

W I N T E R 2 0 1 5

the  
**M**oore News

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



## Welcome back!

It's winter in Minnesota and we are happy to be back at school for fun in the snow! Several of the winter sledding parties had to rescheduled or changed to hikes because of the lack of snow earlier in the season, but we hope to make up for it in January and February with lots of snowy activities.

Please remember there is no school on Monday, January 19<sup>th</sup> in observance of Rev. Dr. Martin Luther King Jr. and the work that he did to help make communities like ours a reality.  
Thank you.

## Thank you families!

Thank you to all of the families for volunteering throughout the school. Your help with dishes, getting children ready for the outdoors, and so many other tasks are incredibly valuable to our community. Thank you to John Babcock for getting our new library cataloging system ready. See the back of the newsletter on how you can help with this project. Thank you also to Wanda Friedrich who generously sewed 42 neck warmers so all children at the Lab School can safely and comfortably enjoy the Minnesota winter.

In addition, your donations to the Simpson House last fall made a big difference in the lives of families in our community. The products you donated, including diapers, household goods, food, and toiletries provided about \$2000 worth of goods to their program. Thank you for your generosity and for your support of our community and a special thank you to Jill Peterson for coordinating the effort.

Beginning this year we will begin a subcommittee from the Parent Association of the Lab School that will focus on community outreach and service. Some of the initial ideas for activities of this committee include building a garden box and providing seedlings for a local preschool, generating art for children at a local hospital, or a fundraiser to provide materials to a school in our area.

If you would like to get involved with this committee, please email me at [wil10342@umn.edu](mailto:wil10342@umn.edu).

*Sheila*



## Kindergarten Information

Our "Transition to Kindergarten" parent meetings were last fall, but there are still a variety of ways to learn about kindergartens in the metro area. It's a great time to introduce you to the Lab School Kindergarten Network. This is a list of alumni parents whose children have made the leap from preschool to elementary school in the past few years. The parents on this list have agreed to be contacted by current Lab School families and talk with you about the school they selected. We hope this will allow our parents to be better informed as they move forward with choosing a school for their children. The link to the Google Doc is below; the list is sorted by school:

<https://docs.google.com/spreadsheet/cc?key=0AqRNIjyfsiqwdGswdVEydmRCN1dYVnFSZWhrSkZsM2c&usp=sharing>

**Minneapolis School Fair & Showcase**  
**January 31<sup>st</sup> at the**  
**Minneapolis Convention Center**  
**from 9am-2pm**

**Saint Paul Public Schools**  
<http://www.spps.org>

(School Fair & Showcase were held on January 10)

## Parenting

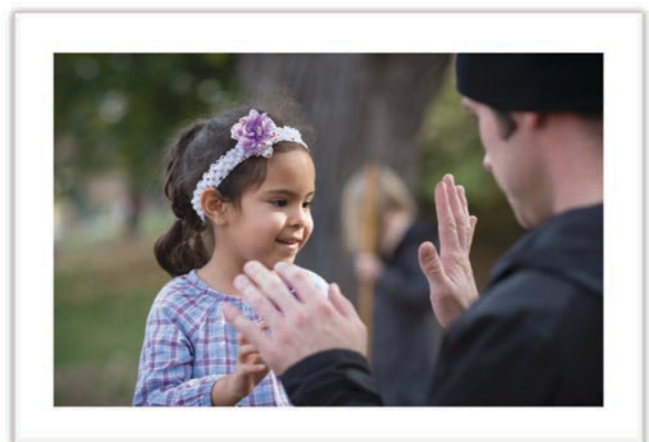
### Transitioning Back to School

Welcome back!

I hope you all had a wonderful month long winter break when the children had more time to spend with their families and caregivers. Coming back from Winter Break, however, can be an adjustment for some children and families. Some children may return back very excited and ready to play, while other children may miss their "winter break routine." You may find that you have to add a new routine to create a positive transition. Transitions can be difficult at any given moment. Here are a few sites that may help form positive routines and transitions as you adjust back to the Lab School and/or new schedule:

- <http://www.zerotothree.org/child-development/social-emotional-development/love-learning-and-routines.html>
- [http://raisingchildren.net.au/articles/family\\_routines\\_how\\_and\\_why\\_they\\_work.html](http://raisingchildren.net.au/articles/family_routines_how_and_why_they_work.html)
- [http://raisingchildren.net.au/articles/family\\_routines\\_creating\\_new\\_routines.html/context/312](http://raisingchildren.net.au/articles/family_routines_creating_new_routines.html/context/312)

Contributed by Ayuko Boomer





## Confetti Soup

I don't know about you, but all I want during the cold winter months is soup, soup and more soup! Making soup can be a fun activity for the whole family. The following recipe provides plenty of opportunities to chop, measure and pour- and the result is a delicious, healthy, colorful soup sure to warm up those long winter days. Enjoy your Confetti Soup!

**Prep time:** 1 hour

### What you need:

- 2 teaspoons canola oil
- 2 cups raw carrots, diced
- 1/3 cup raw kale, chopped
- 1/4 cup onion, chopped
- 1/4 cup celery, chopped
- 1/2 teaspoon black pepper
- 3 1/2 cups water
- 2 tablespoons raw parsley
- 1/4 teaspoon whole fennel seed
- Pinch of crushed red pepper
- 1 pound black-eyed peas
- 1/2 pound turkey ham
- 1/2 teaspoon salt

### Equipment and Supplies

- Strainer
- Large stockpot
- Measuring cups/spoons
- Oven/stove

### What to do:

Place a large pot over medium high heat. Add the oil, chopped onion, and chopped celery and cook until translucent (the pieces will be soft and you can sort of see through them).

Add the diced carrots, salt, pepper, fennel seed, and crushed red pepper. Cook for 2-3 minutes. Add the black-eyed peas and water and cook for 25-30 minutes.

When the peas are soft, add the turkey ham and kale and cook for another 10 minutes until the kale is tender.

Adjust seasoning (if necessary) and serve.

Recipe makes about six servings

Find more healthy recipes at <http://kidshealth.org/kid/recipes/>

Contributed by Marie Lister



## Lab School Visitors

Three early childhood professionals from Brazil will be visiting our school during the last week of January. These educators work with our student teachers when they participate in teaching programs in Brazil. Last year three of our student teachers worked closely with the educators that will be visiting our school. They are in Minnesota throughout January learning about our program, how schools in Minnesota facilitate teaching in two languages in dual language programs and to enhance their own teaching practices. Please welcome Valesca, Wendell, and Deusa into our community if you see them here between January 26-30<sup>th</sup>.



**The English Teaching Team in Brazil**

Enrollment for the 2015-2016 school year begins January 15<sup>th</sup>. Please check your email for applications and turn them in by Friday, January 30<sup>th</sup> for priority registration.

## Take a Look at Assessment at the Lab School

We would like to take a moment to introduce our new assessment program at the Lab School. We are piloting Work Sampling & the Ounce Scale, both are part of the Work Sampling System developed by Dr. Samuel J. Meisels and distributed by Pearson Early Learning. Research in *Early Childhood Research Quarterly* 10(3), 277-296 indicates information collected in the Work Sampling System is reliable and valid in measuring children's achievement. In an analysis involving 100 kindergartners, the system proved to be an accurate predictor of performance on individually administered norm-referenced tests (NRTs), even when researchers controlled for the potential effects of gender, age and initial ability.

The Work Sampling System will be a core component of the Lab School assessment of toddler and preschool children. We found that the Work Sampling System best provided a tool to measure of all of the domains used in the Minnesota Early Learning Standards. This new assessment tool as described by the publisher will help your child's teacher collect information on each child's work and compare it to age-specific guidelines; identify what children are learning, what they are beginning to master, and what they still need to work on; and use observations to inform curriculum and instruction planning. If you have questions about the new look of assessments at the Lab School, please contact your child's teacher or Sheila.

## KIDS CORNER

### Fun Winter Jokes

Q. What do you get when you cross a shark with a snowman?

A. **FROSTBITE!**

Q. What do Snowmen have for Breakfast?

A. **SNOWFLAKES**

Q. How does a Snowman get to work?

A. **BY ICICLE**

Q. What do you call a snowman in the summer?

A. **A PUDDLE**

Contributed by Elizabeth Criswell



### Creativity

*Connecting with the outdoors through creative activities is a great way to help children appreciate and enjoy our cold Minnesota winters.*

#### Paint the snow!

Fill a few squirt bottles with water tinted with food coloring. Using the primary colors red, blue, and yellow will allow for color mixing. The snow is your canvas!

#### Ice Gems

Use interesting shaped containers, or raid your recycling bin, and fill with water tinted with food coloring. Place outside to freeze. Release the ice gems from their molds and use them to create sculptures or decorate snow forts and snow people. You can also hide a few ice gems around your yard and create a scavenger hunt.

#### Ice Ornaments

##### Step 1

Fill cake pan with water. Place cup filled with coins towards the edge of the pan and place in freezer or outdoors. Freeze for 1 hour or until the ice is partially frozen.

##### Step 2

Keeping pan inside freezer drop various shades of food coloring in the partially frozen water. Leave to thoroughly freeze (approximately 3 hours).

##### Step 3

Remove pan from freezer and keep at room temperature for about 15 minutes or until it begins to loosen up. Remove coin filled cup and then remove Ice Sun Catcher from pan, and loop ribbon through hole. Hang and Enjoy!

#### Ice Ornament Variation

Use natural materials such as sticks, birdseed, leaves, pinecones etc. to freeze into the ice.

Contributed by Amy Vavricka

## Supporting the Lab School Mission

At the end of October Lab School families and friends got fired up about our kiln project! As of today we've received **\$3,000** in donations for the kiln installation, staff training, and ceramics supplies. The kiln is installed and will start operating during winter term. A huge THANK YOU to all the families and friends that gave so generously to make this important addition to our arts curriculum a reality!

In November the Lab School sponsored a donation drive for Simpson Housing Services, which resulted in over **\$2,000** in much-needed supplies being gathered for the shelter. Your compassion and generosity has a direct, positive impact on individuals and families who are moving from homelessness to stable, permanent housing in Minneapolis. Special thanks to Lab School parent Jillian Peterson for helping the school sponsor the project, and to the Petersons and other families who delivered the donations to Simpson in December.

**Coming Up: Gym Jam 2015**, Lab School's annual fundraiser for large motor equipment will be held from 4 – 6 p.m. on Saturday, February 7. Gym Jam is a chance for kids to meet their friends and run, jump, and play with U of MN athletes at the Bierman indoor football field. This year we are excited to be raising money for a special set of outdoor blocks. Check them out here:

<http://www.communityplaythings.com/products/outdoor/w300-big-outlast-set>. This is a big goal, so please invite all of your friends to join us at Gym Jam!

**Want to make a gift to the Lab School? You can always do so online at:**

[https://makingagift.umn.edu/onlinegiving/enterOnlineGiving.do?owner=O\\_SMLS&desc\\_source=UWXX\\_EDHD\\_SITE](https://makingagift.umn.edu/onlinegiving/enterOnlineGiving.do?owner=O_SMLS&desc_source=UWXX_EDHD_SITE)

*If you are shopping for sustainable goods you can shop here and a portion of the proceeds benefits the Lab School:*  
<http://schools.mightynest.com/mn/minneapolis/shirley-g-moore-lab-school-at-u-of-mn/>



### The Lab School is participating in the FundingFactory® Recycling Program!

This fundraiser is FREE and simple because there's nothing to sell, no paperwork to fill out and no deadline. The program runs year-round, accumulating constant income for our efforts. But we won't get very far without your support. Please donate your empty printer cartridges, cell phones, small electronics, and laptops to our school and we'll take it from there! We will recycle the cartridges, cell phones, small electronics, and laptops through FundingFactory to earn new technology and/or recreational equipment. Last year alone, more than 300 million cartridges were thrown away, while 30,000,000 cell phones were tossed or replaced. We're alleviating the volume of waste that goes into landfills. Your help is vital to our fundraising success. Cartridges, cell phones, small electronics, and laptops can be dropped off at the school office in room 10. Thank you for your support!

## Winter Health & Safety

Greetings families,

There's no denying the fact that winter is here...and will probably be around for quite a while longer! But, does that mean you need to stay inside and miss out on the outdoors? As they say in the Pete the Cat books, "Goodness no!" There are many great activities to do outdoors during the winter. However, there are some extra precautions to be made to make sure you and your child stay safe while playing outside -- even if just for few a minutes to get a bit for fresh (frozen) air on those really cold days!

As a winter cyclist, the first recommendation I can make from years of personal experience with riding bikes in sub-zero weather: layers. Proper layering keeps you warm, mobile, and safe. And bulk doesn't always equal warmth! Wool, polar-fleece, or cotton base layers ("long-johns") can do wonders for keeping the heat in and the cold out. Also, keep your hands, neck, and face properly covered. Neck gaiters are becoming quite popular, and are proving to be a safer/easier option for children than scarves. No need to wrap 4ft of fabric around your child anymore! This simple mini pullover keeps your child's head and neck toasty warm rather than exposed on those brutally windy days -- thus, making outdoor activities far more enjoyable (and safer) for longer periods of time!

And then we have the whole mittens vs. gloves debate. That might be too hot a topic for our newsletter as to which choice is better (sometimes it might simply be, "Whatever it takes to get us out of the house in the morning!"), however the bottom line is you want your children's fingers to be warm and safe. There are many choices, however the least effective are the thin fabric, knit (stretchy) gloves are mittens that provide little-too-no protection from the cold winter weather. They get soaked quickly: as the children play in the snow, the snow quickly melts on the mittens from their body heat, and then starts to rapidly chill their hands as they spend time outside. As there are many options, this could be a great discussion topic for the Big Tent forum page we have set up through the school, or setting up a classroom discussion via email from each of the Room Parents. Many of you have lived (more like survived) many winters here before, and have great winter weather gear suggestions!

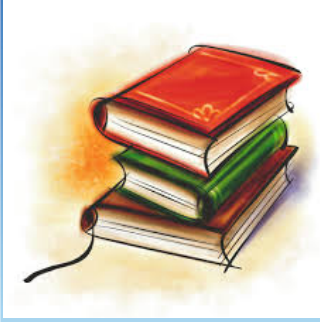
Additionally, I've added a link from the American Academy of Pediatrics with more winter weather tips to consider! Be well, stay warm, and be sure to still get outside! Best to embrace winter than try to fight it...because we know who will win that one! ;)

\*\* Winter Weather Tips:

<http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Winter-Safety-Tips.aspx>

Contributed by Ross Thompson





# 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 10% of our Lab School library currently in the system and could really use your help. Email Sheila at [will0342@umn.edu](mailto:will0342@umn.edu) if you are interested in helping with this project.

## Winter Family Calendar

- **January 19:** No School in Observance of Rev. Dr. Martin Luther King Jr.
- **January 21:** Scholastic book orders due. Please visit [www.clubs2.scholastic.com](http://www.clubs2.scholastic.com) to order. *Our activation code is H7MHT*
- **February 2-20:** Parent-Teacher Conferences
- **February 7:** Gym Jam at Bierman Indoor Field from 4 – 6 p.m.
- **February 12:** Parent Association of the Lab School (PALS) Meeting
- **March 16-27:** School Closed for Spring Break



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