

THE PROVIDENCE PAGES

Providence Nursery School
9019 Little River Turnpike
Fairfax VA 22031

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www.providencenurseryschool.com



LETTER FROM ROBIN

October seems to have flown by (even with all the warm weather). I know everyone is getting excited for Halloween and the annual PNS Halloween Costume Parade which will be held on October 30th and 31st!!

Kathy and I wanted to give a BIG ROUND of thanks to Fundraising Chair, Liz Claeys, the Committee and all the wonderful volunteers for their help in organizing the annual fall fundraiser—PNS's Fall Concert and Raffle with the music group—ROCKNOCEROS. Work began on this event (as well as other fundraising activities planned throughout the school year) in May and involved countless hours planning the fundraiser as well as soliciting donations and prizes.

Funds raised at the event will be used for PNS to upgrade its toys and musical instruments. Good food, good company and great prizes! The school and our children are benefiting from all your efforts!!

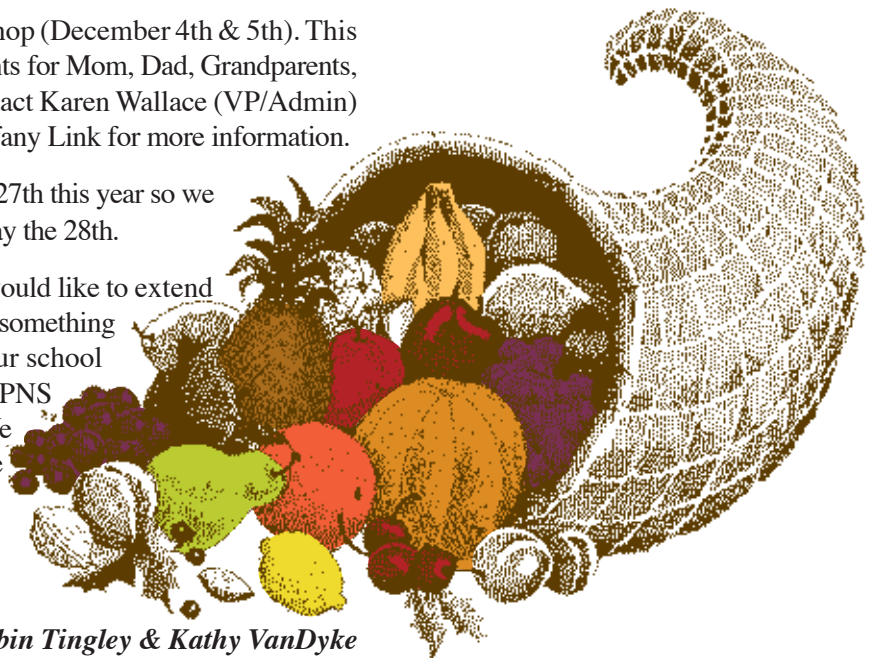
Please mark your calendars for these important dates. School is closed on November 3rd and 4th due to FCPS teacher work days. Our next board meeting is scheduled for November 10th at 8PM. Before the meeting we will have a wonderful speaker—Dr. Charmaine Ciardi, who is a well-known local child/family therapist and author.

A sneak peak of December reveals the PNS Holiday Shop (December 4th & 5th). This is a fantastic and fun event for the children to buy presents for Mom, Dad, Grandparents, and an opportunity to earn volunteer hours. Please contact Karen Wallace (VP/Admin) or Social Committee Co-Chairs, Jacquie Nguyen or Tiffany Link for more information.

Most important of all, Thanksgiving falls on November 27th this year so we have no school on Thursday, November 27th AND Friday the 28th.

As we enter this season of Thanksgiving, Kathy and I would like to extend a heartfelt thanks to all PNS families. Each of you adds something unique to your child's classroom experience and to our school overall. The energy, time, hard work and enthusiasm PNS parents give to the school never ceases to amaze us. We are grateful for your friendship and the chance to share our preschool years.

Warm wishes to all for a wonderful, loving and safe Thanksgiving.



—Robin Tingley & Kathy VanDyke
Co-Presidents (2008/2009)

CDO and Twos with Mrs. B

Approaching the holidays, I've been listing all the things I'm thankful for this year. At the top of the list is being able to spend my mornings playing, reading, singing and talking with your children! Thank you for sharing them with me!

Thanks too for the emails and morning messages you relay with the latest on how your child slept or what they are excited about at the moment. The more I know about what's happening at home, the better I can connect with your child at school. You can't tell me too much! I'm trying to tell you all I can about what goes on at school as well. But if I miss something or if you have any questions please don't hesitate to ask. I enjoy receiving your emails and phone calls.

We've already started to talk about fall leaves a little but that's nothing compared to what's to come in the first week of November! Look in your back packs for painted leaves and tissue paper trees.

We'll try to go out every day. So please send your child with a jacket each day and make sure it's clearly labeled with his or her name.

During the week of November 10th we'll be learning about our body parts. The big room will be transformed into a doctor's office. It will also be a fun week for art. We'll try to build people out of sticky noodles and we'll paint with shoes (don't worry parents—special PNS shoes not our own!). We'll also be singing Mrs. B's favorite song: Head, Shoulders, Knees and Toes.

On November 17th we'll begin our food theme. The big room will become a grocery store. We'll wash dishes in the sensory table. In the classroom we'll try our hands at cooking. Children tend to be picky eaters at this age. But we'll have a fruit and vegetable feast and encourage everyone to try some new healthy foods.

We will end the month by talking about Thanksgiving. We'll be singing about and

making our own turkeys. We'll also try painting with feathers. I have some fun activities that will give the children a chance to practice saying please and thank you. The holidays are a great time for visiting family. So we'll get out the dollhouse and our toy cars and take some pretend trips to visit grandparents and cousins.

Obi, our class puppet, has his cousin Abbey visiting this month. Obi and Abbey are learning to share and take turns. Hopefully by watching the puppets and helping them work out some disputes, the students will learn to say, "Can I have that next" and "Would you like to trade". Please help your child practice these and other sharing phrases at home. Also have your child practice sharing and taking turns with you. It's usually easier to share with a parent at first and then transfer those skills to playing with friends and siblings.

—Mrs. B

Threes Class with Miss Susan

The holiday season is here! Nowadays it seems like it starts with Halloween and continues nonstop right through to New Year's Day. Everybody's getting excited about travel plans and visits, feasting and football. It's hard to tell if we're shivering from excitement or just the colder weather.

We'll do our best to stay focused on our plans for the month. Our first theme is Autumn. We try to schedule this unit when we think it will look and feel like Autumn, but I think we might be a little late this year. Oh, well..... We will talk about what has been happening outside to the plants and animals and the weather and we'll bring some things inside to look at. Hopefully, there will be enough leaves left outside to do some leaf pile jumping on the playground. Body Parts

are the next things we will focus on. We'll think of lots of active ways to use our arms, legs, hands, feet and heads. The Hokey-Pokey and finger paint come to mind. After all that activity, we'll be hungry and ready for the next theme: Food. The Big Room will sprout a grocery store and we can "play with our food" at the art table. Then we will celebrate a holiday which is almost synonymous with food—Thanksgiving! We'll also try to think of things we are thankful for. This can start some very interesting conversations!!

I'm pleased to say that everyone caught right on to the job system and it's apparently very exciting to check in each morning and discover whether you have a job or a day off.

A reminder: Please check the spare clothes

basket in the classroom to make sure that there are seasonally appropriate clothes in there and that any items that have been used lately have been replaced. Also on those really cold days, remember to send hats and mittens for our playground time.

In this month of Thanksgiving, I can definitely say that I am thankful to be spending time with such a great bunch of kids and with such dedicated and helpful parents. You all make it fun to come to school!

—Miss Susan

Three/Fours Class with Mrs. Millward

November is traditionally a month to give thanks. At Providence, we have so much to be thankful for...terrific children, caring parents, a fabulous facility, and a whole month to celebrate our blessings! This month is filled with learning about the first Thanksgiving and the importance of sharing with others. Our weeks will be crammed full of fun as we talk about Autumn (11/5), body parts (11/10), food (11/17) and Thanksgiving (11/24). My Monday group will be looking at the letters S, N, and T during the month.

Our traditional Providence Thanksgiving feast will take place on Tuesday, November 25th and we will be celebrating with the Fours' class. We will all be doing some of the food preparation and cooking in addition to the feasting. Although

space does not allow us to invite parents to eat with us, a few extra hands to help with final details would be greatly appreciated. I will be posting a sign-up sheet later in the month listing some foods that will be needed...if anyone can help, that would be terrific! Lunch Bunch will be Fun Bunch that day...no lunch will be necessary!

Important dates for November: No School on the 3rd and 4th (Fairfax Co. Public School holidays) and November 27th (Thanksgiving). Our field trip for the month will be a ride down Little River Turnpike to visit the Annandale Safeway store on 11/20. It's a delicious ending to a week learning all about food!

Please remember to change seasons with the clothes in my "emergency basket"... and to label all those hats and mittens.

Star of the Day is a great success—I think being line leader is the favorite part of the job. Show 'n Tell is going well. I really appreciate your effort when you encourage your Star to bring something that relates to the topic of the week!

I am having a great time with your kids! They have all become good friends with each other...and I love listening to their conversations! Lastly, I hope you are enjoying your co-op days as much as I enjoy having you with me! Happy Turkey Day to all!

—Jane Millward

Fours Class with Ms. Judy



November and Thanksgiving—I love it! From the smells of the turkey cooking in the oven to the football games on every TV in the house to the refrigerator door opening and closing constantly to the dirty dishes building a huge pile in the kitchen sink. Hurray!

I hope all our Providence families are also excited about the holidays and have the opportunity this holiday to spend it in your own special way.

The month of November starts with our unit on Autumn November 5th-7th. We will paint on a leaf shape and explore the beautiful colors of Autumn.

We will study our Body Parts November 11th-14th. We will finger paint, use shoes dipped in paint to make prints and even tackle making Sticky Noodle People.

During the middle of the month November 18th-21st, our unit of study is Food. We will make paper pizzas and then bake up some real ones to eat at snack. We will talk a lot about how and why to eat healthy so maybe this is the week to serve your child a new veggie.

On Tuesday November 25th, we will do our cooking and crafting with a lunch

feast around 12 noon. You do not need to send a snack on this day. I will be posting a sign up sheet for some of the food items that we will need for the feast. Space is limited so this is just a child's activity.

A new Show and Tell schedule will be coming. The children are having a great time with this activity. Please help them to choose just one item for sharing that embraces the weekly theme.

Wishing you all a Wonderful Holiday Season!!!!

—Judy Goldstein

FUNDRAISERS

Thank you to everyone for supporting our recent fundraisers. I apologize that so many of them coincided. That is unusual—most of the fundraising efforts for the rest of the year will be staggered. In November and December, you can expect one or perhaps two restaurant nights.

—Liz Claeys, Fundraising Chair

Rocknoceros

Thanks again to all of you for making the Fall Concert & Raffle a success. Everyone who was able to attend had a great time, and we raised almost \$1,000. Thank you in particular to Rocknoceros, and to all of the volunteers who helped with the planning, set-up, clean-up, ticket sales, and everything in between. Also a big thank you to the following businesses and individuals who gave donations for our raffle -

All of the PNS teachers

The PNS 3s class (with special thanks to Kara LaPenna for the great Mary Kay products)

The PNS 4s class

American Girl

Animal Planet

Ben and Jerry's

The Carlyle Club

Comfort and Joy Spa

The Container Store

Coach Larranaga of the GMU basketball team

Jammin Java

Great American Restaurants

Kati Hesford (on behalf of the Hesford children's grandmother)

Marian Learned

Let's Dish

Rocknoceros

Tree Top Kids

The Washington Nationals

The Washington Redskins

SCHOOL NOTICES

Birthday Books

When Providence Nursery School started its library it was due to the great support of donations from families. A tradition was started that has since then been forgotten and as our library needs some love we would like to encourage the renewal of this practice. The tradition was to bring a book of your or your child's choice on his/her birthday to be read by you with the class and then donated to the school.

This is completely voluntary and if you would like to participate we can't say thank you enough but please don't feel that you have to.

Books should be in excellent used condition or new.

NOVEMBER'S WISH LIST
Shape Capers
by Cathryn Falwell

Mouse's First Fall
by Lauren Thompson

Busy Lizzie
by Holly Berry

Titch
by Pat Hutchins

VOLUNTARY DONATION

VOLUNTEERS NEEDED

Families with children in the 2's, 3's, 3/4's and 4's classes must complete 8 volunteer hours (per family) during the school year. It is best to try to complete 4 hours between September and December, and 4 hours between January and May. Here are some ideas to help you complete your required hours before the winter break:

- 1 Head up a food collection for a local food pantry (or help).
- 2 Take on our annual holiday giving project (organizing/donating/delivering)
- 3 Help shop, set-up and/or decorate for the holiday shop (it is Dec. 4 & 5); man the holiday shop (this is a big project which needs about 10 volunteers)
- 4 Assist the Fundraising Committee with upcoming projects—check with Liz Claeys
- 5 Assist with parent education lectures—check with Kate Beddall for more info.
- 6 Assist Ryan Bianchetti in organizing and updating the library books and database.
- 7 There are numerous Maintenance projects that need to be done, aside from the scheduled Clean-Up/Maintenance Days—check with Erik Burvis for more info.
- 8 Check with the teachers to see if they need any help for class holiday parties
- 9 Check with Miss Susan and Jenny Sladicka to see if they need any help with the fish and/or Cleo during the winter break
- 10 Help Mary McLaughlin prepare for the Open House in January (put up flyers, or see if we can get free/ultra low-cost ads in local neighborhood newsletters)
- 11 Help Mary McLaughlin prepare for registration for returning students (see if she needs help copying or putting things in backpacks)
- 12 Take the art smocks home to clean—this should be done monthly
- 13 Attend a board meeting—these are held the second Monday of each month

If you have any questions or other ideas regarding volunteer hours, please contact Robin Tingley, Kathy Van Dyke, or myself.

—Karen Wallace, VP Administration

PARENT EDUCATION

1 *Dr. Charmaine Ciardi* **GETTING KIDS TO COOPERATE** **Monday, November 10, at 7:00PM, Providence Nursery School**

ATTENTION PARENTS: We are fortunate to be hosting an outstanding parent education event right here at PNS this month. On Monday November 10th, well-known educator and family therapist Dr. Charmaine Ciardi will speak on "Getting Kids to Cooperate" in Fellowship Hall upstairs (where the Rocknocos fundraiser was held). Bring your questions—no holds barred.

This event counts toward one hour of parent education, and is followed by a board meeting in the big room downstairs—where you can earn more volunteer hours and add your voice to the running of the school. Childcare will not be provided; please leave your kids happily at home. (How else will you be able to ask those burning parent questions???)

It is an exciting event for two reasons. First, we are co-sponsoring it with Spring-Mar Cooperative Preschool, a new initiative that enables us to enjoy our broader cooperative preschool community and to pool our resources. Second, Dr. Ciardi has been such a wonderful resource for our teachers, and for parents generally, throughout the Washington region for years. She is a truly a beloved figure in the local educational community.

A family therapist, author, and specialist in the development of children of all ages, Dr. Ciardi has been on the faculty of George Washington University, University of Maryland, UVA, and Marymount University, and worked as a consultant at schools throughout the mid-Atlantic region. She also leads the Virginia Cooperative Preschool Council (VCPC) teacher sessions each month—and she comes highly recommended by our own faculty. "She has such a good understanding of the way children think that she can offer us really useful ideas and suggestions," said our very own Miss Susan. "She has such a wealth of experience. She's pretty much seen and heard it all."

2 *Janet Levowitz* **KINDERGARTEN READINESS**

Tuesday, December 2, at 7:00PM, Spring-Mar Co-op Preschool
Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke, VA 22015

Then, mark your calendars: our next parent education event is Kindergarten Readiness, Tuesday, December 2nd at Spring-Mar Co-op in the Accotink UU Church. Directions will be sent out in fliers and emails about the event.

Mrs. Janet Levowitz, a top-notch Kindergarten teacher at Mosby Woods Elementary School in Fairfax, will speak about what to expect at Kindergarten and how to prepare your kids. Bring your questions about whole versus half day Kindergarten; the pros and cons of waiting a year to send kids to Kindergarten; language immersion and gifted and talented programs...and anything else you want to know.

Mrs. Levowitz is in her fourth year at Mosby Woods but has taught preschool and kindergarten for nine years. She has two children—an 8th grade son and a 4th grade daughter—both attending Fairfax County Public Schools.

—Kate Beddell, PNS Education



Recycle Your Halloween Costumes

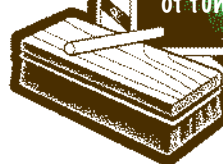
As your family finishes up with Halloween we would like to remind you that we can always use your help in outfitting the next drama queen or super hero here at PNS. We would like to preface that the need is for sizes 3T and up. If you would like to donate please get in touch with Yuna Wong, Dress-Up Coordinator, yunawong@gmail.com or bring them in to school.

OPENING IN FOURS CLASS

We still have an opening in the Fours class. If you know anyone who is still looking for a preschool, please send them my way. Thanks!

—Mary McLaughlin, VP/Enrollment
703-279-3491

SCHOOL STARTS AT 9:30AM Please don't be too early. School starts at 9:30AM and although you and your kids may be excited to get there the teachers need all the time they can get in the morning to get ready for a great day of fun and learning. Thank You!!!



SCHOOL NOTICES *continued*



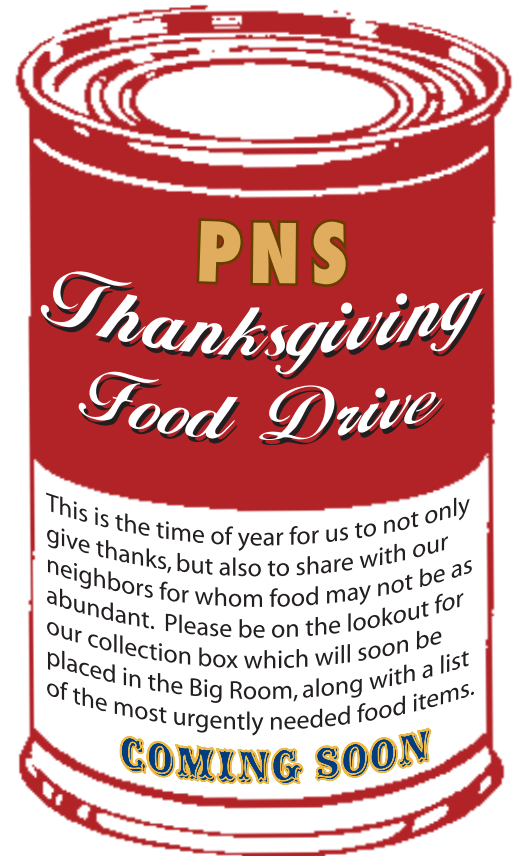
As we enter into the cold and flu season, I would like to take this opportunity to refresh every one on the policies and procedures regarding illness:

1. If a child has had a fever of 100 degrees or more, vomiting, diarrhea, colored discharge from the nose, a rash or unusual skin condition, or symptoms of a communicable disease within the last 24 hours, he/she must not be sent to school unless accompanied by a note from his/her physician stating that the child is in good health and there is no contagion.
2. Following a fever, vomiting, or diarrhea, one school day must pass before a child can return to school.
3. When an antibiotic has been prescribed, child must be on medication 24 hours before returning to school.
4. Whenever a child returns to school following an illness, he/she must be able to participate in the normal daily activities. If unable to participate, the parents will be notified and the child will be sent home.
5. A child who becomes ill while attending school must be picked up immediately upon notification of the parents. The child shall remain in a designated quiet area away from the other children until leaving school. Whenever possible, parents should indicate their whereabouts on the sheet posted outside each classroom.

Although this policy is pretty black and white, sometimes there are shades of gray—a sniffle or a cough here and there. We understand that some children have allergies that will leave them with runny noses or coughs, and that's okay. We ask you to use your best judgement, keeping in mind that although 3 and 4 year olds are pretty hearty, many of our students have infant brothers or sisters or other family members in fragile health. If you suspect illness, please keep your child home. Please also remind your child to practice good hygiene—washing with soap and water or hand sanitizer before and after school, before meals, and after wiping a nose (with a tissue!), as well as after using the restroom.

We all benefit by keeping germs out of the classroom. Thank you very much for your cooperation.

—Kathy VanDyke, Co-President (2008/2009)



THANK YOU!!!

Thank you, Liz Claeys, Christine Clifford and Prassu Mehta, for an outstanding fundraiser. You ladies showed amazing creativity and a lot of hard work creating an event that was family friendly, community-promoting and not too demanding or expensive. I think I can speak for all families in attendance when I say it was an AWESOME night.

And a big thank you to each and every one of you who brought your families out to support our school, brought food to share, and helped set-up and clean-up. I know a few families had previous commitments but still supported our school through the purchase of raffle tickets. We truly have a wonderful community in every sense of the word. I am so proud to send my children to PNS and to be part of this wonderful group of parents.

—Kate Beddell, PNS Education

—Kathy VanDyke, Co-President (2008/2009)

RECIPES



'Tis the season for food but more importantly pumpkin food!

The following is a recipe for the pumpkin scones that were shared this past month at the parent brunches.

They were a huge hit and the recipe was requested by many of the other moms, so here it is. Thanks to Nuran Jeffries (mom to Erol in the 3's class) for her amazing recipe and for sharing it with us in the newsletter.

I want to thank Nuran for contributing to the newsletter and the idea of a monthly recipe. I hope those of you who try this recipe will add a favorite of yours in the future.

When you're done with the newsletter clip and save the recipe below.

—Jenn Lyon, Newsletter Editor

Pumpkin Scones from Nuran Jeffries

4 1/2 Cups all-purpose flour*	1/2 Cup light brown sugar
5 tsp baking powder	1/2 Cup unsalted butter, softened
1 tsp ground cinnamon*	2 Cup canned pumpkin puree
1/2 tsp ground nutmeg*	1 1/3 Cup milk
1 tsp. salt	2 Cups chopped walnuts or pecans*



Preheat oven to 375° F. Grease two baking sheets with cooking spray.

In a large mixing bowl, combine the dry ingredients. Cut in the butter until it resembles coarse meal. Add the pumpkin, milk and nuts and stir until well mixed.

Using a 1/2 cup measure, scoop the batter into small rounds on the baking sheets. Leave a space of about 2 inches between each scone. When both pans are used, put the remaining batter in the refrigerator until the first batch is finished baking.

Bake for 12 to 15 minutes, until the edges begin to brown. Remove to a cooling rack and repeat with the remaining batter.

Yield: Makes about 30 scones **Source:** In the Kitchen w/ Bob: Christmas Collection, by Bob Bowersox

Note: If a holiday brunch is on the calendar, make the batter in advance and place scoops onto baking sheets. Freeze for two hours or more, then wrap the individual scoops in plastic wrap and freeze up to a month until ready to bake.

* The modifications to the recipe I made are as follows: a) I used whole wheat pastry flour instead of all-purpose flour, b) pumpkin pie spice instead of the cinnamon and nutmeg, c) I added a bit of fresh lemon zest to the mix, and d) I omitted the nuts.

A BIG PNS THANK YOU TO...

...**MAINTENANCE DAY WORKERS**
—Miranda Weeks, Brandon Ahrens, Miyeon Cho, Nuran Jeffries, Elie Rhyu, Carol Balgley, Kathy VanDyke and Eric Burvis—your cleaning, painting and playground maintenance were fantastic.

...Liz Claeys, Christine Clifford and Prassu Mehta for their work on the Ben & Jerry's fundraiser.

...Miranda Weeks & Janet Amiryar for producing the individual class placemats that the children have been enjoying.

...Mary Handlon for donating toys and books to the 2s and CDO classes.

...Alice Kumar, Miss Phyllis, Mary Handlon, Lindsey Johnson & Jacqui Nguyen for volunteering in CDO.

...Ryan Biachetti for going above and beyond in her job as librarian.

...Tiffany Link, Jacquie Nguyen and Audrey Nelson for their work on organizing all the yummy treats for parent brunches.

...Tamara Gordon for bringing in food to the CDO parent brunch.

...Emily Tuszynski, Prassu Mehta and Jenny Sladicka for bringing in food to the 2's parent brunch.

...Nuran Jeffries and Michelle Danis for bringing in food to the 3's parent brunch.

...Carol Frantangelo, Thoa Hoang, Carol Balgley and Christine Clifford for bringing food to the 3/4's parent brunch.

—and for all of those who brought something extra to share at the parent brunches, thank you! We know there were a few more and will be sure to thank you in the next newsletter.

...Karen Wallace and Jane Millward for bringing us a great new couch in the big room.

...Yuna Wong for her amazing work with dress-up.

...Kathy Juster for working on and sewing new valances for the school.



NOVEMBER 2008



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 FCPS HOLIDAY NO SCHOOL	4 FCPS HOLIDAY NO SCHOOL	5	6	7	8
.....AUTUMN.....						
9	10 Parent Ed Dr. Ciardi 7:00PM Board Meeting 8:00PM	11	12	13	14 CDO Parent-Teacher Conferences	15
.....BODY PARTS.....						
16	17 CDO Parent-Teacher Conferences	18 Twos Parent-Teacher Conferences	19 Eating Good 11:30AM	20	21	22
.....FOOD.....						
23	24	25 3/4s and 4s Thanksgiving Luncheon	26	27 THANKSGIVING NO SCHOOL	28 NO SCHOOL	29
.....THANKSGIVING.....						
30	1	2	3	4 Holiday Shop	5 Holiday Shop	6

November 19-11:30AM

Eating Good-Teresa Hinds, Dietitian with Fairfax County Public Schools, will be discussing good eating habits.

The Providence Pages is published for Providence Nursery School, Inc. Parent submissions are encouraged. Please e-mail articles to Jennifer Lyon at jennlyon@verizon.net or place them in the Newsletter Mailbox in the Big Room. Submissions are due on or before the third Monday of the month for the following month's issue. Please call 703-273-2098 or email jennlyon@verizon.net if you have any questions.