



Director’s Corner

January 2018

Dear Fraser Families,

Happy New Year!

Many people like to use the fresh start of the new year to re-organize. I have that opportunity with two of our administrative positions.

Our kitchen assistant, Jessica Cline-Rolfer, resigned in mid-December. Our Senior Health Services Coordinator, Krista Shaw, has an opportunity to transfer within Fraser and work in a more clinical role. She will transition into that new position after she has trained her replacement. Since both of these positions are vacant simultaneously, I have restructured the job duties. The new Health Services Coordinator will continue to oversee the major health and safety issues, including maintaining all health and immunizations forms, administering medications, and monitoring safety policies. I created a new position, a Food and Nutrition Coordinator to supervise all aspects of the kitchen. This new person will plan menus, purchase and prepare food, and maintain the food and food services budget. He/she will also be able to monitor all applicable federal, state, and local legislation concerning food safety and sanitation. Both of these positions are currently posted both internally and externally. Hopefully, in next month’s parent newsletter, I will be introducing two new coordinators.

Since the kitchen assistant position is unfilled at this time, you will see a temporary change in the snack menu. We will continue to serve a variety of healthy snacks; however, the snacks will need less preparation than when we have a full-time kitchen staff. Thanks for your understanding.

Another structural change that has occurred with the new year affects our music therapist, Heather Anderson. In the past, Heather was part of the pediatric therapy department, along with the occupational therapists, physical therapists, and speech therapists. However, since Fraser is not offering private individual music therapy at this time, her only role is to offer music therapy within the Fraser School classrooms. Therefore, it made more sense for Heather to be officially part of Fraser School. Nothing will change in regard to music services within the classroom. We will still have Heather offer the same high quality music therapy to each classroom each week.

At this time of year many families also ask about tax statements. Fraser’s accounting department will send a year-end tax statement to all Fraser School families. Please consult a tax professional about if and how you can deduct Fraser School tuition from your taxes.

REMINDER: We will have school on Monday, February 19. We have canceled the Staff Development Day.

Thanks for sharing your children with us,
Deedee Stevens-Neal
612-798-8319
Deedee.Stevens-Neal@fraser.org

Inside This Edition

Family Fun Night.....	2
Fraser School Scholarship Fund.....	2
Parent Aware Rating.....	2
Tips for Taming Tantrums.....	3
Fraser Annual Benefit Recap.....	3
Schedule of Events.....	4
Tips for Balancing Your Family/Career.....	4

Family Fun Night

Our next Family Fun Night will be held on Thursday, January 18, 2018. The committee has decided that the theme will be the winter Olympics but are still finalizing the details.

At 6:30 PM, we will all gather in the gym to hear the book. From there, families and their children will go to the open classrooms to enjoy the activities together. At about 7:20 PM, we will finish the projects and gather back at the gym for the ending event. At 7:30 PM, we will dismiss the families so the staff members can clean up.

We will also have an opportunity for families to participate in a research project with the University of Minnesota. There is a University of Minnesota doctor that works with Fraser to conduct autism research. She and her team are exploring the genetic basis of autism within families. They will be available for questions and to sign up families to be part of the study. Your child does not need to have autism to take part. I encourage you to stop by their table and ask questions to learn more.

We hope to see you there!

Fraser School Scholarship Fund

Fraser School has a small scholarship fund for families of children with special needs to use if they have an unexpected situation that makes it financially difficult to continue enrollment in Fraser School. Traditionally, the money is used as a credit for Fraser School tuition so families can use their financial resources to pay other bills. Some family situations have been that a Fraser School child was hospitalized for a length of time, a parent was diagnosed with cancer, and a family had a fire and lost all of their possessions. The donor family stipulates that the funds go to other families that have children with special needs.

Parent Aware Rating

Fraser School has been re-rated as a 4-Star program through Parent Aware, Minnesota's Quality Rating System. Four Stars is the highest measure of quality. Parent Aware is voluntary for programs and is above and beyond the child care center licensing regulations required by the Department of Human Services (DHS). While DHS rules focus on health, safety, and minimum staff qualifications, Parent Aware focuses on indicators of a high quality program such as ongoing teacher trainings, adult/child interactions, and appropriate curriculum and assessment tools.

Because Fraser School is accredited through the National Early Childhood Program Accreditation (NECPA) Council, we can apply for re-rating through an expedited process. Many of the factors that accreditation considers to be indicators of high quality are the same as Parent Aware. Parent Aware recognizes that and does not want to make accredited centers go through needless paperwork.

Fraser School chooses to be both accredited and rated through Parent Aware to ensure that we are able to utilize as many funding sources as possible. Many grant opportunities look for programs that have undergone a national accreditation process. Because the accrediting bodies are independent and objective, it is a great indicator of a high quality program throughout all of the United States. However, in order to get higher reimbursement rates through each county's child care assistance program and to qualify for early learning scholarships, we need to have a rating in the Parent Aware program. Because these funding sources are administered through county and state governments, they want to focus their funding on programs that have participated in the Minnesota Quality Rating System.

Tips for Taming Tantrums

(Reprinted from fraser.org)

If you have a toddler, you have probably had to deal with a temper tantrum every now and again. While tantrums are normal, they can be one of the most challenging aspects of parenting a young child. Here are some tips for dealing with challenging behaviors without losing your cool.

- When a child has a tantrum, he is trying a different way of expressing himself. Tantrums may happen when a child is frightened, frustrated, angry, tired or sick and he is unable to easily express his feelings or needs.
- To decrease tantrums, avoid having your child do difficult or stressful activities when she is tired, hungry or not feeling well. Don't over-plan your toddler's day. Try to focus on what is important and reduce as many hassles as possible.
- Quiet time each day helps children maintain emotional balance.
- Encourage your child to talk about how he is feeling. Help him use words to express himself. Acknowledge his feelings and accept them without judging them or trying to change them.
- Give your child your full attention. Help him to learn self-control and cooperation.
- If your child has a tantrum, take her to a quiet place to calm down. Do not embarrass or scold her in front of others. Stay with her and help to calm her.
- Later, when the child is calm, discuss what happened and use it as a teaching opportunity. Teach the child new skills that will help her to be successful.
- Don't yell, punish or spank children for having tantrums. Keep your cool. Tantrums

are normal and will diminish over time as a child grows.

- It is normal for children to test limits. Set age-appropriate rules for your household and stick to them. Be clear and consistent about the rules. Be loving but firm.
- It is sometimes okay to ignore behaviors like crying and screaming for attention, slamming doors, sticking out tongue, and kicking the floor. Do not ignore it when a child tries to hurt himself or someone else, throws or damages things.

Fraser Annual Benefit Recap

Fraser held its Annual Benefit on Saturday, November 18, 2017 at the Hilton in Minneapolis. We want to thank everyone that attended the banquet, those that volunteered, and all that donated items for the silent auction. We want to especially thank U.S. Bank as our presenting sponsor.

Through the generosity of the hundreds of people that attended, Fraser raised \$540,000 to continue the valuable services that we provide.

More information about the benefit is available on Fraser's redesigned website at fraser.org. There are also many photos of the evening on Fraser's flicker page that can be accessed through the website.

As you look through the information on the benefit, make sure to see the other features of Fraser's new website. It was just launched in December 2017 and took lots of time and effort by Fraser's marketing department. You can still use the website to pay your tuition bill online. You can also access Fraser School's 2017-2018 revised calendar and the current tuition rate sheet.

This month's events

> **No School**

January 1, 2018
New Year's Day

> **Family Fun Night**

Thursday, January 18, 2018
6:30-7:30 PM

Upcoming events

> **No School**

April 5, 2018
Parent/Teacher Conferences

> **No School**

April 6, 2018
Spring Break

Three Tips for Balancing Your Family Life with your Career

(reprinted from childdevelopmentinfo.com)

It's not always easy to stay close to your partner and kids while working full-time. Many people find themselves feeling like they have to choose between their job and their family – and often, in the end, both suffer. While there's no foolproof way to stay on top of your career without missing out on valuable family time, there are some ways you can maintain a healthy and sustainable balance between the two. Here are three simple strategies that may work for you.

- **Set boundaries between your work life and home life.**

Lots of people answer emails and work on projects after they've gone home for the night, but if you do this, you might feel like you never left the office to begin with. While you might not always be able to clock out at five on the dot, do your best to leave your work behind when you go home. Spend your free time relaxing with your loved ones and doing things that recharge you. This change might feel awkward if you tend to be a workaholic; but remember, you won't do yourself or your boss any favors if you burn out from working too much – so take a break.

- **Connect with your family through routines.**

Stay close to your partner and kids by creating daily routines that let you spend time together. These routines don't have to be impractical or time-consuming – instead, look for ways to turn your regular chores and habits into bonding time. Get up twenty minutes earlier in the morning to have a cup of coffee with your partner, or start having dinner with your kids every night. Creating regular family routines can help you appreciate the ordinary aspects of life.

- **Carve out time to be together.**

Prioritize your family on the weekends and during your vacations by planning special things to do together. Keep it close to home with a board game night or backyard barbecue, or take a road trip together and explore a new city. You could even designate one day a week to do a family activity like hiking or volunteering.

Balancing work and family is often just a matter of managing your time well and making the most of the moments you have with your loved ones. Doing this may not be easy, but it's always rewarding. Make these strategies part of your life, and you'll find yourself feeling closer to your family without having to give up your job.