



Newsletter~March 2011

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Upcoming Events

- ◆ **March 12:** St. Patrick's Day Parade, downtown
- ◆ **March 15:** 2B parent-teacher conferences
- ◆ **March 31:** Open enrollment ends
- ◆ **April 9:** Spring cleanup, 9 a.m.-1 p.m.
- ◆ **April 18-22:** Spring break, no school
- ◆ **May 14:** Spring picnic, Sugar House Park Hidden Grove Pavilion, 10 a.m.-2 p.m.
- ◆ **May 17:** Last day of school for 2s; 4B graduation
- ◆ **May 18:** Last day of school for 3s, 4A graduation

Message from the President

Every month that goes by reminds me that we are one step closer to celebrating our golden anniversary – 50 years since the inception of Community Co-operative Nursery School! CCNS was formed out of a need and vision that Janet Gillilian had for her own daughter's preschool experience. The union of CCNS and the Unitarian Church was a natural fit because Janet's husband was the reverend of the church at the time. CCNS was first housed in a room that is above Elliott Hall, then to a small house that stood just east of the original Church structure, to our current location after a large construction expansion.

The church is now getting ready for more changes and growth that will better suit their community's needs. As we met with the church to discuss their plans this past fall, we considered whether this might be a good time to part ways and find a new home for our school. While we weighed the pros and cons of both options, the church's construction plans changed - from being a huge project that would affect our school a great deal to smaller-scale projects that would take place mainly during summers.

Ultimately, we felt that our school should stay at our current home – the place where our CCNS story began, where our story will continue to be written for another 50 years!

Andrea Frampton
CCNS president



Why is My Child So Different?

(Part two of a three-part series: "All About Autism")

By Tracy Golden, M.Ed., MSW
(e-mail: richgold2@comcast.net)

There are many paths to an autism diagnosis. Some parents report they know "from the day my child was born" that there was something different, and they seek testing early, usually when the child is around 18 months old. Other parents report they believe their child has developed "perfectly normally" but believe their child is "fading away" and losing developmental milestones (such as language) when the child is around 2 or 3 years old. Other parents, particularly parents of children who are diagnosed with Asperger's Syndrome, are only alerted that their child might have a developmental disorder when it has been brought to their attention by a school teacher or psychologist. This range of parental responses and the heterogeneity of the child's presentation of symptoms accounts for why autism can be diagnosed anytime between the ages of about 18 months and 12 years. Interestingly, there are actually some individuals who only get diagnosed with milder forms of autism or autism traits when they are adults, sometimes prompted by learning all about autism after their child (or a relative's child) has been diagnosed!

Although it is natural to assume that receiving an autism diagnosis for a child would be devastating to parents, the range of responses is actually quite varied. For parents who have no idea their child is presenting signs of a developmental disorder, the diagnosis can be shocking and overwhelming and can lead to a period of denial. For other parents, those who have been struggling for several years of the child's life wondering why their child is so different, a diagnosis can actually bring a sense of relief: "OK, at least I have a name for this now." Many of these parents have blamed themselves for their child's negative behaviors and difficulty in social situations. Once their child is diagnosed, they can unburden themselves from a sense of guilt and responsibility that they somehow caused or contributed to their child's challenges.

No parent seems to escape a period of mourning, however, after their child is diagnosed. The expectations of raising a child who will become independent and live a typical life may no longer apply. The task of the parent at this stage is to become reacquainted with whom their child really is and what the child is capable of, and to determine the best treatments and school placements so the child can achieve his or her greatest potential. Some parents recover from the mourning relatively quickly, while others may struggle with anxiety and depression over their child's situation for many years. Even for parents who feel they have worked through the grief, they describe having periodic "grief bursts" - shorter periods of more acute grief that arise over the years connected to developmental stages such as reaching puberty. At each stage, parents can be painfully reminded that who their child is and what the child is "supposed to be like" do not apply.

If a parent is concerned their child may have autism, there are a number of resources they can access. Most parents first talk with their pediatrician about their concerns. The pediatrician can provide referral for more diagnostic testing either through an independent practitioner (such as a psychologist, developmental pediatrician or psychiatrist) or to a clinic such as the Utah State Health Department's Children with Special Health Care Needs program. Autism is then diagnosed based on clinical observation and testing using one or more standardized tests. Some of the screenings and tests which may be used in the diagnostic process are: CARS (Childhood Autism Rating Scale), Autism Diagnostic Checklist Form E-2, CHAT (Checklist for Autism in Toddlers), M-CHAT (Modified Checklist for Autism in Toddlers), Pervasive Developmental Disorders Screening Test -2, ADOS (Autism Diagnostic Observation Scale) and ADI-R (Autism Diagnostic Interview - Revised). In addition, parental perceptions gained through interviews and family medical history are taken into consideration.

For a web site that contains abundant information about autism-related resources in Utah, visit <http://autismcouncilofutah.org>.

All About Terry

By Deanna Simonis

Who loves caramel macchiatos, hiking, the color green and giraffes? We all know it's our beloved CCNS teacher Terry Crandall. However, here are a few things you might not know about Terry:

- Terry, who went to the University of Utah on a track scholarship, competed in the 440-yard dash.
- She continued to run following her graduation from the U. with a history major, and completed five marathons, including the Boston Marathon, with a personal best of 3 hours, 15 minutes in St. George.
- She hasn't attempted a marathon since starting a family over 20 years ago, but says reading *Born to Run* recently has inspired her to give it some thought.
- Before giving up street clothes for overalls, and adult conversations for her favorite kid-friendly phrases like, "You get what you get and you don't throw a fit," Terry spent 11 years working for the airlines.
- Terry took advantage of her position to travel abroad, most notably spending her 30th birthday on safari in Kenya, and two weeks sailing the British Virgin Islands with friends on a rented sailboat.
- Terry's long affiliation with CCNS began 22 years ago when her own sons were students at the school. First volunteering as a co-oper and then working as a substitute teacher, Terry soon became a permanent and valued CCNS educator.



CCNS Summer School

Again this summer, CCNS will be hosting weeklong camps at the school. Enrollment forms will be available at the front desk and online on March 15. *Please send your child with sunscreen already applied, a swimsuit and towel, and a lunch. The camp dates are as follows:*

Monday, June 6 - Friday, June 10

Hours: 9 a.m.-1 p.m.

Camp ages: 3-10

Cost per child: \$140

Teacher: Stephanie Waldo

Monday, June 13 - Friday, June 17

Hours: 9 a.m.-noon

Camp ages: 2-6

Cost per child: \$130.00

Teacher: Terry Crandall

Monday, June 20 - Friday, June 24.

Hours: 9 a.m.-noon

Camp ages: 2-6

Cost per child: \$130.00



Let's Go Team! Preschoolers and Organized Sports

By Joe Gillespie

The opportunities to play sports are more plentiful for our children today than they were for parents a couple decades ago. More leagues are available, for younger ages, and not strictly for boys. To some, preschoolers playing organized team sports might seem like over-parenting – trying to force athletic skills on children not yet ready to understand what they are getting into (a la Tiger Woods). However, with leagues that don't stress winning or losing, but rather, having fun and learning the game, sports, even for preschoolers, can teach valuable lessons about teamwork, fair play, sportsmanship and patience, as well as introduce kids to another form of physical activity. And yes, they can – and should – be fun, both for the kids and the parents.

As a parent of a preschooler, you should bring low expectations to your child's participation on a sports team. Most leagues do not keep score and do not follow the strict rules of the game by which older kids play. For example, a t-ball game at this age will look nothing like a real baseball game. Parents and coaches need to stress the following to their kids:

- You are on a team; everybody gets a turn.
- Sometimes you won't score a goal, and that's OK.
- Be respectful to your teammates and to the other team.
- Listen to your coach.
- Shake the other team's hands after the game and thank them for a good game.

These rules should apply to parents, too – cheering good plays for both teams, encouraging the kids and being respectful will not only make games a more enjoyable, but also set a good example for your children. Furthermore, be patient with your own children – if it turns out they don't like the sport they are trying, don't force it, and don't get upset if they aren't putting their whole effort into it. I know how maddening it can be to see other kids enthusiastically participating and yours not paying attention, but at this introductory level (and at this age), that's not unexpected. Even older kids who love the sport they are playing will lose their focus sometimes, so don't sweat it if it happens with your preschooler. Preschoolers will be ready to play only a few team sports – many require more coordination and learning skills than the average 4-year-old possesses. Soccer is perhaps the most popular team sport for younger kids, but baseball and basketball leagues do exist for preschoolers, too.

SOCCER

Recreational soccer leagues are plentiful throughout the Salt Lake Valley, run through the Salt Lake County Rec program and other municipal programs, the Boys and Girls Club, and various club teams. Many CCNS parents are familiar with Salt Lake County's league at the Spence Eccles Field House; the league is open to kids as young as 3 and plays in the spring, summer and fall. Club teams such as Firebirds and Impact offer rec leagues for 4-year-olds, though many of these leagues are comprised of a combined fall/spring and don't allow registration midseason.

Let's Go Team! (cont.)

Equipment needed: Most leagues will provide jerseys, shorts and socks, but not shin guards or plastic spikes. Though you can get away without spikes (especially indoors) and just wear gym shoes, I'd strongly encourage shin guards, not only to get your children used to wearing them as they get older and play in leagues that require them (and many do even at this age), but also to prevent bruises from getting kicked. Some leagues will provide a ball, but if yours doesn't, be sure to buy one – soccer is great in that you can practice kicking and dribbling any time you go to a park, and it's a good idea to have a ball in your car for these impromptu practices with your child.

What to expect: Most games at this age are 4-on-4 or 5-on-5, with no goalkeepers, small goals, kick-ins instead of throw-ins, and short quarters. The referee does not keep score, but sometimes, it's tough for the kids not to keep track of who is winning and losing (I usually reply with "Don't worry, no one is keeping score."). Soccer at this age is great in that every player will at least kick the ball a few times in a game and will get plenty of exercise. That said, don't expect too much passing, or even that much dribbling. What you'll likely see is all eight or 10 players chasing the ball wherever it goes. If your leagues provides practice time, coaches will try to emphasize dribbling and shooting, and perhaps some passing and defense as the season progresses. In my experience coaching at this level, the biggest challenge is simply getting the kids to kick the ball in the right direction and to be aggressive – not in a physical, take-down-your-opponent way, but to go after the ball rather than stand back and let the ball come to them.

BASEBALL

The Field House, as well as many other programs in the valley, offers t-ball for 3- and 4-year-olds. Games are usually 45 minutes long, with teams getting 2-3 innings to bat.

Equipment needed: The league likely will provide hats and jerseys for the players, as well as bats and soft baseballs that will be used games but aren't for the kids to keep. You can buy your own bat if you want, but you will need to buy your child a glove. I'd also suggest buying at least one soft baseball for playing catch, and oil to help break the glove in. Glove oil is cheap, and at least for me, the act of applying the oil with your kid is a great father-child bonding experience (moms, be prepared: dads get a little nostalgic/weird when it comes to baseball and their kids; think "Field of Dreams" or the glove oil scene in "Searching for Bobby Fischer").

What to expect: At this age in t-ball, every player bats every inning, the kids advance one base with each batter (except the last, when you clear the bases), no one is called out, and no score is kept. Although coaches will encourage players to stay at a certain position throughout the inning, more than likely, every defensive player will go after every ground ball, especially if the ball is hit through the infield (in this regard, it almost looks like preschool soccer). Unfortunately, the more aggressive kids will get more of these grounders, which might cause some hurt feelings with other kids. Encourage your children to give others chances to field grounders. Parents and coaches can help kids bat, but dads, be cautious when you do help – the swinging bat of a 4-year-old is at the same level of a body part you likely are very protective of.

Let's Go Team! (cont.)

BASEKETBALL

Most basketball leagues don't let kids younger than age 5 play, but the Boys and Girls Club will allow 4-year-olds to play. Basketball requires a little more coordination and aggressiveness than soccer or baseball, so you might be the best judge on whether your preschoolers are ready to play, either in a league with their age group or with kindergarteners if they are already 5.

Equipment needed: The league will provide jerseys; you will just need shorts and gym shoes. I wouldn't bother buying basketball shoes for kids this age – they will just outgrow this sometimes pricey footwear before getting that much use out of them. Simple sneakers will do fine. Most leagues at this age will use small basketballs – the ones about the size of a honey dew – and you can buy one if you want to practice with your child on your own.

What to expect: The small basketballs are easier for kids to shoot, but unfortunately, not necessarily better for dribbling and passing (and catching, for that matter). So expect plenty of loose balls and general chaos. (At about age 6, leagues will switch to youth basketballs that are closer to regulation size.) The rims are at 8 feet instead of 10, and generally, score is not kept. Each player will get a colored wristband, and players are supposed to guard the player on the other team with the same wristband. This encourages learning to play defense and prevents kids from getting discouraged by getting double-teamed. Coaches will try to emphasize shooting correctly (not underhand) and passing. Referees are usually very lenient on traveling and double-dribble calls but will encourage kids to dribble and pass.

Looking for something sports-oriented to do with your preschooler this spring? Check out this link for programs that are offered through Salt Lake County Parks and Recreation

<http://www.recreation.slco.org/admin/facilityLocations/facilityLocations.html>



Hey Parents! We would love to include the great photos you take on field trips and when co-oping in the classroom. E-mail them to Joe Gillespie at loriandjoegillespie@hotmail.com or Sarah Workman at sarah.white@comcast.net

Irish Stew

By Lily Mosen (2B) and her Mormor (Grandma in Danish)

1 ½ tbsp butter
 1 small red onion
 2 medium leeks (white and pale greens parts only) thinly sliced and washed
 3 carrots thick cut on diagonal
 3 celery ribs-thick cut on diagonal
 1 large russet potato, peeled and cut into ½ in. cubes
 1 ½ cups green cabbage, thinly sliced
 1 cup broccoli, thick cut stems and reserve florets
 1 can chicken stock
 1 can vegetable stock
 1 C good white wine
 2 tbsp fresh rosemary, finely chopped
 salt and pepper

In large soup pot, melt butter over medium heat. Add leeks and onion; cook until soft. In a steamer, steam potatoes until cooked. Add to pot. Steam broccoli stems together with celery until almost cooked. Add to pot. Place cabbage, broccoli florets, chicken stock, veggie stock and wine in pot. Bring to a boil. Reduce heat to low, season with salt and pepper and add rosemary. Partially cover pot and simmer until all veggies are tender, about 15 minutes.

*Tastes great with herb croutons sprinkled over soup.

Enjoy!



St. Patrick's Day Parade

CCNS is returning to the St. Patrick's Day parade, which will be held Saturday, March 12 at The Gateway in downtown Salt Lake City. The parade will begin at the intersection of 400 West and 200 North, will proceed south on 400 West, then turn into the Gateway. CCNS is in the No. 13 entry; look for that number on the morning of the parade on 400 West. The parade starts at 10 a.m., but it is recommended you get there at around 9 a.m. to avoid traffic congestion.

The event is sponsored by The Hibernian Society of Utah, which has asked every person marching in the parade donate \$1. Wear your CCNS shirts and plenty of green. We will be decorating a limo at 5:30 p.m. on Friday, March 11 in the CCNS parking lot.





2A
A Day at School
Photos by Sage Leppala





2B
Trip to the Planetarium
Photos by Benedicte Monsen





4A
Trip to Jungle Jim's
Photos by Joe Gillespie

