

# CCNS Newsletter

September 2009

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## Upcoming Events

- ◆ Oct. 1-2: UEA weekend, no school
- ◆ Wednesdays starting Oct. 7: Love and Logic class (six weeks)
- ◆ Oct. 9: 2B class photos
- ◆ Oct. 12: 3A, 4A and 4B class photos
- ◆ Oct. 13: 2A class photos
- ◆ Oct. 14: 3B class photos
- ◆ Oct. 19: Vision screening – 3A and 3B, 9 a.m.; 4A and 4B, 1 p.m.
- ◆ Nov. 7: Fall cleanup, 9 a.m.-1 p.m.
- ◆ Nov. 25-27: Thanksgiving break
- ◆ Dec. 21: Winter break starts

## Message from the President

Dear Friends,

Welcome back to school!  
Welcome back to early mornings ... welcome back to avoiding nuts and unhealthy foods when choosing a snack for your child and 15 of their closest friends ... welcome back to packing a backpack each evening to ensure your child is prepared for outdoor play at school no matter the weather... welcome back to seeing your child's face light up when they spot a preschool buddy who they haven't seen for a while ... welcome back to watching how our experienced teachers interact with children and learning strategies to make your home run more smoothly ... and welcome back to getting to know other parents who validate your struggles with potty training, bedtime, and everything in between. You have made a GREAT choice in CCNS!

To get this year started off right, I urge you to do three things:

1. Listen - to your teacher, to your class, to your child.
2. Ask questions – of your teacher, your class rep, your board rep, Misty, Andrea or me.
3. Have fun – co-oping is an OPPORTUNITY to put the iPhone away, to put the cares of laundry and the grocery list aside, and play “Farmer in the Dell” with all your heart with someone very precious to you.

We have a promising year ahead of us, and I look forward to sharing it with you.

Sincerely,

**Amy Hall  
President  
CCNS**

## Pardon our dust!

The CCNS newsletter is undergoing a redesign, so expect more changes and improvements in the coming months.

## Nut-free Snack Ideas

By Deanna Simonis

It's surprising how much our classes of twos, threes and fours (especially the fours!) can eat during so-called "snack." Given the opportunity, most of the students will consume a meal's worth of crackers and cheese, bagels and juice or chips and dip.

At the beginning of the year many new CCNS parents wonder what types of food are appropriate for snack. Appropriate, that is, for both them and the kids. Several years ago, a first-time co-oper thought he would try his hand at being creative in the CCNS kitchen and found himself desperately grilling and toasting quesadillas well past 11 a.m., and then serving them to toddlers who completely refused the dish. From that point, he brought string cheese, crackers and juice boxes every time he co-oped. Another co-oper thought vanilla wafers dipped in applesauce would be a nice treat for the kids, but decided once was enough after having to clean up sticky bowls, sticky glasses, a sticky table and sticky hands.

Although it is tempting to go with boxed raisins and pretzels every time, there are a number of other easy items the children like, and the kids appreciate variety. Some favorite snack ideas from co-ops include:

- Crackers and cheese
- String cheese
- Mini bagels and cream cheese
- Fresh fruit (grapes [no need to cut], sliced apples, bananas, cantaloupe, watermelon, blueberries, strawberries)
- Canned fruit
- Dried fruit (raisins, cranberries, cherries)
- Chopped vegetables and dip (admittedly less popular than, say, crackers)
- Pretzels
- Chips and hummus
- Lower-sugar crackers and cookies such as graham crackers, Bunny Grahams, animal crackers and vanilla wafers
- Pirate's Booty, Veggie Booty

- Deli meat
- Popcorn (although Terry says this is probably the messiest of snacks)

Also, please remember that CCNS is a no nut campus. Peanuts, nuts, nut butters and products made with nuts may not be brought to school as snack or lunch items, and are not allowed in the classrooms, in the food preparation areas, or on the playground. Parents bringing snack should check each food label to ensure that there are no nuts on the ingredient list, and that no food item has been processed in a facility that also processes nuts. Nuts often are hidden in unlikely foods. The following is a list of food products that include or may have nuts as an ingredient. This list is not exhaustive, so please check labels.

Obvious items:

- Nut butters, oils and pastes
- Cookies, candies and cakes containing visible pieces of nuts

Less obvious Items:

- "Nut-free" items produced on the same equipment that manufactures nuts or products with nuts. Manufacturers should state if the item has been processed on equipment that also processes nut items. Foods as unlikely as cheese and strawberries have been found in this category.
- Supermarket deli items. Often, these foods do not carry an itemized ingredient list, and supermarkets are not required to state whether they contain nuts or have been processed on the same equipment.
- Food from coffee shops, ice-cream parlors and bakeries
- Chocolates and candy bars, even if they don't specify "nuts" on the label
- Nut flavorings such as almond, hazelnut and walnut
- Other foods such as filberts, marzipan, artificial nuts, cereals, breads, trail mix, pesto, barbecue sauce, mole sauce, and many Thai and Chinese foods

## A Headstrong New CCNS Policy: Bicycle Helmets

By Joe Gillespie

CCNS has introduced a new policy this school year with the safety of our children in mind. Kids who want to ride the tricycles on the playground will now be required to wear bicycle helmets.

The tricycles are a wonderful part of the CCNS playground experience, and through the years, there hasn't been a head injury from kids riding the trikes. However, the new helmet policy isn't just about the safety of our children, but also about teaching our kids safe habits.

"We want to teach our kids to have a happy, healthy life beyond preschool," said CCNS director Misty Brown, who was a proponent of the new policy and is the parent of a CCNS alumnus. "And that includes wearing bicycle helmets."

The Bicycle Helmet Safety Institute ([www.helmets.org](http://www.helmets.org)) strongly suggests kids riding tricycles wear helmets. Also, a Wisconsin CDC study found that between 2002-2004, 63.8 percent of emergency room visits caused by pedal-cycle injuries (bikes and trikes) for children under age 6 were for head and neck injuries. Utah doesn't have any bicycle helmet laws on the books, but New Mexico does that includes mandatory helmet use on tricycles.

"We have a bunch of grateful parents; parents who are happy we have this policy," Misty said.

Another study, conducted by Children's Memorial Hospital in Chicago, Northwestern University Medical School and Tufts-New England Medical Center in Boston, found that although many helmet-use efforts were aimed toward school-age children, preschoolers should also be encouraged to wear helmets as

well. The same study discovered that injuries for cyclists under age 6 were less likely to occur on the street or with another car, but more likely on a driveway or a yard.

"It's more important to me that we are practicing the habit, even though [the CCNS playground is] in an enclosed, safe area," said Misty.

With the new policy in place, here are some tips to make helmet use at CCNS easier:

- Don't forget to pack your child's helmet in his backpack, every day. If possible, invest in a second helmet — one for home and one the backpack. "Your child can't practice the habit if they don't have it there," Misty said.
- Fit the helmet and its straps before your child gets to school. Bike helmets can be tricky to adjust, particularly if you are adjusting for someone else's child. The right fit will save a lot of time and patience for your child as well as the co-ops and teachers. The National Highway Transportation Safety Board has a Web site for properly fitting a helmet at <http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/EasyStepsWeb/>
- Remind kids to take off their helmets when they are playing on the playground equipment. There's always the slight chance a helmet strap can get caught on playground equipment and injure the child.
- Finally, set a good example for your kids by always wearing a helmet when you are riding a bicycle. You are your children's best teacher, and your example can help turn them into lifelong helmet wearers.

## Back to School!



*Photos by Amy Hall*

### Picture Perfect!

Have pictures from field trips, on the playground or in the classrooms? The CCNS newsletter will feature photo pages throughout the school year. Send your pictures to Joe Gillespie at [loriandjoegillespie@hotmail.com](mailto:loriandjoegillespie@hotmail.com) or Deanna Simonis at [vegandeanna@yahoo.com](mailto:vegandeanna@yahoo.com).

