

Director's Corner

May 2019

Dear Fraser School Families,

Happy Spring! I think it is finally safe for families to take their children's winter gear home. This is also a great time to check your child's extra clothing to ensure that they are weather appropriate and still fit your child.

We have heard from the NECPA Accreditation Council and we have been deferred until I provide additional information. These are the standards that they felt needed additional explanation or action plans:

- Our procedures and policies for allowing parents and staff input into the developmental program and written curriculum.
- Our procedures for requiring and reviewing outdoor lesson plans.
- Our practices in allowing parents to share at-home observations in order to influence their children's ongoing developmental assessments.
- Our practices to provide constant sight and sound supervision in the crib room while any infants are asleep.
- Photos of the children's and family photos at child's eye level. The verifiers felt that some of the family photos were posted too high.
- Photos of the infants playing outside as the infants did not go outside on the day that the verifiers visited.

I will be able to provide this additional information and the Council will re-review our accreditation status. Our accreditation extension is good until

August 30, 2019 so a decision should be made well before our extension expires. Thank you to all the parents that completed the NECPA accreditation survey.

Unfortunately, we have had some turnover in the coordinator team. Jane McAleese-Schrupp was unable to continue her position as Food and Nutrition Coordinator. I will restructure the kitchen position to have the Health Services Coordinator create the menus and supervise the nutrition requirements while we staff the kitchen with two part-time kitchen assistants that will prepare and deliver snacks and wash dishes. With two part-time staff, we are able to get kitchen coverage for 50 hours per week instead of 40. Due to this change, I will revise the upcoming menus and have classrooms redistribute them.

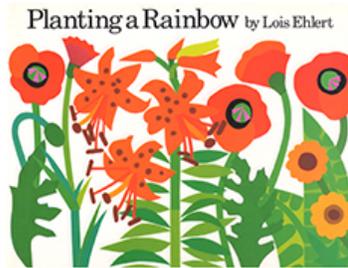
In addition, Mackenzie Willits, Health Services Coordinator, has resigned her position effective April 26. We are actively recruiting and interviewing for her replacement. Until we are able to get a replacement hired and trained, please feel free to contact any coordinator or me with questions regarding medication administration or other health and safety issues.

Thanks for sharing your children with us,
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Family Fun Night



On Thursday, May 16, we will have our spring Family Fun Night. Weather permitting, we are planning a very fun event on our playground. We will plant Nellie's Garden as a rainbow garden. We will read the book, Planting a Rainbow by Lois Ehlert. Each family is encouraged to bring a flower in the following colors:

- Red flowers – Platypus and Bees
- Orange flowers – Butterflies and Bears
- Yellow flowers – Chameleons and Cats
- Green plants – Dinosaurs, Monkeys, and Frogs
- Blue flowers – Hummingbirds and Fireflies
- Purple flowers – Ladybugs, Elephants, and Ducklings

The event will be from 6:30-7:30 PM. We will begin the evening with the book reading and then move into a wide variety of rainbow activities. At about 7:20, we will gather again to have a closing activity.

We would like to celebrate throughout the week by having school-wide dress-up days:

- On Monday, May 13, wear RED.
- On Tuesday, May 14, wear YELLOW.
- On Wednesday, May 15, wear GREEN.
- On Thursday, May 16, wear BLUE.
- On Friday, May 17, wear RAINBOWS.

We hope you all can join us!

Teacher Appreciation Week

This week, a mama duck built a nest and laid eggs under one of Fraser School's garden boxes on the playground. The first reaction to this event from a building full of early childhood educators is to do research about the duck, the nesting habits, and the incubation period. The teachers want to take the unique opportunity to teach children about the ducks first-hand. This shows some definite characteristics of early childhood professionals:

- We are flexible. We can change activities and lesson plans, if needed, depending upon the children's reactions and needs at that moment. We can also call up a song or finger play on a moment's notice!
- We are interested in continual learning. If a child is interested in subject, we will learn everything that we can about that subject so that we can teach the children. If we just happen to have a mama duck nest in our playground, we will embrace the opportunity and learn about ducks!
- We know that children learn by hands-on experiences. While we won't be putting our actual hands on the duck or the eggs, we can definitely watch what happens each day, noting changes. This is scientific inquiry on a developmentally appropriate scale!
- We are patient. So what if it takes 28 days for a nest of mallard eggs to hatch? We will learn about other things as the children's interest wanes and then come back to the subject of ducks as we see something new.

This year, National Teacher Appreciation Week is May 6-10. I want to thank all the teachers, assistant teachers, coordinators, and music therapy staff at Fraser School that care so passionately for our littlest learners.

Healthy Sleep Habits: How Many Hours Does Your Child Need?

The American Academy of Sleep Medicine (AASM) provides some helpful guidelines regarding just how much sleep children need at different stages in their development. Keep in mind that these numbers reflect total sleep hours in a 24-hour period. So if your son or daughter still naps, you'll need to take that into account when you add up his or her typical sleep hours.

Infants (4-12 months)	12-16 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5 years)	10-13 hours
Gradeschoolers (6-12 years)	9-12 hours
Teens (13-18 years)	8-10 hours

So, are you sending your child off to bed early enough? If those numbers are surprising to you, you're not alone. Working and single parents, especially, are often forced to get by on 5, 6, or even fewer hours of sleep each night. This is likely impacting your own social and mental functioning, as well as increasing your risk for other health problems. It might be tempting to think that your children can also get by with less sleep than they need, or that they should be able to cope fairly well with a few skipped hours here and there. However, all children thrive on a regular bedtime routine. Regular sleep deprivation often leads to some pretty difficult behaviors and health problems – irritability, difficulty concentrating, hypertension, obesity, headaches, and depression. Children who get enough sleep have a healthier immune system, and better school performance, behavior memory, and mental health.

Healthy Sleep Habits from the American Academy of Pediatrics (AAP):

- Make sufficient sleep a family priority. Remember that you are a role model to your child; set a good example.

- Keep to a regular daily routine. The same waking time, meal times, nap time, and play times will help your child feel secure and comfortable, and help with a smooth bedtime. For young children, it helps to start early with a bedtime routine such as brush, book, bed.
- Be active during the day. Make sure your kids have interesting and varied activities during the day, including physical activity and fresh air.
- Monitor screen time. The AAP recommends keeping all screens – TVs, computers, laptops, and phones out of children's bedrooms, especially at night. To prevent sleep disruption, turn off all screens at least 1 hour before bedtime.
- Create a sleep-supportive and safe bedroom and home environment. Dim the lights prior to bedtime and control the temperature in the home. Don't fill up your child's bed with toys. Keep your child's bed a safe place to sleep, rather than a place to play.
- Don't put your baby to bed with a bottle of juice, milk, or formula. Water is okay. Anything other than water in the bottle can cause baby bottle tooth decay. Feed or nurse your baby, and then put him or her down to sleep.
- Don't start giving solid foods before about 6 months of age. Starting solid foods sooner will not help your baby sleep through the night. In fact, if you give your baby solid foods before their system can digest them, he or she may sleep worse because of a tummy ache.
- Learn to recognize sleep problems. The most common sleep problems in children include difficulty falling asleep, nighttime awakenings, snoring, stalling and resisting going to bed, sleep apnea, and loud or heavy breathing while sleeping. Talk to your child's pediatrician about any of these sleep issues.

Upcoming events

> **Family Fun Night**

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

> **Infant Room Closed**

Wednesday, May 22, 2019
For construction

> **No School**

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

Upcoming events

> **No School**

Monday, May 27, 2019
Memorial Day

> **Infant Room Closed**

Tuesday, May 28, 2019
For construction

> **No School**

Thursday, July 4, 2019
Independence Day

Fraser Walk for Autism Recap

More than 2,000 individuals came to Mall of America on April 13th to raise awareness and funds for Minnesota families affected by autism. We are thrilled to share that more than **\$156,000** was raised at the Fraser Walk for Autism, presented by Central Roofing Company!

Special thank you to Never Forget Nellie 7, who earned the top friends and family fundraising team title for the seventh year in a row. They raised \$10,902! (Please note: this is the Nellie from Nellie's Garden on our Fraser School playground.) We would also like to recognize the Central Roofing Company, top corporate fundraising team and presenting sponsor of the event, who raised \$30,162.

Thank you to all sponsors and volunteers because the Fraser Walk for Autism would not be possible without your support.

Staff Development

On Thursday, May 23 and Friday, May 24, Fraser School will be closed for Staff Development Days. Per our DHS licensing, each staff member must participate in 24-42 hours of in-service annually, depending upon their background education and experience. During these professional development days, we provide refresher trainings for all of the requirements that DHS licensing sets forward. These include, Sudden Unexpected Infant Death, Abusive Head Trauma, Child Care Risk Reduction, Emergencies and Accidents, Allergy Prevention and Response, Handling and Disposal of Bodily Fluids, and Health Policies.

In addition, staff members will have a rare opportunity to work in their classrooms without children present. Staff members can prepare for new and transitioning children, as well as, organize and clean.

Thank you for understanding the importance of these professional development opportunities.