

S P R I N G 2 0 1 7

Moore News

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

Happy Spring!

We have a very busy spring season here at the Lab School and we hope this will offer your family many ways to be engaged in the community. First up is the Spring Soiree, an adults-only evening to raise funds for the Lab School scholarship program to be held Saturday, April 8th. If you haven't RSVP'd you can do so now, or just join us.

Very quickly after the Spring Soiree is the Family Creativity Night. This event is featured here on page 4.

There is a PALS meeting on April 19th where we will check in on the new building process, discuss next year's calendar, and plan the spring and fall events.

On Saturday, April 29th will be the Lab School Green Market and Playground Cleaning Day. If you are tripping over stacks of children's books, have piles of outgrown and unused toys, or just need a change of puzzles, books, and toys please join us! You can bring in items that your family has outgrown, and choose new items to enjoy...all for FREE! You do not have to donate to attend the market and select new items for your family. (Items left over will be donated to a charity). You are also invited to bring a rake and help us clean up the playground during the event.

The All-School Year End Pizza Party will be held on May 24th with a rain date of May 25th, this event will include a few activities, an interactive performance by the Teddy Bear band, and pizza. To end the year we will have the Lab School family camping trip on May 27-28th 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! Information to sign up for this event will be emailed in late April. I hope to see you at some of the events this spring. Thank you for your support and engagement that make the Lab School a truly special community for children, the student teachers, the families and staff.

Sheila

Save the Date!

Spring Soiree

April 8th

Family Camping
Trip

May 27-28th

Year End Celebration

May 24th
(Rain date May 25th)

Cooking

Looking for a way to begin new cooking traditions with your family? Try “reading and eating.” Finding cooking inspiration from a favorite book can help build your relationship, offer sensory experiences, and develop literacy skills.

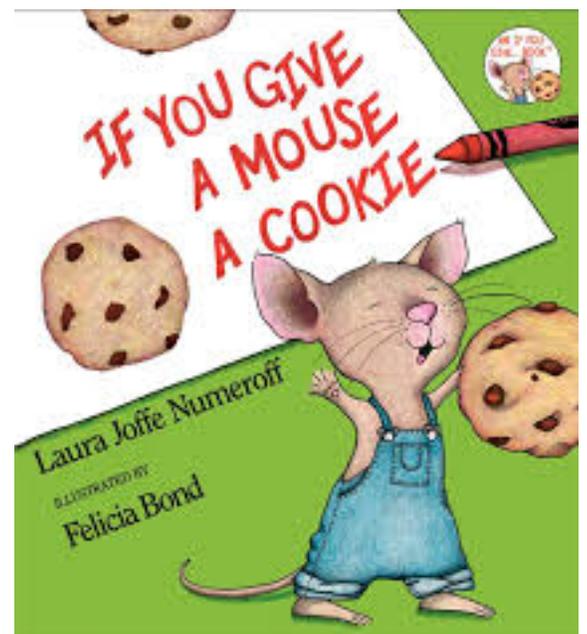
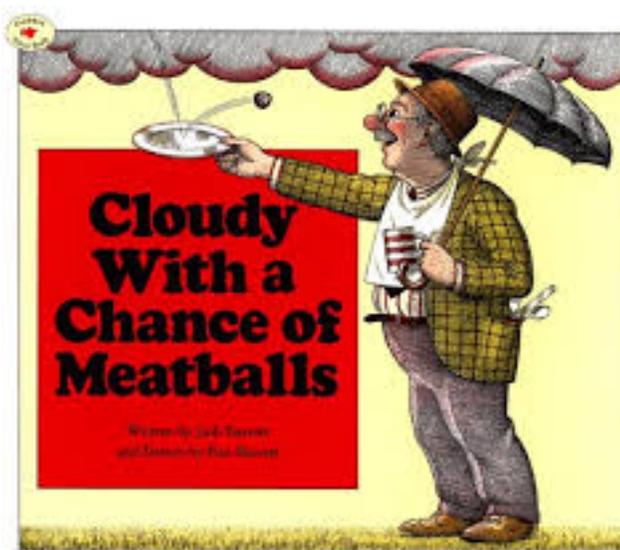
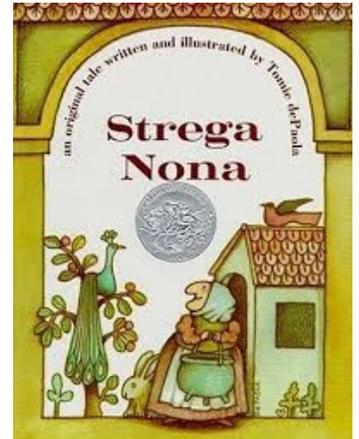
The list of books that involve food goes on and on, but many classic children’s books lend themselves to the “reading and eating” experience:

Goldilocks and the Three Bears: The story of the Three Bears is a predictable story with plenty of repetition and sequencing. Sequencing is a skill that is needed in daily life, as well as in reading and math comprehension. And of course this story begs for a porridge meal (oatmeal, cream of wheat, etc.) You can decide with your children what will make it “just right,” for them.

Green Eggs and Ham, by: Dr. Seuss: Allow your child to add a little green food coloring or pureed spinach or basil into your scrambled eggs. If your children don't like the look of green eggs, ask them “Would you eat them in the boat? Would you eat them with a goat?” Rhyming is a key pre-literacy skill. Cooking and rhyming is a great literacy activity for the family.

Pancakes, Pancakes, by: Eric Carle: This book illustrates a way to make pancakes beginning with graining the flour and the author provides a step by step recipe to make pancakes at home. Foster math skills by asking your child to help with simple ingredient gathering and combining: “The recipe says we need 2 eggs. Can you count out 2 eggs from the carton?”

Good meals and good books are always best when shared with someone you love! Try finding a special book/cooking project that can become a treasured childhood tradition.



Contributed by Elizabeth Criswell

Contributed by Marie Lister

Supporting Executive Function Skills Through Play

The term “executive function skills” is something you may have come across while reading about or discussing early childhood education. It’s one lens educators, researchers, and caregivers are using to untangle the web of early childhood experiences in an endless quest to determine what impacts children’s development. Executive function skills are often broken down into three facets: cognitive flexibility, working memory, and inhibitory control. The University of Minnesota’s Institute of Child Development is a national leader in executive function (EF) research, and the Lab School classrooms incorporate the development of EF skills into the children’s daily experiences. By providing materials, activities and support that intentionally allow children to problem solve, share ideas, and reflect on their experiences, teachers strive to help the children in their care develop strong EF skills that will serve them well as they navigate future learning environments. As we head in to the spring and summer, here are a few ways you can continue to support your child’s burgeoning EF skills!

Provide open-ended materials and experiences for your child and use, and support their exploration with open-ended questions (i.e. questions that have no wrong or right answers). Cardboard boxes, sticks, rocks, and large pieces of fabric are all examples of open-ended materials. Experiences with materials like these allow children to exercise their EF skills as they play. Want to play pirates? How can you make a pirate ship out of a cardboard box and sticks? (*Problem solving is an aspect of cognitive flexibility*) Do you remember what a pirate ship looks like? What pieces do you remember? (*Recalling past experiences and information and bringing it to bear on the current situation is an example of working memory*). You have to move your body very slowly and carefully so that you can hang the pirate flag on top of the constructed ship (*the self-control needed to complete that task successfully is an aspect of inhibitory control*). As you watch your children play you’ll witness them encounter and navigate these EF building experiences on their own. Children solve problems, recall information, choose their responses and control their bodies in a million different ways, both big and small on a daily basis. Now that you know a little more about EF, can you identify some places that your child is already exercising their EF skills?

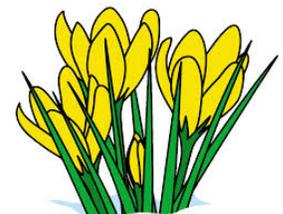
If you would like to learn more about this topic come to our Parent Education night on May 16, 6:00 – 7:30 pm in ICD rm 105.

Contributed by Marie Lister

University News

[UMN Reinvests in Historic Heating Plant](#)

Curious about all that steam you see when driving to the Lab School? It's coming from the former "Old Main Heating Plant." The university is in the process of updating the facility. The project, which started in 2015, is expected to reduce UMN's net carbon footprint by about 10 to 13 percent.



Spring Camping Trip

Spring is right around the corner and our thoughts are turning towards warm outdoor adventures!

This year's Lab School Camping trip will be **Saturday, May 27th – Sunday, May 28th 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!

My 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. We had fun picking out the perfect spot for our tent, putting those poles together and setting it up, joining friends for a picnic dinner, singing campfire songs, and reading bedtime stories in our tent with a flashlight. Our evening was complete with weather-related adventures and our tent got soaked but we had a great time and even took a hike the next morning to the river. It made us want to return year after year for the annual tradition. Our 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.

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.

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 Sheila at will0342@umn.edu

My boys are already asking when we will be going on the Lab School camping trip! We have great memories from each year. Hope to see you there!

Contributed by Lab School Parent, Claire Sanga

Creativity Night

Please join us for Creativity Night on April 12th from 5:30-7:30. We are hoping for warm dry weather so we can hold all creative festivities outside! In front of the school you will be welcomed by oral storytelling. On the large playground there will be a collaborative weaving project as well as a dancing and a drum circle. The small playground will host sensory play with water, sand, and play dough. Snacks will be provided indoors. This is a free event and open to all Lab School families to explore and play together.

Spring Health & Safety

With temperatures rising, children's need to stay hydrated increases, as well.

It's spring! And that often means more time outside running, jumping, climbing, and swinging. However, because it's Minnesota, your child might still need a few extra layers until the temps *truly* increase...and extra layers often means sweatier children. Then, and hopefully sooner rather than later, spring will turn into summer and the temps (and humidity) will *really* increase, which results in even *sweatier* children! As you can imagine, I'm all for getting children outside and using their bodies to their fullest capabilities, but I also want them to do so safely. Taking regular water breaks are a helpful idea to keep your child(ren) hydrated and happy. Even if it's just a quick sip, replenishing fluids is key when the activity levels increase. Dehydration can come on sooner than expected – see the links below for ways to recognize the signs of dehydration. Young children are just learning to “listen” to their bodies, and “[t]hirst is not a good sign of dehydration.” according to a post from kidshealth.org.

Young children also need regular breaks to recharge and reset their bodies. As adults, it takes quite a few minutes of strenuous activity to reach our target heart rate, and then even longer sustained activity levels to “see the results” of that workout. Young children are quite the opposite. Because their bodies are still growing and developing, they need frequent and short bursts of high-paced activity with regular “breaks” to let their heart, lungs, and muscles recover and get ready for the next round. Again, I'm all for getting and keeping kids moving, but we need to do so in healthy ways. And I'm always a fan of encouraging you, the adults, to get out there and play those games with your child(ren). Adults can and do benefit just as much from playing as children so...because fun is great for everyone!

Water and dehydration links:

<http://www.eatright.org/resource/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

<http://kidshealth.org/en/parents/dehydration.html>

Contributed by Ross Thompson

Music Students Coming in April

Keep an ear out for new tunes from your children over the next month. Four students from the U of M's Music Education program will intern with morning Lab School multi- aged classrooms starting April 4th. The four will eventually gain their license as music educators ages Pre-K through high school.

This is the 6th year that the Lab School has partnered with Dr. Akosua Addo, Associate Professor, in helping to train the students. They will observe for two weeks on Tuesday mornings from 8:30 to 9:45am and then spend three consecutive Tuesdays leading music experiences during morning meeting in Ross and Amy's class. We always enjoy having the Music students work with us, as they offer new song ideas and demonstrate teaching techniques that are useful for our teacher candidates.

We encourage them to read about what our children are learning and, where possible, incorporate themes from our curriculum into their plans. According to Dr. Addo, her students find themselves challenged and frequently enthralled by their mini-internship. "One student was set on the idea of becoming a high school band teacher, but found himself so intrigued by the experience at the Lab School that he ended up becoming an elementary music teacher instead."

Contributed by Frances Durkin

Kids Corner

Spring is here to stay! The children will begin noticing little plant buds sprouting and bugs and insects crawling and flying around. You may even hear some birds singing and chirping around. Speaking of singing...below are some songs you can sing with your children during this Spring season!

Stormy Day (to the tune of wheels on the bus)

The rain on the roof goes tap tap tap, tap tap tap, tap tap tap,
The rain on the roof goes tap tap tap, on a stormy day.

The hail on the roof goes thump thump thump.....On a stormy day.
The thunder in the clouds go boom boom boom....On a stormy day.
The wind in the trees go whoo whoo whoo.....On a stormy day.
And then...the rainbow in the sky goes all around, all around, all around....On a sunny day.

From the Seed in the Ground (For rhythm, please look up on youtube)

*If you got the sun
if you got the rain
you can plant the little seed in the old back lane
if you rake and you hoe
and you keep the weeds down
you might find oh you might find...

A root growing down from the seed in the ground

*Repeat
A shoot growing out from the root from the seed in the ground

*Repeat
A stem growing out from the shoot from the root from the seed in the ground

*Repeat
A flower growing out from the stem from the shoot from the root from the seed in the ground

*Repeat

A seed growing out from the flower from the stem from the shoot from the root from the seed in the ground.

Herman the worm (chant - please look up on youtube)

*Sitting on the fence post chewing my bubble gum playing with my yoyo

Woo woo and along came Herman the Worm and he was this big (indicate small size with hands)
I said, "How are you?"
He said, "I'm fine."

*Repeat
Woo woo and along came Herman the Worm and he was this big (indicate bigger size with hands)
I said, "Herman, what happened?"
He said, "I ate my shirt."

*Repeat
Woo woo and along came Herman the Worm and he was this big (indicate bigger size with hands)
I said, "Herman, what happened?"
He said, "I ate my pants."

*Repeat
Woo woo and along came Herman the Worm and he was this big (indicate small size with hands)
I said, "Herman, what happened?"
He said, "I burped, excuse me."

Contributed by Ayuko Boomer

CALL FOR VOLUNTEERS



If you have a little extra time while you are around the Lab School, consider helping with our library catalog update. Parent John Babcock has helped set up an online system that allows us to find books by keyword, author, title, etc. We have about 15% of our Lab School library currently in the system and could really use your help. Email Sheila at will0342@umn.edu if you are interested in helping with this project.

Spring Family Calendar

April 8: Spring Soiree 6:30-9:30pm at Dodge Nature Center

April 12: Creativity Night 6-7:30pm

April 19: Spring PALS Meeting, 6-7:30pm in room 105

April 29: Green Market & Playground Cleaning Day

May 27-28: Family Camping Trip

May 24: All-School Year End Celebration

May 29: No School- Memorial Day

June 2: Last Day of School

June 12: First Day of Summer Camp