

Hand in Hand News

"In final analysis, the ability to laugh—at oneself, at the things children do is the very best of all parenting qualities."

Spring spruce up

Thank you for joining us for our 3rd Annual Spring Spruce up on May 22nd. In just three hours our playground was completely transformed into a very colorful and inviting space for the children.

Some of the families that joined us having been attending the Spruce Ups for years, and some of the families were brand new at attending the

event. All were great contributors to a great cause. The rain didn't even really get us until we were all finished. Thank

you for helping our school community thrive.



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New teacher is coming

We have hired a new teacher named Iona. Iona comes to us with over 12 years teaching experi-

ence at Mt. Hood Community College's preschool as well as her Bachelor's degree in Social and Be-

havioral Studies with a two year degree in early education. Iona will start the 2nd week of June.

Healthy childhood

What is your favorite memory from your childhood? Were you outside or indoors in this memory of yours? Chances are, you were outside. Where does your child spend most of his/her time? What memories are being made of sunshine, dirt, water, sand, taking turns, exploration, wonder, a cool breeze, trees, and the sound of buzzing bees?

There is an interna-

tional movement to return children to the great outdoors. Just Google the phrase, **"Leave no child inside"** and begin researching for yourself.

Obesity and technology are on the rise at the peril of the great outdoors. Statistically speaking, your child most likely spends free time in front of the TV or playing indoors with ballet, or basketball. Where is the fresh air? Where is the freedom?

So, we challenge you to get up and get out!!! Go to REI for inspiration and guidance, or go back to your own childhood and give your child what you had—time well spent outside.

We are dreaming up some outside activities of our own here at school. Naptime outside in the shade? Picnics? Trips to the park? Walk-a-bouts around town? We will do our part as well.

"Teach your children.... Through your own experiences.....that failures do not harm them, unless they start excusing them or they stop trying."

The teachers of Hand in Hand have been learning about "mistaken behavior" vs. misbehavior. Mistaken behavior means the

child is just learning and to take that into consideration. Actually, with children it is always mistaken behavior because it takes a lifetime to always

make good choices, never lose your temper, and always act like a grown up. Each of us are still learning, and it's good to remember that.

Mistaken behavior

Sunscreen reminder

We are really hoping that once again we will have the sun back with us. As a reminder, each child at Hand in Hand must wear sunscreen throughout the day. We will pro-

vide the sunscreen for each child for just \$4.00 that will last the entire summer. Please do not bring your own sunscreen as it is extremely time consuming to use apply different sun-

screen for each child in a classroom. Questions? Ask your child's teacher.



Fat hers and fat her figures

Happy Father's Day to all the fathers and father figures of Hand in Hand!

There is a famous quote that says, "Every child needs at least 5 good men around him." Dads make a difference, no doubt about it. If your child doesn't have a supportive, vested dad in his/her life, then hopefully you have found some trustworthy to fill in. If you are a dad yourself, and need some sup-

port and guidance, check out the National Fatherhood Initiative at www.fatherhood.org. You can research for yourself what a difference a dad can make. Vested dads influence poverty, teen pregnancy, drug abuse, education, and social/emotional health.

Another anonymous quote states, "Moms create the rules, Dads enforce them" So, hopefully your family

father is a loving enforcer as well.

Families here at Hand in Hand are diverse. We many people taking on the roll of father and father figure. We want you to know we value you, appreciate you, and support you in your efforts to raise a healthy, happy, child. Your children and family are your legacy.

"A child's life is like a piece of paper on which every person leaves a mark."
Chinese Proverb

Good bye routine

Saying good bye for the day is difficult for children as well as parents.

We know that children thrive with routines, so have you considered a "good bye routine"? Something for just you

and your child. Talk with your child about what to expect, and then brain storm how to best say good bye. Remember the golden rule of good-byes, "one will do". Don't drag out dramatically

your farewells. A kiss on the hand, a super huge hug, a wave out the classroom window, a high five, or anything else you both can think up. Never try to sneak out. We are here to help.

Summer t ime fun

Just mentioning one more time how excited we are for summer to get here.

Please be prepared for the warmer weather by preparing your child. Pack cooler clothes like shorts and sandals, plus a change of clothes or a swim suit

to stay at the school just in case the sprinklers get turned on.

A water bottle is also important to keep your child hydrated. Bring your child's bottle to school with your child's first and last name on it please. We can put a piece of tape on it to

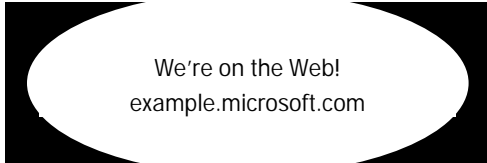
label it as well. Teach your child to drink frequently, and we will too. Here is hoping for safe summertime fun.



Hand in Hand Child Development Center, LLC

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com




Organization

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to

give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or ser-

vices, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction. If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.