



Important Dates

November 10th & 11th – Learning Dialogues (School Closed)

Hopefully everyone has signed up for a Learning Dialogue already – these are a wonderful opportunity for you to speak with your child’s teacher advisor about how they have been doing, what they seem to be interested in, and what goals we might want to set. We do ask that you find alternate care for your children, or parents are encouraged to coordinate a swap with someone before or after them. This will ensure that we have an opportunity to have an open conversation.



November 25th-27th – Thanksgiving Break (No School)

December 17th 5:30pm – Holiday Party * SAVE THE DATE!!!

We are once again looking for a family to host our annual holiday party! This was so much fun last year—so please mark your calendars! We will announce details and location soon.

December 21st – January 1st – Winter Break (No School)

School will be closed for two weeks. We hope you all have a wonderful and safe break and we’ll see you all back here on January 4th!

Announcements

Student Directory & Blog Website – We want to make sure that everyone knows about the online student directory and blog. You should have received an invitation to the community blog website recently via email (if you didn’t, go to <http://sites.google.com/site/thepatchworkschool/> and request an invite). If you forget how to get to the site, you can access it from the “Parents” section of our main website (www.thepatchworkschool.com). Once you are in, from the navigation panel on the left you can click on “Student Directory 09-10” to get everyone’s contact information, or on “Observation Blog 09-10” to read blogs posted by teachers regarding current goings-on. Please do check the directory for errors, and let us know if you find any (or you can try to fix it yourself using the “Edit Page” button). There are also many other useful features on the site, so please explore!

Scholastic Volunteer Needed – Nicki Heathwood has been coordinating the scholastic books for us for almost two years now, and would like to transition this task to someone new. It’s a fun job for someone who likes to organize – let us know if you are interested!

Please Label Everything – With the changing weather, it is very difficult to keep track of everyone’s coats, hats, shoes, socks, lunch boxes, etc. So, please

help us by labeling everything – we have Sharpie’s in the kitchen and cubby room if you need one! If you have lost something, there is a basket of recently lost clothing in the cubby room and also a “Lost and Found” cubby in the cubby room – please check periodically for lost items! If you want to buy some fun labels, you can get them from: <http://www.patchwork.lovablelabels.ca/> and support the school at the same time!

Holiday Traditions – We would love to have everyone share their holiday traditions with us this month, so please let us know if you have a book, a snack, a song or even just pictures to share!



Jack K: “We used teamwork!”

Thread Updates

Story Craft By Kerry

Since the beginning of the school year, teachers here at Patchwork have noticed the children's unending delight, curiosity, and interest around storytelling. Whether reading books to the children or making up tales to share in meeting, we teachers continue to observe the children's fascination with the art of storytelling. This emerging thread we have called "Story Craft," as it has begun to take forms beyond just reading books and telling stories to the children. Recently, we have been collecting the children's own stories. They have been spinning tales about pumpkins and rabbits, fairies and witches, wooly mammoths and pajamas. We teachers have delighted in recording their every word, fascinated by the uniqueness, humor, and creativity apparent in their work. We have begun to put these stories into book form, so that we can then read the children's words back to them and allow them to illustrate their own evolving story.

How does a thread such as "Story Craft" take shape on any given day? It looks different all the time, and the various pathways leading to and from a thread are infinite. For example, one day, free play with instruments led to an interactive lesson in rhythm...which led to the singing of a Halloween song...which led to acting out the song's characters of an old lady, skeletons, and a "boo" that jumps out of the closet. The children were then inspired to make masks for the various roles (especially the scary and provocative "boo" creature) so that they could enhance their performance of this story/song. Thus, the children naturally and spontaneously wove their way into the already emerging thread of "Story Craft" while expanding it into the realm of stories within songs and then deepening its expression in the form of mask making and dramatic play. Brilliant and beautiful - and just another day at Patchwork. Stay tuned to see how this "Story Craft" thread deepens, twists, turns, and expands in the days and weeks to come.

Reading To Our Children By Brooke

As another extension of the Story Craft thread (above), we will be offering more read-aloud opportunities.

I came across a fabulous book that fits in perfectly with our thread, and it is one that I recommend to all parents: *Reading Magic* by Mem Fox. (The updated edition includes a chapter about boys and reading). This book is written for parents who want to know why it is so important to read aloud to their children.

This book provides tools to help our children fall in love with books and stories during the early childhood years. By reading to our children at a young age we can give

them life-long skills. "...[Reading aloud] helps develop their ability to concentrate at length, to solve problems logically, and to express themselves more easily and clearly" (p.15). This book is an easy read that includes specific examples and hands-on ideas to do at home. One of the best things we can do as a parent is to simply take the time to sit down with our child to read and discuss a book with them!



A great example of collaboration:

Mila: "I drew a cat. She's smiling, getting ready to eat the flower."

Griffyn: "Does she also like to eat flower seeds?"

Mila: "Yeah, that's her favorite. Hey guys, what else should I draw?"

Sam: "Another flower?"

Griffyn: "Yeah, because your cat really likes flowers, right?"

Mila: "Yeah." (draws another flower)

Poppy & Pets By Christy

Poppy's arrival has created a lot of different opportunities for us at school and at home. We have discussed how many people at school have pets at home, and some of these pets have visited Patchwork! We have had individual visits from Gray's, Layton's and Sam's dogs, and Luca's guinea pigs have made an appearance as well. The different animals have been an exciting addition to the day and give people the opportunity to share part of their family with the school. Also, they give us exposure to different kinds of animals and how to act around them. If you are interested in bringing your pet to Patchwork let us know and we can set up an appropriate time.

Poppy's life has also become more interesting as she has had weekend visits with Patchwork families! This is fun not only for Poppy, but also the entire family and, in some cases, the neighborhood. If you would like to sign up there is a sheet in the cubby room. Once you are signed up you will be given an "instruction manual" and all the things necessary for a great weekend with Poppy. Thank you to families that have already signed up.

The Garden By Wonshé

Though only a few summer squash remained in the garden we continued to check in with what might be going on out there, as well as in other areas of our yard and inside some flower pots with plants still growing.

We found quite a bit of peppermint growing in two large pots. The children harvested the fresh minty smelling leaves and made peppermint tea. Then we picked the very last two patty pan squash and cooked the largest one up with olive oil, Italian seasonings and *lots* of butter. They were yummy. The other one we cut up and shared, raw of course, with Poppy. Christy was surprised when we told her that that Poppy chose the squash over apples in her bowl. Apparently before Poppy came to live with us when Christy gave her squash she would only eat it when fresh, not after it had been refrigerated. Right on cue, once we refrigerated the leftover squash she refused to eat any more.



Before the heavy frost came I put in two small herb gardens, one with culinary herbs and the other with herbs for making teas and such. The plants were large and mature so I introduced the children to them, giving each an opportunity to bruise the leaves smelling their differing aromas. We took tiny tastes from their leaves to see which we liked or disliked, and chose our favorites among them.

Several days following we talked about how the plants will die back when winter's cold comes. We learned that these particular herbs are perennial. This means that though the tops of the plants die the roots still live, and in a way go to bed for the winter taking a long deep sleep until the warmth of spring wakes them up. Then tiny little green shoots will pop out and a new plant will grow again. Later we pretended to be like these roots and lay on the floor closing our eyes and going to sleep for the winter. While we were asleep we had 'root dreams' which we shared with one another when we awoke.

Other Happenings

Halloween Field Trip!

By Michele



Thank you to all of the parents who helped make our Halloween field trip a great success for both the children and the Stratford residents. We believe that exposing children to all kinds of people, young and old, is another way that we can help children develop ideas about "social justice." Being able to come together in this safe setting, with parents and friends that they trust, allows them to begin to form a relationship with someone that they might not usually encounter, allowing them to feel compassion for others.

Healthy Habits

Getting Enough Protein?

By Laura Ostrowski

We all need protein as it is an important building material for our cells. As parents, we are generally concerned about how much protein our children are getting and where they getting their protein from (especially if our kids eat little or no meat and dairy). Even though there is still much controversy over how much protein we need for health, experts have drastically lowered the out-dated requirements made under faulty influences and inaccurate study observations. The reality is: it is virtually impossible to not get enough protein in your diet if you are eating a diet of natural, unrefined foods. Currently experts are saying you need 2.5 – 10% of your calories as protein, preferably plant-based. The World Health Organization recommends you get 5% of your calories as protein (and 6% for pregnant women). Coincidentally, mother's milk is 5.5% protein.

Here are some tips to make sure you and your little ones are getting the right amount and right source of protein. Contrary to popular belief regarding protein, it is best to limit your intake of meat and dairy, as excess protein from these sources can be damaging and contribute to

the development of many of our most common and serious diseases. The best source of protein is to eat a wide variety of natural, whole, plant-based foods. Oatmeal is 15% protein, potatoes are 8%, and broccoli is 20% protein. Since cooking can deplete the assimilable protein levels in plants (as well as fiber and nutrients) try to eat some of that food in its raw form. Incidentally, there is little need to worry about food combining to receive a complete protein. The theory is out-dated, originally sourced from Frances Lappé who had misinterpreted a study done on rats. She later admitted food combining is unnecessary. A good website to reference the protein and nutrient make-up of different foods is www.nutritiondata.com.

For questions or more information on this topic or others, please contact me or visit my website. Have a healthy month!! Laura Ostrowski: 303-478-4777, laura@goodnurture.com, www.goodnurture.com



Building the paper maché pumpkin!

Holiday Fundraising Shopping Guide

These are some great ways to help us out this holiday season without spending any extra money!

Grand Rabbits Toy Shoppe

**2525 Arapahoe Ave, Boulder AND
300 Center Drive Suite C, Superior/Louisville
(Adjacent to Whole Foods)**

For the entire year, 5% of purchases are given back to The Patchwork School as a gift certificate! Just say "The Patchwork School" at the time of purchase

Playfair Toy's

2550 Arapahoe Ave, Boulder, CO

Throughout the whole year, 5% of purchases are given back to the Patchwork School as a gift Certificate! Just

say "The Patchwork School" and specify "preschool" at the time of purchase.

Good Search & Good Shop

www.goodsearch.com

Use GoodSearch.com and each time you search the web (and choose The Patchwork School as your charity), GoodSearch will donate about a penny to our school! Or, shop online through GoodShop.com and a percentage of each purchase will be donated! More than 600 top stores are participating including Amazon, Target, Staples, Best Buy and more!

Café Press

<http://www.cafepress.com/PatchworkSchool>

You can visit our Café Press Store to purchase fabulous t-shirts, mugs, sweatshirts, bags, and other great gift items with the Patchwork logo or with children's artwork. The artwork in our shop is created for and by our students and community members. All proceeds go towards supporting our school and children!

And a Fun New Way to Donate!

Marissa Perry-Saints: Local Artist

Order artwork from local artist, Marissa Perry Saints, and she will donate **50% of the proceeds to The Patchwork School!** You may recognize her work since Marissa was one of the many wonderful artists at our Art In The Schoolhouse fundraiser this past September and the year before! Here's how to order:



Option #1: Order directly on Etsy: [dsenyo.etsy.com](https://www.etsy.com/shop/dsenyo)

- Place your order and go to check out
- Enter "PATCHWORK" promo code in the "message to seller box"
- Pay by credit card via Paypal
- Dsenyo will submit 50% donations to The Patchwork School at the end of each month

Option #2: Order directly from Marissa:

Send Marissa an email (marissa@dsenyo.com) with your order and any questions you might have. You are also welcome to arrange an appointment with her to see the bags in person by contacting her directly 720-224-8649. Buying directly from Marissa you can pay via cash, check or credit card. She will submit 50% donations to The Patchwork school at the end of each month.