

# ★ Bunnell House News ★

UAF Community and Technical College Early Childhood Lab School

~ We nurture children and support families in a university lab setting.

## Lab School Calendar

**March 9-13: Closed**

Spring Break

**April 13-16**

Parent-Teacher  
Conferences

**April 24**

Spring Concert

**May 25: Closed**

Memorial Day

**June 1**

Summer Program Begins

**July 2 & 3: Closed**

Independence Day

**August 17-21: Closed**

Fall Semester Prep

**August 24**

Fall Program Begins

## From Paige

In all this world there is nothing so beautiful  
as a happy child. ~L. Frank Baum

Spring semester is always exciting at Bunnell House—the increased sunlight, music with Music Ed students, Sweetheart Teas, Parent-Teacher conferences, warming temperatures, and eventually slush and mud...it's busy and marvelous!

February brings Music Fridays, Valentine's Day, and Children's Dental Health Month. We hope you all feel the love and also give those choppers an extra flossing.

Please take a few minutes to peruse the newsletter for helpful reminders and useful information, including *Five Ways to Build Compassion in Children* (page 2) and *The Five Love Languages of Children* (page 4).

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](mailto:pmvonderhaar@alaska.edu), call me at 474-6393 or visit me in the attic (my office).

~Paige ♥

## Need to Reach Us?

Call 907-474-6393

♥ **Director**

Paige Vonderhaar  
[pmvonderhaar@alaska.edu](mailto:pmvonderhaar@alaska.edu)

♥ **Upstairs Teachers**

Lead: Chasity Evanow  
[crevanow@alaska.edu](mailto:crevanow@alaska.edu)

Assist: Jenny Taylor  
[jmtaylor6@alaska.edu](mailto:jmtaylor6@alaska.edu)

♥ **Downstairs Teachers**

Lead: Pammmy Fowler  
[pdfowler@alaska.edu](mailto:pdfowler@alaska.edu)

Assist: Alecia Finley  
[afinley5@alaska.edu](mailto:afinley5@alaska.edu)

♥ **Floating Assistant Teachers**

Connie Slater  
Emily Soen



## Practicum Student Welcome!

**Mary Bruso** will be completing Practicum I in the downstairs classroom this semester.

We are very pleased to have Mary here—please join us in welcoming her to Bunnell House! ♥



## Tax Time

**Our EIN (Tax ID Number):  
92-6000-147**

## Sweetheart Teas

Friday, February 14  
4:00-5:30

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

See you there!



## Quote to Note

To every child – I dream of a world where you can laugh, dance, sing, learn, live in peace and be happy.

~Malala Yousafzai

## Phone In Absences: 474-6393

You may leave a voice message at any time. ♦

## Cell Phones

Please end cell phone use before entering the building/playground.

Your child deserves your undivided attention and teachers may need to speak with you. ♦

## 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](http://kqed.org/mindshift), January 3, 2019*

### Music Fridays

We are very pleased to continue our partnership with the Music Dept. Music Ed students will come over to work with the children on Fridays culminating in a Spring Concert for friends and family in April. 🎵



### February is National Children's Dental Health Month.

Children 3-years-old and older should have regular dental exams. ♦



### 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 Friday, February 14.



#### Upstairs Class

Emmett	Ren
Flynn	Tindra
Frankie	Toby
Hallie	Von
Maeve	William
Max	

#### Downstairs Class

Bailey	Kayden
Clara	Linus
Evelyn	Lucie
Hazel	Penelope
Isaac	Sofia
Isaac	Violet

#### Staff

Chasity	upstairs teacher
Jenny	upstairs teacher
Pammy	downstairs teacher
Alecia	downstairs teacher
Connie	floating assistant
Emily	floating assistant
Paige	director



## *The Five Love Languages of Children—Gary Chapman and Ross Campbell*

*Reprinted with permission of the author of this review—Janet Boyer (www.janetboyer.com).*

Gary Chapman, with co-writer Ross Campbell, M.D., have written the Five Love Languages of Children, which applies the love language theory to children. How can you tell your child's main love language?

Chapman offers these suggestions:

- ♥ Observe how your child expresses love to you.

*Chapman and Campbell: Watch your child; he may well be speaking his own language. This is particularly true of a young child, who is very likely to express love to you in the language he desires most to receive.*

I've seen this with my son...Noah will come up to me or my husband, and try to engage us in a wrestling match. Or he'll pet our arms, give us a hug, etc. He has shown us that his main love language is that of Physical Touch!

- ♥ Observe how your child expresses love to others.

*If you notice your child making crafts for a relative, or wanting to take presents to classmates or teacher, this may indicate that her primary love language is Gifts.*

- ♥ Listen to what your child requests most often.

*If your child often asks you questions like "how do I look, Mommy?" "What do you think of my drawing?" or "Did you think I did well at practice today?", this pattern may indicate that his love language is Words of Affirmation.*

- ♥ Notice what your child most frequently complains about.

*Frequent complaints such as "You never have time for me!", "Why don't you play games with me?", or "We never do things together." would be indicative of the need for Quality Time.*

- ♥ Give your child a choice between two options.

*Chapman and Campbell suggest to lead your child to make choices between two love languages. For example, a Dad might say to his son, "I have some free time Saturday. Would you like me to fix your bike, or would you rather go to the park together and shoot some hoops?" The choice is between Acts of Service and Quality Time. A mother may say, "I have some time tonight. Would you like to go shopping and I'll help you pick out a new outfit, or would you rather stay home and we'll do a puzzle together?" You've given her the choice between Gifts and Quality Time.*

*Chapman and Campbell explain: "As you give options for several weeks, keep a record of your child's choices. If most of them tend to cluster around one of the five love languages, you have likely discovered which one makes your child feel most loved. At times, your child will not want either option, and will suggest something else. You should keep a record of those requests also, since they may give you clues."*

Of course, the choices you offer your child will depend on age and interest.

I highly recommend [The Five Love Languages of Children](#) for understanding your child's own unique love languages and how you can better fill his or her "love tank!"



### 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. ♦



### Do You Have Questions or Concerns?

About your child or the classroom, contact **your child's teacher**.  
About the program, billing, or vacation notification, contact **Paige**.  
Thank you! ♦

### Monthly Fees

- MTWRF \$985
- MWF \$615 (summer only)
- TR \$410 (summer only)
- Late Pick up—\$5/minute

Fees are due by the 10th of each month. A late fee of 10% of the account balance will be added after the 10th. ♦

**Note: Your balance due will appear at the bottom of your Procare check-in screen.**



### 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 on Procare. ♦

