna Simonis

A fun activity for cold winter days or scorching summer afternoons when outdoor activities just won't do is yoga for kids. Not only fun, yoga is great for increasing a child's flexibility, strength, body awareness, coordination and balance.

My son watched me head out the door dressed in yoga gear and carrying my mat for several months before I thought to include him in the experience. He loved it, especially the poses with kid-friendly names like downward dog, lion, camel and cat. He was proud to take my extra mat as his own and enjoyed the ritual of laying it out on the floor and smoothing it down in preparation for our admittedly short workout.

With the popularity of yoga in general, and the growing interest in yoga for kids, a number of studios around town are offering classes for children. The Yoga Center in Holladay offers one of the few classes to include toddlers, teaching "Twinkle Toes Yoga for Tots," ages 2-7, on Wednesdays from 9-9:45 a.m. Avenues Yoga suggests that children be three years and older to participate in their Yoga Through Story class on Wednesdays from 4:30-5:15.

There are a number of other options around the valley; however, most require children be past the toddler stage to participate. Flow Yoga has a very popular kids class (ages 5-12) Thursdays at 4:15 p.m. taught by Brandi Allen, a school teacher and children's yoga instructor. Centered City Yoga teaches kids ages 4-9 on Saturdays from 5:30-6:30 p.m. and will offer a tweens class (ages 10-15) on Sundays at 5:30 p.m. starting in May.

Breathe, a yoga studio in South Jordan, offers a children's yoga class (ages 5-11) on Fridays at 5:30 p.m. Local Yoga in Murray has Saturday classes for both kids (ages 6-10) and tweens



(10-15). The Front Climbing Club offers classes for ages 4-10.

One really fun resource if you choose to do yoga at home with your child is the *Kid's Yoga Deck: 50 Poses and Games*. The front of each card is illustrated with brightly-colored images of the poses the author has playfully named using familiar things found in nature. The back of each card contains instructions regarding how to approach the poses both physically and mentally. The contents include sitting, standing, bending, twisting, upside-down and partner poses.

Saying Goodbye to a Pet

By Adrianna Costello

Just this past September, our family had to euthanize two of our cats within a week of each other. Lucky, suffering kidney failure, was nearly 20 years old, and Maddie Mae, who had a virus called FIP, was only 7 years old. Our preschooler, Leo, in Stephanie's 4A class, was very matter-of-fact about the whole thing. For several days in a row, he would declare loudly and matter-of-factly to his 13-year-old sister as she came home from school (and who was devastated about Maddie's illness and imminent euthanasia), "Maddie's not dead yet!" Ahhh, little brothers ... of course, this made her cry, because at 13 she understood the finality of death and had experienced the loss of a pet parakeet named Moonlight the year before, as well as various goldfish (most notably "Sunny Jim" and "Rainy Jane") back when she was a preschooler herself.

But kids between ages 2 and 5 may tend to see death as something temporary. Kids younger than 2 do not understand what the death of a pet means but will pick up on the stress of the people around them. Kids between 5-9 may use "magical thinking" and believe that death can be avoided or bargained with.

Here are some dos and don'ts when dealing with kids and the death of a pet.

DO:

- Be open and honest.
- Make sure the child understands what "dying" means (as in "The animal's body stopped working.").
- Be available to let your child talk about his/her feelings about what happened.
- Hold a memorial service if you want.
- Show your own feelings.
- Tell your child's teacher about the loss so they will understand any behavior changes.
- Don't blame the vet! This can lead to

distrust of vets and by extension, doctors, etc.

- Wait until the child expresses an interest in another pet before rushing out and obtaining a new one.
- Seek support from local support groups (find resources at a local shelter or vet) or a grief counselor.

DON'T:

- Lie.
- Use confusing euphemisms like "put to sleep" or "went away." Kids may start to fear sleep, or expect a pet to come back.
- Depending on your religious beliefs, don't blame God (i.e., "God took the pet because it was special/it was the pet's time ..."). The child may resent God or fear who may be next.
- Put the responsibility of explaining all this on the vet.
- Make a child be present at the euthanasia. Whether or not they want to be there depends on age and maturity.
- Rush out and buy another pet, because you don't want to convey that a pet, usually considered a member of the family, is replaceable.

While Leo didn't fully understand why his big sister, Claudia was so sad, or that his bluntness may have hurt her, he was very sweet in giving her hugs and trying to make her feel better. He may have a better grasp this spring when Claudia places the little kitty sculpture we bought to honor "Maddie-cat" and "Luckers" in our flower garden.

Please, Just One More Chapter!

By Amy Brandt

Your child might be 3½ years old, or even 4 or 5, when you notice that he or she will sit attentively for longer and longer picture books. They seem to have a better understanding of what is going on in the story; they can remember what happened at the beginning and talk about how it relates to the ending. Your child becomes especially entranced with picture book series. They want to read *all* of the Lilly or Frances or Lyle, Lyle Crocodile books. If this is the case, it might just be the time to visit the chapter book section of the library.

While it is easy to differentiate what your baby or toddler will enjoy from what your preschooler will listen to, it becomes a bit trickier with chapter books. The chapter book section typically includes books suitable for pre-teens as well as preschoolers. You probably have several favorites from your own childhood, but is your young child ready for the discussion of death brought about by *Charlotte's Web*? Will they be interested in stories that take place in elementary school? Will they understand plots with more complicated mystery or fantasy?

You know your child best, so try a variety of books to suit your and your child's taste. There is no rule saying that you have to finish a book if it is beyond your child's comprehension or enjoyment. Be prepared though, to not only "read another chapter" before bed each night, but to "read it again" when you've finished the entire book!

Here is a beginner's list of chapter books. Many of them are series, so if your child enjoys one Ramona or Julian book, there are more to discover. I didn't include formulaic series like Magic Tree House or Junie B. Jones; not because you shouldn't try them, but because they are often the easiest to find in libraries and bookstores. The books below sometimes

get lost on the bookshelves amongst the Judy Blume and Harry Potter.

Most of these books are written for independent readers who have graduated from beginning readers (*Frog and Toad*; *Henry and Mudge*; *Nate the Great*, etc.), so your child might revisit these as independent readers in a few years. Also, many of these authors have written books for older readers too, so your child can follow a favorite author as they gain reading skills and maturity.

- Averill, Esther. *Jenny and the Cat Club* (first in series about neighborhood cats)
- Byars, Betsy. *Tornado* (dog story)
- Cameron, Ann. *The Stories That Julian Tells* (first in series about African-American family and friends)
- Cleary, Beverly. *Beezus and Ramona* (first in series about family and school life)
- Cleary, Beverly. *The Mouse and the Motorcycle* (first in series about Ralph the mouse)
- Clifford, Eth. *Flatfoot Fox* (easy mystery series)
- Cole, Joanna and Stephanie Calmenson. *The Gator Girls* (stories about alligator friends)
- Cowley, Joy. *Snake and Lizard* (stories about animal friends)
- DiCamillo, Kate. *Mercy Watson To the Rescue* (first in funny series about a pig)
- Erickson, Russell. *A Toad for Tuesday* (animal adventure story)
- Gannett, Ruth Stiles. *My Father's Dragon* (first in fantasy series)
- Haas, Jessie. *Runaway Radish* (look for other horse stories by this author)
- Howe, James. *Pinky and Rex* (series about two best friends)

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BOOKS

From Page 4

- Hurwitz, Johanna. *Pee-Wee's Tale* (series about guinea pig and squirrel)
- Hurwitz, Johanna. *Rip Roaring Russell; E is for Elisa* (two series about a brother and sister, starting at preschool-age)
- King-Smith, Dick. *A Mouse Called Wolf* (look for other animal books by this author)
- Kvasnosky, Laura McGee. *Zelda and Ivy* (stories about two fox sisters, some in picture book section, others in chapter book section)
- LeGuin, Ursula. *Catwings* (first in fantasy series)
- Look, Lenore. *Ruby Lu, Brave and True* (first in series about a Chinese-American family)
- Lovelace, Maud Hart. *Betsy-Tacy* (first in old-fashioned series)
- Marshall, James. *Rats on the Roof and Other Stories* (funny animal stories)
- McCloskey, Robert. *Homer Price* (funny stories about a old-fashioned small town)
- Milne, A.A. *Winnie-the-Pooh* (first in classic series)
- Quackenbush, Robert. *Piet Potter* (easy mystery series)
- Rylant, Cynthia. *Cobble Street Cousins* (gentle friendship series)
- Schertle, Alice. *Look Out, Jeremy Bean!* (funny stories about boy)
- Wilder, Laura Ingalls. *Little House in the Big Woods* (first in series about pioneer life)

For more suggestions, you can always ask your friendly neighborhood children's librarian. Also, look at the read-aloud lists at this website: www.DaddyRead.com. *The Read-Aloud Handbook* by Jim Trelease is a classic read-aloud reference book, containing annotated suggestions for all ages; you can find this at the public library.

Happy reading!

This and that



Photos this month by Deanna Simonis and Lori Gillespie

- The last day of the CCNS school year is Wednesday, May 19. Terry's 4B class will hold their graduation on May 18; Stephanie's 4A class will hold their graduation on May 19.
- CCNS vice president Andrea Frampton would like to give a shout-out to the following parents for their efforts:
 - Mary Stanley, for painting the train table in Stephanie's classroom
 - Tehra Hickman and Rosie Gillespie (and committee) for organizing the 1980s-themed Valentine's Day Dance.
 - Carla Boucher for donating winter clothing to the school.
- It's Scholastic book time again. Orders, both through the forms available at the front table (make checks out to Scholastic Books; no cash please) or online at www.scholastic.com/bookclubs (our username is "CCNS_SLC" and our password is "books", are due by April 16.