



# Fraser School — NEWS —

## Director’s Corner

February 2018

Dear Fraser Families,

We have some great news! We have hired two new coordinators for Fraser School.

We want to welcome Jane McAleese-Schrupp as the new Food and Nutrition Coordinator I. This is a newly created position to help provide consistency in the kitchen. Jane will create the menus, order and shop for food, prepare snacks, and help organize clean-up. As Jane becomes more familiar with this role, we hope to explore different vendors and snack options to provide a wide variety of health snacks for our children.

We also want to welcome Mackenzie Willits as our new Health Services Coordinator II. Mackenzie has been at Fraser School since April 2016. She began as an assistant teacher in Butterflies and was promoted to the lead teacher in Hummingbirds. Throughout her Fraser career, she has had experience with gastronomy feeding tubes, daily glucose monitoring through finger pricks, insulin pumps, and injections. She will complete her teaching duties in Hummingbirds on Friday, February 2 and officially begin her new duties on Monday, February 5. However, whenever there is a little time, Mackenzie is fitting in trainings to help ease the transition.

Fraser School’s current Senior Health Services Coordinator, Krista Shaw, will begin her new duties with Fraser clinical services on Monday, February 19. She will move to the Fraser location in Bloomington. We are so grateful for Krista’s 10 years that she has devoted to Fraser School children, families, and staff! We will definitely

miss her expertise but are happy that she is moving to a new, challenging position within Fraser.

I want to remind all of the families that we **WILL have school on Monday, February 19**. On the original Fraser School 2017-2018 calendar, we planned to be closed for a Staff Development Day but we have revised that calendar and plan to be open as usual on this day. The revised 2017-2018 calendar is available at [fraser.org](http://fraser.org).

Finally, I want to request that families that use the exit doors in the gym make sure that they are latched when you leave. There were a few times that the doors didn’t latch all the way and children were able to push them open. Also, make sure that no other children are following you through the gym doors. While the teachers are always supervising the children, it may take a moment for the teacher to run across the gym to get a child that has inadvertently started to go through the exit door.

Thanks for sharing your children with us,  
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## Schedule Change Requests

As summer approaches, I want to remind all families that changes to your child’s schedule need at least a two-week’s notice and will take affect at the beginning of each month. For example, if your work schedule changes in the summer, you will need to submit that request by May 18 and the change would be effective Friday, June 1. All schedule changes will be considered permanent and will cost \$50. If you choose to decrease your child’s time in the summer to a part-time status, we cannot guarantee you that a full-time spot will be open in the fall. All of our age groups are extremely full right now and we have waiting lists. If you decrease your hours, we may fill the empty spot with another child.

However, we do have an option to take extended time off. If you would like to pay a retainer fee, we will guarantee your child’s spot when he/she returns. If you would like your child to be absent up to 60 days, the retainer fee is \$200. If you would like to take your child out of Fraser School for 60-90 days, a \$300 retainer fee is necessary. You can work with Colleen Polson regarding the length of your child’s absence.

Your other option for an extended absence is to discharge your child and re-enroll when you are ready for your child to be back. The application fee and nonrefundable deposit of \$50 each (total is \$100) would be needed to re-enroll. Again, your child’s spot would not be guaranteed and your child may need to go on the waiting list until we have an opening.

If you have questions about this, please contact Colleen Polson at 612-798-8324 or at [colleen.polson@fraser.org](mailto:colleen.polson@fraser.org).

## Lunch Requirements

Even though parents bring their child’s lunch, Fraser School is held responsible for the lunch contents. Since we are a licensed child care center, we are bound by the U.S. Department of Agriculture’s rules and regulations regarding meals and snacks. If a parent does not provide the minimal amounts of food and in the correct food categories, Fraser School is expected to supplement that child’s lunch. The rules are broken into four age groups that we serve: infants 0-5 months, infants 6-11 months, 1-2 year-olds, and 3-5 year-olds. For this article, I will focus on the toddler and preschool age groups. Fraser School provides the fluid milk daily.

A lunch is expected to include:

Food	Ages 1-2	Ages 3-5
Fluid milk	4 fluid oz	6 fluid oz
Meat/protein (e.g. lean meat, poultry, or fish, tofu, soy products, or alternate protein, cheese) OR Large egg OR Cooked dry beans or peas OR Peanut butter or other nut or seed butters OR Yogurt	1 oz  ½ egg  ¼ cup  2 tablespoons  ½ cup	1.5 oz  ¾ egg  3/8 cup  3 tablespoons  ¾ cup
Vegetables	1/8 cup	¼ cup
Fruits	1/8 cup	¼ cup
Grains	½ slice bread or ½ serving of other grains	½ slice bread or ½ serving of other grains

## Is Your Child Ready to Read?

From [Caring for Your Baby and Young Child: Birth to Age 5](#) (Copyright 2009 by the American Academy of Pediatrics)

Is your child interested in learning the names of letters? Does he look through books and magazines on his own? Does he like to “write” with a pencil or pen? Does he listen attentively during story time? If the answer is yes, he may be ready to learn some of the basics of reading. If not, he’s like most preschoolers, and will take another year or two to develop the language skills, visual perception, and memory he needs to begin formal reading.

Although a few four-year-olds sincerely want to learn to read and will begin to recognize certain familiar words, there’s no need to push your child to do so. Even if you succeed in giving him this head start, he may not maintain it once school begins. Most early readers lose their advantage over other children during the second or third grade, when the other students acquire the same basic skills.

The crucial factor that determines whether a student will do well or poorly in school is not how aggressively he was pushed early on, but rather his own enthusiasm for learning. This passion cannot be forced on a child by teaching him to read at age four. To the contrary, many so-called early learning programs interfere with the child’s natural enthusiasm by forcing him to concentrate on tasks for which he’s not yet ready.

What’s the most successful approach to early learning? Let your child set his own pace and have fun at whatever he’s doing. Don’t drill him on letters, numbers, colors, shapes, or words. Instead, encourage his curiosity and tendencies to explore on his own. Read him books that he enjoys, but don’t push him to learn the words. Provide him

with educational experiences, but make sure they’re also entertaining.

When your child is ready to learn letters and reading, there are plenty of valuable tools to help him—educational television programs, games, songs, and even some of the latest age-appropriate video games and DVDs. But don’t expect them to do the job alone. You need to be involved, too. If he’s watching an educational TV show, for example, sit with him and talk about the concepts and information being presented. If he’s playing with a computer program, do it with him so you can make sure it’s appropriate for his abilities. If the game is too frustrating for him, it may diminish some of his enthusiasm and defeat the whole purpose. Active learning in a warm, supportive environment is the key to success.



## Valentine’s Day at Fraser School

Fraser School allows each classroom teaching team to decide if or how it will celebrate holidays such as Valentine’s Day. Please look in your child’s classroom newsletter or for a note explaining what each group is doing. Whatever your child’s classroom is doing, please do not send treats in the valentines without consulting your child’s teacher. We have many children that have a variety of food allergies and we do not want to have an allergen exposure because teachers were not aware of what was in a valentine envelope. Instead of adding candy or other food items in the valentine, consider some stickers or a temporary tattoo. Please help us take care of all our friends at Fraser School.

## *This month's events*

### > **School Open**

Monday, February 19  
Staff Development Day canceled

### > **Fraser School Program Committee**

Wednesday, February 21  
4:00-5:00 PM

## *Upcoming events*

### > **No School**

April 5, 2018  
Parent/Teacher Conferences

### > **No School**

April 6, 2018  
Spring Break

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## **Fraser Walk for Autism**

### Why we walk

"We fully support Fraser and their commitment to awareness, educating others about autism and their relentless pursuit to ensure equal opportunity and access for all individuals with different abilities.

My family and I will always make it our mission to advocate for Joseph, for children in special education and for all children so that they always have the opportunity of living out their dreams."

Jesenia, Joseph's sister

Join Jesenia in supporting Fraser families on Saturday, April 14, 7:00 am at Mall of America. Gather a team to raise some money. Each dollar donated through the Fraser Walk for Autism helps local families get the services they need to reach their full potential.

A representative from Fraser's Development Division will be at the Fraser School lobby to help register families for the Autism Walk. Rose Rosario will be available from 3:00 – 5:30 PM on Thursday, February 15 to answer questions. You can also register online at [Fraser.org/walk](http://Fraser.org/walk).

## **T-shirt Design Contest**

We are looking for someone to design the Fraser Walk for Autism T-shirt. The design should reflect what Fraser means to you.

### Rules and Requirements

This contest is open to the public but only one entry per person is allowed.

Designs must be original, unpublished work and should not include any third-party logos, photographs, or copyrighted material.

Entries must be submitted by March 15, 2018.

Submissions will be reviewed by Fraser Marketing and Development teams and one entry will be selected as the winner.

The winner will not receive monetary compensation or have Fraser services impacted or affected.

Fraser reserves the right to make changes to the winning design before printing, including changes in image size, ink color, or T-shirt color.

By submitting your design, you confirm that your submission is your own work and grant permission for your design to be used by Fraser including, but not limited to, the Fraser website, the 2018 Fraser Walk for Autism T-shirt and marketing materials. To submit your design, please pick up a contest form at the front office.