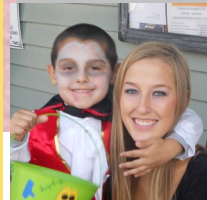




SCHOOL SUPPORTER CORNER: Every month our center recognizes one of our amazing supporters by honoring them with the title SCHOOL SUPPORTER OF THE MONTH. We would like to congratulate our January School Supporter of the Month, Rabbit, Butterfly, and Bear Room Family, **The Castaneda-Sigos!** Teachers write, "Misty and Israel are great supporters of our center. When asked to commit to field trips for our classes they always take turns spending time with the children. They often come in to visit and spend time with all the kids." Thanks for your support Castaneda-Sigo family!



**Focus Family of the Month:
Michael's Family**

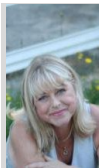


This month we would like to introduce you to another Bee Room family: Brystal, Chris, and Michael.

Brystal has worked at the ELC for over five years while Chris spends his days working at the Poulsbo Albertson's (where he has worked for 13 years). Michael, while not employed yet, is an avid quad rider and a good sleeper. Brystal and Chris have been together for two and a half years and recently took the whole family to Great Wolf Lodge. Someday they would like to buy some property and build on it ("princess castle" perhaps?).

We love having this family as part of the ELC; they bring such positive energy and humor to our center.

Notes From The Director



"Children are educated by what the grown-up is and

not by his talk." ~Carl Jung. I love this quote by Carl Jung, the Swiss founder of psychoanalytical psychology (1875-1961).

What this quote says to me is that it isn't what I say to my daughter, it is what I **am** that means the most. In that vein, Here are a few of my top 10 list for ways that I show Lulu that I love her.

- ⇒ 10) I try to never give her the answer "because I said so". I show her love and respect by explaining my reasoning and answering her questions (listening to her side). This does not mean that I give in to her but I do want her to know I care about what she thinks.
- ⇒ 6) I always tell her stories about my pregnancy and how much I loved her even before she was born.
- ⇒ 5) If she is upset about something I always stop and listen; not always giving advice but trying to show compassion.
- ⇒ 1) I **tell her I love her every single morning**, every time we say good bye, and every night before she goes to sleep no matter what is going on in our life at that moment.

Feel free to ask me about my other Top 10! Enjoy Valentine's Day as you share *your* love with your little ones. —Lisa Horn, Director

FIELD TRIPS, FIELD TRIPS, FIELD TRIPS!

In the past we have been able to take a verbal confirmation for children going on field trips....but now we are required to get the form in writing.... Please be sure to take the time to sign your child's field trip form so they can join us when we venture out!

THANKS FOR YOUR HELP!



FEBRUARY FAMILY EVENTS:

Marion Forsman-Boushie Early Learning Center *Recognizing and valuing the whole child.*

February 7th and 21st: Prenatal Gathering (12-1) here at the ELC

February 8th: No Head Start, Dial 3 Testing

February 15th: Family Wellness Trek Celebration Lunch (11:30-12:30)

February 20th: ELC Closed for President's Day

CLASSROOM UPDATES



sәbәd News

Thanks to all of our parents for being so flexible with our snowy weather! We are glad to be back on track and are looking forward to our Valentine's Party this month. **Please only sign your child's name on the card** and leave the rest blank....this will make our Valentine Exchange go smoothly! (there are 18 children and 3 teachers in our class). Feel free to join us as we celebrate this day!

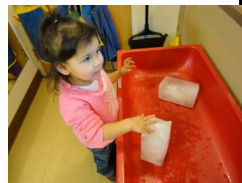


From our field trip to Jones' Tree Farm in December, thanks to all who could join us!



waqwaq News

- We have enjoyed learning about crystals, snow and ice and are now focusing on hearts, red, pink, and white!
- Look for a class list to come home for our Valentines' Day party if you would like for your child to participate...we will also be heading to the Elder's Lunch that day to share some Valentines with them; join us!



qalqalәxič News

Here is a winter song to sing with your little Orca (to the tune of "I'm a Little Tea Pot"):
I'm a Little Snowman



*I'm a little snowman short and fat.
Here are my buttons, here is my hat.
When the sun comes out, I cannot play.
I just slowly melt away!*

Also, a few reminders:

- Please send in hats, mittens, and boots with your child in this cold weather
- Join us on our field trip on February 7th to the Little Boston Library



kwәčidid? News

From our KidiMu field trip last month



Rabbit Reminders:

- We will be having a PJ and Popcorn Party on Valentine's Day, join us!
- We have enjoyed learning about snow, ice, and crystals last month and are focusing on friendship and sharing this month
- We welcome Teacher Amelia, who will be taking Teacher Tara's place for the next few months
- Join us on our field trip to the Little Boston Library on February 28th!



sčәdadxw News

Salmon Notes:

- Learning about friendship, sharing, and feelings
- Learning about the heart shape and pink
- We will be heading to the tribal gym this month for some fun activities and enjoying a Valentine's Party together
- Some of our students are beginning their transition time to Head Start...time goes by so fast!

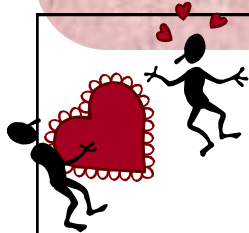
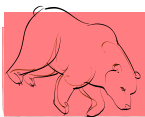


tәti?әd News

Reading Pictures and Books to Your Child:

Take some time this month to notice what your baby is looking at in a book and name the picture that has caught their interest. When you name the picture in that moment they will begin to understand and make the connection between words and pictures. (Example (while looking at a picture of a shoe): "This is a shoe, a red shoe....a shoe you wear on your foot").





- Please return your child's All About Me posters...we will be starting up those weeks soon!
- Please be sure

to label all of your child's coats, hats, and gloves so that we can help keep track of our Bears better!

- We will be having a special Valentine's Party at 2:15 on the 14th...class lists will be sent home soon, come and celebrate with us if you can!
- On February 9th we will be going to the Post Office to send Valentines to our families; please send in a stamp if you can!

The big news for our butterflies has been SNOW! Our children have enjoyed looking at, touching, and even "tasting" the snow. We enjoyed watching their fascination with this white substance!

Join us for our Valentine's Party on the 14th, class list is included with this newsletter.



Thanks Petco!

- Please turn in your child's All About Me posters if you haven't done so already!
- Valentine's Party, 2/14: we have 18 students and 3 teachers. We are asking that you please do not worry about addressing the class mates' names on the cards, but have your child work on writing their name. **This is a great opportunity for your child to practice writing their name.**
- Field Trip to KidiMu on February 16th, join us!

News You Can Use... From the Parent Front!

How to handle name calling between Peers and Siblings

When we as parents observe name calling between our children or playmates it gets our attention. Children look to us as parents to set the tone on how to handle

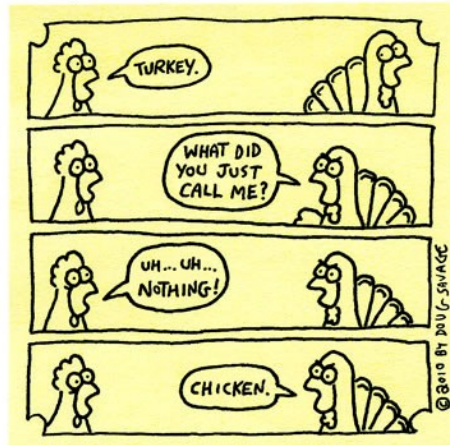
strong emotions. The key is to stay calm, and keep your tone of voice relaxed. Here's some ideas on how to manage these emotions with your preschooler;

- Let your child know what you are observing in a calm tone of voice "I see you're feeling frustrated because you wanted that toy." "You took the toy back, yelled and called your brother a name."
- Let your child know you are here to help and clarify the house rules. "We don't call names in our house." If this is a recurring problem and you use time out, now would be the correct time to enforce this (4 minutes for a four year old). Afterwards, ask "I wonder how he feels when you call him a name?"
- After your child is calm and has let you know how the other feels, ask your child curiously what they think should be done to solve the problem. If your child can't think of ideas share some of your ideas and model it. While you give your ideas keep asking your child if they have any others. When children give input they feel empowered to solve their problems. Use cause and effect language. "When you invited your brother to play with you he felt happy." Communicate your belief that your child can make good choices, recognize and complement positive behaviors when you see them.

As always, feel free to come check in with me for more ideas or encouragement! Happy Parenting! —Michele Kaster, ELC Counselor

Savage Chickens

by Doug Savage



www.savagechickens.com

Nutrition Bits From Fran Miller, your Friendly Nutritionist

Picky Eaters: Kids can be picky eaters, especially when it comes to healthy fruits and veggies! Think you've tried everything? Don't give up!

The more kids are involved with the growing, purchasing and preparation of the foods they eat, the more likely they are to try new things.

- ⇒ Let your child join you in the kitchen to help prepare a fruit/veggie for a snack or meal
- ⇒ Let your child pick a new fruit or vegetable to try at the grocery store
- ⇒ Try growing some simple vegetables. Lettuce and radishes grow easily in pots and do well in our climate; your child will enjoy eating a salad made with vegetables that they helped grow.

Texture, temperature, and smell can also influence whether a child will try a new food. Experiment with canned, frozen, raw, and dried versions of fruits and veggies. For example, try serving your child frozen grapes, bananas, or peas. If your child doesn't like fresh fruit, try canned fruit. If she doesn't like canned green beans, try serving the green beans raw or cooked from fresh or frozen.

It may take 15-20 or more times trying a new food before a child will decide if they like it or not. Continue to expose your child to a variety of fruits and veggies and you may be delighted to find them asking for more servings soon! Happy eating!



Family Advocate Update Winter Brings Extra Needs for Families: Resources are Available!



During the winter months families may find themselves needing extra help with basic needs. Below are a list of local services:

- Suquamish Tribal Members are aware of the Human Services (HS) Tribal program that has many resources. The direct number is: 394-8465. HS can best answer questions about specific requests.
- The Suquamish Food Bank located next to the Post Office is open Monday through Friday, the hours are 10:00 to 2:00. There are no restrictions on who uses this food bank. All are welcome.
- Kitsap Community Resources (KCR) located in Bremerton assists with a variety of needs including heating and energy assistance. KCR : 479-1507.

As Family Advocate at the ELC for 8 years I have gathered information about many other community agencies. At times it is confusing to know who to go to, where to find needed resources, how to apply for assistance, or the qualifications for some of the community resources.

If you need help finding what is available to assist with what your family needs, how to contact agencies, or in understanding what is out there, please let me know. My goal as Family Advocate is to connect families with the resources they need.

I can be contacted at **394-8585** or lstough@suquamish.nsn.us and at my office at the ELC. My hours are 8:00 to 4:00 Monday - Friday. All inquiries are welcome. All communication is confidential.

Prenatal Gathering!



Please join us for a fun, healthy and educational get-together to discuss pregnancy and infant care.

When: Tuesdays, February 7th and 21st from 12-1:00

Where: Hawk Building (located in the upper parking lot of the ELC)

RSVP: Tina Estabrook/Health Specialist at (360)394-8589 or testabrook@suquamish.nsn.us

Light lunch and beverages served.