

★ 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

January 20: Closed

Alaska Civil Rights Day

March 9-13: Closed

Spring Break

April 13-16

Parent-Teacher
Conferences

May 25: Closed

Memorial Day

June 1

Summer Program Begins

July 2 & 3: Closed

Independence Day

August 17-21: Closed

Fall Semester Prep



Need to Reach Us?

Call 907-474-6393

♥ **Director**

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♥ **Upstairs Teachers**

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Lead: Pammy Fowler
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♥ **Floating Assistant Teachers**

Connie Slater
Emily Soen



From Paige

And now we welcome the new year.
Full of things that have never been.

~Rainer Maria Rilke

Yowza—2020! Welcome to the new decade and I hope you all had a wonderful and rejuvenating winter break.

The weather has treated us to some frigid temperatures recently, with more in the forecast. As we scurry from heated vehicles to heated buildings, it's easy to forget how dangerous cold weather can be. "Baby It's Cold Outside" on page 2 is an informative article on the importance of dressing little children appropriately for cold weather.

You know those trying days when you don't think you can handle one more thing—not another interruption or problem or malfunction or question? When you think you'll erupt...or maybe you do? The article "Self Control" on page 3 is a good reminder that children are just learning the concept of self control and how we adults can support them.

Thank you for sharing your children with us and best wishes for the spring semester!

~Paige 



Phone In Absent Children 474-6393

We greatly appreciate your messages when children will be absent for any reason. We may not check our emails first thing—*the best way to get a message to your child's classroom teacher is by phone. A voice message may be left at any time.* ♦

Tax Time

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

Check your January 6 email for 2019 end-of-year statements.

Baby, It's Cold Outside: Advice from a Seasoned Parent (or bundling up takes longer, but it's better than frostbite)

Modern Living

Many of us have heated garages and, even more convenient, the heated garages are attached to our heated homes. Many of us also enjoy the luxury of auto-start so cars parked outside can be toasty warm when we get in them. We can easily avoid prolonged time in the biting cold of 20 below or colder.

A major part of our parenting role is to protect and guide our children. Many of us fall short of this when we don't dress our small children appropriately for the climate. We become lax because we're "just running to the store" or "it's too cold to play outside anyway" or because it's just plain time consuming.

Injury Risk

Young children are at high risk for both hypothermia (because their bodies are less able to generate heat) and frostbite. The mildest form of frostbite, frostnip, doesn't cause permanent damage, but it's uncomfortable and *avoidable*. Just as you protect your children from household cleaners or the harmful effects of the sun, you must protect them from the cold.

Riding Gear

When riding in a vehicle during periods of extreme cold, children should wear at least a warm coat, boots, hat and mittens. To venture outside for any length of time, they need a neck warmer (safer than a scarf that can unwind and catch in something) to pull up to protect their faces and lungs. It's important to protect tender fingers, toes, cheeks, nose, and lungs! Layers of clothing are ideal to make a jacket/snowsuit warmer or to remove a layer to regulate temperature.

No Choice

We know it's important to offer choices to young children. Good parenting is also knowing when *not* to offer a choice. It should never be a young child's choice to wear or not wear protective cold weather gear. If your child feels a little too warm in the car, turn down the heater. If you feel a little chilly, add a layer to your own attire.

Over the years of parenting young children, the following happened to this seasoned parent and my children's warm gear was essential:

- ⊗ broken alternator belt in the middle of an intersection
- ⊗ stuck in a snowy ditch
- ⊗ locked the keys in the car
- ⊗ car heater stopped working in a relatively new vehicle

You may be thinking "I check my belts and pay attention to where my keys are and drive carefully and that heater thing was a lemon," but life happens. I am typically organized and have also been known to be a little extreme with checking and rechecking and, oh dear, checking again! These events can happen even to those who are usually careful and prepared.

Having the gear with you in the car won't help if you are trapped or incapacitated and can't reach it. I urge you to bundle up your little ones on frigid days and avoid the dangers of extreme cold weather. ♥

Air Quality

Air quality often deteriorates as the temperature plummets. We monitor both temperature and air quality and adjust or eliminate the children's outdoor time accordingly. ♦

Self Control

(Reprinted from ExchangeEveryday)

"Everyone's self-control is a limited resource; it's like muscle strength: the more we use it, the less remains in the tank, until we replenish it with rest." This is the observation of Jeremy Dean in his book **Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick** (Da Capo Lifelong Books, 2013). Dean continues:

"In one study of self-control, participants first had to resist the temptation to eat chocolate (they had a radish instead); then they were given a frustrating task to do. The test was to see how long they would persist. Radish-eaters only persisted on the task for about 8 minutes, while those who had gorged on chocolate kept going for 19 minutes. The mere act of exerting willpower saps the strength for future attempts. These sorts of findings have been repeated again and again using different circumstances.

"We face these sorts of willpower-depleting events all day long. When someone jostles you in the street and you resist the urge to shout at them, or when you feel exhausted at work but push on with your email: these all take their toll. The worse the day, the more the willpower muscle is exerted, the more we rely on autopilot, which means increased performance of habits. It's crucial to respect the fact that self-control is a limited resource and you are likely to overestimate its strength. Recognizing when your levels of self-control are low means you can make specific plans for those times."

As adults, we've had many years of experience in exercising our self-control muscle. Preschoolers are new to the concept of self-control, let alone practiced at it. Young children who spend their day in a group setting with 14 other young children, are constantly required to exercise self-control. When they don't, teachers help guide and support them, but it's still challenging work for little ones. Sometimes that preschooler meltdown isn't about not getting their way, but about not being able to keep it together for one more minute because they have been keeping it together all day (or mostly!). This is why that quick stop at the grocery store or having tacos instead of spaghetti can result in hysteria. While not giving into your child's every whim, do give thought to ways for your child to rejuvenate after their long day. It could be having a book read to them, snuggling, coloring, or watching a favorite cartoon. Help them learn what rejuvenates them and to do it—it's a skill that will help them their whole life!



Parking Lot Safety

Vehicles:

Please, drive down the hill into the parking lot **slowly** and with awareness. Please, back up slowly and with great caution.

People:

Hold your child's hand. Children should never be allowed to run ahead to your vehicle or to trail way behind you.

The potential for unspeakable tragedy is very real and would be devastating to all.

Be Alert!
Slow Down!
Supervise your child!

Cell Phones

Please end cell phone use prior to entering Bunne ll Ho use or the playground.
Your child deserves your undivided attention and teachers may need to speak with you. ♦

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. ♦

