

CO-OP COMMUNITY NEWS

From the Parent Advisory Council
of the North Seattle Community College
Cooperative Preschool Program



October 2005

HOW ABOUT AN EVENING CO-OP?

BY CHRIS DAVID

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& Teacher, Latona 3-5s Cooperative Preschool

It's the start of the school year – and preschool year! – again, and we're all looking forward to another year of discovery and learning with our children, other parents, and teachers as we return to our favorite preschool activities and explore new ones, deepen existing friendships and build new ones, find support and new ideas for the difficult job of parenting, and have FUN with our kids!

. . . And if you're wishing that your child's other parent could share this experience, but you've concluded it's impossible because their work responsibilities prevent them from attending a daytime co-op, WAIT: It's not true! North Seattle Community College has three co-ops that meet in the evenings: Northgate Toddlers, Northgate Multi-age, and Meadowbrook Pre-3s.

The Northgate groups meet on nbto 8:30 on the NSCC campus, in beautiful classrooms designed specifically for young children. The Toddler classroom is spacious, recently remodeled and filled with materials perfect for this

age group. The Multi-age classroom has child size toilets and low sinks for hand washing. A covered outside play area adjacent to the classroom is another big plus. The Meadowbrook Pre-3's meet on Tuesday nights and Friday mornings in their own classroom at Nathan Hale High School, right next to the newly renovated Meadowbrook Park.

Evening co-ops are just like their daytime counter parts – parents work in the classroom, playing with the children, and attend parent education discussion groups. The evening co-ops attract parents who work during the day as well as parents who are at home during the day but prefer to come to co-op in the evening when a partner or spouse or babysitter can stay home with siblings of the co-op child. More than one parent has said to me, "I wanted to do a day co-op, but with a baby at home I didn't know how I could handle it. The evening group is just the answer. My spouse stays home with the baby and I get one-on-one time with my older child." Or, as I hear at Meadowbrook, "My partner

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2005-2006 Calendar

November

- 11 Veteran's Day - (no school)
- 14 PAC Meeting
- 17 PAC Lecture - Anne Green Gilbert
7:00 - 8:30
- 19 First-Aid and CPR, 8:00-4:30
- 24-25 Thanksgiving (no school)

December

- 12 PAC Meeting
- 19-Jan.1 Winter Vacation (no school)

January

- 9 PAC Meeting
- 16 Martin Luther King, Jr. Day
(no school)

February

- 13 PAC Meeting
- 20-24 Mid-Winter Break (no school)

March

- 13 PAC Meeting

April

- 10-14 Spring Break (no school)
- 17 PAC Meeting

May

- 22 PAC Meeting
- 26 Last Day of School



The Parent Advisory Council (PAC)
of the a

North Seattle Cooperative Preschools

Invite you to a Discussion and Workshop with

Anne Green Gilbert

Thursday, November 17, 7:00 - 8:30 pm

Faith Lutheran Church - Social Hall

8208 18th Avenue NE - Seattle, WA 98115

This lecture is free and open to the public



BRAINDANCING WITH YOUR CHILD

Spend an engaging evening learning about the important connection between movement and the developing brains of babies and young children. Find out why tummy-time is crucial in the first year of life and why providing a rich, multi-sensory world for your child to explore in the first five years of life supports optimal brain development. We will explore the baby, toddler, and young child BrainDance which cycles through the fundamental movement patterns that wire the brain and central nervous system in the first year of life and discover why repeating the BrainDance on a daily basis can be beneficial for social, emotional, physical, and cognitive development. The evening will be a blend of discussion and movement as we explore the value of moving with your child and fun, brain-compatible activities to do at home. This evening is a must for anyone who wants children to have the opportunity to develop their full potential in the early years of life.

Anne Green Gilbert started her teaching career as an elementary school teacher in Chicago where she first used movement to teach the academic curriculum. In 1981, Anne founded the Creative Dance Center, a school specializing in dance education for infants through adults and Kaleidoscope, a modern dance company of young people, that performs throughout Washington and tours abroad. When Anne is not teaching or choreographing at CDC, she conducts dance education workshops for teachers and parents throughout the country and abroad, teaches in residency programs in public schools, and teaches courses through Seattle Pacific University and Seattle University. Anne is the author of *Teaching the Three Rs Through Movement* (1977), *Creative Dance for All Ages* (1992), and *Brain-Compatible Dance Education* (2005). She has produced two DVDs, *Teaching Creative Dance* (2002) and *BrainDance* (2003). She has received a number of awards for her exemplary teaching and service to dance education, including the prestigious American Alliance for Health, Physical Education, Recreation and Dance Honor Award (1999) and The NDA Dance Scholar/Artist Award (2005).

No RSVP required, but for more information, please call 789-6975

Interested in learning new communication skills?

This editor first read *NONVIOLENT COMMUNICATION: A Language of Compassion* by Marshall B. Rosenberg, Ph.D. in 1998 when parenting her first two year old. The experiences and methods described are still changing my life in a wonderful way.

Friday, November 18th Holly Eckert is leading a free introduction to Nonviolent Communication in Seattle. She is a local trainer and has experience teaching NVC to enrich communication in families and with children. Please visit www.psncc.org and view the schedule under "learning NVC" Also see the statement about her own experience with NVC and her contact information under "Puget Sound Area Trainers".

Evening Co-op
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comes to class with my child on Tuesday night; I have the night free and Friday mornings, too!" Sometimes a couple will enroll their child in two co-ops, with one parent attending during the day and the other attending in the evening, so that both parents are able to enjoy co-op with their child and participate in parent education.

Because the Northgate Multi-age Class includes a wide age range, parents can enroll siblings in the class together. Consequently, there is a family feel to the evening groups. The evening groups have a larger number of fathers attending than in the daytime co-ops, which is wonderful not just for the children of those fathers, but for all the children. As a parent educator, it is exciting to see the fathers play and relate with

the children. As one Dad said, "This is my time to be with my daughter. I wouldn't give it up." Diane Broderick, teacher for the toddler group, commented, "One evening we had mostly dads. We marched to a song, ringing our bells. Here were scientists, lawyers and construction workers still in their work clothes marching around together, being role models for their children. What a priceless gift!"

Parents sometimes wonder, "Isn't 6:30 - 8:30 too late for toddlers and preschoolers?" This question, through frequently asked, is answered by experience: parents discover that their children really look forward to co-op, and are just as involved and lively as they are during daytime co-ops. As 8:30 approaches, the teachers slow down the pace of the activity, with

stories and song circle time, so that by the end of class your child is quieted down and ready for bed. Parents often bring their children's PJs or sleepers to class, and put them on for the drive home. Some even brush their children's teeth before leaving!

So if you hear a parent say, "I would love to do co-op with my child, but I just don't have the time," you can respond: "Have you heard about the three evening co-ops offered through North Seattle Community College? It just may be the right co-op for you." And if your spouse or partner is feeling a little envious of the experience you and your child are having at a daytime co-op, think about enrolling your child in an evening group as well. You'll enjoy the time at home in the evening alone with your baby or older child . . . or just alone! 



Contact

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NSCC Cooperative
 Preschool Program
northseattlecoops.org

206.527.3783
 (NSCC Parent Ed Office)

NSCC Co-op Preschool Openings for 2005-06*

	Co-op	Openings	Contact	Phone
Toddlers	Northgate	13	Yoon Kang-O'Higgins	729-5918
Pre-3s	Latona	1	Heather Ford or Alice Stewart	297-0357 729-0200
	Northwest	6	Karla Gore	697-8294
3-5s	Broadview	3	School Phone	363-6744
	Crown Hill PM	2	Jennifer Chamberlin	782-5384
	Sandhurst	3	Katy Ryan	522-3680
	Victory Heights PM	6	Theresa Venice	306-8907
	Wallingford 3-4's	2	Wyly Astley	240-1656
	Wallingford 4-5's	1	Lisa Drake	632-9817
Fives	Meadowbrook	7	Debbie Fields	985-9446
Web Link	To view current listings and for descriptions of each co-op, please go to our web site at: northseattlecoops.org *current as of 10-12-05			