



Fruit & Flower Happenings

January 2010

UPCOMING EVENTS

Jan 18th – Closed for Martin Luther King Day

Jan 20th – Fruit & Flower New Year Celebration

Join us in the lobby from 4:00–6:00 pm to share wassail and refreshments with your Fruit & Flower friends.

Jan 27th 2010 – Listen to Kids for Parents – 5:00 pm

Meeting for preschool parents interested in learning more about the “Listen to Kids” program.

Jan 30th 2010 – Kindergarten Q&A – 9:00-11:00 am

If you have questions about the kindergarten process, you will be able to ask the experts (moms and dads who have just gone through it!). Child care will be available.

Feb 2nd & 4th – Listen to Kids

Listen to Kids for Rooms 3, 4, and 5. (Preschool parents will receive more information about Kids Can in their Kid Mail soon!)

Feb 15th – Closed for Staff Development Day

THE CENTER

We have a new Executive Director!

Rhonda McDowell has been hired by our Board of Directors as our new Executive Director! Rhonda comes to us with recent experience of ten years as the Executive Director of the YMCA Child Care Division. She is a graduate of California State University Long Beach and also served for seven years as Executive Director of a YMCA program in California. Her first day will be January 19th! Please join us in welcoming her.

Marcia Mulvey, who has served as Interim Director, will continue for a while to work behind the scenes and follow through on a few projects she took on during her tenure.

Save the Date

The annual auction will be held on May 15th – so save the date, bring a date, and enjoy “Prom Night” at Wieden+Kennedy in the Pearl.

Auction co-chairs Kristi Wilson and Jen Keesey are recruiting volunteers to work on everything from décor to donations, sponsorships to set-up. You can be part of that. Please contact Kris at 503-228-8349 or kris.moore@fruitandflower.org to get involved. Also...be sure NOT to plan vacations, trips, or anything for May 15th since your participation will help make this a success!

Quote of the Month:

Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.

- Dr. Martin Luther King, Jr

Families

Welcome, Welcome, Welcome to these new children and their families!

- Owen Moawad started in the Infant Center this month. His parents are Heidi and Greg.
- Coral Beauvais will start in the Infant Center later this month. Her parents are Alicia and David.
- Miriam Brennan is new in Room 6 this month. Her parents are Andrea and Peter.
- Emery Markusen will begin care in Room Six later this month. Her parents are Lisa and Will.
- Connor Anderson-Jatho joined Room 3 recently. His parents are Erin and Shane
- Devon Scott recently started in Room 4. His mom is Kristi.
- Bennett Niedermeyer has rejoined Room 5 after just a month. We missed him!
- Zachary Davenport will start in Room 2 this month. His parents are Aimee and Greg, and his big sister, Ava, graduated from F&F last summer.

Farewell, Farewell, Farewell to these good friends who have promised to keep in touch:

- Stella Bannister will be moving to San Francisco with her family next month.
- Audrey Light will attend a new preschool very near to her home, which is way across town.
- Eli Grimslid is moving with his family to another state for an employment opportunity.

Staff

Transitions

- Stacey Thomas has recently joined the Room 1 team as their new Assistant Teacher. Stacy has over three years experience working with toddlers.
- Farewell and thanks to Marcia Mulvey, who has helped us through transition during the past few months.

Anniversaries

- Gregg Zelsdorf has been a member of the Room Two staff for 3 years now!
- Angel Salser has been here since January 20, 2009: one year!

WISH LIST

Listed here are items the Center needs. Please contact Mary Felice (maryfelice.crowe@fruitandflower.org) with questions.

- Someone to do a little sewing for us: We are in need of bottom wipes and sheets.

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Program

On The Move

Healthy physical development requires plenty of fun opportunities for children to move their bodies each day. Physical activity of all kinds has a powerful influence on children's overall development.

A morning walk through the program provides these examples of Fruit & Flower children on the move:

Babies in the Infant Center often move their bodies to the music their caregivers play. It is even more pleasurable if there is a rattle to shake or something to bang loudly. Today's selection is a classical piano piece. Later, it might be zydeco, tango, or some country music.

Room Six children perfect their skills by moving around the larger open area. Some are pushing a chair, some are carrying a ball, and some are efficiently scooting along the floor on their bottoms.

Children in Room One do finger plays at their circle time. Following along to the hand movements of *Itsy Bitsy Spider* and *Twinkle Twinkle* can help to develop the smaller muscles in their hands and fingers.

Room Two children are taking turns doing a little dance called the 'Room Two Hop' while their friends clap and sing a little song that includes their names.

Children in Room Three, when they are the "name -caller", hit the hand drum once for each syllable in the names of their friends. Children respond at the end of outdoor time by heading inside to remove their coats and shoes.

Room Four children are working on changing the sheets on their cots. They are working together to move the cots in and out of the workroom. They are using small muscle skills to attach the sheets.

Room Five is outdoors. They are running, riding, climbing, crawling and digging in the sand.

Physical development, intellectual development, communication, building strong relationships, and development of self confidence: these are all benefits of the movements, actions, motions, and gyrations of an active day at Fruit & Flower!

DID YOU KNOW?

- ✓ Fruit and Flower is open 250 weekdays per year.
- ✓ When asked on a survey last spring, 98.6% of our respondents agreed (9.6%) or strongly agreed (89%) that they would recommend Fruit & Flower to a friend or family member.
- ✓ 95.7% of those respondents indicated that they prefer receiving communications from Fruit & Flower through e-mails. We are so happy to save the trees!
- ✓ "By age 4, children already understand two-thirds to three-quarters of the words they will use in future daily life." (Quoting from *The Read Aloud Handbook*, by Jim Trelease.)

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(From Multnomah County Library's "Help Your Child Get Ready to Read")

- "Brain development research shows that reading aloud to your child every day *increases his brain's capacity for language and literacy skills* and is **the most important thing you can do to prepare him for learning to read.**"
- "Early Literacy" is a baby who chews on a book, a toddler who wants her favorite book read over and over, and a preschooler who "reads" a story to you from memory."
- "Parents who talk with their children, read lots of books and magazines to their children, and encourage play activities that involve language, prepare their children for learning to read when they begin school."
- "Children learn to talk, read, and write through social literacy experiences – singing nursery rhymes, listening to stories, having conversations with adults who listen and respond, and interacting with literacy materials such as books, magazines, markers, and paper."

## Health Food Tip from the Oregon Environmental Council:

Replace any fruit juice (even 100%) with water and a piece of whole fruit. Fruit juice provides calories with little nutrition and contributes to cavities. Whole fruit is nutrient-rich and a great source of fiber. Water is free and healthy. At Fruit & Flower, we have been serving water instead of juice with our afternoon snacks. Afternoon snacks have also become less sweet and more focused on protein, fruit, and vegetables.

## Eco-Healthy Cleaning Tip

Going back to the original naturally derived ingredients is a way to make cleaning products that work, don't pollute, and save you money. Most are found in your kitchen cupboards. Making your own nontoxic cleaning kit will take you no time at all. As an added bonus, ounce for ounce homemade cleaning formulas cost about one-tenth the price of their commercial counterpart.

Read all about it at:

<http://www.care2.com/greenliving/make-your-own-nontoxic-cleaning-kit.html>