

I heard a funny line the other day. If a man had a woman's mind for one day, he would jump off the nearest cliff. We all know that women are hardwired to "feel". This makes life complex. All her life a woman must learn to control her swirling emotions. *If momma not happy, nobody happy.* A man also has feelings, but they are acted upon in far different ways. A man's approach is simple: he shuts down or literally "runs" them off. These approaches to life's stresses show a marked difference between the genders. Regardless, emotions are a very real aspect of life and living that all of us must reckon with if we are to live fully and happily.

The first of the ten **Spits, Spats & Spurts** of learning for growing preschool success is helping children understand their feelings. All children are born egocentric. The world revolves around them in order to assure survival. When a baby is hungry, he cries. When a baby is cold, he cries. When he is wet, he cries. When he is bored, he cries too. These emotions and acting on them are directly related to needs. As we become more self sufficient and able to meet our own needs, it becomes necessary to control our emotions and find ways to constructively express them. This is very new business for the young child. Recognizing this fact



A dot to dot flower creation by **Matthew Mzeiz (M-W-F Lions)**.

means adults must be keenly aware that this is a time for helping children recognize and name their feelings. Happiness and joy are easy; we can enjoy, encourage and interact with the positive emotions with satisfaction. But what do you do with jealousy, anger, sadness, frustration and fear?

The typical preschooler is in constant motion, eager, curious and filled with the joy of life; however, they typically have huge mood swings, changing rapidly and and unpredictably, laughing one minute and crying the next. They can easily throw a tantrum over something as insignificant as a block structure that will not stand. Does that sound all too familiar? Our first inclination may be to insist that children suppress or deny the feelings that they are acting out on. The other extreme

reaction would be to ignore the behavior, which is equally destructive to the development of the preschooler. Rather than suppression or denial or acceptance, we intervene, helping a child to recognize the feelings and respond appropriately.

As adults, we name the feelings for a child. This is always a loving guess because we are not in their experience. Avoid moralizing about the emotional response or deciphering the motive. Children at this stage of development do not understand right from wrong, but they do understand rules. You speak about the proper response to the feeling as a rule. "The rule is that when you want the truck, you tell Johnny that you want to use it when he is done." You may follow with a simple statement of why a child should follow the rule. "The rule is that you only pet the bunny; if you pinch the bunny it hurts her." All statements should be simple and to the point. Talking too much is the death of an experience with young children. KISS.

When the goal is to help preschoolers become successful socially and emotionally, it is important to realize what young children are incapable of doing. Preschoolers cannot share; they cannot take turns; they cannot collect information; they cannot feel empathy for

others. When you accept and understand these truths, you are better equipped for helping children deal with the realities of their emotions. Children just need to understand the boundaries. "It's okay to feel afraid in a new place with new faces, but mom and dad will be back at the same time every day."

At first thought, it may seem ideal that children experience childhood as a perfect golden time of life devoid of frustration or anxiety, but that is not reality. Life is messy and difficult, and there is no way for any of us to avoid it. Children who learn to cope well with anxiety and frustration possess qualities of confidence, flexibility, and resourcefulness. Experiencing a certain amount of anxiety or frustration or "facing reality" has beneficial results if we help children with tools for coping. Fortunately for children, "facing reality" is usually not too emotionally disturbing. It is more about doing what adults want. Remember we are the wise ones, and it is our responsibility to make the tough decisions about what is right and wrong for our children.

Recognizing our emotions early helps children to learn to accept alternative satisfactions. Fairness is about having everything you need, not everything you

want. When Mary is using all the blocks for her building, Sue must accept that only the cylinders are available now or learn to strike a bargain.

The experts tell us that emotions shape cognitive development. This makes sense when you think about the things in life that you have learned best. It is what you had passion for. Learning always involves feelings. Emotions are real, good and helpful in figuring out who you are and what you want.

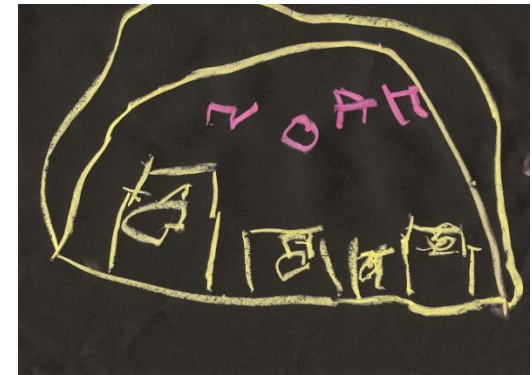
Through years of working with young children, we have learned that art is an essential outlet for helping children with their emotions. When the class is getting too rowdy, I have had teachers suggest that the children draw something they enjoy, like Mrs. Holbrook this week. They readily express their interests and passion through the symbolism of art. There is such great satisfaction in using color and materials as an expression of what you are feeling inside. It is a release that many adults have lost on the journey.

Emotions remain with us throughout the journey of life. Even though each of us has different ways of harnessing or expressing our feelings, they are an expression of the inner hidden life shaped by experience and self knowledge. It is who we are.

Once again we find we are blessed to be a part of the shaping and molding of young lives.

*A man who is master of himself can end a sorrow as easily as he can invent a pleasure. I don't want to be at the mercy of my emotions. I want to use them, to enjoy them and to dominate them.*

- Oscar Wilde



A chalk drawing of the play yard swings by Noah Rail (Afternoon Lions).

♥clp



## CLASSROOM CORNERS

Already the end of the very first month of school, and we are just beginning to settle into the routines that will become

so familiar to us by year's end. Today was the first day at Lunch Bunch that the children were dismissed by table, recognizing which group they belong to. Am I a Rester, Funster, Afternoon or just a Luncha Buncha? These are the great questions of life, and once the staff knows the answers, the children will follow. But *we are getting there.*

I do believe this is one of the mellower groups of children we have ever encountered here at the school. I usually start bragging about our peaceful play yard some time after Christmas, but I may start far earlier this year. The teachers are raving about their classes. We are grateful for the gift of each and every child in our care and tutelage.

We had a resounding beginning with our Parent Orientation and Back-to-School Night. I think we had more families attending than in past years, which is also a heartening sign of the deep commitment and sense of responsibility for the child's first school experiences. Parents were given a great deal of information that can seem daunting, but we thank you for your attention to Sign-in and Sign-out procedures and arrival time. These are important first steps. And it was easy to see the enthusiasm of the children at our Open House for the children. No one

wanted to go home! And though we still have a few tears at parting from mom and dad, I can tell you that 100% of the children are doing well once they settle into the classroom. Remember to make those partings short and sweet.



Joaquin Cinco (M-W-F Teddy Bear) rests in the car wash.

Mud Week was an instant success despite the uncooperative sun. Going into the classrooms before they spilled out into the play yard, I witnessed eager children who waited in anticipation of free and safe water play. With as many as 72 children vying for a piece of the hose action, we had very few confrontations. The joy of this very special week is watching the collaborative activities as they build moats, bridges, rivers and dams. It is the best ice breaker of all. The week ended with Kid's Kazoo Band playing at our

Getting to Know You Picnic. It was fantastic seeing so many of you coming out to get to know each other. And this is just the beginning.

Finally the month concluded with our settling into the routines of the year. Chapel began with Mrs. Holbrook teaching the children about how to enter the church respectfully and reverently. As the year progresses, you will find your child becoming more and more spellbound by the holy ground of the church. Mrs. Leach and Mrs. Masters got us off to a good start with Movement. The children are learning the joyous song, "Jump into the Light" with dance movements and the "Chicken Dance". Just ask them; they'll show you. Music began with songs for our Pumpkin Patch. This week also brought our first birthday celebrations for August / September.



The Wegener Family spends time at the Getting to Know You Picnic.



# THROUGH THE GRAPEVINE

At last we have our first overheard precious insights and comments by the children. On the last day of Mud Week, **Emma Foote** commented, "The mud is sooo deep and sooo fun!" After reading *Parts*, the children were asked what parts they have inside. "We have Jesus inside," declared **Alex Segal**. Asked where she went on vacation, **Ennika Carlson** stated, "Hotel." Creating a painting with a roller, **Sienna Joy** announced, "Look! I made a 'cano." Ready for Mud Week and finding only sand, **Isabella Mc Cann** asked, "Where's all the mud. I don't see any mud." **Payton Rodgers** arrived at school with his hair pulled back. "I had a problem with my hair this morning. It wouldn't do a thing so my mom pulled it back," he shared. **Charlie Sisley** wanted to work in the Practical Life center. "Can I use the fairy center?" he inquired. Entering the church for Chapel, **Nicholas Hancock** asked, "Well, if this is God's house, well, where is He because I don't see Him?" **Anna Krzywicki** shared as she walked under the arches to Chapel, "I love walking here because they are so pretty." With a

handful of feathers in the Art center, **Gianna Mercier** flapped her arms and shouted, "Look I'm a bird!"



# ROOM MOMS FOR 2010 - 11

We thank the fine group of ladies who have stepped forward to make the year a smooth one by filling the role of Room Mom.

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ANGELOS

On Friday, October 1 at 8:30 am, the preschool is hosting Angelos in Knight Hall, a blending of old and new minds. This is an opportunity to come and meet parents who have had baptism by fire in learning how to navigate the preschool year. Come for coffee and donuts and a brief question and answer session on what to expect coming events, such as the Pumpkin Patch and the Golf Tournament and Dinner Dance. New families will be matched to returning families to answer any questions that still linger. Children are welcome.



PRECIOUS MOMENTS PHOTO FUNDRAISER

Our Precious Moments Photo Fundraiser takes place this month. Photography will be done by *Laura Schmitt Photography*. The following locations are available: Saturday, October 2 at Aliso Creek Beach from 9:00 am – 12:00 noon and 2:00 – 6:30 pm; Sunday, October 10 at Pines Park from 11:00 am – 4:00 pm; and Saturday, October 16 from 10:00 am – 4:00 pm at Mission Basilica. There are still

time slots available. Please contact Chairperson Natalie Del Castillo at [natalie.delcastillo@yahoo.com](mailto:natalie.delcastillo@yahoo.com) (with an underscore between the names) for times still available. The cost is \$50, which includes the sitting and one 8 X 10 portrait. The Mission has an additional entrance fee of \$15, making it \$65. **Pets are welcome at Pines Park.** This is a wonderful opportunity to create an heirloom quality photo of the family and benefit the preschool at the same time.

Laura Schmitt will be offering many packages online in addition to the original, including an opportunity to purchase the digital.



GOLF TOURNAMENT ROOM MOM MEETING

There is a mandatory Room Mom meeting for the Golf Tournament on Thursday, October 7 at 8:30 am in the Parish Room. One room mom from each class must attend for important information regarding your role in the tournament. Children may attend.

FEAST OF ST. EDWARD

Each year we celebrate the feast day of the patron saint of St. Edward the Confessor Church, the kindly 11<sup>th</sup> century king was known for his charity and thought to be the most beloved of all English kings. The children will celebrate by processing to Chapel on Monday, October 11 at 9:00 am and Tuesday, October 12 at 9:00 am and 2:30 pm with handmade crowns to celebrate and learn about the king. **Mrs. Abang** will have the children reenact the life of St. Edward.

On Wednesday, the children will again process to the church at the conclusion of mass to be a part of the Parish School's celebration of St. Edward. Please join us if you can.



PICTURE DAY

Picture Day for the children will take place on Tuesday, October 12 for the morning and afternoon classes and again on Wednesday, October 13 for morning classes. This is a free dress day, although some families want to have the portrait done with the children in uniform. Portraits will be done by **Diana Schmitt** of *Portraits by Diana*. She is a gifted and

talented children's photographer, and I think you will be very pleased.

You will have the opportunity to purchase one of at least 2 poses, which will include a class picture as well.



### PREP MEETING

Our first PREP (Promoting Rights in the Education of Preschoolers) Meeting will take place on Wednesday, October 13 at 1:00 pm in the church meeting room. We had an overwhelming response of persons interested in participating this year. **Christy Pagel**, chairperson, will be contacting those that signed up at our Parent Orientation. This advisory group meets to promote the developmental education of young children, discuss and set the policies and procedures for the preschool and further our education by reading a book, which is followed by discussion. The book this year is by Sophia Cavalletti and Patricia Coutler, *Ways to Nurture the Relationship with God*.



### BALL DROP TICKET DISTRIBUTION

The official kick-off for the 7<sup>th</sup> Annual Golf Tournament and Dinner Dance will come with the opportunity to purchase Ball Drop Tickets online beginning Thursday, October 14. Chairpersons **Kathy** and **Robert Hancock** are ready to make this the best event ever. Details will follow shortly.



### KINDERGARTEN MEET & GREET

Any questions you may have concerning enrollment in the St. Edward the Confessor Parish School kindergarten program will be answered on Thursday, October 14 at 7:00 pm in the kindergarten classrooms. You will have a chance to hear a presentation by Principal Sharon Rands and hear answers to your questions. Please join us if your child will be 5 on or before August 31, 2011.



### PUMPKIN PATCH

Yee haw! One of the funnest events of the year is about to happen – our annual Pumpkin Patch on Thursday, October 21 and Friday, October 22 at 10:00 am on the bluff. This is designed just for the children, featuring booths, such as Milk the Cow, Kissing Booth, the Watering Hole and so much more. Small groups of children will be led around to participate. Obviously this event needs a great deal of helping hands to make it doable and successful. Room Moms will be posting sign-up sheets. Many of you responded at the Parent Orientation, and I will be passing those names along to our Room Moms as well. Because we are moving many items from the school over to the bluff and vice versa, I am in need of many strong dads and big vehicles, such as trucks and SUVs. It is a quick set-up from 8:00 – 10:00 am on Thursday. As many helpers as I can get make it less painful. We will also need class leaders and folks to run the booths. Clean-up is a necessary evil as well. By all means, sign-up for more than one job.

Because of the size of this event, the Afternoon classes will participate in the morning timeframe. Afternoon Lions will participate on Thursday, followed by free

Lunch Bunch and class. Please send them to school with a labeled lunch. Afternoon Dinosaurs will come on Friday. **Afternoon children should arrive at the classroom door no later than 9:45 am to be escorted to the Pumpkin Patch by Farmer Pickrel and his lovely bride Pearl.** This is a free dress day.



## HALLOWEEN PARADE

The ghosts, goblins, superheroes and princesses will be out in force for our annual Halloween Parade on Thursday, October 28 at 10:30 am and 2:00 pm and Friday, October 29 at 10:30 am. Role playing and imagination is so important with the young child. This is meant to be a fun and playful event. Just keep in mind the weather and obstruction of views with masks or headpieces because we will be parading both inside the school and outdoors. This is obviously a free dress day. Please join us for the fun. You can even wear your own costume.



## HALLOWEEN PARTIES

After the parading, we are going to be as hungry as vampires coming out on a full moonlit night and looking forward to the goodies that our wonderful thoughtful parents have provided for the Halloween parties on Thursday, October 28 at 11:00 am and 2:30 pm and Friday, October 29 at 11:00 am. Room Moms will be posting a sign-up sheet for each classroom for donations to the fun. This is a free dress day.



## DATES TO REMEMBER

Please make note of the following dates for the October calendar:

- The Angelos Meeting will be held on Friday, October 1 at 8:30 am in Knight Hall.
- Precious Moments Photo Fundraiser will be held at Aliso Creek Beach on Saturday, October 2 at 9:00-12:00 and 2:00-6:30.
- Room Mom meeting for the Golf Tournament will be held on Thursday, October 7 at 8:30 am in the Parish Room.

- Precious Moments Photo Fundraiser will be held at Pines Park on Sunday, October 10 from 11:00-4:00. Pets are welcome.
- The Feast of St. Edward will be celebrated on Monday, October 11 at 9:00 am and Tuesday, October 12 at 9:00 am and 2:30 pm.
- School pictures will be taken on Tuesday, October 12 for morning and afternoon classes and Wednesday, October 13 for morning classes. This is a free dress day.
- PREP Meeting on Wednesday, October 13 at 1:00 pm in the church meeting room.
- Ball Drop Tickets for the 7<sup>th</sup> Annual Golf Tournament and Dinner Dance will be available online beginning Thursday, October 14.
- Kindergarten Meet and Greet will take place on Thursday, October 14 at 7:00 pm in the kindergarten classrooms.
- October Birthday celebrations will take place on Thursday, October

14 and Friday, October 15 at snack time.

- Precious Moments Photo Fundraiser will take place on Saturday, October 16 from 10:00 – 4:00 at the Mission Basilica.
- Pumpkin Patch will take place on Thursday, October 21 and Friday, October 22 at 10:00 am on the bluff. This is a free dress day.
- Halloween Parades will take place on Thursday, October 28 at 10:30 am and 2:00 pm and Friday, October 29 at 10:30 am. This is a free dress day.
- Halloween Parties will take place on Thursday, October 28 at 11:00 am and 2:30 pm and Friday, October 29 at 10:30 am in the classrooms. This is a free dress day.



## SCENES FROM AN EMOTIONALLY SATISFYING EXPERIENCE AT MUD WEEK





None of this would be possible without the emotional commitment of the world's best staff ❤️