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the
Moore News

News from the Shirley G. Moore Lab School at the University of Minnesota



Celebrating 90 years....

PALS Update: News from the Parent Association of the Lab School

PALS (Parent Association of the Lab School) had their first meeting of the school year on October 8th. After each meeting, the minutes will be sent out by your Room Parent or your lead teacher. Highlights included selecting new PALS co-chairs, Katie Gross and Samira Afzali. We are so excited to have their leadership this year. We also discussed future parent education opportunities, book fairs, and other school events. Please see your minutes for details.



Welcome families

to the 2015-2016 school year! This newsletter will be published each season to keep you informed and engaged in the Lab School experience. We have a variety of ways that you can be involved this year, so please continue to talk to your child's teacher, see our boards and displays in the hallway, and check out the website as well as your emails for flyers.

We have a wonderful year planned with a variety of events. Our first event of the year Creativity night was held on October 13th. Thank you for joining us. If you weren't able to attend, we have Gym Jam planned for the winter, the Spring Soiree later in the year and a variety of parent education offerings throughout the year. In addition, the Parent Association of the Lab School (PALS) and the room parents are working together to organize activities for the winter break as well as community building events all year long.

Thank you so much for your support and engagement in the school. We look forward to working with you and learning along with you and your child this year.

Sheila Williams Ridge, Lab School Director

A Message From The Early Childhood Programs Director



Dear families,

I am so happy to be part of the Shirley G. Moore Laboratory School and the Institute of Child Development! Thanks to all of you for making me feel so welcome.

I was born in Seattle and grew up in Los Angeles--my family still lives there, including my mom Nancy, dad Gilbert, younger sister Ann, and grandmother Lucie, who is 103 1/2 years old! I went to school at UCLA and also started my career there...for 13 years, I was the director of the Megan E. Daly Infant Development Program, a laboratory school in the Department of Psychology serving children 3 months to 3 years of age. I also provided oversight for the Applied Developmental Psychology minor, which was initially funded by a cigarette tax (Proposition 10) and grew to be the largest minor at UCLA. In 2004, I moved from LA to the San Francisco Bay area to accept a position at WestEd, where I was involved with professional development as well as education policy and the development/dissemination of early learning standards. As far as my research interests go, I have focused on caregiver-child relationships in early education settings and children's social-emotional development. I feel so lucky to have had wonderful jobs, met amazing people, and done fulfilling work so far.

My personal life mostly revolves around my four Labrador Retrievers--Viela, Yvonne, Henry, and Finn. Viela and Yvonne came into my life through my work as a volunteer puppy raiser and breeder caretaker for Canine Companions for Independence and Guide Dogs for the Blind. Raising assistance dogs was a great way to combine my love for animals with my belief that inclusion of people with disabilities or other special needs benefits us all. The most recent puppy that I raised, Sonata (a female yellow Labrador Retriever), will graduate on November 2 with Dogs 4 Diabetics. Sonata has learned how to detect changes in her handler's blood sugar and alert him before he even knows that he's in trouble. I am so proud of her! Henry and Finn came to me when I was volunteering for Labrador Retriever rescue; each has special behavioral or medical needs, so I became a "foster failure" and adopted them both. Finn is currently enrolled in a clinical trial on stem cell therapies for osteoarthritis at the University of Minnesota's veterinary school. We love to hike together and have been exploring some of Minnesota's beautiful parks and open spaces. So far some of my favorites are Crow-Hassan, Elm Creek, Murphy-Hanrehan, and Battle Creek, but I'd love any recommendations!

In some ways, coming to the Lab School and ICD feels like coming full circle...seeing children again in the building every day (which is my great joy and the reason I get out of bed every morning) and working with staff and students who, I believe, hold the key to high-quality care. In other ways, it feels like a new beginning...a new place, new people, new opportunities to grow. I'm excited about learning from the outstanding staff and families that we have here and thinking together about building a new vision based on the strengths and reputation of the Lab School. I look forward to getting to know all of you. Please feel free to stop by my office (125 ChDev), email ctsao@umn.edu, or call 612.624.9035 if you have questions, concerns, or just want to chat.

- Cathy

Kids' Corner

Let's Have Fun With Pumpkins This Fall

Pumpkins are a very versatile fruit. As you have noticed at the check-in table, I have a variety of different pumpkins for children to explore. They are easy to find around the Twin Cities at this time of year. You can pick your own at one of the many pumpkin patches around town, the farmer's markets have a wide variety or just at your local grocery store. They can be used for math, art, literacy, and science activities, as well as feeding wildlife and a wide variety of cooking projects from sweet to savory.

Here are a few ideas for things your families could enjoy this fall!



Math- get a variety of sizes, shapes, and colors and let your child carry, measure, explore, and sort them. Provide a clipboard, pen, measuring tape and a bathroom scale. This is a good activity for outside or in a space with easy to clean floors, just in case one gets dropped and cracks.

Art- provide a smooth and a rough pumpkin and some paint, allow your child to paint them, and then offer a bucket of soapy water and a brush or sponge and let your child wash it off and it is ready to be painted again.

Science- cut off the top of a pumpkin and allow your child to explore the inside. What is in there? Why? What's that slimy stuff? You can investigate these questions with your child and teach him/her how to find information. You can also plant the seeds and watch them grow and explore the differences in seeds from different pumpkins.

Literacy- there are many good books and songs about pumpkins. Pumpkin Soup by Helen Cooper is one of my favorites and has a recipe printed inside.

Feeding Wildlife- the squirrels love my pumpkins and manage to eat through any I set outside. Pumpkins also make good bird feeders that you can compost at the end of the season. Just cut off the top of the pumpkin and fill it with your favorite wild bird blend. You can add string and hang it near your home or set it on a flat surface outdoors for the birds to enjoy.

Health and Safety

As we prepare for the cooler fall and winter weather, please remember to bring your child with the appropriate clothing to venture outside each day. Layering is important for indoor comfort that can easily adapt to also being outdoors. We recommend waterproof mittens so children can comfortably actively engage in play and keep melting snow away from their fingers. Longer armed mittens can be especially helpful for children who like to frequently take off their mittens.

We have samples of children's wear in available at school from a company named Oakiwear. They offer a wide variety of high quality children's waterproof rain and snow gear, including mittens and boots. If you are interested in any of these items for your child, please visit their website at <http://oakiwear.com/> You can also find gear locally at Midwest Mountaineering, REI, or other outdoor focused retailers, however sometimes finding very small sizes of high quality gear can be challenging.

After you find the perfect gear to keep your child warm and comfortable year-round, please be sure to label everything... as getting 18 pairs of mittens or snow pants home can be a challenge for staff at the end of the day. If you have black mittens or snow pants, we recommend a silver permanent marker to make the name clearly visible.

We are excited for a year of exploration and joy and we welcome you to join in the leafy and wintry fun as well. Bring your warm boots and gloves to join us in the leaves, or mittens to join us once the snow starts to fly for snowshoeing or quinzhee making. If you have any questions about weather or gear, please contact Sheila in the school office at will0342@umn.edu or 612-624-9543.



1925-2015:

The Lab School's 90th Anniversary

The Laboratory School was founded in 1925 as part of the University's Institute of Child Welfare (later renamed the Institute of Child Development). The Lab School was among the first laboratory preschools in the country, and from the beginning the school has been at the core of the Institute's mission as a child development research and training center. In its early days the Lab School was tasked with the goals of: "...meeting the preschool needs of young children and their families in an exemplary program; providing a research and observational facility for studying young children from the perspectives of multiple disciplines... and serving as a demonstration program for the training of undergraduate and graduate students in early childhood education and other professional specialties." (*Institute of Child Welfare Annual Reports, 1925-1939*) Although much has changed in American society during the past 90 years, the Lab School's dedication to supporting the healthy development and education of both children and adults remains steadfast. We are proud of our history and look enthusiastically toward the future as we discover new ways to fulfill the Lab School's mission and support the communities in which we operate. We're grateful that you are able to share this journey with us!

Coming in the winter edition of Moore News: who was Shirley G. Moore and why was the Lab School named for her?

Contributed by Amy Pieren



Creative Activities

The fall is a great time to gather natural materials such as leaves, pine cones, sticks, dried seed pods, and grasses.

A basket or bag (and maybe an egg carton for fragile things) is all your child will need before heading out to see what he or she can find in your yard or favorite park.

So, what do you do with all of that stuff? Your child may have some interesting things to say about why he or she chose certain objects. Hearing what motivates your child to choose an object may help you make decisions about how to support using the materials in some way. For example, a child may say, “this seed pod looks like boat.” Then you may decide to run some water in the sink to see if it floats. Who knows, maybe acorns look like little people to ride in the boats and you are off on a creative dramatic play scenario in the bathtub.

Maybe some children aren't interested in gathering anything.

That's okay, creativity isn't limited to creating a product. You could engage in creative problem solving too. Asking the question, “How can we make this leaf pile as tall as you?”

For children who are especially motivated by sensory experiences you could provide a variety of interesting textured leaves and simply crush leaves with hands or other simple tools.

The idea of making something when you're out and about rather than taking materials home can be intriguing to some children. Making tiny homes outdoors using the materials in the area can inspire children to see things in new ways.

Contributed by Amy Vavricka

Cooking with Children

Pumpkin Muffins

Cooking with your child can be an engaging way to explore texture and taste, and practice math concepts like measuring and number recognition. The recipe below is one that has been used often at the Lab School. Any sweetener can be substituted for the cup of brown sugar, and this is an easy one to adapt for a wide variety of dietary needs. We hope you enjoy!

Ingredients:

1. $\frac{1}{4}$ cup of vegetable oil
2. 2 eggs
3. $\frac{3}{4}$ cup of applesauce
4. 2 cups cooked pumpkin
5. 2 tsp. vanilla extract
6. 2 cups all purpose flour
7. $1\frac{1}{2}$ tsp. baking powder
8. 2 tsp. ground cinnamon
9. 1 cup brown sugar

Directions:

1. Preheat the oven to 375 degrees.
2. Mix together the flour, baking powder, cinnamon, and brown sugar.
3. Mix together the vegetable oil, eggs, applesauce, pumpkin, and vanilla.
4. Mix all of your ingredients and spoon into the muffin pan. Fill each muffin cup $\frac{3}{4}$ of

the way full.

5. Bake until a knife inserted in the muffin comes out clean (about 15 minutes, depending on the size of muffin- here at school we make mini muffins and they cook more quickly).
6. Enjoy!



Contributed by Marie Lister

Parent Information

Playing Outdoors: Toys Not Included

Although it would seem almost unnecessary to share some thoughts about the importance of play and being outdoors with the families at the Lab School, I thought it might be helpful to share a few articles to help illustrate some of the specific benefits taking place when children interact with nature.

Autumn is here. The trees are changing color, the leaves are falling, and apples are finally in season. However...that also means the days are getting shorter, there will be a lot of leaf-related chores to do, and the temperatures are dropping. This can often mean the start of “hibernation season” and the beginning of less time outside. But you might have to ask yourself: who is *really* the one dreading the chillier air? What is my child’s reaction to the cold puddles left over by an autumn rain? Why can’t I get more than a 3-inch leaf pile gathered before my children are running full speed at it? And (hopefully not for a few months still) how does my child’s face look when they see the first snow has fallen?

Children have a natural affinity for playing outside, so let’s celebrate that! And there’s another great reason to get outside – it requires *zero* toys! In this day and age where everything has to light up and make noise, it nice (and extremely necessary, in my opinion) to unplug on a regular basis. Mother nature provides children with the most interesting materials to support their play, while also supplying them with valuable information about the world around them – information that no iPad, tablet, or tv show can give them. It’s real. It’s tactile. It’s hands-on, and it’s 3D!

So get outside while autumn is still here, and welcome winter with open arms...because it’s coming whether we like it or not, and it’ll be around for quite a while. Why not try to welcome it with a smile...your children sure will!

“The Unsafe Child: Less Outdoor Play is Causing More Harm than Good”

<http://www.childrenandnature.org/2015/05/06/the-unsafe-child-less-outdoor-play-is-causing-more-harm-than-good/>

“The Importance of Outdoor Play, Even in Winter Months”

<https://sites.williams.edu/les4/uncategorized/the-importance-of-outdoor-play-even-in-winter-months/>

“Why Risk Benefit” (many links to articles about outdoor play, and taking safe risks)

<http://www.ltl.org.uk/spaces/whyriskbenefit.php>

Contributed by Ross Thompson



Thanks for a great Creativity Night!



FALL WISH LIST

We're stocking the early childhood Art Closet! How can you help?

Intriguing materials matter to children. Here are some ideas to get you started, but don't be afraid to surprise us!

Natural Materials:

Acorns
Seed Pods
Pinecones
Shells
Leaves
Bark
Feathers
Dried flowers
Beans/Seeds
Interesting stones/twigs

Recycled Materials:

Corks
Bottle caps
Plastic caps (from water bottles, detergent, markers, etc.)
Small boxes (e.g. cracker, tea boxes, Apple products, makeup)
Dowels
Keys
Old jewelry bits/beads/pearls
Anything wooden (spoons, blocks, small picture frames, non-splintery wood scraps)

Notes:

- ❖ Please make sure that all items are clean, not sharp and don't contain overt logos from children's product marketing. Since the goal is to use these items for personal creativity, it's best if they are more neutral.
- ❖ If you are unsure about a material, take a photo and send it to durki009@umn.edu, or bring in a sample to show.

Please also bring in your used ink jet cartridges for recycling. Each cartridge helps us earn points to receive technology and other supplies for our school. Our current goal is a professional blender and kitchen dehydrator. To see if your cartridge qualifies you can visit the website at www.fundingfactory.com.

Thank you for your support!



Fall Family Calendar

October 27 & 28: School Picture Day

November 6: *Transition to Kindergarten* parent education talk, 9 – 10:30 a.m.

November 17: *Transition to Kindergarten* parent education talk, 6 – 7:30 p.m.

November 19 & 20: Oleanna Book Sale in the Lab School gym

November 26 & 27: Thanksgiving Break, school closed

December 14 through January 4: School closed for winter break