

S P R I N G 2 0 1 6

# Moore News

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

## Thank You Families!

Thank you for making this school year so successful! Gym Jam, the Adopt-A-Family drive, Spring Soiree, the Green Market & Playground Clean Up, and the day-to-day school experience: we couldn't have done it without you! Please help us celebrate the wonderful school year at our End of School Celebration!

The celebration will be on Wednesday, May 25 from 6 – 7:30 p.m. (In case of rain the party will be held on Thursday, May 26).

We'll provide the pizza, fruit, and beverages for everyone and activities on the playgrounds. Bring a blanket and settle on to the ICD front lawn for a special appearance from the **Teddy Bear Band** at 6:45.

Bring the whole family (stuffed friends welcome too) and prepare to celebrate the end of another great school year!

## Welcome Spring!

The weather is continuing to warm and we are in full swing for the spring session at the Lab School. Indoors and outdoors there are so many things to do and explore in this season. The newsletter is full of news, ideas, and events to help us take full advantage of our special time together.

### Save the Date!

Spring PALS Meeting

May 12<sup>th</sup>

Year End Celebration

May 25<sup>th</sup>  
(Rain date May 26<sup>th</sup>)

Family Camping Trip

May 28-29th



## Taking the Arts Outdoors

In the last few weeks, as the weather has warmed up, we have brought the arts out to the playground. This is something you can do at home too. Messier arts like paint are less of a problem when done outside, and children may be inspired by what they see in nature as they paint. You can bring out clay or play dough and then add natural materials that you find in your yard to your sculptures.

Our outdoor arts have been supported by our new rectangular table and benches (purchased with Gym Jam funds!) which was assembled by children in the afternoon classes (with help from Sheila) and then carried out to the playground. Enjoy these photos of Lab School children at work with natural materials making collages.

*Contributed by Frances Durkin*



*Children collected water from the rain barrel to add to their experience.*

## Student Parent HELP Center Adopt-a-Family

This winter, the Lab School participated in the Adopt-a-Family program at the Student Parent HELP Center. Overall, the HELP center served 87 student families this year, representing a total of 148 very happy children. Thanks to your donations, the families of the Lab School helped two families have a special holiday this year. Below are the responses from the families we adopted:

### *Family 10*

*Thank you so much for your generosity! It has truly touched my heart. I am so very appreciative. Your family is the kind that makes the world a better place. Thanks again. Happy holidays!*

*Sincerely,  
Your Adoption Family*

### *Family 64*

*Thank you for your generosity and kindness. Your gifts will help make our Christmas extra special. We hope you have a great holiday.*

*God Bless,  
Janette and Elijah*

## Spring Camping Trip

**Spring is here and our thoughts are turning towards warm outdoor adventures!**

This year's Lab School Camping trip will be Saturday, May 28<sup>th</sup> – Sunday, May 29<sup>th</sup> at Spring Lake Park Reserve in Rosemount. The annual camping trip is a great way for families to connect with each other and to explore with the children together. It's a fun opportunity to explore the outdoors and to experience an overnight trip with their families AND classmates!

Claire's son Nathan's first camping experience outside of the backyard was the Lab School camping trip! It was a great way to experience such an adventure alongside familiar teachers and friends from school. They had fun picking out the perfect spot for their tent, putting those poles together and setting it up, joining friends for a picnic dinner, singing campfire songs, and reading bedtime stories in the tent with a flashlight. Their evening was complete with weather-related adventures and the tent got soaked but they had a great time and even took a hike the next morning to the river. It has made them want to return year after year for the annual tradition. Their family has really enjoyed getting to know other Lab School families better and it has been great for the children to interact with each others' families. The campground is big enough for adventure but small enough to run into familiar faces along the paths everywhere.

Roozbeh and Samira are excited to begin a family tradition of camping with their son Aurang at the Lab School Camping trip. Aurang has shown a growing interest in exploring nature, and enjoys hiking and experiencing the outdoors. They are looking forward to spending time together and getting to hang out with other Lab School families at the campground.

There will be time to explore the campground with a scavenger hunt, have dinner with other families at the group campsites, and join in for a sing- along, group bonfire and treats! In the morning we can go on a nature hike to the Mississippi River. If you wish to join in for just the dinner and the sing-along/bonfire that is an option as well.

Mark your calendars for May 28<sup>th</sup> and watch out for more information about signing up for the camping trip soon!

Interested in volunteering for the camping adventure? We are looking for volunteers to help with greeting families as they arrive and find their campsites, setting up/facilitating s'mores/campfire treats, building/tending the group campfire, leading sing-along songs, purchasing supplies for campfire treats, transporting balls and other supplies from Lab School, clean up, or other camping activities you would like to share!) If you are interested in volunteering, please contact Claire Sanga: ([clairesanga@gmail.com](mailto:clairesanga@gmail.com)) or Roozbeh Shirazi ([shir0035@umn.edu](mailto:shir0035@umn.edu)).

Hope to see you there!

*Contributed by Lab School parents Claire Sanga & Roozbeh Shirazi*

## Hiyashi Chuka

Ever get stuck on what to make on a hot day? This is our family favorite and we try to make it often as we can because it is quick and satisfying. It is inspired from a Chinese dish and the word “chuka” means Chinese food. However, this is a pretty common dish in Japan, and many Japanese families have had it at one point or another. Enjoy!!

*Contributed by Ayuko Boomer*

### Ingredients

#### *Noodle Dressing*

6 Tbsp. soy sauce

4 Tbsp. sugar

3 Tbsp. rice vinegar

2 Tbsp. sesame oil

2 Tbsp. water

1 Tbsp. roasted white sesame seeds

¼ tsp. grated ginger

½ – 1 tsp. La-yu (Japanese Chili Oil)

#### *For Shredded Egg Crepe*

2 eggs, beaten

2 tsp. sugar

¼ tsp. salt

Oil

#### *For toppings*

1 Japanese cucumber (1/3 English cucumber), julienned

1 iceberg lettuce, shredded

½ tomato, cut into wedges

radish sprouts

3-4 slices of ham

#### *Other topping options:*

Shrimp, shredded steamed chicken tender, blanched bean sprouts (blanched), wakame seaweed, nori seaweed strips, etc.

#### *Noodles*

3 6-oz fresh ramen (chukamen) noodles

#### *For Garnish*

1 Tbsp. roasted white sesame seeds

Karashi hot mustard (optional)

Pickled red ginger (beni shoga)(optional)

Serves: 3

### Instructions

1. Combine all the noodle dressing ingredients in a medium bowl and whisk all together. You can keep it chilled in the refrigerator.
2. For eggs, you make thin egg crepe and cut into thin strips. Whisk together the eggs, sugar and salt. Heat the oil in the pan over medium heat. Pour the egg mixture into the pan and cook on both sides.
3. Cut all the topping ingredients and cut crepes into thin strips.
4. For the noodles, bring a pot of water to a boil and add the noodles, separate the noodles before dropping into water. Cook according to package directions. Drain the water and rinse the noodles to remove starch. Soak the noodles into a bowl of ice water to cool. Drain completely and divide the noodles on plates/bowls.
5. Place all the toppings and pour the dressing before serving. Serve with karashi hot mustard and pickled ginger on the side, if desired.



## Risk Taking is a...Good Thing

Spring has sprung. April showers will hopefully bring May flowers. And all of that means lots more outside-time for families. With the longer days and more time in the sun, many of you are already thinking about some key safety tips: regular sunscreen application (or suitable sun-coverage clothing), frequent water and shade breaks, insect repellent, plenty of fuel and rest to recharge those growing bodies. But what if I suggested that you encourage more playing in the dirt, climbing trees, jumping from tree stump to tree stump, or traveling *without* shoes? Even reading that sentence might have made your pulse increase slightly. Now make a quick assessment, was that increase related to: nervousness or excitement? There isn't a right or wrong way to feel. Where you are at with this "riskier" play is *exactly* where you're supposed to be. However, I'm here to help you see the benefits of taking safe risks and challenges, and invite you to take some risks yourself!

Immediately a few additional questions might be running through your mind: what if my child gets hurt; what are the *real* benefits to this; is it really worth the hassle and stress; but really...won't they get hurt!?! These (and the others you may have) are all valid questions, and of course my goal as a teacher is to send your child home in even better condition than when they arrived – have learned something new that they can use later in life. With the play mentioned above, your children are learning *many* valuable lessons. One of the biggest skills gained – TRUST. Children learn to trust themselves in their ability to make challenging, but safe choices. When given the opportunity to try (and succeed), their SELF-CONFIDENCE (another skill gained) also starts booming. It is that self-confidence that spans into other challenges later in life: sticking it out and trying more than once to solve a challenging math question, asking a new student to play a game on the playground, trying to draw that an elephant even though it might not be "exactly right" initially, standing up for themselves or a peer if someone is teasing them. With that early trust and self-confidence at the foundation, your child will be ready for the many challenges that await them later in life.

Now, this doesn't mean letting your child find their way on top of the garage, jumping into the adjacent pine tree, and climbing their way down! There are risks, and there are hazards (where serious injury may be a result). And this goes back to your assessment of comfort with riskier play. When a "risky" situation comes up, see if it would chance to allow for a little extra trust building to take place. Want a bit more to read on the topic? [Follow THIS link](#) for a number of articles/publications about the benefits of risk-taking.

"Hey, didn't you mention something about going barefoot?" Turns out, wearing shoes all the time (especially as children) may be causing more harm than good. If you think about it, we don't ask children to wear gloves on their hands year-round, do we? Here's [another article](#) to get you thinking about the topic.

This spring/summer, I encourage you to take (at the very least) a small step out of your comfort zone in regards how/what your child(ren) play this summer. Trust yourself, trust your child(ren), and you'll see some amazing things happen!

*Contributed by Ross Thompson*



# Creativity

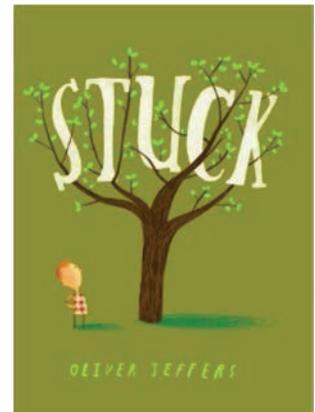
Over in the “Kid’s Corner” section you’ll find instructions on how you and your child can make a kite together. This month’s creativity section builds on that activity and offers more suggestions for how you can take advantage of our windy spring weather!

The book *Stuck* by Oliver Jeffers tells the story of a child who gets his kite stuck in a tree... and tries some creative ways to get it un-stuck. The book is lovely and can be used to promote conversations with your child about creative problem solving. How would YOU get a kite out of a tree??

## Wind Walk

On the next windy day, take your child outside for a walk.

- Together, look for all the things the wind is moving around.
- Can you see a flag blowing in the wind?
- Is there a leaf being pushed along the road?
- Are the tree branches swaying?
- Stand still for a moment and enjoy the feeling of the wind blowing across your face.
- Help children understand that even though the wind is invisible, we can still see the effects of the wind.



Parent Aware



The Lab School has earned a Four Star Parent Aware Rating. This is the highest possible rating. This rating demonstrates a commitment to providing quality early care and education. In addition to our NAEYC accreditation this program assessment recognizes the commitment of the families, staff, and community to provide the best possible experiences for the Lab School children.

**Thank you to all of the families who participated in surveys during the accreditation and to all of the volunteers and staff who continue to make this community a wonderful place!**

Make a Kite!

# Kids Corner

Corner A

Decorate this page and follow steps 1 – 4. Put string through the hole and go fly your kite!

- 
- 1. Fold paper in half
  - 2. Staple B here
  - 3. Hole Punch
  - 2. Staple A here

Corner B

Submitted by Amy V.

## Fundraising Update

This year's *Gym Jam* was a great success! Held on February 13 at Bierman Field, we raised \$3,500 for a new water and activity table for the small playground, and a beautiful table and set of benches for the large playground. The equipment has arrived and the children are enjoying them each day.

A big THANK YOU to everyone who attended Gym Jam and donated to help us continue improving the school's equipment!

The 11<sup>th</sup> annual *Spring Soiree* was held on April 23 and a good time was had by all. The auctions and games raised over \$11,000 for the Alex P. Galle Scholarship Fund. The money raised at Soiree will provide tuition assistance to families who might not otherwise be able to afford to send their children to the Lab School.

### *There's Still Time to Give*

If you can help keep Lab School affordable for all families please send a check to the Lab School at 51 E. River Pkwy, Minneapolis, MN 55455 or you can give online [by clicking here](#).

## Spring Family Calendar

May 12: Spring PALS Meeting

May 25: All-School End of the Year Celebration (Rain date May 26)

May 28-29: Family Camping Trip

June 2 & 3: Last Days of Spring Term

June 20: First Day of 6-Week Summer Session & 3-Week Summer Session I

July 11: First Day of 3-Week Summer Session II

