

# Los Niños News©

November 2014

## **Smile!!**

School photos will be taken again this year by Reflections Photography on the 6<sup>th</sup> and 7<sup>th</sup> of November so that they will be ready for Christmas mailings. Details and order sheets will be available soon. Marissa does wonderful classic school photos and portraits **...this is a great opportunity for photos of the whole family at a fair price.**

\*\*\*\*\*

## **AHHHCHOO!!**

Colds and Flu are upon us, as all schools, and we want to assure you that we take every precaution. Children at Los Niños wash their hands after toileting and before snacks. We instruct, as you do, about covering your mouth with your arm when you cough or sneeze, using tissues etc. Our attendance rules are the same as recommended by the public health office: Any child with fever or extreme symptoms should be kept home. 24 fever free hours should pass before returning to school. We all know that mild symptoms may persist beyond the time of contagion, but let's be especially thoughtful: i.e., "*would you want your child exposed to your child?*"

\*\*\*\*\*

## **Adopt A Family**

**Coastside Hope** has a wonderful program...a great way to spread and share the joy of giving during these Holidays! Information posted in our entry or ask the Editor.

\*\*\*\*\*

## **Holiday Reminders**

November 10 & 11: Veteran's Day

November 27 & 28: Thanksgiving

\*\*\*\*\*

## **Snacktime!**

We all enjoy Snacktime at nursery school and we want to be sure that we provide a snack that is good for children and will be consistent with the nutritious choices that you make at home for your growing young children. We very much appreciate it when you bring snack to school and we have a great list of suggestions for healthy snacks. Give your child choices that we, you and the other parents will feel good about, e.g., "should we take carrots or fruit to your school today?"

\*\*\*\*\*

## **Why Isn't LNNS Longer?**

First of all because I went to my grandmother's\* nursery school in Palo Alto and the sessions were three hours. Second, since the beginning our sessions have also been three hours. And Third, current research agrees with my grandmother: According to researchers based at the University of California, Berkeley, and Stanford University, "the social skills of middle-class children suffer- in terms of cooperation, sharing and engagement in classroom tasks - after attending preschool centers for more than six hours a day". However the study also concluded that "children benefit cognitively from moderate exposure to preschool centers", i.e., three hours at nursery school.

\*\*\*\*\*

## **F.A.Q.s**

**Q.** How do I help my child make a smooth transition to school, i.e., *dealing with separation anxiety*?

**A.** After thirty-eight years we have had many children who have had difficulty separating from mother or father and even some parents who have had the same difficulty, if you can believe! And so we have a helpful list of suggestions for this situation which, take comfort, is very common. First to keep in mind: our nursery school is a day at the beach, literally; not a root canal.

**Q.** My child loves to paint, but how do I get those stains out of his clothes?

**A.** First of all, remember what the Welcome Letter says, "Dress your child for active/creative play". But with that said, you should be aware that LNNS uses *expensive washable paints* for our easel painting... use a good pre-wash and it should make a big difference on washday.

**Q.** Why didn't Susi have anything in her cubbie today?

**A.** We assiduously avoid competition regarding artwork and paperwork. The vast majority of the work here is "experiential" and learned through activity ... dare I say it... play. The process really **is** more important than the product. Even so, we produce a great deal of paper and in the winter we are inside more... you'll likely see even more paper in Joanie's cubby.

**Q.** Why can't we pay tuition with our Visa?

**A. Now you can!** LNNS accepts all major credit cards, which I process via Square.com. on my iPhone. However, there is a processing fee of \$5 for TTh and \$10 for MWF... you may want to stick with the low-tech check.

\*\*\*\*\*

## **Oh, That's Why Those European Children Are So Smart!!**

A recent study, from University College in London, found that, "the gray matter in a part of the brain that involved language acquisition - called the left inferior parietal cortex - was denser in those who spoke two languages and especially dense in those who learned the second language while very young". Learning the second language actually seemed to affect brain development. This is very affirming for those of us in education as they went on to conclude that; "these results are consistent with growing evidence that the human brain changes structurally in response to *environmental demands*". Look into that Hatch Immersion Program! More later.

\*\*\*\*\*

## **Play Again!**

**Tom, Let it Go!**

From NPR, yet another major study about play:

"If you consider the anthropology of humankind, we were designed to move," Charles Hillman a professor of kinesiology at the University of Illinois at Urbana-Champaign. His study, published 9/29/14 in *Pediatrics*, shows 7- to 9-year-old children who run around and play like, well, *children*, for at least 70 minutes a day show improved thinking skills, particularly in multitasking, compared to children who aren't as active.

Gee, says Tom, I wonder if that applies to younger children also?

## **Screen-time & Young Children**

I, personally, am a great fan and user of current technology. I have had a LNNS website since 1999, I love my iPhone, iMac and Kindle... However...

From today's headlines: "*38 percent children under 2 have used a mobile device.*" Wow, fortunately not our LNNS children... because, as we all know, from the American Academy of Pediatrics, "Television and other entertainment media should be avoided for infants and children. A child's brain develops rapidly during these first years, and young children learn best by interacting with people, not screens". I have been teaching young children for over 45 years and the admonishment is not new to me... please let your children interact with *you* and play. For further information go to: <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx>

\*\*\*\*\*

## **We Have Openings?**

**yes we do...**

...and it seems a shame that some, otherwise deserving coastside youngsters are being denied the Los Niños experience!

So... let them know we have openings and refer your friends, only those with gifted and cute children, to **HYPERLINK** "<http://www.losninosschool.com>" [www.losninosschool.com](http://www.losninosschool.com).

\*\*\*\*\*

\*Besse Bolton was a pioneer educator in Palo Alto. She was a teacher at a one-room school in Portola Valley after studies at Stanford and San Jose State where she earned her Credential in Elementary Education. She started a Parent Education Program in Palo Alto where parents observed their children at play in Nursery School to learn about child development.