

Director's Corner

February 2019

Dear Fraser School Families,

Wow! The Minnesota winter has arrived in full force!

Thanks to all parents for understanding about our recent Fraser-wide closure due to the frigid weather. We want to ensure that our children and our staff stay safe when the air temperature and wind chill reach those depths. Typically, we try to alert the major news outlets the evening prior to a closure due to weather; however, since this decision was made on Monday, we were able to provide more individual notices. If the decision to close Fraser School is due to snowfall or other factors, please watch the major news outlets or check out Fraser's Facebook page or Twitter feed. Generally, you will not receive an advanced email notice for a school closure due to inclement weather.

We have been informed by the National Early Childhood Program Accreditation (NECPA) Council that we will have two accreditation verifiers visit our program on Monday, April 1. Since they will send two verifiers, the visit will only last one day instead of two. At that time, the verifiers will observe in all of the classrooms for extended periods of time to ensure that our staff are following all accreditation standards. They will also check all of our documentation, including staff personnel files and children's enrollment files. They will also gather all parent and staff surveys to take back to the NECPA Council for review. In February, I will distribute NECPA-created paper surveys to complete. NECPA does not allow any electronic means to gather survey data. The surveys must be anonymous and must be sealed

prior to their return. I am not allowed to see the results or comments. The survey is an avenue for parents to sway the NECPA Council in whether to grant accreditation or not. It is not designed as a growth opportunity for the program or way to gain feedback. Each survey will be distributed, along with an envelope for you to secure the results. Please return them to me directly or to the front office. We need participation by at least 50% of the families enrolled in Fraser School to be considered for re-accreditation.

While we are not able to read the feedback on the NECPA Parent Survey, Fraser has its own annual consumer/client survey that has just been distributed. Most families should have received it electronically. If you did not receive it or are more comfortable completing a paper copy, please ask for a hard copy at the front office. The results of this survey are compiled by program and I see results and comments from families that attend Fraser School.

Finally, I want to thank the family members that joined us during Family Fun Week to read a fairy tale/fable to the children. We had many family members that made time to join us!

Thanks for sharing your children with us,
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Lunches and Milk

Even though families pack their own child's lunch, Fraser School will be held responsible for the contents in our upcoming licensing visit. These are the applicable rules for a well-balanced lunch:

- Each child's lunch must provide 1/3 of the child's daily nutritional needs as specified by the United States Department of Agriculture (USDA).
- Each child must have an item that is considered a protein. Proteins can include lean meat, tofu, soy products, cheese, cooked egg, cooked dry beans or peas, peanut butter or soy butter. Please know that the infant and toddler classrooms do not allow nuts or nut products due to allergies. Preschool and prekindergarten classrooms do allow nuts and nut products.
- Each child must have an item that is a fruit or vegetable. Fresh fruits or vegetables are best but easy to pack items include individual fruit cups packed in water or individual cups of applesauce.
- Each child must have an item that is a grain, preferably a whole grain. Examples include whole grain bread, tortillas, or crackers.
- Each child must be served pasteurized fluid milk that is fortified with vitamins A and D. Fraser School provides this milk. The Department of Human Services requires that we serve (not offer) children fluid milk at lunch unless the child either (a) has a doctor's note stating that the child is allergic to milk or (b) the parent provides an acceptable substitute. Some acceptable substitutes for fluid cow's milk include (a) breast milk; (b) goat's milk; (c) lactose-reduced milk; (d) some soy milks (e.g. 8th Continent Soymilk, Great Value Original Soy Milk, Kirkland Signature Organic Plain Soymilk, Pacific Natural Ultra Soymilk, PEARL Organic Soymilk Smart, Silk

Original Soymilk, Sunrich Naturals Soymilk, Westsoy Organic Plus); and/or (e)acidified milk (acidophilus). Please note that almond milk, coconut milk, rice milk, and many other types of non-dairy milk are deemed "non-creditable." Even if your child brings another source of dairy, he/she will be served fluid milk.

Families that have given a preference of no milk for their child with no medical documentation will be contacted and asked to provide either a doctor's note stating that the child has an identified allergy to milk/dairy or the families will need to bring a creditable substitute in a thermos. If one of these two criteria is not met, then teachers will serve the child milk. The child will not be forced to drink it.

For children that do not have an item from each food group, Fraser School will provide a supplement for that food group. For example, we may provide a child with a whole wheat tortilla with warm black beans to substitute for a whole grain and a protein. At this time, we will monitor the amount of supplements that we need to provide. If we find that we are providing regular daily supplements, we may, in the future, charge for supplementing your child's lunch.

As part of these changes to the nutritional regulations, we have also made changes to our morning and afternoon snack menus. We are providing more whole grains, fruits, and vegetables. We are also reducing the amount of sugars. Unfortunately, many of the baked goods that our Food and Nutrition Coordinator, Jane McAleese-Schrupp, was making were deemed as having added sugars so we have had to eliminate these items.

Finally, please label all containers and food in your child's lunch box with his/her first and last names. Thanks!



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.

5 Parenting Goals to Start the New Year

(from healthychildren.org, the website of the American Academy of Pediatricians)

Making your family better, stronger, more harmonious in 2019 may not require a complete overhaul, but rather a few strategic tweaks.

Instead of making the same-old lofty NYE resolutions to hit the gym and eat healthier, here are five concrete and tangible parenting goals to set for the year ahead.

1. [Keep kids riding rear-facing as long as possible](#), depending upon the limits of their car seat. This will include virtually all children under 2 and most children up to age 4. Remember to check for any new car seat laws that may be going into effect in your state in 2019. Remind anyone who transports your child by car.
2. [Take a CPR class and learn to use an AED](#). Cardiac arrest kills more than 7,000 children and more than 345,000 adults every year outside a hospital setting. Some of these deaths could be prevented by bystanders with [training](#) in basic life-saving skills or access to an AED machine. When a child is not breathing in a [drowning emergency](#), for example, CPR should begin immediately. Ask your pediatrician to recommend a class near you.
3. [Get everyone vaccinated for flu](#). The flu shot is the best way to protect yourself, your children, and other loved ones from the flu! Children, especially those in child care or school settings, are more likely to get sick with flu and spread it to others. As adults, we know to wash our hands often with soap and water, especially after coughing, sneezing, or wiping noses. Help your little ones learn good hand hygiene habits in the new year.
4. [Do better with digital](#). What are your kids watching on TV and online? Devote some time to researching age-appropriate media, and remember that screen time shouldn't always be alone time. Watch a show together. Play a video game together. Understand what they are doing and be a part of it.
5. [Practice some self-care](#). When was the last time you had a check-up? Got proper rest? Once a baby is no longer a part of your body, it's easy to forget that tight association between how you care for yourself and how you care for your child's health. We also know depression and anxiety can happen to both moms and dads during and after pregnancy. If this is you, [you are not alone. Help is near](#).

Upcoming events

> Fraser School Program Committee

February 20, 2019
4:00 – 5:00 PM

> Accreditation Visit

April 1, 2019
All day

Upcoming events

> No School

April 5, 2019
Parent/Teacher Conferences

> Fraser Walk for Autism

April 13, 2019
7:00 – 9:30 AM

Fraser Walk for Autism

Saturday, April 13, 2019
7:00 AM – 9:30 AM
Mall of America Rotunda

Support families at Fraser while enjoying Saturday morning fun at the Mall of America. How? It's simple: register online for the 2019 Fraser Walk for Autism, fundraise to support critical services Fraser provides and join us on April 13 for a family-friendly morning of sensory activities, therapy animals, games, prizes and giveaways.

Rally a team or register as an individual. All participants will receive breakfast. Register by March 15 to guarantee yourself and your family a Fraser Walk for Autism tote bag.

You or your child's very own design could be featured on that tote bag through our design contest. Get creative and submit a design by March 15. Forms are available on the Fraser website and in the school's front office.

Your support through events like the Fraser Walk for Autism helps Fraser sustain current programs as well as expand its innovative services for children, adults and families affected by autism.

Learn more and register at fraser.org/walk.

Coordinators' Office

As part of the construction project, the coordinators have a new office space. They are now all housed in a recently renovated room that is located directly off the gym area next to the Dinosaurs' classroom. The door has a key code on it so please knock. The coordinators still want to be available to families!

This room is the new office for:

- Colleen Polson, Intake/Billing Coordinator
- Elizabeth Eng, Education Coordinator
- Janel Morton, Staffing Coordinator
- Cyd Brunmeier, Special Education Coordinator
- Jane McAleese-Schrupp, Food and Nutrition Coordinator
- Carol Barthelmy, Volunteer Coordinator
- Mackenzie Willits, Health Services Coordinator

In addition, there is a small enclave in the room where coordinators can meet with one or two others. Eventually, the enclave will also house individual music sessions for children. There are just a few small details left to finish in the office space before it is completely finished.