**From Paige**

All you need in the world is love and laughter. That’s all anybody needs. To have love in one hand and laughter in the other. ~August Wilson

Spring semester is always exciting—more sunlight, Sweetheart Teas, Parent-Teacher conferences, warming temperatures, and eventually slush and mud…it’s marvelous!

February will be a busy month with focuses on Chinese New Year, Valentine’s Day and Children’s Dental Health Month. We hope you feel the love and give those choppers an extra flossing.

Please take a few minutes to peruse the newsletter for useful information and helpful reminders. Be sure to read *Five Ways to Build Compassion in Children* on page 2.

I hope you’ll be able to join us for our annual Sweetheart Teas. Each classroom will have their own celebration. Class lists and staff names are provided on page 3.

You are always welcome to share your ideas, questions, concerns, constructive criticisms and compliments. Email me at pmvonderhaar@alaska.edu, call me at 474-6393 or visit me in the attic (my office).

~Paige

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**Sweetheart Teas**

Thursday, February 14

4:00-5:30

You are invited to join your sweethearts for a Valentine celebration! Each classroom will have their own party.

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**Practicum Student Welcome**

Nat Snyder will be completing Practicum I in the upstairs classroom this semester.

We are very pleased to have Nat here—please join us in welcoming him to Bunnell House! ♥
Five Ways to Build Compassion in Children

1. **Use words that you would like to hear your child use now and in the future.** As you choose the words you say to your child and to others, imagine how you would feel hearing those same words from your child. Be intentional with your own word choices. Choose to think and speak with compassion.

2. **Live each conversation beyond your words.** Do more than have conversations about being compassionate—look for ways to act compassionately at home and in your community. Explain to your child what you are doing and why so that your child hears what you are thinking and brings a compassionate perspective to their own thought process.

3. **Look for role models and examples of compassion in your own community.** Seek out examples of individuals and groups that are working to make your community a better place. Point these activities out to your child.

4. **Recognize that building compassion takes time.** Just like any set of skills, building compassion takes time and lots of practice. You may feel discouraged at times when you see your own child acting out or struggling to think about someone else’s feelings, but this is normal. Developing compassion is a lifelong process that is easier for some people than others, and one that is challenging for everyone.

5. **Learn from your child along the way.** As you and your child find your voices together, take time to listen to and learn from one another. You may be surprised by the insights your child offers. Your child might think about other people’s feelings in ways that you may not consider. When you learn something new from your child, let them know that. With all the ways they learn from you, they will love hearing that you learn from them, too.

*Source: “Five Ways to Nurture Compassion in Kids” by Shauna Tominey, kqed.org/mindshift, January 3, 2019*
Lab School provides a variety of interesting activities and materials that are carefully chosen to enhance children’s physical, cognitive, social, and emotional development. The teachers continually plan and implement learning activities based on the needs and development of the children in their class.

Personal play items from home can create disruptions and conflicts among children that distract from the day’s learning and fun. Some books, although perfectly appropriate at home, may not be ideal for the group setting of the classroom.

If a child occasionally has a very special item or book to share, teachers welcome them to do so. Book content must be approved by the teacher prior to sharing with the group.

Items related to the current topic of interest in the classroom or that introduce something new are especially encouraged.

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**Questions or Concerns**

About your child or the classroom: *Your child’s teacher*

About the program, billing, or vacation notification: *Paige*

Thank you!

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**Valentine Lists**

Valentines are optional, but if participating, please be sure to bring one for each child in your child’s class. Valentines will be exchanged on Wednesday, February 14.
It was an exciting day at Lab School...

- We welcomed new and returning friends!
- We froze colored water into ice blocks!
- We enjoyed string painting!
- We studied arctic animals!
- We made animal tracks!
- We chopped vegetables for our snack!
- We observed the differences between frozen snow and melted snow!
- We discussed solids and liquids!
- We created polar bear masks!

We Welcome Parents!

Parents are always welcome in our classrooms. We invite you to come for lunch, read to the children, assist on field trips, and/or share your talents with your child’s class. If you have a special talent or area of expertise to share with the children, please do! We’d love to have you visit, so talk to your child’s teacher to coordinate a good time to come!

Cell Phones

Please end cell phone conversations prior to entering Bunnell House or the playground. Your child deserves your undivided attention and teachers may need to speak with you.

Monthly Fees

<table>
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<th>Days</th>
<th>Amount</th>
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<tr>
<td>MTWRF</td>
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<tr>
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<td>$615</td>
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<tr>
<td>TR</td>
<td>$410</td>
</tr>
<tr>
<td>Late Pick up</td>
<td>$5/minute</td>
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</tbody>
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Fees are due by the 10th of each month. A late fee of 10% of the account balance will be added after the 10th.

Fee Payment

Fees may be paid by credit card, check, or money order. A new credit card authorization form must be completed each month. Forms are located at the check-in station at the back of the gray payment box. Payments go into the locked box which is checked daily until all payments for the month are received.

Late Pick Up Fees

Bunnell House hours: 7:30-5:30

Late pick up fees are $5 per minute. Fees will be added to your account based on the time recorded when you check out your child.

Quote to Note

I will not play at tug o’ war
I’d rather play at hug o’ war,
Where everyone hugs
Instead of tugs....

~Shel Silverstein