

F A L L 2 0 1 6

# the Moore News

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

## Welcome to Moore News

Hello families! The beginning of the year has been an exciting and busy time at the Lab School. We are so happy to have all of you as a part of this community. The warm fall weather has been amazing for outdoor explorations and stocking up on Vitamin D. We invite you to visit our website to learn more about recent events. We have also experienced a very divisive election season. At the Lab School, we will continue to focus on our work and joy with children while also acknowledging the important work that needs to be done to continue to make our spaces and communities welcoming, kind, equitable, and full of respect and love for each other.

*“Make a career of humanity. Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in.”*

Rev. Dr. Martin Luther King Jr. at the march  
for Integrated Schools, April 18, 1959.

Throughout the year, you may notice a staff member or two out at a conference or workshop. We are continually learning and growing in our profession and bringing back the best in early childhood education to you and your family. This year, we have already enjoyed professional development on parent engagement, curriculum, coaching and mentoring, diversity and equity, embracing children’s thinking, race and culture, learning from other lab schools, young children and nature, and more. We look forward to sharing this knowledge through our work at the Lab School. If you are interested in learning more, please stop by the office.

On the subject of learning more, several research projects will begin later this fall. Please watch your email for details. You can opt out of participation at anytime by emailing your child’s teacher or Sheila directly, or by letting us know in person at school.



## Kids Corner

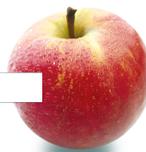
At the beginning of the school year, many of the classrooms have play dough available for the children to use. Play dough is a familiar material for many children, and having familiar materials and experiences at the beginning of the year can help ease the transition into school. Below is the recipe for the homemade play dough we use in the classrooms. Try adding different spices or food coloring to add a new sensory twist!

1 cup flour  
 2 teaspoons cream of tartar  
 1 cup water (put in microwave for 2.5 minutes before adding to mixture)  
 ½ cup salt  
 1 tablespoon vegetable oil

Mix everything together and microwave for 2 minutes and knead the warm play dough (be careful- it's hot!)  
 Microwave again for 1-2 minutes

Let cool and enjoy!

Contributed by Marie Lister



## Winter Giving Event

This winter the PALS will be coordinating a giving event for UMN student parents. We will be supporting three student families with preschool age children. More information will arrive via email.

If you wish to contribute, please bring your donations to the Lab School (Sheila's office or we'll have a table/basket outside the kitchen) no later than **Monday, December 5th.**



## Tips for supporting your child as they adjust to school schedules

As children adjust to school schedules and new routines, you may notice your child occasionally coming home tired and/or expressing big feelings. These feelings could be confusing and frustrating for you and your child. As a parent, you may feel lost and puzzled and wonder how to work through these situations. These feelings and experiences are very typical and understandable. Take a deep breath and know that you are not alone! Below are some guiding strategies that will support you and your child through these experiences and waves of emotion.

<https://www.zerotothree.org/resources/199-coping-with-defiance-birth-to-three-years>

<http://families.naeyc.org/child-development/positive-guidance-through-ages>

[Tantrums, Defiance, Aggression—Oh My! by Zero to Three \(video\)](#)



## News from the Parent Association of the Lab School

The fall PALS meeting was held on Oct. 13, 2016. During the meeting, parents and teachers discussed the possible schedule change to semesters for the 2017-2018 school year. The families were supportive of the change. We also discussed the function of the group and elected new leadership for the year. Samira Afzali and Katie Gross will continue as co-chairs, and Mara Liss is our new recorder.

The parent education series for the year was discussed, and there will be at least one parent education event each session. Please see the full PALS minutes on the website for more details and information on other upcoming events. The first parent education opportunity is listed below. The next big event is Gym Jam! Quickly followed by the Spring Soiree and Spring Camping Trip. Please email Katie or Samira to volunteer for any of those events.

## Parent Education Opportunities

### The Kindergarten Transition

**Wednesday, November 30<sup>th</sup> from 6:30 - 8 pm** Topics will include choosing a school that is right for your family and helping prepare your child for the transition. No RSVP necessary unless you need childcare and there should be plenty of parking available in the new lot next to our building! *A sign up for childcare with a small fee will be emailed to families soon.*

**Please meet upstairs in room 105.**

## Health Watch

### How to prevent Norovirus

Winter is a time for many wonderful experiences and traditions; however, it often means the beginning of sudden outbreaks of Norovirus, or as it is sometimes festively referred to, “winter vomiting.” Noroviruses are a group of viruses that can cause cramping, nausea, vomiting, and diarrhea. Anyone can get these viruses and they may get it several times over their lifetime. Most people tend to get sick with Norovirus in cooler months, especially from November to April. Additionally, schools and childcare centers tend to be some of the most common settings for outbreaks.

What can we do to prevent Norovirus this winter? The Centers for Disease Control and Prevention has several [recommendations](#) for stopping the spread:

- **Practice proper hand hygiene**

Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. Help children with proper hand washing, including turning off the sink with a paper towel.

- **Take care in the kitchen**

Take care to wash fruits and vegetables thoroughly. People with Norovirus illness should not prepare food for others while they have symptoms and for at least two days after they recover from their illness.

- **Clean and disinfect contaminated surfaces**

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces.

- **Wash laundry thoroughly**

If someone in your home is ill, make sure to wash sheets, towels, and other laundry thoroughly. You may even want to handle soiled clothing with rubber gloves.

And always make sure to remain at home until you are symptom-free! Here’s wishing you a happy and healthy winter!

Contributed by Elizabeth Criswell

The 29th Annual *Oleanna Book Sale* will be held in the Lab School gym on **Thursday, Nov. 17 from 8:30 am - 4:00pm and Friday, Nov. 18 from 8:30 am - noon.**

The book sale features an outstanding collection of classic and contemporary children's books, and books on a variety of topics for parents. Most books are sold at 40 percent or more off the retail price. As a Lab School Community Partner, independent bookseller Susan Oleanna donates a portion of the sale's proceeds in the form of brand new books to our classrooms. You will also have the opportunity to buy a book on your teacher's "wish list" and donate it to your child's classroom.

This is a great chance to get some gift shopping done and help the school. We hope you stop by and check it out. This sale is open to the community, so please invite family and friends!

## Partnerships

### Dance pedagogy students visit the Lab School

Did you notice the extra energy in the air on Monday mornings at the Lab School? For the past several weeks, students from the UMN Teaching Dance class have been visiting morning classrooms to lead a practice lesson as part of their coursework. Before morning meeting, they enter the classroom to build a connection with the children, then move with them to the circle to participate in an activity developed by a class member. Meanwhile, their colleagues are in the booths watching and taking notes.

Dance students were asked to read the general lesson plans of each Lab School class when developing their activities, in order to build on experiences the children are having in class. Their plans are reviewed by their instructor, Maggie Bergeron, who has led the course for the past five years, as well as by Frances Durkin, the Lab School's creativity specialist. Bergeron leads the lessons the first week in each class as an example. We have had movement activities related to trees, leaves, pumpkins, apple picking and bubbles.

The connection between the two University programs started eight years ago and is advantageous to both groups. "I appreciate the fact that our morning student teachers get to see other students try their hand at planning meaningful experiences for the children. Sometimes the activities presented take root and get repeated by the classroom teachers," Durkin says.

For the dancers, the experience is also valuable. "Many of the dance students are likely to teach during their career, and this experience gives them a taste of that – sometimes influencing their choice of age group," Bergeron says. "My students love the energy and honesty of the children."

The program wrapped up on Monday, Oct. 31, with the final presentation of a lesson, as well as an invitation for the children to watch or participate in an open dance experience with the dance students.

Contributed by Frances Durkin

## 2017-2018 Enrollment & Calendar

The Lab School will be following the University of Minnesota semester schedule for the 2017-2018 school year. Our fall semester classes will begin shortly after Labor Day and go until the University winter break. Our spring semester will start later in January (after the Martin Luther King Jr. holiday). Spring session will have 1-week spring break, and end in mid-May.

More details as well as the tentative school schedule will be on the website prior to re-enrollment for the 2017-18 school year. Re-enrollment and sibling enrollment for current families will begin on January 17, 2017. Placement in the multi-age 5-morning classrooms will be by lottery instead of first-come, first-served this year - so no need to stress about turning in your forms on the first day! More information about re-enrollment/sibling enrollment for next year will be sent out on Friday, January 13.

# Fall Wish List

If you have any extra of the items below, please consider donating them to the Lab School.

- Pumpkins, other squash, and apples for snack recipes
- Kitchen timers or one-minute sand timers
- Pumpkin carvers
- Used ink jet cartridges and old cell phones for recycling
- Plastic, wooden, or aluminum containers and pieces for recycled art materials

Thank you!

## Fall Family Calendar

**November 17-18 - Oleanna Book Sale in the gym**

**November 24-25 - School closed for Thanksgiving**

**December 13 - Last day of fall term for 2 mornings class**

**December 14 - Last day of fall term for 3 and 5 mornings and afternoons classes**

**December 15- January 3 - Lab School closed for winter break**

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