

Director's Corner

March 2019

Dear Fraser School Families,

Thanks to all the families that have returned the parent surveys for the NECPA (National Early Childhood Program Accreditation) re-accreditation! **But, we need more!** In order to get 50% of the number of families that we have, I need at least **91** surveys. At the time of this writing, I have **71** surveys. Please complete the form, seal it in the labeled envelope, and give it to the front office staff or to any school staff member. If you can't find yours, please pick up an extra either at the front office or at my office (across from the Platypus classroom.)

Thanks also to the families that completed the Fraser annual client/consumer survey. I am just seeing some preliminary results and comments. I take the feedback very seriously and use it to try to improve the school.

As a reminder, we will have our accreditation verification visit on Monday, April 1. This is also the beginning of parent/teacher conference week. We will not offer any conferences on Monday, April 1 but will offer them periodically throughout the rest of the week. We will be closed for children on Friday, April 5 so that teachers can offer conferences during the day. Teachers will post sign-up sheets for conferences in the middle of March.

Finally, we had our surprise licensing visit on February 6. Due to the size of the facility, they brought two licensors to complete the visit. We had a few citations and one fix-it ticket. The citations were:

1. The changing table in the temporary Bears classroom was too far from the sink. This was unfortunate timing because we moved Bears back to their permanent (and compliant) classroom the next day.
2. Monthly, we complete a crib inspection report stating that each crib was inspected and has not been recalled. In 2017, the report was signed in January and in 2018, it was signed in December. We were cited because it was not signed "annually" which is defined as in the same month each year.
3. Again, we provided our staff some required training but, in 2017, we provided it in February; and in 2018, we provided it in May. We were cited for not providing the training "annually."
4. One of the child's files did not have the full address of the two emergency contacts. We were able to fix that while the licensors were on-site because Colleen Polson called the parent and they gave us the information.

They also had great things to say about the program. They praised our organization and our policies. They said that the infant room was "lovely." They also complimented the classroom staff as friendly and welcoming. Overall, it was a great visit!

Thanks for sharing your children with us,
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Nightmares and Night Terrors in Preschoolers

*reprinted from healthychildren.org, the website of the
American Academy of Pediatrics*

There are many things that can cause a child to wake up during the night. Most of these happen when children are overtired or under [stress](#). Keeping your child on a regular sleep schedule may help prevent many of these problems. If your child's sleep problems persist or get worse, talk with your child's doctor.

Nightmares

Nightmares are scary dreams that often happen during the second half of the night when dreaming is most intense. Children may wake up crying or feeling afraid and may have trouble falling back to sleep.

What Parents Can Do

- Go to your child as quickly as possible.
- Assure her that you are there and will not let anything harm her.
- Encourage her to tell you what happened in the dream. Remind her that dreams are not real.
- Allow her to keep a light on if it makes her feel better.
- Once your child is ready, encourage her to go back to sleep.
- See if there is something that is scaring your child, like shadows. If so, make sure they are gone.

Night Terrors

Night terrors occur most often in toddlers and preschoolers and take place during the deepest stages of sleep. Deepest sleep is usually early in the night, often before parents' bedtime. During a night terror, your child might:

- Cry uncontrollably

- Sweat, shake, or breathe fast
- Have a terrified, confused, or glassy-eyed look
- Thrash around, scream, kick, or stare
- Not recognize you or realize you are there
- Try to push you away, especially if you try to hold him

While night terrors can last as long as 45 minutes, most are much shorter. Most children fall right back to sleep after a night terror because they actually have not been awake. Unlike a nightmare, a child will not remember a night terror.

What Parents Can Do

- Stay calm. Night terrors are often more frightening for the parent than the child.
- Do not try to wake your child.
- Make sure your child cannot hurt himself. If he tries to get out of bed, gently restrain him.
- Remember, after a short time your child will probably relax and sleep quietly again. If your child has night terrors, be sure to tell [babysitters](#) what they are and what to do. If night terrors persist, talk with your child's doctor.

Keep a Sleep Diary

If you are concerned about your [child's sleep habits](#), talk with your child's doctor. Keep a sleep diary to help track your child's problem that includes the following:

- Where your child sleeps
- How much sleep she normally gets at night
- What she needs to fall asleep (for example, a favorite toy or blanket)
- How long it takes her to fall asleep
- How often she wakes up during the night
- What you do to comfort and console her when she wakes up during the night
- The time and length of naps
- Any changes or stresses in the home

Track this information for 1 to 2 weeks and bring it with you when you talk with your child's doctor. Keep in mind that sleep problems are very common, and with time and help from your child's doctor, you and your child will overcome them.

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.

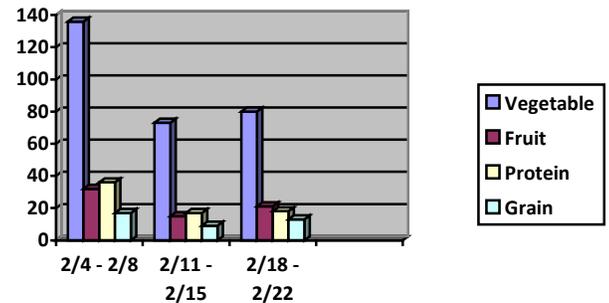
Your support through events like the Fraser Walk for Autism helps Fraser sustain current programs as well as expand its innovative services for children, adults and families affected by autism.

Learn more and register at fraser.org/walk.

Lunch Supplementation

After three full weeks of supplementing lunches, I wanted to report on the results. We saw a significant decrease in the number of supplements that we needed to provide in the second week from

the first week; however, we have seen a slight uptick again in the third week.



During the first week, we provided 221 servings of supplemental food, including 136 servings of vegetables. The second week, the total number of supplemental servings decreased to 114, including 73 servings of vegetables. In the third week of February, we provided 132 servings of supplemental foods, including 80 servings of vegetables.

Please send a serving of vegetables, a serving of fruit, a whole grain food, and a protein each day in your child's lunch. Fraser School serves each child liquid milk. In the new USDA guidelines, a child needs a fruit AND a vegetable at each meal time. In order to comply with the law, if a parent does not provide each food item, we are required by law to serve it.

We will continue to monitor the number of supplements that we are providing and consider our options when we see the full impact of this new regulation.



Education is not filling a bucket but lighting a fire.

William B. Yeats

Upcoming events

> Accreditation Visit

April 1, 2019
All day

> No School

April 5, 2019
Parent/Teacher Conferences

> Fraser Walk for Autism

April 13, 2019
7:00 – 9:30 AM

Upcoming events

> Family Fun Night

Thursday, May 16, 2019
6:30-7:30 PM

> No School

Thursday, May 23 and Friday, May 24, 2019
Staff Development Days

> No School

Monday, May 27, 2019
Memorial Day

Sensory Friendly Events Around the Metro

A parent that is on several sensory-friendly committees around the Twin Cities shared some local family and sensory friendly activities. Enjoy!

Walker Art Center

Sensory Friendly Sundays
Second Sunday of every month
8-11am
FREE
<https://walkerart.org/visit/sensory-friendly-sundays>

Minnesota Orchestra Hall

Sensory Friendly Performance Series
*See MN Orchestra Hall website for dates & times
Price: reduced prices at \$12/seat (all seats)
Sunday March 10: Carnival of Animals
Sunday May 12: Tin Forest
Sunday July 28: Joyful Rhythms, Joyful Sounds
<https://www.minnesotaorchestra.org/buy/special-events/sensory-friendly-concerts>

Guthrie Theater

Relaxed Performances
*See Guthrie Theater website for performance dates
Price: Reduced seat prices
<https://www.guthrietheater.org/plan-your-visit/accessibility-offerings/relaxed-performances>

Zorongo's Flamenco Dance Theatre

All Abilities Classes. All ages. All are welcome.
*See Zorongo's website for performance & class dates
<https://zorongo.org/product/flamenco-physically-integrated/>

Stages Theater

Sensory Friendly Performances
*See Stages Theater website for performance dates
Price: Reduced seat prices
<https://www.stagestheatre.org/about-us/accessibility/sensory-friendly-performances/>