



## Preschool Newsletter

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October 15, 2008

### Pumpkin Bread

3 cups sugar  
 1 cup vegetable oil  
 4 eggs, slightly beaten  
 16 oz. can pumpkin  
 3 1/2 cups flour  
 2 tsp salt  
 2 tsp baking soda  
 1 tsp baking powder  
 1 tsp nutmeg  
 1 tsp allspice  
 1 tsp cinnamon  
 1/2 tsp cloves  
 2/3 cups water



Preheat oven to 350 degrees.  
 Butter and flour 2 9x5 pans.  
 Stir together sugar and oil.  
 Stir in eggs and pumpkin.  
 Combine dry ingredients in separate bowl.  
 Blend dry ingredients and water into wet mixture, alternating.  
 Divide batter between two loaf pans.  
 Bake for 60 minutes or until cake tester comes out clean.  
 Let stand 10 minutes. Remove from pans and cool.

### Important Dates for Preschool

October 16  
 Thursday  
 FSH Community Book Club  
 7:00pm

October 21  
 Tuesday  
 Picture Day

October 23  
 Thursday  
 Quaker Fest  
 "Why a Friends School?"  
 Panel Presentation with Marcy Morgan, Ben Lloyd, Kate deRiel  
 Andrea Dominic, Moderator  
 6:00pm-8:00pm

October 24  
 Friday  
 Parent/Teacher Conferences  
 PUPIL HOLIDAY

October 25  
 Saturday  
 Footsteps for Friends  
 Fit with Friends  
 7:30am

October 28  
 Tuesday  
 School House Parents  
 Invite Heritage House Families  
 To Learn About  
 1st Grade and Beyond  
 7:00pm

October 31  
 Friday  
 Halloween Parade  
 8:30am

November 1  
 Friendship Saturday  
 2:00pm-4:00pm

November 2  
 Sunday  
 Admissions Open House

November 6  
 Thursday  
 First Thursday @ FSH  
 8:30am



*Integrated curriculum: musical, bodily kinesthetic, interpersonal, naturalist, mathematical*

## Grizzly Bear Dance

*Setting the scene: children form a standing circle, holding hands. Inside the circle, lying on the ground, are three sleeping grizzly bears (preschoolers).*



*(while holding hands and circling to the left, children sing)*  
**Grizzly bears, grizzly bears, sleeping in a cave**

*(while holding hands and circling to the right)*  
**Grizzly bears, grizzly bears, sleeping in a cave**

*(holding hands and tip-toeing inward without disturbing the bears)*  
**Please be very quiet, very, very quiet**

*(holding hands and tip-toeing outward to make the circle larger)*  
**If you wake them, if you shake them they'll get very MAD!**

*(sleeping bears awaken)*

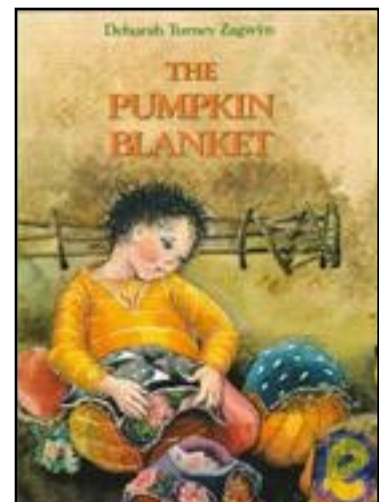
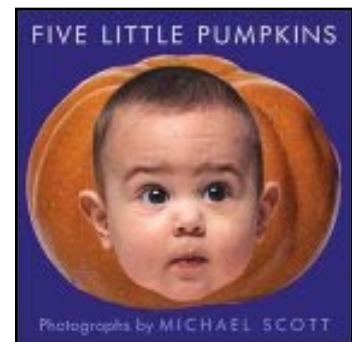
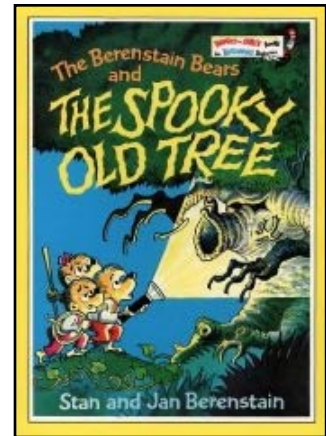
Books we have read recently include:

*The Spooky Old Tree*, Jan and Stan Berenstain

*Five Little Pumpkins*, Michael Scott

*Pumpkin Circle*, George Levenson

*The Pumpkin Blanket*, Deborah Zagwyn



## Picture Day is Tuesday, October 21

Each student must have their personalized envelope in hand before coming to the photographer regardless of whether or not they are purchasing.

Bring your smile!

## Parent/Teacher Conference Day is Friday, October 24.

This is a PUPIL HOLIDAY

Homework for parents (please bring your written responses with you):

*What do you consider to be your child's strengths?  
(List three)*

*What area would benefit from extra support, time or development?*

# Childhood

Childhood is a time for learning about the essentials - about the heavenly world and the earthly, about goodness, beauty and truth.

Childhood is a time to be loved and to love - to express fear and to learn to trust - to be allowed to be serious and calm and to celebrate with laughter and joy.

Children have a right to dream, and they need to grow at their own pace. They have the right to make mistakes and the right to be forgiven.

Children need help to develop self mastery, to transform themselves and bring forth their highest capacities.

Children have a right to be spared violence and hunger to have a home and protection.

They need to grow up healthily, with good habits and sound nutrition.

Children need people to respect, adults whose example and loving authority they follow.

They need a range of experience - tenderness and kindness, boldness and courage, and even mischief and misbehaviour.

Children need time for receiving and giving, for belonging and participating.

They need to be part of a community, and they need to be individuals.

They need privacy and sociability.

They need time to rest and time to play, time to do nothing and time to work.

They need moments for devotion and room for curiosity.

They need protective boundaries and freedom for creativity.

They need to be introduced to a life of principles, and given the freedom to discover their own.

They need a relationship to the Earth to animals and to nature;

and they need to unfold as human beings within the community.

The spirit of childhood is to be protected and nurtured.

It is an essential part of every human being and needs to be kept alive.



(International Joint Alliance Working Group, New York 1999)