



COMMUNITY
NEWS

NOVEMBER
2011



Please submit photos for future newsletters to: aschlameus@gmail.com

Child Passenger Safety From Safe Kids USA

Teaching families how to safely transport their children is the heart of the Safe Kids Buckle Up program. Using car seats, booster seats and seat belts the right way on every ride saves lives.

Child Passenger Safety Facts

- Motor vehicle crashes are the leading cause of death among children ages 3 to 14.
- Correctly used child safety seats are extremely effective and reduce the risk of death as much as 71%.
- Nearly 73% of child restraints are not installed or used correctly.
- Nearly half of kids 14 and under who died in crashes were completely unrestrained.

Car Seat Checkup Events

At car seat checkup events, child passenger safety technicians teach families how to transport children correctly. They also help make sure everyone in a vehicle is buckled up on every ride. Most events are open to the public. You'll find them in central locations like General Motors dealerships, hospitals, community

centers and shopping centers around the country. Find a checkup event near you by visiting www.safekids.org/in-your-area/find-a-inspection-station/?state=WA.

Mobile Car Seat Checkup Vans

Safe Kids Buckle Up has more than 125 Mobile Car Seat Checkup Vans serving families across the United States. Each Chevrolet van is specially designed to turn any parking lot into a full-service car seat safety event site. Almost every state has at least one van in operation.

Inspection Stations

Safe Kids coalitions operate about 500 permanent child passenger safety inspection stations throughout the United States. Inspection stations are open regularly to teach parents and caregivers how to safely transport children. You'll find them in central locations like General Motors dealerships, hospitals, fire stations, and insurance companies. Find an inspection station near you by

Donations of any amount for PAC Scholarships Welcome!

PAC anticipates being short on funds again this year as the scholarship need remains high. Please mail tax deductible donations, made out to PAC Scholarship Fund, to:

NSCC Parent Ed Program; Attention PAC Treasurer; 9600 College Way North; Seattle WA 98103.

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visiting www.safekids.org/in-your-area/find-a-inspection-station/?state=WA

Calendar

November

- 11 Veteran's Day
(No School)
- 12 PC Training
- 14 PAC Meeting
- 24 Thanksgiving Day
(No School 24th & 25th)

December

- 12 PAC Meeting
- 19 School Out - Winter Break

January

- 2 School Back - Winter Break

CO-OP Openings!

Infants

North Seattle (Tues, Wed & Thurs)

Toddlers

Broadview

Northgate (Wed Eve)

NSCC (Wed 3-5p)

Olympic

Victory Heights

Pre 3's

Broadview

Ingraham

Meadowbrook

Northgate Multi-Age (2-5s)

3-5's

Broadview

Crown Hill (morning & eve)

Ingraham

Latona

Meadowbrook

Northgate Multi-Age (2-5s)

Victory Heights PM

Wedgwood

Multi-Age & 5's

Meadowbrook 5's

Northgate Multi-Age (2-5s)

Looking to fill some spots?

PAC has created marketing materials to help you attract new members to your coop. They are available to your PAC rep on the PAC Yahoo site in Files, under "PAC Marketing Materials"

Being Family

By: Mary Ann Abbot, Parent Education Instructor

Family reunions. They can be fun. They can also be a little scary. They turn back the pages of time. I attended a reunion this summer and saw family members I hadn't seen since I was a teenager. It was shocking. It was exhilarating. There were times of real connection. There was a lot of catching up. We felt our genetic sameness pulsating as we intermingled, laughed raucously, and cried together. Several times, I thought: "These are my people. They know me. We know each other. I belong." That was a good feeling.

While I was basking in all of these warm fuzzies and feeling my identity, I remembered my husband. He had never met any of these people. He wasn't feeling the warm fuzzies. He was trying, but it just wasn't the same for him. He wasn't a Frazer. He hadn't climbed the trees in Grandma's back yard. He didn't get to ride in any of the three swings on Grandma's porches. He wasn't there to milk Grandma's cow, my namesake—"Mary Ann," and wasn't chosen to collect today's eggs. He had never walked over to Luke's gas station to buy penny candy. And, he had never slept in Grandma's attic and listened to Aunt Marian's ghost stories. My husband also wasn't at my third birthday party. But, cousins Ross, David, Rodney, Jimmy, and Patty were! All five cousins grinned widely as we looked at ourselves as preschoolers in the old black and white photo.

This encounter reminded me of the writings of Jean Illsley Clarke in Self-Esteem: A Family Affair: "Families come in different sizes and ages and varieties and colors. What families have in common the world around is that they are the place where people learn who they are and how to be that way. Families don't have to look any certain way or do any certain things. They just have to be." Somehow, each of our families had planted worth and dignity in each of us, so we were pleased to part of the Frazer clan!

I felt comfort in having a special place which only "I" could fill. I was the daughter of Uncle Raymond, who taught the boy cousins to swim in the Alleghany River and served up tasty breakfasts on camping trips. And, I was the daughter of Aunt Sara, who was the prettiest and sweetest of the four aunts. I was the oldest girl cousin, so I set the pace. And, we all were grandchildren of George and Mary Emma. The cousins were like siblings to me.

My family identity and significance was ignited again, despite dormant years. Yes! That's what families do! They weave together a family life which fosters belonging and identity. Parents establish values while setting rituals and traditions and forging family identity. It could be a regular Saturday pizza night with special ice cream, maybe a vacation to Disneyland, special visits to see extended family, ongoing church and community events, sports events, evening rough-housing sessions, and even regular attendance at a special child care home or coop preschool with a warm, caring teaching staff!

Caring relationships and meaningful encounters are so important in the early years of a child. Illsley Clarke puts it this way: "Self-esteem is a family affair. Because the family is the first place we decide who we are and observe and practice how to be that way. To the extent that we decide we are lovable and capable, we build positive self-esteem. Therefore, the parenting or nurturing that we give and receive in the family is important."

At the beginning of each new year or a new class, most young children quietly think, "I'm looking for my place. Where do I belong?" And, as the year progresses, the community is built together.

And, that's the role of the family, even the role the preschool or Center—to nurture a sense of belonging. Just like the Frazer family!

UPDATES FROM NSCC

S.A.F.E. - Student Advocates For Education

What We Do!

- ❖ Mobilize and encourage student involvement with issues relevant to education (*We are Students, hear us roar!*)
- ❖ Make students aware of the financial challenges facing NSCC/ higher education and how that directly affects students (*Knowing is half the battle!*)
- ❖ Engage our legislators on issues affecting students and the rising cost of higher education through advocacy (*Student boots, and flip flops on the ground!*)
- ❖ Work towards forming a unified statewide CTC student coalition (*Light a SAFE fire!*)

"Legislators make the citizens good by habituating them, and this is what every legislator intends. Those who do not do it well miss their target; and it is in this respect that a good political system differs from a bad one." - Aristotle

Contact: Nscc.safe.club@gmail.com for information on upcoming S.A.F.E. Meetings

Watch for two favorite preschool fairs coming in January...

... the Parent Map Preschool Fair (date TBD) and the MOMS Club of Seattle-NW Preschool Fair on January 21st.

We'll have a table at both fairs to promote our coops.

Please consider volunteering--it's a great way to get the word out about our wonderful community.

Benefits for using your NSCC Student I.D. Card

- check out materials from the college library
- access to computer labs on campus
- access the Wellness Center
- discounts on travel, movies, plays and other community and city programs.
- Special Offer: FREE tickets to events at Seattle Arts & Lectures: <http://www.lectures.org/>

Book Club

Persepolis is an autobiographical graphic novel by **Marjane Satrapi**, who grew up in Iran during the Islamic revolution. For more information about being a part of the NSCC Book Club go here: <http://libguides.northseattle.edu/satrapi>

Collect Your Books AND Baked Goods!

PAC Lectures are the perfect opportunity to sell our gently used parenting and baby books as well as a tasty snack for our guests to munch on during the "show". Please contact your PAC rep about any donations you have for our upcoming lecture series.

Coopalooza a Success

Thank you to our volunteers and play dough makers - who facilitated our outreach to the 1,500 attendees at Coopalooza!

Check out NSCC Resources:

Counseling Center

Helps students identify careers, manage time & stress; deal with depression, anxiety and crisis.

<https://northseattle.edu/counseling>

Financial Aid

Provides information on the types of assistance available.

<https://northseattle.edu/financial-aid>

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(NSCC Parent Ed Office)

www.northseattlecoops.org