

F A L L 2 0 1 7

the M^oore News

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

Welcome to Moore News

Welcome families to the 2017-2018 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 in creating the community, 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 more information.

We have a wonderful year planned with a variety of events. Our first event of the year is the Family Camping Trip on October 7-8th, quickly followed by Creativity Night on October 17th. Gym Jam is planned for the winter, the Spring Soiree later in the year and a variety of parent education offerings throughout the year. The first parent education event on the kindergarten transition will be held on November 9th and childcare will be available for the parent education events as well as the PALS meeting for a small fee.

If you would like to help with any of these events or general volunteering around the school, please find information in the hallway near the parent engagement wall.

If your child will be absent from school or late for arrival or pick up, please call the office at 612-624-9543 to let us know. Please be sure to lock your valuables out of sight when you leave your car around campus. At drop off or pick up please do not leave your car unattended on the curb, especially with any children or other valuables inside.

Thank you so much for your support and engagement in the school. We look forward to a wonderful school year! *Sheila*



Kid's Corner: Fall Fun!

Next time you are buying apples, instead of choosing a whole bag of one type of apple, purchase one of each breed that is available and give your child an opportunity to taste and rate their favorites. The Farmer's Markets and local grocery stores have a lot of Minnesota varieties ready and new apples continue to ripen through mid to late October. You can create a chart to choose favorites and add words that can help describe what they taste, feel, smell, and even hear when biting into one of the best parts of fall in Minnesota. You can also learn more about Minnesota apples, many that were developed here at the University of Minnesota, at minnesotagrown.com

		My Apples				
Name of Apple	How does it look?	How does it smell?	How does it feel?	How does it taste?	How much do you like it?	

Venturing Outdoors

“There is no such thing as bad weather, only unsuitable clothing” Alfred Wainwright

This school year we will be able to enjoy many beautiful and educational moments outside and we truly appreciate all of the laundry, packing of extra clothing, and probably cleaning of your car that has to happen when children so thoroughly explore their environment. 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. For winter 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 during the colder winter days.

Please remember to label outdoor gear and their extra clothing so we can be sure to get it back to you at the end of the day. 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 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 wintery 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 sledding, snowshoeing, or quinzhee (snow fort) making. If you have any questions about weather or gear, please contact me in the office at will0342@umn.edu or 612-624-9543.

Thank you for all that you do in support of this level of engagement with learning and exploration.

Camping Trip

Please join us for an adventurous outing with friends and family as we explore and enjoy the beauty of the Minnesota outdoors. Come for the Saturday activities (beginning at 3 p.m.) or pitch a tent and stay all night! There are a hiking trails, sand volleyball courts, fire pits at each group camp, wagons available for transporting equipment to the site and restrooms with running water! (There is also limited space available in the lodge for families wanting to stay overnight, but not in a tent.) *The lodge is has a large open space that 3-4 families can camp in overnight, however the bathrooms will be available for all and the entire lodge is the emergency shelter for our group.*

There are affordable, local places to rent gear for the weekend. Here are two resources:

- recwell.umn.edu/outdoor-adventures/gear-rentals
- rei.com/stores/rentals.html

Sign up for camping here:

www.SignUpGenius.com/go/30E0C4FACAB2DA0F85-labschool.



Parent Education

I hope you are enjoying the beginning of the school year! It's an exciting time for all of us - teachers, children, and caregivers! There are so many feelings you and your child may feel as you go through the first month of school. I came upon this article about separation and transitions that may be helpful to read as your child begins a new journey going to preschool. I shared this article with the families in my class, but it's worth extending it to the whole school. Please take a look:

pbs.org/parents/expert-tips-advice/2015/09/helping-preschoolers-cope-separation-anxiety. Here is another article from NAEYC (National Association for the Education of Young Children):

naeyc.org/yc/article/first_day_jitters

If you have any questions about the beginning of the school year, please don't hesitate to contact your teacher. Have a wonderful first semester!

Contributed by Ayuko Boomer, 2-mornings and 3-mornings Lead Teacher



Little Free Library

If you haven't had a chance to check out the Little Free Library just at the bottom of the stairs, we encourage you to take a peek, grab a book, or leave a book next time you are at school. If there is a green fabric cover over the books, it is just to help when there are small groups that may become distracted. Feel free to lift the cover and enjoy!

Staying Healthy at the Start of the School Year

We're all excited that another year has begun at the Lab School. It's not uncommon for children to catch some kind of bug shortly after starting school, with all of the children arriving and we do our best to keep the environments clean by sanitizing toys and materials daily...but that only goes so far. Washing hands is regular and frequent part of our days at school, and practicing at home. Other helpful reminders to keep children happy and healthy with the readjustment to the school schedule include being mindful about nutrition and meals – being at school uses a lot of energy! *FUN FACT:* turns out 4 year-olds use 66% of their caloric intake for brain grow and function – that's the highest percentage of use over the lifespan! So it's worth thinking about the meals and snacks provided, because your child is active for almost every minute of the 3-hour day at the Lab School – both physically *and* mentally...and socially, emotionally, and creatively, for that matter! Related to that: rest and sleep. These growing bodies need time to recharge after all that playing, so naps and/or quiet times after school can help your child not only feel better, but also keep their immune systems strong! Finally – and related to all of the above - keeping a schedule/routine. Predictable and regular schedules feel good to most (if not all) of us, and that's very true for young children. Setting and maintaining regular bedtimes (as well as meal schedules) help children's natural circadian rhythms stay balanced, meaning their behaviors are more likely to stay balanced, too.

Contributed by Ross Thompson, 5-mornings Lead Teacher

Current Research at the Lab School

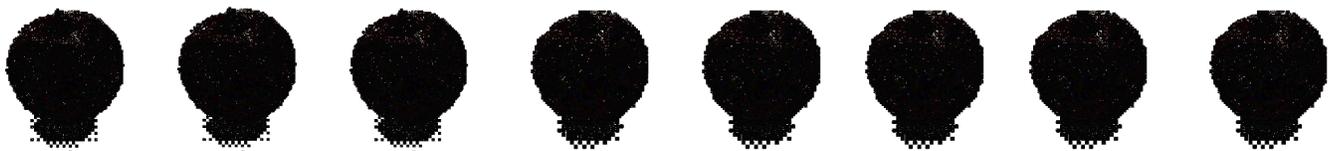
This fall we have two new research studies working with your children. The research labs conducting these studies focus on different developmental areas, so it will be exciting to learn the results in the next couple of years and how those results influence early childhood education practices and how we teach at the Lab School.

One study is performed by the Institute of Child Development's (ICD) Sera Lab and focuses on how young children learn multiple languages. Knowing more than one language has many developmental benefits and learning a second or third language as a child is the best time to develop linguistic skills. This study focuses on how children learn vocabulary words in a second language.

The second study is being carried out by the ICD Bioecology, Self-Regulation, and Learning (BSL) Lab. This study seeks to learn more about Executive Function (EF), a cognitive process developed throughout childhood and into early adulthood. Well-developed EF is important for school readiness, because it affects skills such as focus and attention to a task, self-regulation, and critical thinking.

These two studies have great implications for developmental psychology and the education of young children. Like other research happening at the U of M and at other institutions around the world, we hope to use the results to provide the best education for your children. If you have any questions or concerns about the studies, please contact Sheila at will0342@umn.edu.

Contributed by Pam Miller, 3-afternoons Lead Teacher & Lab School Research Liaison



Scholastic Book Orders

You can find books focused on early learners, STEM (Science Technology Engineering and Math), and books available in other languages. Some of our favorites from the September/October selection include: Not a Box, Worm Weather, Because of an Acorn, How Do you Say? ¿Como se dice?, Dog on a Frog, ¡Tiempo de Calabazas! (Part of the fall pack), Classics to Share Pack including (Whistle for Willie, Swimmy, Mama, Do you Love me and more), Perfect Square, These Rocks Count, and National Geographic: One World, One Day.

There are many more amazing stories available at an affordable price. When ordering online use our Class Activation Code **H7MHT** and the books will be delivered to your child's classroom. You can order at any time and books will be delivered to the Lab School about once per month. Here is a link directly to the book club page for our school: (<https://orders.scholastic.com/H7MHT>)

PALS

The Parent Association of the Lab School (PALS) is one of the best ways for you to get involved in your child's experience at The Shirley G. Moore Lab School. This committee helps to plan all of the family activities (camping trips, creativity nights, etc.), parent education events (experts lead discussions on topics of interest such as transition to Kindergarten), and fundraisers (book fairs, Gym Jam and the Spring Soiree) for the school year AND it only takes 1.5 hours of your time, three times a year! Please contact Sheila or one of the current co-chairs, Samira Afzali or Katie Gross, for more information.

**Our first meeting of the school year is October 25th
from 6-7:30 p.m. in ICD room 105.
We hope to see you there!**



Picture Day

Picture Day is coming up soon on October 24th and 25th. Each child will have the opportunity to have their photo taken and a proof sheet will go home afterwards so you can choose your favorite pose and order. We ask that families bring their child into the photographer at the beginning of class.

More details on the schedule will be available in early October.

If you would like to volunteer to help on picture day we would appreciate your assistance. A parent helper assists staff in getting the children into the photographer if families are unable to stay. Lifetouch provides an extra benefit to say thanks to parent helpers. As a token of appreciation for helping out, two parent volunteers can receive \$50 toward their portrait purchase from Lifetouch Preschool Portraits. It's a few hours of fun with the children and you get some extra money to spend on something that perfectly captures your preschool student. If you're interested in being one of our two parent helpers for Picture Day please contact Sheila at will0342@umn.edu

Creativity Night

Creativity Night is an annual community-building event at the Lab School. It's a chance for families to come to school and get to know each other as they collaborate on movement, music, and art activities. This year family and friends are invited to join us for Creativity Night on Tuesday, October 17th from 6:00 – 7:30. Come dance and drum on the playground, explore sensory experiences in Ayuko's room, and participate in a group weaving or mural. This is a family event, so plan to join your children for the evening! A light snack will be provided.

Fall Family Calendar

All evening events meet from 6- 7:30PM

Oct. 7-8	Family Camping Trip
Oct. 17	Family Creativity Night
Oct. 19-20	School Closed - Conferences
Oct. 24-25	School Picture Days
Oct. 25	PALS Meeting
Nov. 9	Parent Education Discussion: "Transition to Kindergarten"
Nov. 16-17	Oleanna Book Sale
Nov. 23-24	School Closed – Thanksgiving
Dec. 21	Last Day of School for fall semester
Dec. 22-	
Jan. 16	School Closed – Winter Break

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