



Newsletter – May 2010

Contents

Incoming President's Message	1
Summer in SLC	2
CCNS Summer Camps	3
Gardening and Preschoolers	4
Scholarship Contributors	4
Bicycles and Kids	5
Photo Page	6
A Trip to the Ballpark	7

Upcoming Events

- ◆ **May 15:** Spring picnic fundraiser, at Washington Park (behind Mountain Dell Golf Course), 11 a.m.-3 p.m.
- ◆ **May 18:** 4B graduation
- ◆ **May 19:** 4A graduation; last day of CCNS school year

Thanks for a great school year, and have a terrific summer!

Message from the Incoming President

It is hard to believe that the end of the school year is right around the corner, with next year on the horizon!

I am at a loss for words when it comes to expressing my gratitude to Amy Hall. She has spent countless hours, exerted more energy than I thought was humanly possible, all on our behalf. Her optimism has truly been contagious! Her love for the school, for all of you, for all of our little ones is beyond amazing! I can say without a doubt that Amy has inspired me to heights I would have said I didn't dare to explore. She is leaving behind shoes that I only hope to fill. Amy is an incredible person, and I am grateful for all that she has done this year.

Like Amy's dedication, I have witnessed the dedication of our fabulous teachers, Stephanie and Terry. They are the glue that holds our school in place. They love our children and us as parents. They help shape our growing children and give us guidance as parents. We are blessed to have them at CCNS.

A big thank you also goes to Misty for her work as the director. She started in this job three years ago when the director's position was newly created. We truly appreciate her efforts. We all wish you, Misty, the very best in whatever path you take and with comes your way!

There is no way that I could do the job as president without the efforts of all of you. I will tell you now that I appreciate your willingness to do your assignments, to volunteer to oversee a committee, to see a job that needs to be done and do it, to take on an extra something. We have all come to CCNS because it is a co-op school, where our participation is necessary to run the school. With your continued participation, our school will continue to thrive and endure another 40-plus years! I am looking forward to this next year and getting to know all of you better.

Andrea Frampton
2010-11 President

Here Comes Summer! Things to Do with Kids in SLC

By Amy Brandt

Our family is relatively new to Salt Lake City; this coming summer will be our first in the area. Not having any idea of what kids' activities are available during the summer, I offered to do a little research for the newsletter (and myself!). When your kids aren't busy with camp at CCNS or visiting with grandparents, check out this (by no means exhaustive) sampling of summertime fun.

- Tired of your neighborhood playground? Looking for a new place to push the stroller and ride bikes? Want to start a playgroup for CCNS friends? Explore a new park by going to the Salt Lake City Parks website: <http://www.slcgov.com/publicservices/Parks/>
- Salt Lake County Parks and Recreation offers summer sports and classes, swimming on hot summer days and events at Wheeler Farm. Check out facilities, programs and fees at: <http://www.recreation.slco.org/>
- The Salt Lake City Arts Council presents the 25th annual Living Traditions Festival, May 21-23 at the Salt Lake City and County Building and all of the events are free! The Festival celebrates the music, dance, crafts and food of Salt Lake's native and ethnic communities, over 40 cultures represented. A full schedule can be found at: <http://www.slcgov.com/arts/livingtraditions/>
- The Utah Arts Festival, June 24-27, looks to be an arts extravaganza in Library Square, complete with music, visual arts, and food. Children are immersed in hands-on arts activities as

well. The schedule continues to be updated at <http://www.uaf.org/>. (Note that if you ride your bike to the Festival, you can get discounted tickets!)

- Salt Lake City Public Library (and other area libraries) offers fantastic reading incentive programs and summer activities for children of all ages. SLCPPL is celebrating water this summer with *Make a Splash @ Your Library*. Registration begins June 5, and the entirely free program continues through August 14. Children receive a game board at registration and read (or are read to) for prizes. Complete details about library events, including story time and special performers and activities, will be available in their newsletter or online <http://www.slcppl.lib.ut.us/>
- Red Butte Gardens offers morning day camps for children entering kindergarten (half- or full-day camps for older children). Weekly themes vary, from gardening to aquatic life to nature detecting, but all focus on the natural world. Check out weekend events for families too. <http://www.redbuttegarden.org/classes/kidsCamps>
- Utah Museum of Fine Arts offers parent-child art classes during the summer, open to children ages 2-5! "Making Art: Mom, Dad and Me" has two weeklong sessions in July. <http://umfa.utah.edu/childrenprograms>
- Discovery Gateway Children's Museum offers daily classes for young children, included in the price of admission. Classes are geared toward a range of ages

See **SUMMER**, Page 3

SUMMER

From Page 2

18 months and older, and explore music, storytelling, science, art, and health and safety.

<http://discoverygateway.org/classes-a-special-events/class-info>

- Utah Museum of Natural History offers half-day camps for children entering kindergarten (half- or full-day camps for older children). There is a weeklong camp for every young scientist, no matter what their interest: dinosaurs, rocks, flight, construction, magnets, outer space, and more.
<http://www.umnh.utah.edu/summer2010#k1>
- Tracy Aviary hosts two half-day camps for children entering

kindergarten: Bird's Eye View (exploring how birds use their senses) and Nest and the Rest (all about birds, nests, eggs and chicks).

http://www.tracyaviary.org/education/summer_camps.php

Still looking for things to do? More summer camps, activities and events can be found in *Utah Family Magazine* (www.utahfamily.com) or Go City Kids (<http://gocitykids.parentsconnect.com/region/salt-lake-city-ut-usa>)

Look at your local public library for more family activity ideas. Check out these guides: *Best Hikes with Children in Utah* by Maureen Keilty, *Fun With the Family in Utah* by Globe Pequot Press, and *Utah: Family Adventure Guide* by Margaret Sandberg Godfrey.

CCNS Summer Camps = Summer Fun!

By Adrianna Costello-Martin

It's hard to believe, but we are at the end of another great year at CCNS. It's time to make summer plans! A great idea for getting some of your grown-up summer projects done around the house and yard while keeping your kids occupied, interested, engaged and entertained is to sign them up for the CCNS summer camps.

Due to a lack of early sign-ups, the summer camp schedule has been revised: Stephanie (June 14-18) and Terry (July 5-9) each are conducting one week of summer camp. Our CCNS teachers are amazing and have so much experience putting together summer fun for kids. Stephanie and Terry run the camps with

the help of camp counselors. Each camp runs from 9 a.m.-1 p.m., and there are no field trips or co-oping.

Cost of the camp is \$160 per child for each one-week session. Your child will be participating in a variety of activities including art, science, games, and depending on the weather, water play.

To register, contact CCNS director Misty Brown at 801-604-6912 or misty.ccns@gmail.com. Or, you can access the following link for summer camp info and registration:

<http://ccnssl.com/download/Enrollment/CCNS.summercamp.2010.pdf>

Gardening with Your Preschooler

By Meadow Wilde

Gardening with kids, like most other activities with kids, can be both exasperating and rewarding. The key is to adjust your expectations and focus on the good parts, and not the strawberry plant your daughter just walked on and then flooded, most likely killing.

Preschoolers can be enthusiastic gardeners; the excitement of choosing which seeds to plant this year, the anticipation of waiting for them to sprout and the final payoff (hopefully) of picking the end product. Focus the enthusiasm for good. Letting a kid dig hole after hole after hole has a similar, if somewhat diminished, result as tilling your garden. It also gives you a chance to look for worms.

Children may be irrational about which plants are “good” and which are “bad”. We have a special container for the plants (weeds) that my daughter is attached to and would like to save. Luckily, weeds are fairly resilient and that is the greenest container garden in our yard.

Allow kids to help plan the garden space. A little nudge towards easier, faster growing plants

(radishes, beans, greens) helps keep a kid focused and excited about a garden. However, more exotic plants are also fun and may introduce new foods to your child’s diet. Veggies seem to be more delicious if you grew them from scratch. If you need help on choosing kid-friendly plants, visit your local nursery and ask for assistance. The standalone nurseries, such as Western Gardens or Millcreek Gardens, seem to have a wider variety of plants, but the home improvement stores are also a good resource.

While gardening is a fairly safe activity, there is one big safety tip to keep in mind. Chemical fertilizers, weed killers and insecticides are all dangerous to humans, especially the small ones. If you choose to use these, keep them locked away from children. There are also less toxic options available. My preferred method is an over-zealous 4-year-old. Sure, we lose a few tomatoes, but the ones that we do get are safe to eat straight from the vine.

And if all else fails, the Downtown Farmers Market starts June 12

Scholarship Fund Contributors

“You have not lived today until you have done something for someone who can never repay you.”

– John Bunyon

Thank you to the following families for choosing to give to the CCNS scholarship fund:

Dustin and Whitney Miller
 Joanne Slotnik and Steve Trimble
 Mike and Phoenix Bates
 Joe, Jessica, Tausani, and Jasmine Ieremia
 Katie Eccles and Dave Burnett
 Heather Nielsen
 Jean Reagan and Peter Philips
 Marriott Bartholomew

Bart and Rosie Gillespie
 Monica and Ken Bell
 Scott and Robyn Matheson
 Carol Louder
 Nathan and Marian Florence
 Jen and Shane Guillory
 Cara Lindsley and Ashley Alldredge
 Barry Bergquist
 Michael and Darby Doyle
 Tim and Sharon Kelly
 William & Melissa Connelly
 Sheryl Gillilan
 And other generous anonymous donors

We would also like to recognize Xmission for donating the hosting services for our website.

Carrying Kids Around Town on Two Wheels

By Deanna Simonis

Now that spring is here (officially, at least), the possibility of travelling to and from school, play-dates and other kid-related activities by bicycle with your child or children certainly escalates. Most CCNS families are familiar with options, but for those just now considering including children in the biking experience, here are a few thoughts regarding the following possibilities: bike trailers, child seats, tagalongs (fifth wheels), and cargo bikes.

First, a caveat regarding combining children and bikes – according to the American Academy of Pediatrics, children under 1 year of age have relatively weak neck structures and should not travel by bicycle or trailer, nor should they wear bicycle helmets. The Bicycle Helmet Safety Institute has a great article regarding bicycle travel with small children and babies, including hints for staying safe, at <http://www.bhsi.org/little1s.htm>

Bike trailers are a great option for carrying your child around town, and are especially convenient in conditions when you want to protect kids from the elements or when you anticipate traveling long distances. Most trailers can carry one or two kids, with a combined weight of 80-100 pounds. Trailers are useful for carrying other cargo as well. Other advantages of trailers include the fact they generally offer good stability, and, based on limited research on the subject, are considered safer than bicycle child seats because they are low to the ground and because the trailer forms a protective cage around the child. However, trailers limit maneuverability and can take up a lot of space on the road. In fact, several websites suggest that trailers only be used off-road on designated bike paths (which seems to negate one of the main purposes of the trailer in the first place). Additionally, if your biking activity requires driving to a different location, transporting both trailer and bike by car or SUV can be cumbersome and difficult. *Consumer Reports* has an interesting blog post on the subject at this [link](#).

Another option, less popular here in the United States than abroad, is the bicycle child seat. One clear advantage of the child seat is greater maneuverability and a smaller footprint on the road compared with trailers. Additionally with front-mounted child seats, a child can be monitored and communicated with easily while traveling. However, loading and unloading the child in the seat can be difficult because the bicycle can tip when the adult has dismounted. A nice overview of the options, and an especially informative piece on child seats, can be found at <http://www.ibike.org/education/infant.htm>

Tagalongs (also called third wheels) are great for when your child grows out of a child seat (about age 3) or a trailer (about age 4) and can balance and pedal, but isn't yet ready to ride alone on the street. You must have confidence that your child can hold on and won't fall off, but strength and endurance needs are negligible. It's surprising how far an adult can ride with a young child tagging along, and how much those little legs can help in peddling up big hills.

Cargo bikes, a relatively new category of bicycle to hit the U.S., can be used for carrying cargo or kids – in fact, most can accommodate more than one child at a time, given the person doing the riding can handle the load. Many have cargo areas or boxes, some specially designed for children, located on the front of the bicycle. Additionally, most have a low center of gravity, making for a more stable ride and a shorter fall should the bike tip, and they are easy to get into and out of. Cargo bikes tend to be heavier than traditional bicycles and generally get used about town—they are not necessarily meant for long-haul trips or big hills. However, from the YouTube videos, they appear versatile and seem like a fun means of local transport. A great rundown on the various cargo bikes available can be found at <http://www.joe-bike.com/bikes/cargo-bikes/>.

Class 3B Field Trips



Photos by Andrea Frampton and Susan Mooney

Take Them Out to the Ballgame

By Joe Gillespie

Salt Lake City may not be a Major League Baseball town, but it still offers professional baseball. The Class AAA Salt Lake Bees play 72 home games here every year, and though it's not the "big," a game at Spring Mobile Ballpark is a great way to spend a few hours with your preschooler this spring and summer.

The fact the Bees are a minor league team makes bringing a preschooler to a ballgame more appealing. A typical MLB ticket can run \$20 just for cheap seats, while the most expensive Bees ticket is \$23, with good box seats priced at \$14 general admission at \$8 (fireworks nights are a \$1 extra; July 4 and 24 are \$2 more). Those inexpensive tickets take the pressure off parents who might wonder why they are spending so much for a ballgame to which their preschoolers might not pay much attention. Furthermore, big-league stadiums don't cater to families the way minor-league ballparks do. Wrigley Field might be a baseball shrine to some (including myself), but it's not the ideal setting for a preschooler's first ballgame.

Here are some tips for taking a preschooler to a Bees game, and what to expect:

- You will have to decide between buying assigned seats and going general admission (in which you sit on a sloped lawn beyond the outfield fence). Both options come with pros and cons. Seats will get you closer to the action, but general admission will give your preschooler a chance to move around more easily. You can bring blankets on which to sit on the lawn, but coolers are not allowed.
- If you are not seated behind the backstop nets or in the outfield, keep your eyes out for foul balls, especially in box seats. Taking a glove to the ballgame in hopes of catching a foul ball is fun, of course, but also practical for dads as an extra line of a defense if a liner is hit your way. Bees director of ticket sales and services Casey Patterson stressed how important being alert is: "If you're bringing a child, it's really important to watch the game. If you aren't able to do that, it's better that you sit in general admission."
- Don't expect your preschooler to be enthralled for all nine innings. This might be especially difficult for dads trying to explain the game to their sons who instead want to go to the playground in the third inning. Yes, Spring Mobile Ballpark not only has a playground beyond center field, but it also features a bounce house and "train" (it's really more of a very long golf cart) rides for the kids. When your children want to move around, walk the concourse with them. The playground is fun and will get some of your child's energy out for the rest of the game. Patterson also offered another suggestion: Play catch with your child in the grassy areas beyond general admission. No matter what, try to get back to the game by the seventh-inning stretch, simply to sing "Take Me Out to the Ballgame."
- Keep your explanations of the game simple. Three outs, three strikes, four balls, nine innings. Explain what the pitcher, catcher, first basemen and umpires do, and how thrilling a home run can be. Some kids will take to the rules and be fascinated. Others will bug you for ice cream every inning (FYI, the concession stand in the right-field corner sells ice cream in mini batting helmets!). Adapt to whatever interest your children show. Don't worry if your kids — especially sons — don't pick up the game at this age; they probably will someday, but in the meantime, the goal of your ballpark trip is simply to have fun.