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# Fremont Parents' Nursery School Newsletter

## June 2018

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### **Meet Your Teacher - Pratheeba**

*I grew up in Southern India and graduated from college with a Bachelors degree in science. When I got married and moved to United States with my husband and son, we wanted to stay in touch with our roots and enrolled my son in Tamil language school to teach him our culture and traditions. I started volunteering in the same and discovered how much I enjoyed teaching and learning with young children. I decided to take up early childhood education as my career and did my course work at Ohlone College. Early childhood education classes opened a new world for me and showed the power of creative and open ended play. It showed me the importance of early years of life where children explore, create and learn in their own pace. I was fortunate to join FPNS in 2011 as an Associate to Teacher Marsha and quickly learned how the school believed and encompassed all these by providing open ended and meaningful activities to children. The co-op school structure has given me the great experience of working with children along with their families and has helped me to grow, learn and thrive together. Under the great mentorship of Annette and my peers I was able to grow from being an associate to a lead teacher and I am still learning everyday.*

*I am blessed with a wonderful husband and two amazing children. My son Anirudh is pursuing computer science major at UCLA and my daughter Ananya is a junior at Washington High School. I love spending time with my family and enjoy traveling together whenever we can. I love hiking, reading books, baking and meeting up with friends.*

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## Understanding Separation: How to Make Goodbyes Bearable

This year, most of the C group families have been here for at least 3 years; as expected long term friendships have developed and parting ways will bring bits of heartache a.k.a occupational hazard. The occurrence of meaningful connections thrives in a cultural environment such as FPNS; a feature that our school has established and continues to nurture. PRE K graduation day is fast approaching and unless otherwise spoken to about the end of preschool, children may not wonder until after several weeks why they haven't seen their friends or why they haven't gone back to school. One of the options to explore is giving the child a heads up about the upcoming transition -- Goodbye Preschool... Hello Kindergarten!

The quick tips at the end of this article are applicable for any separation long term or otherwise. The important thing to remember is that having a proactive separation benefit the child's emotional well being. The purpose of this article is to explore the subject of transition and why planning out with your child a suitable way to separate and reunite aid in building a healthy bond between the caregiver and the child, setting the foundation for subsequent relationships.

### An Overview

Transition plays a significant role in the child's understanding of what it means for things to begin and end. When a child shows she grasps this idea, it indicates her developing capacity for **representational thought** (typically observable by age 2), a process wherein the child can reproduce images in her mind. The

child comprehends that objects continue to exist even when they are not apparently so is called **object permanence**.

Mental representation and object permanence influences the child becoming upset when her significant adult/parent (object) leaves because she is now beginning to understand what it means to separate. The process of separation triggers (for both parent and child) an emotional response that over time creates a pattern (look up Bowlby and Attachment Theory, Mary Ainsworth and Attachment Pattern) that predicts future behaviors in relationships that follow.

### Tips for Proactive Goodbyes :

#### Peer Separation (Saying goodbye to friends)

1. Attending different schools? Its helpful to ask "what ways can we reach out to friends?" through letters, play dates, Face Time etc. to foster the friendship.
2. During meet ups with peers, state clear end time of play date and provide enough time for the child to disengage from the last activity.
3. Discuss with your child what the plan is and have them repeat it back to you. Reminding the child that she is welcome to ask questions.

#### Parent /Child Separation

Include your child in coming up with a personalized routine that will work for you both. For example: Shadowing the child as she plays for 5 minutes on a timer \* then give hugs and kisses at the gate (Consistency and follow through are key). Do the working routine until they indicate changes or decide they are feeling more at ease.

\*One of the reasons why timer works when **used in a steadfast and consistent manner** is because they perceive the timer going off to be out of their control

Plan an activity to look forward to after school (important to follow through). Remind your child that “grown-ups come back” and that you are leaving them with adults that you trust and that you know will take care of them. This eases the child’s anxious feelings about your departure.

Provide a special token that she can tangibly carry around with her when she begins missing you. Support representational thinking by suggesting that she can draw a picture of you doing things that you both enjoy doing or maybe what she does at school or even what she thinks you do in the time you are apart.

Books to check out: “Kissing Hand”, “I love You All Day Long”, “Llama Llama ,Misses Mama”.

Separation and reunion is part of the human experience and when we create a process of saying goodbye the child learns that both she

and her significant caregiver can come up with ways to ease the sadness of goodbyes, finding ways to cope with the transitions (*this is a great opportunity to encourage forming other friendships / connections*) and of course the joy of seeing each other again.

Instead of sneaking out during drop off and avoiding the scene of saying goodbye, practice proactive goodbyes. The more opportunities for appropriate goodbyes they are exposed to the more skilled they become at parting ways. They begin to understand that goodbye is part of the process, it makes reunion that much more heartfelt.

- *Camellia Santos, Group B and C Mom*

**End of Year All School Picnic :**

Newark Community Center

Date: Friday, June 8th

Time: 11:00-1:00

This is a joyous time for all of our members and their families to celebrate together. Newark park is spacious and safe, and designed for the enjoyment of all ages. We will hold a potluck. The sign up sheets are posted on the door. Hope that you will make plans to attend!



**FPNS Fundraiser:**

We had a beautiful evening for our Fundraising Social and Silent Auction. Through your generous support and that of your guests, we raised \$8,000.00! This will enable us to expand our financial assistance program, so we may continue to provide an exemplary early childhood program for children and families who seek to join our school.

**Congratulations Group C  
on Graduating PreK !**

Graduation on Wednesday, June 6



## Perspectives in Parenting - Tips from the Experts

*"Raising Kids is part joy and part guerrilla warfare." ~Ed Asner*

Being a parent is surely one of the most joyful and awesome endeavors that we can ever experience. Coupled with a lot of doubt and uncertainty, and armed with a good sense of humor, we continually strive to meet the needs of our children throughout their various developmental stages. As we approach the dates designated to celebrate Mother's and Father's Day, I thought you might find the following insights on raising children meaningful to you on your journey.

Follow your heart, not just the rules. "Give your children unconditional love, mixed with respect. Unconditional love requires patience and understanding especially during those times your child rebels by acting in ways that you can hardly tolerate. I love you---I just don't like your behavior." "Give your child not just time---but your real presence." Be in the moment during an activity your child has chosen to share with you. "Approve of your child for who he or she innately is. I'm not talking about helping your child change a particular behavior, such as hitting when she's angry or frustrated: I'm referring to a child's inborn temperament."



*"Give your loving insights to help your child understand who he is" ---  
T. Berry Brazelton, M.D.*

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, and honest compliment or the smallest act of caring, all of which have the potential to turn a live around."---Leo Buscaglia*

*"Your children are your teachers, your guides, your challengers, your lesson-bringers, your truth-tellers, your heart-healers, your spirit polishers. Welcome them into your life as your teachers and your blessings. Allow them to show you how to find meaning and celebration in every moment." ---Barbara De Angeles, PhD, author of Real Moments*

*"For only as we ourselves, as adults, actually move and have our being in the state of love, can we be appropriate models and guides for our children. What we are teaches the child far more than what we say, so we must be what we want our children to become." ---Joseph C. Pearce*

**~Annette Daniels, Exec. Director, FPNS**



## Health Corner

by Begoña Cirera Perez, MS, Nutritionist/Dietitian

As some of you may have learned, I was recently back home (Barcelona) for two weeks for a family medical emergency. My brother, and closest friend since childhood, had a massive heart attack, and very, very close to dying. Miraculously, after four surgeries in less than 2 weeks, he is recovering, but his heart will remain very weak for the rest of his life (with 70% of his heart's ejection rate shattered). When situations such as these happen, I think we all contemplate our own mortality, and that of our children, and what can we do to increase the longevity and quality of the lives of those we love.

For this "Health Corner", it's quite fitting to focus on the heart, the most important muscle of our bodies. We may not think that we need to worry about heart disease with our kids, after all heart disease is suffered by adults, not children. However, the truth is quite the opposite, as we will learn today. As a dietitian, I know what is best for my children (at least in terms of food intake), but even so, sometimes children can be picky on what they eat. Many caregivers may not realize that they are slowly harming their children's heart by what they feed them. I mean "slowly", literally, because much of our diet has a cumulative effect, from the moment we are born. The hardening of arteries that blocks blood flow (atherosclerosis) begins in childhood, depending on the diet we chose to offer our children. It is never too early to start eating a heart-healthy diet. Let's start by learning a little about the heart and continue with some heart-healthy tips.

**OUR AMAZING HEART:** It is about the size of one's fist. It beats about 100,000 times per day, and pumps about 2000 gallons of blood through the entire body every day, or 1.5 gallons every minute. It has to carry blood and oxygen through 60,000 miles of networks composed of body tissues, trillions of cells, and every organ of our body. As a well-tuned, coordinated machine, the right side pumps blood into the lungs, while the left pumps it back into the body. It aids the kidneys by pumping blood through them at the right pressure, and in turn, the kidneys clean our blood, 24/7. When any damage occurs to the heart, it has to work harder to continue to perform all of these crucial tasks.

**HOW TO KEEP OUR HEART HEALTHY:** There is not one answer to keeping the heart healthy, but a combination of steps come to play. The more of these that we follow, the better chances that we will keep our hearts beating for as long as they were meant to.

1. **Cholesterol:** This fatty substance is naturally made by the body, but can harm the arteries when eaten in excess. The only foods that contain cholesterol are those of animal sources (exclude most fish from this list).

**To Lower Cholesterol:** Eat a diet high in fiber: fruits, vegetables, legumes, and whole grains. Remove white/refined grains from diet. Get used to using brown rice instead of white, whole-wheat pasta, instead of white. Offer whole grain snacks and fruits to kids. Remember, taste is acquired. We do not know what we will like or dislike when we are born (other than milk), so take advantage of untrained taste buds, and train them to enjoy healthy foods.

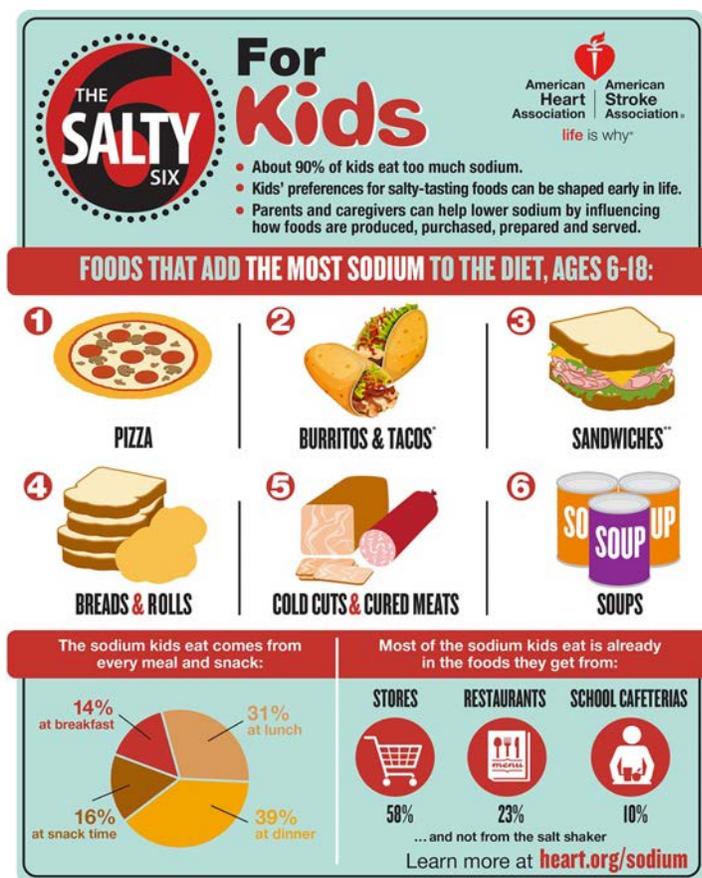
2. **Saturated fats & trans fats:** Saturated fats are found in greater amounts in foods of animal origin. Trans fats are man-made and can be found in any food that has been produced with partially hydrogenated oils. **SHOP SMART:** *Even if a food label says “no trans fats”, the only way to be 100% sure is to read the ingredients list. If the ingredients list does not list “partially hydrogenated” oils of any kind, then you are in the clear, as there are no trans fats in this food.* Both saturated fats and trans fats contribute to increasing bad cholesterol and the risk of atherosclerosis. Trans fats also lower our “good cholesterol”, which is crucial to rid the body off bad cholesterol.

#### To Lower Saturated & Trans Fats:

Offer less animal products. Increase grains and legumes to assure healthy proteins are offered. Read Ingredients Lists of food labels and look for “partially hydrogenated” oils. Avoid these products.

3. **Sodium:** An essential nutrient and ingredient of salt, when in excess, it increases our blood pressure by holding onto body fluid, and can lead to high blood pressure and heart disease. The salt shaker is **NOT** the problem with sodium, as salt is so easily hidden in our foods:

**To Lower sodium intake (also see picture):** Remove fast food from diet. Decrease the amount of times that you go to restaurants, as it has been shown that even Kid’s menus are cooked with excess salt. **Cook at home:** First, use fresh foods, not already-prepared meals (frozen or not). Minimize canned foods and lunch meats.



Look for the words “No Added Sodium” in packages. **If you have to, add salt AFTER you are done cooking. Kids don’t need salt in their meals, that is just our perception.**

**4. Exercise (see picture):** Our children need to exercise on a daily basis to keep a healthy weight and keep their heart healthy.

**5. Smoking:** Even second-hand smoke is horrible for everyone. Among people who have never smoked, passive smoking is a principal cause of heart disease. Smoking damages the lining of the arteries, leading to a build up of fatty material, which narrows blood flow. This can cause angina, a heart attack or a stroke. It increases blood pressure, leading to high blood pressure as the nicotine in cigarettes causes your body to release adrenaline, which in turn increases your blood pressure.

**6. Stress:** Constant, unresolved stress accumulates in our bodies overtime increasing blood pressure, hardening arteries and blocking blood flow through the body. Those with Type A personalities tend to have higher incidences of stress and heart-related diseases. Positive mechanisms to deal with stress include regular exercise, healthy sleep, meditation, and a healthy diet.

Remember this, we have the responsibility to provide our children with the opportunity of living long, high quality lives. This begins with lifestyle choices: diet and exercise. Every time we offer food to our children, we give them the chance to grow into healthy adults that will make smart decisions towards food. If we don’t want our children to develop certain eating habits, then let’s not introduce them to such habits at all.



HAPPY BIRTHDAY FPNS KIDS



| Group A         | Group B         | Group C          |
|-----------------|-----------------|------------------|
| Evalyn - Jul 7  | Alexis - Jun 20 | Jasnoor - Jul 16 |
| Ella - Jul 16   | Samuel - Jul 29 | Avalyn - Jul 23  |
| Maya - Jul 19   | Micah - Aug 5   | Amelia - Aug 13  |
| Lucas - Jul 21  | Malia - Aug 5   |                  |
| Ivan - Aug 2    | Xavier - Aug 16 |                  |
| Joshua - Aug 21 |                 |                  |



***It's not farewell...just goodbye for now...***

It's with great sadness that I would like to thank ***Annette Daniels*** for her years of wonderful service as Executive Director for our magnificent school. Annette has single-handedly led us with exuberance, grace and dedication and will be greatly missed by parents and students alike. My favorite memory of Annette will always be watching her dig with several little students in the dirt for worms. I'm not sure if Annette or the kids were more excited to find the worms.

Annette, we aren't saying farewell...just goodbye for now! We expect to see you at the next FPNS fundraiser! Until then, we'll miss you!

~ Jennifer Pretl

Board President  
Conner and Sam's mom



## Dear FPNS Families,

I began my teaching journey at Chabot College in 2003. I acquired my undergraduate practicum hours from Chabot College Children's Center and Mills College Children's School, where they emphasize on the importance of observation and documentation to guide teaching practices.

I earned my degree in Child Development from Mills College in 2009.

Since then, I've taught in a play-based school in Los Altos, academia-focused school in Fremont, and a Montessori Preschool in Hayward. The experiences

I've obtained in working with children, in various educational settings continue to influence my interactions with children and how I approach daily classroom situations.

My rapport with both students and parents has helped me develop skills in the importance of listening to understand. I've learned to integrate my listening skills with considerable regard for compassionate communication, to manage conflicts regardless of age or maturity.

Encouraging children to become active participants in their own learning has been for me, one of the most rewarding steps in the process of education. It is where children build their confidence and discern that they are competent, resilient human beings worthy of love and attention.

Last year our family joined Fremont Parents' Nursery School. The interactions we have with the staff, and families continue to establish a strong foundation to our daughters' memorable preschool experience, while instilling the value of a community coming together to serve a common purpose.

I feel very honored for the opportunity, to contribute to the great work already established by this remarkable organization. I am delighted to be of service.

Sincerely,

***Camellia Alexandria Santos***

