“The Art Of Making And Keeping Friends” By Tania Hino, NSC Parent Educator

Kindergarten readiness is one of many pre-K parents’ worries (please see the link at the end of this article from Seattle Public Schools' Kindergarten Readiness). Yes, it is good to have all the listed skills, but in my humble opinion the art of making friends is by far the most important skill your child should know before starting kindergarten; even before learning how to read. Making friends is an essential part of your child’s development. As a mother of three, I wish I had spent more time teaching this skill before my kids started elementary school. We have all been told that reading, doing math and focusing more on science is important but how many of you as adults are still struggling to make friends and keep them? For most children in school their main concern is not being able to read, but not having friends to play with. Children, in general, worry more about who they are going to be playing with during recess or who is getting invited to a birthday party.

15 Essential Skills That Friends Help Friends Acquire (list taken from the book “Nobody likes me Everybody Hates Me” by Michele Borba, Ed.D.)

1. Solving problems and resolving conflicts.
2. Making decisions and distinguishing between right and wrong.
3. Handling teasing and verbal barbs, developing comebacks.
4. Learning to assert themselves and stand up for what they believe.
5. Understanding different points of view and nurturing empathy.
6. Developing identity by seeing themselves in relation to others.
7. Learning to cooperate, take turns, get along in a group, and share.
8. Regulating emotions and developing self-control.
9. Learning humility, being modest, and recognizing their shortcomings.
10. Developing trust and loyalty.
11. Acquiring confidence and courage in stressful groups and situations.
12. Communicating feelings, opinions, and needs.
13. Taking responsibility, owning up to mistakes, and making apologies.
15. Having fun, laughing, and keeping things in perspective.

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When looking for a possible cooperative school or preschool for your child, make sure that the teacher can teach your child proper social/emotional development. Nobel Laureate James Heckman, an economist at the University of Chicago states that Social/Emotional Development skills are—“The skills that allow people to interact appropriately and effectively with others may be the most important takeaways from preschool”. The teachers should help your child develop self-confidence, teamwork, inquisitiveness and communication.

Friendships begin at home and a good teacher can continue with the social/emotional process at school. When your children are developing and learning on how to make friends, this is what they are learning in the process: problem solving, cooperation, self-control, and compassion.

This is how you can help your child develop friendships:
*Read books *Organize Playdates *Teach Positive social skills *Help children solve friendship conflicts *Communicate and collaborate with your child’s teacher *Be a coach.

Reading books- read books about friendship and how to make friends. Here is a list of possible books to read (there are many more books and this is just a sample list to get you started.)

Books for kids:
- How To Be A Friend by Laurie Brown and Marc Brown
- How Do dinosaurs Play With Their Friends? by Jane Yolen
- When Sophie Gets Angry, Really Really Angry by Molly Bang
- Books for Parents/Teachers: Nobody Likes Me, Everyone Hates Me by Michele Borba
- The Unwritten Rules of Friendship by Natalie M. Elman, Ph.D., and Eileen Kennedy-Moore, Ph.D.
- Teaching Your Children the Language of Social Success by Marshall P. Duke, Ph.D., Stephen Nowicki, Jr. Ph.D., and Elisabeth A. Martin, M.Ed.

Organize Playdates - Support your child with developing essential social and emotional skills by making connections with school friends at home. Ask her/him whom she/he would like to invite for a playdate. It is often easier for children to make friends in their own space, one on one, than in school.

Positive Social Skills - Teach your child how to smile, look at people’s eyes, remember kid’s names or simply say hello. Observe your child’s social skills and learn what might need polishing. Then focus on teaching one skill at a time. Role playing helps a lot to teach a new behavior or skill. Make sure your child learns one behavior first before teaching another one. Keep evaluating.

Help children solve friendship conflicts - You can do this by having your child express the worries and problems they are having with friends. Help them go through what happened and how they felt about it. They may be able to figure out an alternative solution by processing thru with you and act differently the next time.

Communicate with your child’s Teachers - Communicate with your child’s teacher and learn what the teacher is doing to develop essential friendship skills. Have the teacher observe your child and work with the teacher to help your child develop appropriate social skills.

Be a coach- or more like a referee with your kid and her friends (help them develop the skills to resolve conflicts instead of solving the problem for them).

Children with healthy social skills will have a good foundation which enables them to become enthusiastic lifelong learners — enthusiastic because she has deep connections with friends who make her feel secure and confident, and allow her to believe that learning is fun as well as meaningful.
Connections is The Museum of Flight’s new free membership program designed for students ages 5-18. The program will guide participants through the Museum’s many exciting learning opportunities. 

Benefits of Connections Membership
- Unlimited FREE visits to the Museum for students 5-18 years old and one adult
- Connections Newsletter highlighting Museum events and education programs
- Invitations to exclusive events and unique opportunities
- Unlimited Access to the Alaska Airlines Aviation Education Center and its network of educational support tools
- Personalized information and recommendations tailored to your interests
- Early registration for select Museum education programs

Please note: The Connections program is not affiliated with the standard Museum membership. As such, Connections members do not receive the same discounts, although a separate Museum membership is always available for purchase.

You can get additional information about this program and sign-up at: https://www.museumofflight.org/education/connections

This newsletter is for you! Please submit your words, photos, and ideas to Stephanie Harwood at stephanieharwood@hotmail.com.
Seeking Part-Time Preschool Teacher for Fall 2016

Now accepting teacher applications for its 3-5s class for the 2016-17 school year. The class meets Tues-Thurs 9:15am-11:45am & Mon 12:00-3:00pm for PreK.

If interested, please send a cover letter, resume, and references to personnel@wedgewoodcoop.org.

On-Campus (NSC) Preschool Co-op Thursday Class Teacher

We are looking for an enthusiastic, warm, and caring individual to lead our weekly Thursday morning toddler co-op classroom starting in June 2016. This individual will lead toddlers, ages 1-2.5 years, and their parents throughout each class day during the academic year.

To Apply

Please email the following to NSCToddlers@gmail.com.

♦ A brief cover letter
♦ Your salary requirements
♦ A sample lesson plan for children between 1 and 2.5 years old in a 2-hour class
♦ Your resume
♦ And three professional/applicable references.

What is the PAC scholarship fund?

The PAC scholarship fund is an integral piece of the co-op model. PAC's mission is to: "Provide the opportunity of participation in the cooperative preschool experience to all socioeconomic levels of the community." The PAC scholarship fund exists to allow every family access to great preschool programs, great parent education, and great community! Money for the PAC scholarship fund comes from a PAC annual fee, and from generous donations by families and friends of co-op through our annual raffle (on now!), bake and book sales, and various other fundraising campaigns throughout the year.

How are the scholarships awarded?

Before the start of the new quarter, a double-sided one page application is filled out by each family seeking assistance. Each application is checked multiple times by the PAC scholarship committee and, based on income levels, as well as explanations of financial circumstances, each applicant is ranked on a PAC tier ranking chart (calculated using US Federal poverty guidelines). The scholarship committee's goal is to award every applicant who ranks on the chart a given percentage of their child’s tuition. We urge any family who needs any amount of assistance to please apply!

Who benefits from the scholarship fund?

We all do. Fall quarter we had 84 families apply, and this winter we had 73 families apply. This fall and winter we awarded $12,850 and $12,750, respectively. That is an estimated $38,000 awarded annually to co-op families in need. And this money is well invested; we all benefit by participating in this wonderful community. The PAC scholarship program ensures that these opportunities are accessible to families from all socioeconomic backgrounds. As said by a participating co-op family:

"Our scholarship awards we received last year and fall of of this year are the reason we were able to attend preschool with and for our child. Our family has been in the middle of a financial transition, and although preschool was our top priority, at the end of the day it fell into the expendable category, when comparing preschool to other bills like rent or medical. The PAC scholarship allowed us to participate in preschool during hard financial times. Coop has been one of the best experiences for our family, and we are forever grateful for being included."

Make Your Online Purchases Count. Register for iGive!

Register for iGive and participating online retailers will donate a percentage of their profits towards PAC scholarships. Sign up at www.igive.com and search for NSC Parent Advisory Council of Cooperative Preschools. You'll be guided through the steps to add an iGive button to your browser. More than 1,000 online retailers participate, including Amazon.com, Barnes & Noble, Home Depot, Nordstrom, Orbitz and Expedia.
Parent Advisory Council (PAC) Scholarship Fund Raffle

Open Enrollment Event | Saturday, March 19, 2016
10:00am – 12:00pm

North Seattle College Cafeteria
9600 College Way North, Seattle, WA 98103

Support the Parent Advisory Council (PAC) Scholarship Fund! Purchase a single raffle ticket for $5, and be entered to win a prize from these generous local supporters:

Café Javasti
Diana’s Skincare
Epic Barbershop
Fado Irish Pub
Fit4MOM Seattle
Gregg’s Cycles
Lantern Press
Latona Pub
Macrina Bakery
Matesky Law PLLC
Mockingbird Books

Nail Garden
Seattle Holistic Center
Seattle Sounders
Shelter Lounge
Shine Memoirs
Sin in Linen
Stitch & Swash
Vios & Third Place Books
Weargrubber.com
Wunderkind Seattle
North Seattle Cooperative Preschools Parent Advisory Council (PAC) Scholarship Fund Raffle Official Rules:

North Seattle Cooperative Preschools Parent Advisory Council (PAC), a nonprofit corporation and tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code, is conducting its annual PAC Raffle (the "Raffle") to raise funds for its Scholarship Fund. The rules (the "Rules") of the Raffle, set forth below, govern the Raffle, award of prizes, and participation in the Raffle.

How to purchase tickets
Tickets can be purchased from any member of one of the North Seattle Cooperative Preschools. Name and working telephone number of the purchaser must be legibly written on each sold raffle ticket. The purchase price of a single raffle ticket is $5. No more than 1,000 raffle tickets will be sold. Tickets can be purchased up until 11:00 am on March 19, 2016. The purchase of a raffle ticket comes with no guarantee to win any prize.

The Drawing
The Parent Advisory Council Fundraising Committee will draw at random raffle tickets to determine winning tickets on March 19, 2016 at 11:30 am at the Open Enrollment event held at the North Seattle College Cafeteria (9600 College Way North, Seattle, WA 98103). The drawing is open to the public, but the winner(s) need not be present to win. There will be one drawing for each raffle prize.

Prizes
The following prizes will be available for drawing:

1. "Squeaky Clean" Gift Basket from Epic Barbershop (includes gift certificates for two haircuts, Paul Mitchell baby shampoo and detangler, and detangling brush)
2. $25 gift card and autographed cookbook from Marina Bakery
3. Four (4) $25 gift cards from Shelter Lounge ($100 total value)
4. Six (6) children's books and a drawstring backpack from Mockingbird Books
5. Four (4) class pass to any yoga class at Seattle Holistic Center
6. Trademarking Legal Services from Matesky Law PLLC
7. Fit4MOM Seattle five (5) class pass to be used at Stroller Strides or Stroller Barre and a resistance tube
8. Birth Story Interview with keepsake audio recording and transcript from Shine Memoirs
9. Basic bicycle tune-up from Gregg's Cycle
10. "Treat Yourself" Gift Set (includes two (2) gift certificates for a manicure from Nail Garden, a $25 gift card from Diana's Skincare and a $20 gift card from Café Javasti)
11. "Sports Lover's" Gift Pack (includes a Seattle Sounders Fan Pack, gift certificate for a rugby t-shirt of your choice from WearGrubber.com, and a $50 gift card from Pado Irish Pub)
12. Two (2) hours for any event from Wunderkind Seattle
13. $50 gift card from Latona Pub
14. Pre-selected canvas artwork from Lantern Press
15. Two (2) night all-inclusive stay at a Lake Roesiger Waterfront Cottage
16. $100 gift certificate to Vios/Third Place Books
17. Handmade item (TBD) from Stitch & Swash
18. Baby bedding set from Sin in Linen

Distribution of prizes
Winners will be notified in person if in attendance at the event, or by telephone no later than March 25, 2016. The PAC will make reasonable efforts to contact prizewinners using information provided on the raffle ticket. In the event that a winner cannot be reached by telephone after one attempt on three separate days, another winner will be randomly chosen from the sold tickets. Winners are required to pick up their prize(s) no later than April 25, 2016 at a designated location in North Seattle. Prizes that are not collected by April 25, 2016 will be forfeited.

For more information or inquiries about this raffle, please contact Whitney Pschorr, PAC Fundraising Committee Chair, 206-360-5636, whitnev@pschorr.org.