



COMMUNITY NEWS

MAY 2012



CALENDAR

May

21 **PAC Meeting **NOTE: THIRD Monday of the month vs. traditional 2nd Monday of the month**

28 Memorial Day (no school)

June

7 Spring New Officers Training, 7-9pm, NSCC Instruction Building Rm. 3330

20 Last day for SPS, co-op classes end earlier, check with your particular class schedule

August

16 Jean Illsley-Clarke Lecture on Overindulgence, 7-9pm

September

7 Fall Officers Training in the morning at NSCC

Ingraham Co-op Preschool Closes

by Becky Callahan, NSCC Parent Educator

After approximately 38 years, 1200+ families, 6+ teachers, and 11+ parent educators, the doors at Ingraham Cooperative Preschool will close spring quarter 2012. In an effort to keep the site open this year, the 3-5 age group and the pre-3 age group were clustered for the 11.12 school year.

Unfortunately, the affiliation with NSCC will not continue after the 11.12 school year due to declining enrollment and budget cuts.

Over the years Ingraham was a special co-op in our program, being a part of the Seattle Public School's career exploration and child development program. This meant that the co-op was a hands-on laboratory placement for the Seattle high school students. In our preschool classroom, these students observed and learned about ages and stages in preschoolers' cognitive growth, their social-emotional skills, as well as about an age-appropriate

curriculum. The students were required to plan and present developmentally appropriate activities in our classroom with the assistance of the parents.

Teacher Diana Boyd recalls that during her teaching at the site there were 7 students who went on to college for their ECE degree, and one just completed her Masters in Early Childhood Education in Florida. Sadly, changes in budgets and curriculum made by the Seattle Public Schools about five years ago resulted in the closure of the Nathan Hale and Ingraham high schools based co-ops. This closure ended the special adaptation of our parenting and preschool program in the wider community, as the high school program site once at Ballard High School had closed about 15 years ago.

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NSCC Coop is now on Facebook!

Please visit our page at www.facebook.com/coops.northseattle, and "Like" our page to get updates on PAC events, fundraisers, and other useful information.

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Closing a preschool brings major challenges for any site, but it also emphasizes and brings out the strength of its community members. It also results in lots of materials which are no longer needed and need to be distributed; since we are all non-profits it means they need to go to a non-profit. The pre-3 class chose to pass along the majority of our site's items to two very special non-profit organizations in the Seattle area which work to strengthen children and families- Childhaven and First Place. Statements of purpose by those organizations are included below.

Childhaven:

"Today, we are a community leader, statewide advocate and national model in the treatment and prevention of child abuse and neglect.

"Using innovative, proven approaches to child development in a therapeutic day care environment, we heal old hurts and nurture young lives. By strengthening family and child relationships and improving parenting skills, we break the cycle of abuse and neglect and create a foundation for lifelong loving relationships."

First Place:

"First Place serves families in crisis by providing excellent culturally competent education, housing and support services enabling families to achieve permanent stability.

"We create an empowering environment for families struggling to overcome poverty which inspires them to obtain and maintain permanent housing and achieve educational and career goals to bring stability to their lives."

As Ingraham Cooperative Preschool program works toward closure this spring, we would like to thank some of the people we were able to identify for the contributions they made to the Ingraham site at this writing:

- The many, many, many parents and family members from the past programs.

- Some of the numerous teachers:

Patty Warren, Tiana Traylor, Denise Paquette, Jeanne Hall, Diana Boyd, Jeanne McGrady

- Some of the Numerous Parent Educators:

Patty Warren, Judy Le Blanc, Donna Searight, Connie Whillock, Carolyn Montgomery, Val Donato, Kate Kincaid, Cesily Crowser, Jean Ward, Mary Margaret Brown, Becky Callahan

- A special thanks to this fall's 3-5's class, which had many members who were there with their second child and the additional families that worked as assistant teachers this fall quarter and also helped to do an early closure of their program in Dec. 2011.

Mark Alexander, Jennifer Dunn, Maia LeDoux, Heidi Lockwood, Megan Parrera, Shelly Reid, Bambi Saunders, Becky Howsmon, Leslie Cary, Sara Temba, Amy Walgamott and of course their special teacher and spirit of Ingraham for so many years, Teacher Diana.

- Another special thanks to those chairs in place three years ago when the Ingraham Cooperative Preschool relocated to its current site, from Ingraham High School. Their very special role in fostering the relocation helped establish the Co-op in a new community: Susan Gallinger-Seigal, Leslie Cary, Trina Nonis, Shelly Reid, Megan Nash, Katie Schielke.
- Finally, a VERY SPECIAL THANKS to the small (6-7 families), but mighty Pre-3 families this year which kept the classroom and program going with an amazing amount of energy (including sometimes holding 2-3 jobs), who demonstrated delight in the classroom with the children every week, built a belief in the co-op community spirit, maintained an unwavering determination to keep it going for the kids and community, and continued until the final push to close the site, complete our donations of materials to the designated non-profits and show up for the clean-up: Sayeh Azarpay, Nathan Burger, Monica Gehrts, Banu Kaynak, Christian Salas, Victoria Satterfield, Katie Schielke, Anna Lisa Tookey, Abby Klingbeil, AND an amazing first year teacher, Jeanne McGrady, who directed the classroom each day and kept her focus on the development of the children's program that was calm and FUN through all of this.

As the parent educator at this site for the last seven years, I would like to thank all the people listed above, the NSCC parent education faculty for their support, and the amazing contribution and energy from these parents and teachers. There are obviously many mixed emotions when a co-op program closes. One which stands out, and will last, is the community which was created and will be woven into these families over many years. In this spirit and more, we all are grateful for the many contributions made by the Ingraham Cooperative Preschool.

Picture This

PAC's first "Art Escape" at the SAM a success

By Dawn Noel Chen

Picture this: Looking up from the water at the underside of an enormous ship's rusting hull. Peering through a window onto the sunny deck of a seaside restaurant. Looking out on a forest on a foggy autumn morning. These were just some of the images I took in from the intimate Seattle Art Museum (SAM) Gallery that set the stage for the Parental Advisory Committee's inaugural—and successful—"Art Escape" fundraiser for North Seattle Community College cooperative preschool scholarships, held Friday, April 13th, 2012.

After checking in, event guests were invited to partake in wine and hors d'oeuvres (Hawaiian pulled pork sliders from Marination Station in Capitol Hill, fresh fruit and vegetables, little brownies for dessert). Opportunities to mingle abounded with ample space to appreciate art alone or in small groups. Throughout the space, free-standing walls displaying art came at each other from ninety-degree angles, imparting a maze-like feeling. The day's glowing, early evening sun only enhanced the viewing and mingling experience.

About a half-hour into the event, guests gathered in the middle of the gallery for an official welcoming by parent educator, Betty Williams, and from the gallery's manager, Jody Bento. Jody briefly explained the gallery's art rental program before introducing local artist, Kathy Liao. In a conversational tone between Jody and Kathy, guests learned about Kathy's early relationship with the gallery, when she volunteered there while an undergraduate at the University of Washington. She then went on to obtain her Master's in Fine Arts at Boston University before returning to the Pacific Northwest. It is here where she has had a number of openings for her work, and two of her pieces are on display in the gallery. Her studio is in Ballard, where she obsessively collects all manner of paper for potential use in her work (e.g., oil paint on collage).

Following the talk, guests headed over to the main museum two blocks down to see the Gauguin exhibit. It traces Gauguin's work from his formative years painting scenes from the French countryside to his work depicting scenes from French Polynesia, in which one can discern the style and images for which he is best known, including depictions of island women in natural settings.

"Art Escape" gave co-op parents and educators the chance to take a night away to mingle and relax as they took in a slice of the impressive art scene here in the Northwest. It marks the beginning of what PAC hopes to be a sustained partnership with the museum in the years to come. PAC exceeded fundraising expectations in raising more than \$1200 from the event. A big thank-you to PAC's fundraising committee (Karina Kunins, Emily Truong, Elisa Murray, Karyn Crouthamel, Irene Gibson, Dawn Noel Chen), to our volunteers (Andrea Porter, Helen Wong, Amy Walgamott, Nina McKay), and to instructors Dawn Carlsen and Betty Williams for helping plan the event. Thanks so much to everyone who donated tickets so that several co-op teachers could attend. And thank you to all who attended—you made it the fabulous event that it was.



Book Club

The Spring Quarter Diversity Advisory Committee Campus Book Read book is **The Lone Ranger and Tonto Fistfight in Heaven** by Sherman Alexie. The Lone Ranger and Tonto Fistfight in Heaven is a collection of short stories about the lives of Native Americans on the Spokane Indian Reservation. (*Description of book below)

FREE BOOKS are available, while supply lasts, to participants who attend at least one of the community discussion sessions on a first come, first serve basis.

Book Read Discussions(North Star Dining Room, College Center)

Tuesday, May 1, 2012 from 12:00 – 1:30 pm

Wednesday, May 9, 2012 from 4:30 – 6:00 pm

Monday, May 21, 2012 from 2:00 – 3:30 pm

Contact Betty Williams at betty.williams@seattlecolleges.edu if you are interested in signing up to participate.

The library guide will be coming out early Spring quarter.

Registration Update

Open Registration was held on March 31 and over 100 families showed up to register! Priority registration periods have ended and Co-ops may process registrations and waiting lists on a first-come, first-served basis. Please contact the Parent Coordinator for the co-op you are interested in for current enrollment information.

Smart Phones and Kids Ages Birth – 8 Years

Sandra Looper, NSCC Parent Educator

Does it ever seem that media technology is taking over your life? Consider that just 4 years ago the first touch screen smart phone was born; and then a year later the first “app” store was created. These creations have become a vital cog in the way in which we communicate (email, text messages, and Skype), are entertained (listening to music, watching movies or playing games), are educated, do business, share photos, pay bills, read books, manage home utilities and even shop.

We don’t leave home without it, and it’s not American Express.

A Common Sense Media Report (October 2011), indicates that children today are spending 27% of all screen time with computers, hand held and console game players, cell phones, iPods and iPad type tablet devices. At least half of all children have access to either a smart phone, iPod or other tablet device, and those who do, spend an average of 43 minutes a day using them.

While these figures may seem remarkable, we know that adults’ time on the smart phone almost doubles with an average of 81 minutes per day using mobile apps with 80% of this time being spent on games and social media sites. With parents and children both using smart phones an average of 2 hours and 4 minutes, this shared use has caused researchers to create the term “hand-off”, and we’re not talking sports. Parents “hand-off” the phone to the child and vice versa.

According to Education.com, “there are over 3,400 education apps available at iTunes, with a large number of them targeted for children between the ages of two and five. Shuler notes that the top selling iPhone education app is Wheels on the Bus and that 13 of the 20 top paid apps in this area are clearly child-directed.”

Although the American Academy of Pediatrics has not released age guidelines for smart-phone/app use, they have recommended daily screen time use of no more than one to two hours for ages 3-8 and no screen time for ages two and under. Parents may choose to follow these same guidelines for cell phone use. Selection of apps is at the parent’s discretion; however, Common Sense Media has specific guidelines to help parents struggling to make that decision. (See sources.)

The Alliance for Childhood lists the following risks related to excessive technology use: repetitive stress injury, eye strain, obesity, and sleep disorders. N.A.E.Y.C. also discourages passive screen time for children, with television viewing being the number one culprit. Ideally, screen time should be a very intentional collaboration between parent and child, balanced, so children will learn to explore and use technology deliberately.

All I know is my grandson (age 9) deliberately convinced me to download Temple Run, and I can unequivocally say that it is of the devil. My supposed high score is actually Carson’s. I hate it when my grandson’s gaming expertise exceeds mine.

After all this, it seems a perfect time to promote Screen Free Week, formerly Turn Off the TV, scheduled for April 30-May 6 from Campaign for a Commercial Free Childhood (<http://www.commercialfreechildhood.org/screenfreeweek/index.html>). This annual event is designed for us to unplug and rediscover the joy of life without televisions, computers and cell phones. Jane Healy states, “The best multimedia, interactive environment is still the real world. Rather than expose kids to artificial minds that possess no human values or common sense, offer them the squishiness of mud pies, the scent of peppermint extract, and the feel of balancing a block at the top of a tower. The adult world comes all too soon.”

Carpe Diem! Not the phone.

Sources:

Can Smart Phones Make Kids Smarter? <http://www.education.com/magazine/article/smartphones-kids/> Common Sense Media – Includes research studies, ratings for apps, videos, and guidelines for parents and educators <http://www.commonsensemedia.org/>

Failure to Connect <http://devdelay.org/newsletter/articles/html/147-failure-to-connect.html>

Media Literacy Clearinghouse <http://www.frankwbaker.com/mediause.htm>

N.A.E.Y.C. Technology and Interactive Media as Tools in Early Childhood Programs for Children Birth- Age 8 <http://www.naeyc.org/content/technology-and-young-children>

Talking About Families

by: Teacher Kris Dickenson

Each spring, the PM 4-5s at Wallingford Coop study families. They read about them, talk about them, make charts, draw and graph all sorts of families, but especially their own. Along the way, each child creates their own family book to take home and treasure. The goal of this study is for children to gain an understanding of their own family and to foster an appreciation of the diversity of other children's family structures and cultures. One of my favorite discussions is about family rules. Children love to hear "what's not OK" at other people's houses and parents get a chuckle about how their own children understand the rules they have instituted as well as those they have not!

One rule in my family is . . .

- "no saying yucky words" ~ Gianina
- "only bounce on the trampoline when the safety door is closed" ~ Vivian
- "no throwing garbage in the living room" ~ Juliet
- "no slicing someone's head off" ~ Oliver
- "you can't say bad or yucky words" ~ Noah
- "no wasting tinfoil, you have to use it again" ~ Elizabeth
- "no eating on the couch" ~ Lily
- "no dessert if you don't finish dinner" ~ Ella
- "no running in the house" ~ Cooper
- "no touching metal knives" ~ Peter
- "no looking at computer pictures while you're eating" ~ Ian
- "no saying "poop" if you're not in the bathroom" ~ Toby
- "you can't eat too much candy at once" ~ Megan
- "nothing on the piano but fingers and hands" ~ Madeleine
- "no having food fights" ~ Keegan
- "no hitting or kicking" ~ Liam
- "no punching" ~ Nora
- "no banging on the piano" ~ Piper
- "no throwing balls at cups" ~ Selene
- "no jumping on the couch" ~ Atticus



Beach House Raffle

Thanks to all that participated in the Beach House Raffle which raised over \$3,000 and congratulations to Terese Hill from Latona Pre 3s for winning a weekend away!

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LAURA JUSTICE *The Ohio State University*
Early Language and Literacy
April 11, 2012

DEBORAH LEONG *Metropolitan State College of Denver*
Play and Development
April 25, 2012 (7:30 - 9:30 p.m.)

DAVID DICKINSON *Vanderbilt University*
Literacy
May 2, 2012

HIROKAZU YOSHIKAWA *Harvard University*
Diversity and Immigration
May 8, 2012

DEBORAH STIPEK *Stanford University*
Approaches to Learning
May 9, 2012

LINDA ESPINOSA *University of Missouri*
Dual Language
May 30, 2012

DOUG CLEMENTS *SUNY Buffalo*
Early Mathematics
June 6, 2012



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