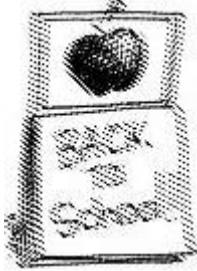


# CO-OP CAPERS

The Newsletter of the Williamsburg, Farmstead Cooperative Preschool



Welcome to the start of another wonderful year at Co-op!

What an exciting time of the year this is for us all! We are given the chance to begin a new adventure, greet old friends, and meet new ones! Co-op is a place filled with such special teachers, parents, and children all working together to create a unique and rich learning experience.

I hope you will take full advantage of all our marvelous Co-op has to offer you. Co-op is a place for families. We are not only here for the children, but for their parents as well. You will have many opportunities this year to have fun with your children, form friendships of your own, and enter into a community that will support you as you navigate the preschool years. Being able to be such an intimate part of your child's first school experience is a priceless gift!

As board president, I look forward to working with each and every one of you as we strive to make this our best year ever at Co-op. Please do not hesitate to contact me with any questions or concerns you may have. My best wishes to you for a full and satisfying year!

--Molly Gareis, Co-op President

## THE SUPPLIES ARE UNPACKED!

Can you hear it? A medley of excited little voices and reunited bigger ones, a buzz of activity, the leitmotif of anticipation and anxiety—the siren song of SCHOOL! Come sing with us! The supplies will soon be unpacked, the floors are waxed and the post office box is overflowing, so we know it must be SOON! Our thanks to the people who have already begun the jobs that keeps us going. In our school, more than most, it is your presence that makes the magic. We look forward to first meetings and warm reunions, new beginnings and comforting routines, as we embark on the adventure of a new Co-op year!

--Susan Axtell, Director

### Health Form Reminder

If you haven't already turned in your health forms,  
it is important that you do so before the first day of school

(Last year our licensure specialist came on the 2nd day of school! )

## Welcome (Back) to the Family, Sue and Lisa

We have two new teachers this year. Sue Barton has joined us as our 2-day 3s p.m. teacher and Lisa Old is our new 3 day 4's p.m. teacher. Both of these warm, friendly ladies are not new to the Co-op, nor are they new to teaching.

Last year, Lisa's son, Ryan, was in the very class that Lisa will now be teaching. She has first-hand experience as to the ins-and-outs of working with four year olds. Not only was she a parent-helper but she also substitute taught for Miles Ruby. Lisa comes to us with a degree in English from the University of California, Santa Barbara. In her past life (you know, the one before kids), she was a reporter for a newspaper in Los Angeles. She has also previously taught at St. Andrew Preschool in Suffolk. Lisa is currently working on a degree in early childhood education at Tidewater Community College. She enjoys spending time with her husband, Hunter, son Ryan, and daughter, Sarah. She also enjoys swimming, going to movies, and reading.

Sue Barton, as many of you know, has been with Co-op as a parent, board member, and substitute teacher for almost more years than some of our kids can count....8! Sue has a Master's degree in Child Development from George Washington University, 14 years teaching experience in elementary education, and, even more important, 11 years of first-hand experience being a mom to her three boys, Jordan (11), John (8), and Jake (6). In her "spare" time, Sue enjoys traveling with her children and husband, Jim, and reading.

We and our children here at Co-op are very blessed to have these two accomplished and caring women join our Co-op family in this new capacity. Please take time to introduce yourself to them and you will quickly see what a wonderful addition they are to our preschool!

### Getting Around

For those of you with infant carriers, arms full of art projects, etc.: If you use the outside ramp and come in the building door at the top of the ramp, there is an elevator straight ahead in the upstairs hallway. It can be used by anyone who needs it. Press B and the door will open in the hall by the church office. Turn right and follow the sound of small voices to the end of that hall.

### Financial Assistance

Financial Aid is available to anyone enrolled in the Co-op who meets eligibility requirements. Remember that we cannot help unless we know where help is needed. For further assistance, please contact the Co-op Director, Susan Axtell, at 229-3407. After school begins, financial aid forms will be available on the Parent-Ed. bookshelf.



## AUCTION COMMITTEE MEMBERS WELCOME!

Elizabeth Judd, Auction Committee Chair, welcomes anyone interested in participating with auction activities and preparation to contact her at 757-784-4398. More information will follow...

## CO-OP CALENDAR



August 23-24 (R-F)

Teachers Set Up

August 29 (W)

Orientation and Class Meetings (parents only)  
School-Wide Meeting 7:00pm at St. Martin's  
See postcards for class meeting times



September 1 (F)

Second Monthly Tuition due

September 3 (M)

Labor Day

September 4-6 (T-R)

Parent / Teacher Conferences at Co-op  
Sign up at class meetings or by phone

September 7 (F)

OPEN HOUSE for Parents and Children at Co-op

AM	9:00-10:30	3-day 3's; AM 2's
	10:30-12:00	2-day AM 3's; AM 4's
PM	1:00- 2:30	PM 2's; 2-day PM 3's
	2:30- 4:00	Both 3-day 4's



September 10 (M)

First Day of School for: AM 4's  
3-day 3's  
Both 3-day 4's

September 11 (T)

First Day of School for: 2-day AM 3's  
2-day PM 3's  
PM 2's



September 14 (F)

First Day of School for: AM 2's

October 2 (M)

Third Monthly Tuition Due

October 7 (Su)

An Occasion For the Arts:  
Co-op participates in Youth Exhibit

October 14 (Su)

Probable Ice Cream Sundae Sunday 2-4PM at the Co-op

Deadlines for submissions to Co-op Capers vary. Please contact Lorelee Clark at 258-3254 for further information. We welcome news of local opportunities for family activities and/or any parent- or child-related materials. Submissions via e-mail are strongly encouraged:  
[loralee13@widomaker.com](mailto:loralee13@widomaker.com).

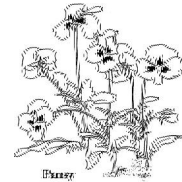


# Crafty Kids: Preserving the Last of Summer

The following is an excellent way to preserve corsages or flowers; try daisies, pansies, apple blossoms, asters, violets, etc.

## FLOWER PRESERVATIVE WITH CORNMEAL

- 1 part powdered borax
- 2 parts cornmeal
- Covered cardboard box
- Fresh flowers

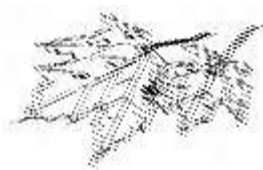


Thoroughly mix the borax and cornmeal. Cover the bottom of the box with 3/4 of an inch of the mixture. Cut flower stems one inch long. Lay the flowers face down in mixture and spread petals and leaves so they lie as flat as possible. Do not place them too closely together. Cover the flowers with another 3/4 of an inch of mixture. Place the lid on the box and keep at room temperature for 3 to 4 weeks. They will stay fresh indefinitely.

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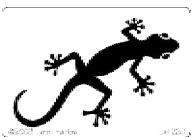
## Family Fun: A Backyard Hunt

Offer an activity that's both a return to childhood for adults and something for the whole family: a backyard nature hunt.



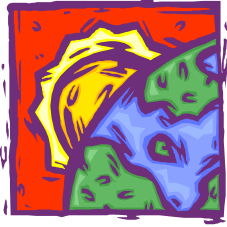
First, create a list of ten to twelve common backyard items — things like a smooth stone, a dandelion, a maple leaf, or a four-leaf clover.

Then have the group divide into teams however they wish, and give each team a brown paper bag. Send each team out to the yard to collect each item from the list. Add "bonus items" (toys or other small objects) around the yard beforehand and alert the teams to look for these little surprises.



When all of the teams are done hunting, re-group and compare the items everyone has found. (homemadesimple.com)





# EARTH CORNER

The newly released adventure movie *Arctic Tale*, with its focus on surviving as a family in the face of global warming and a changing landscape, helps drive home the point that how we live in our homes affects the animals' homes. Kids need to know they are part of the solution. Following are some suggestions to get a discussion started:

- Let kids know that, just like the animals in the movie, we need a healthy place to live too. Without ice, the polar bears and walruses can't hunt for food, and without clean air, kids can't play outside or carry on with other daily activities.
- Draw parallels to your own family. Animal families like to spend time together, and protecting the animals' habitats allows them to do so.
- Children learn by observing, so parents should set a good example and reinforce good, energy-saving behaviors.
- Teach them to re-use materials, especially paper, before they're recycled. For instance, turn milk cartons into birdhouses and glass jars into piggy banks.
- Encourage children to look for other ways to reduce energy and save materials at home or at school.
- Above all, keep the message positive and let kids know they can make a difference.

## Fun Family Projects

Make a detailed map of your house and yard, based on accurate measurements.

Make boats from wood scraps with paper or fabric sails, and sail them down a creek.

Using a sheet, hold the edges and bounce a ball on it.

Polish your silverware or pots.

Bake bread.

Cut paper dolls and clothing from catalogues.



Out the Door at the Crack of Dawn: It CAN be Done!  
By Jennifer Amato, *motheringmagazine.com*, October 16, 2006



We all have faced dire challenges when it comes to our children. One of these moments recently presented itself before me. I had been offered a career at a major company that would provide a nice lifestyle upgrade for my children and I. This position, however, was a ninety minute commute each way, and my shift would begin at 6:30 A.M. [T]his meant my three daughters (ages two, four, and six) and I would have to be in the car, ready for action by at least 5 A.M. every weekday.



As a single parent, I had no choice but to accept the job. I was amazed at the positive impact these simple enhancements to [our] daily routine have made. Here are a few tips:



1. Preplan the week's clothing: a time saver as well as providing ready backups in the case of an early morning emergency!

2. Schedule out approximate times for each activity (brushing hair, etc.) and "map" your morning: it will let you know when to cut your losses and move on to the next task. Most importantly, BE REALISTIC about how much time each task takes so your "deadlines" are not out of reach.



3. Making bath time just before bed every night means never having to learn about the gum stuck in your child's hair (which they forgot to mention) when you are ready to head out the door.

4. Spending a half hour pre-assembling the basic parts of the week's lunches (bags with the juice box, the string cheese, etc.) on Sunday evening is a great way to save time during the week.

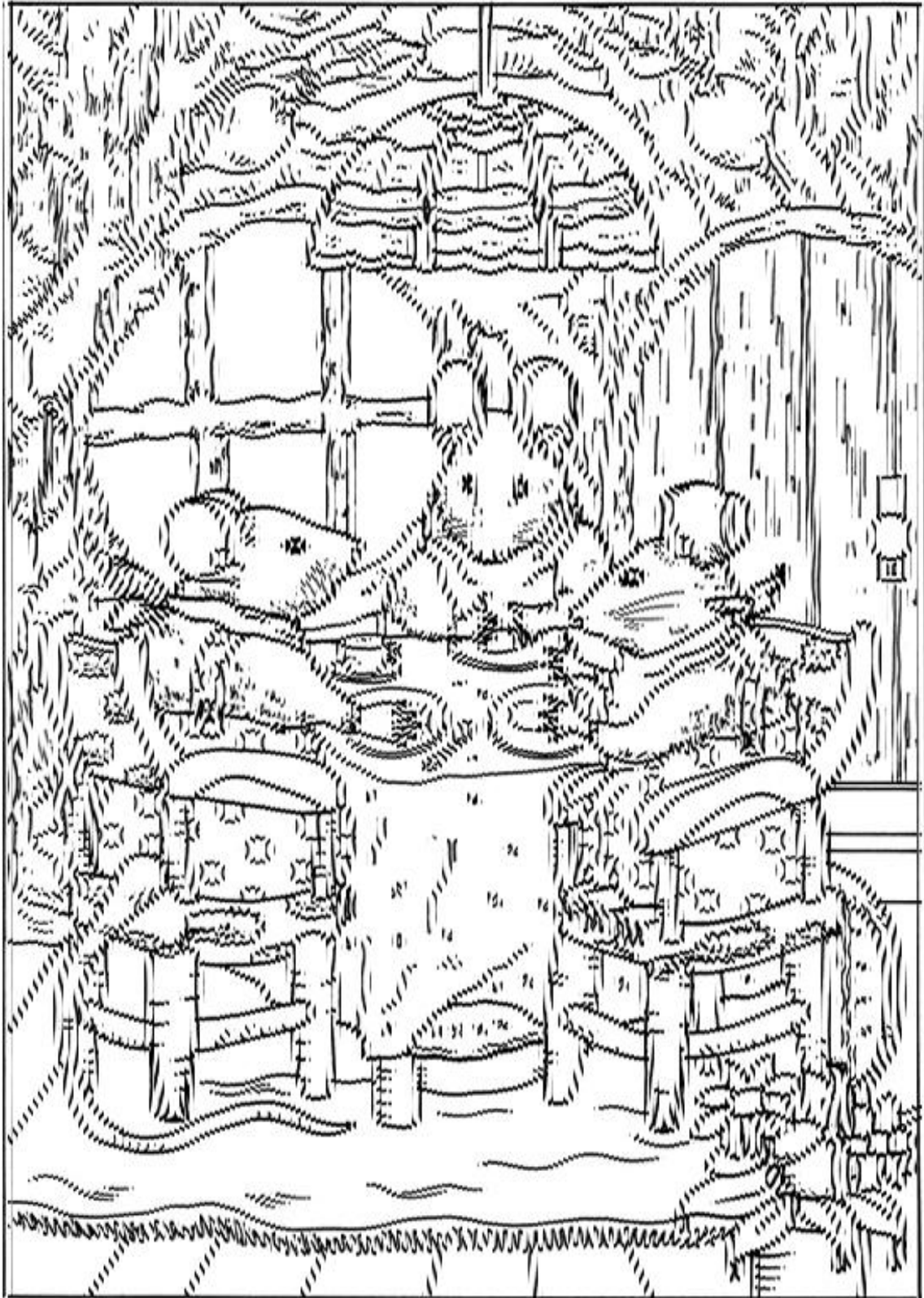


5. Each evening, I take just 15-30 minutes to gather up the scatterings of my kids, put away dishes, sweep the kitchen floor, and prepare for the morning.

6. Connecting with your child/children every night (or looking in their backpacks or binders) means never dropping them off at school only to learn that "Picture Day" and "Laundry Day" have somehow found fellowship on the first Tuesday you are running late.

7. Getting your children involved is a crucial part of making mornings a success. Whatever it takes to get them active in that part of the day, discover it and do it! Whether it's rotating chores (clearing the table, putting lunches into backpacks) or having your child help decide what's for dinner that night, including them in age-appropriate parts of the process can instill habits they will thank you for when they're all grown up.

Now, let's get out there and seize the day!



Their simple and comfortable appearance. They have come to be known as a popular party table for their good food and easy conversation. But if they look very carefully, they will find it impossible to miss the address, the name, the date, the time, the location and the occasion.