Week for Campus Children

The National Coalition for Campus Children’s Centers (N4C) encouraged its member centers to organize events during the week of October 8th to 12th to raise awareness of the quality early childhood programs operating on college campuses across the country. Dean Richard Scheines, Psychology Chair Michael Tarr, Assoc. VP of Community Health & Well-Being Mo Dasey-Morales, and Be Well @ CMU Director Angie Lusk all visited the Children’s School to read to our children.

Our children also shared themselves with the campus community. The AM Preschool 3’s and PM Preschool shared their bubbles and chalk with passersby, the AM Preschool 4’s hosted a sing along in the Cohon University Center with Cyert Center friends attending, and the kindergartners gave away ice cream cones on one of the last hot days!

November Dates (Remember to Check the Interactive Web Calendar TOO)

**CMU Food Drive** – October 29th through November 12th
Sunday, November 4th – Daylight Saving Time Ends – Turn Clocks **BACK** One Hour

**No School on Friday, November 9th** - **Conference Preparation Day for Educators 50th Anniversary Celebration at the Pittsburgh Golf Club (7-10pm)**

Tuesday, November 13th – Extended Morning 4’s Open House 12-1pm
Thursday, November 15th – Extended Morning 3’s Open House 12-1pm

**No School for Children – November 21st through November 25th**

*Happy Thanksgiving!!*

**NO SCHOOL** – Friday, November 30th – **Parent Teacher Conferences for All Ages**
Saturday, December 1st – Waterfront Barnes & Noble Book Fair (10am-2pm)
CMU Traditions: Fence & Tennis Court Sign

During the N4C Week for Campus Children, we also began our own version of CMU’s Paint the Fence Tradition. Since campus rules require that the fence in the middle of campus must be painted in the middle of the night, Mr. Salinetro build our own Children’s School fence for the children to paint. Now we can paint it repeatedly for different occasions, just like the undergraduates paint their fence. Miss Drash also arranged for the Children’s School to be represented on the digital sign over the tennis courts. She shared some of the kindergartners’ collaborative artwork to honor the children on campus.

Sharing Warmth and Food

Another campus tradition is sharing with our community. In October, we collected coats and other winter items for the North Hills Community Outreach’s Free Winter Coat Shops held throughout the season for families in need. Our generous families collected a total of 105 coats, plus 6 scarves, 10 snowsuits, 13 hats, 18 pairs of gloves and 5 vests. Mrs. Yetter delivered the items on our behalf.

The Carnegie Mellon University’s Staff Council Annual Food Drive is being held for the next two weeks, culminating in the annual “Cans Across the Cut” event on November 12th. On this date, Children School students will join others in the campus community to place donated non-perishable food items in a line across campus. If you would like to donate, please send requested items (see insert) with your child or bring them to our office after November 1st. Cash or check donations (made payable to the Greater Pittsburgh Food Bank) will also be accepted.

So Many School Choices

How do families make the best choice of an elementary school for each of their children and decide when to make the transition? Please join us for a review of school choice principles and a discussion of strategies for exploring school options.

Friday, November 2, 2018 from 9:30-11:00am - Danforth Lounge, Cohon University Center

- Preschool 4’s and Kindergarten children will be in school.
- Child Care will be provided for children 3 and under in the Red Room.

NOTE: The Pittsburgh Public School birthday cutoff is September 30, 2018. In other words, a child who turns 5 by September 30th is eligible for kindergarten (or 6 by September 30th for 1st grade).
Last Call for 50th Anniversary Tickets: Come Play with us on November 9th

We hope that you will join us on Friday, November 9th from 7-10pm at the Pittsburgh Golf Club for an adult gathering to Celebrate 50 Years of Friends at the Children’s School. With space for 150 adult friends, we are planning an evening of good food, great music, some childhood fun and games, “school photos” by VanDyke photography, as well as a fundraising auction.

The auction will include great items such as
- A 1-year Family Membership to the Children’s Museum
- A class at Pittsburgh Filmmakers
- A month of unlimited yoga
- An autographed Maurkice Pouncey jersey
- Pittsburgh Penguin tickets
- Tickets to many theatrical venues
- Even a gift card from Joe the Hot Dog Guy!!

Live musical entertainment is being provided by local Pittsburgh band, Spin Cycle. Food will include hot and cold hors d’oeuvres, a slider station, and a Pittsburgh Popcorn Bar.

Cost is $75 per person. All proceeds benefit the Children’s School 50th Anniversary $50,000 Fundraising Campaign.

To register for the event, visit https://www.cmu.edu/dietrich/psychology/cs/50th/index.html or call the Main Office at 412-268-2199.

50th Anniversary Trees

On October 25th, we had three trees planted by the playground, a Celebration Red Maple in honor of the Children’s School’s 50 years as a laboratory school, an Armstrong Red Maple in honor of Dr. Ann Baldwin Taylor, who founded the school and served as its director for the first 25 years, and a Red Pointe Red Maple in honor of Dr. Sharon McCoy Carver’s leadership for the second 25 years.
Family Committee News

The **Library Committee** met on October 1st and discussed reviewing books for possible purchase for the Children’s School library. This year, we are primarily looking at books that can teach about Mindfulness and how to maintain a Healthy Mind & Body. Members are taking books home to review with their children so we can start purchasing appropriate texts for our library. Many of the books approved by the committee will be available to purchase for the school at our Barnes and Noble Book Fair on December 1st and the profits from the Book Fair will be used to buy other volumes. If you have suggestions for books to purchase or would like to review books with your child, please e-mail Maggie Rosenblum at rosenblu@andrew.cmu.edu.

The **Book Fair Committee** met on October 26th at 10 am. We discussed possible themes and activities to offer during the event. A sign-up sheet for volunteers will be sent shortly, so please sign up and join us on that day!

A big **Thank You** to the members of the **Monthly Appreciation Committee** who helped to organize the Kindergarten’s Oatmeal Bar for the teachers on October 9th and who are arranging the 4’s appreciation lunch scheduled for November 15th.

Thanks to all the **Garden Committee, Repair Committee, Sewing Committee** and **End-of-the-Year Celebration Committee** members who volunteered to help in the coming months. It is never too late to join a committee – just contact Mrs. Rosenblum at rosenblu@andrew.cmu.edu!

**Save the Date: Children’s School Book Fair**

The Children’s School Barnes & Noble Book Fair is being held on Saturday, December 1st from 10 am until 2 pm at the Waterfront store. There will be music, activities, and fun for the whole family. Mrs. Bird & Friends will perform at noon. Please contact Maggie Rosenblum if you are interested in joining the **Book Fair Committee** and be on the lookout for a volunteer sign-up sheet for the day of the Fair. Hope to see you all there!

**Family Social Organization Fun**

On Sunday October 14th, Children's School families spent a fun filled 2 hours at Arsenal Bowl in Lawrenceville. We didn't keep score but if giggles counted as strikes and smiles as spares, we scored a nearly perfect ten frame game. Our bowlers ranged from first timers to repeat FSO bowlers, to talented parents. Children's bumpers and ball-assist ramps helped guide our rolls and increase enjoyment for all age groups. There was no shortage of socializing, snacks, and dancing.
FSO Events for November

Tinkergarten Fall Lantern Walk
All are welcome to join us for a FREE Fall Lantern Walk at Blue Slide Playground in Frick Park on Sun Nov 4th at 4:30-5:45pm. This will be one of hundreds of Tinkergarten Fall Lantern Walks taking place across the country celebrating the natural changes in light and weather as we transition from Fall to Winter (https://www.tinkergarten.com/). To fully enjoy this magical experience, please make and bring a simple lantern or two. See https://tinkergarten.com/activities/let-there-be-light for ideas. LED tea lights will be provided. Please wear appropriate clothing for colder weather outdoors at dusk.

   When: Sun Nov 4th from 4:30pm - 5:45pm
   Where: Frick Park - Blue Slide Playground
   How: Register online at https://tinkergarten.com/classes/all/15207?type=special
   Admission: Free & Open to ALL
   Contact: Natalie Greene, Tinkergarten Leader: 412-901-2120 (cell)
            natalie.greene@mail.tinkergarten.com

Join us for this year's FSO Book Club!
We'll be reading one book over the course of the year. Each month we will meet to discuss part of a chapter as well as any parenting issues we're having related to that month's theme. We'll use the book as a starting point for discussions, but everyone is welcome - even if you haven't read that month's chapter! We will be reading "Thrive" by Arianna Huffington this year. The educators read the book over the summer in preparation for this year's Healthy Mind and Body Theme, so we thought it would be nice to check it out as well. See below for a link to the book's information. This book is also available in both book and audio version from the Carnegie Public Library. I've found that it is much easier to listen to books than to find time to read with the little ones around!

Details about our first meeting:

   When: Monday, November 5th @ 8:45am
   Where: Carnegie Mellon Cafe (Not sure where that is? Meet outside the school office after greeting and walk with us!)
   Reading: Introduction and part of Chapter 1 (to page 38)
   Discussion Theme: Success and Well-being

If you're interested in joining us, please RSVP to Heather Li at hlsprong@gmail.com.
Book Link: https://www.amazon.com/Thrive-Redefining-Success-Creating-Well-Being-ebook/dp/B00FIN2HMS

Engine House No. 16
Please join the FSO for a FREE tour of the Restored Former Engine House No. 16. Owner Paul Fireman and both of his daughters are Children's School alumni. We will meet on November 9th at 10:30 am at 7101 Penn Avenue 15208. The tour will accommodate approximately 30 people and will last about 30 minutes. Alexis Tuckfelt will take RSVPs on a first come basis. If families would like to go to Mellon Park (weather permitting) and do a brown bag lunch or go to Panera or Social afterwards, we can plan to do that as well. Please RSVP to Alexis Tuckfelt (Ruthie, K) at Alexiscoupe@aol.com by November 2nd. Please read below for some more info on the Engine house: http://phlf.org/event/behind-scenes-restoring-engine-house-no-16/
Family Hike

On October 21st, families had a great hike in Frick Park down some wonderful wooden stairs, along the gravel trail, and on a bridge over a creek. The children had a wonderful time climbing a felled tree as we shared snacks. It was a chilly day, but the children kept warm by racing along.

What’s Happening in Our City?

As the weather changes, it’s sometimes a challenge to keep your children active. Allegheny Land Trust is a non-profit helping our neighbors save local land in Pittsburgh. Each month, they host several events that are perfect for families. Explore the options at alleghenylandtrust.org.

Home Depot offers Saturday classes for children and families throughout each month. Check your local store for classes and workshops. The East Liberty location is holding a toy helicopter making workshop on November 3rd, and November 24th is a gingerbread ornament making workshop!

Gift of a Pumpkin Patch

A HUGE thank-you to CMU’s Facilities Management and Campus Services (FMCS) for donating 90 pumpkins to the Children’s School and sincere appreciation to FMS volunteers Rachel, Shannon, Ray, Sandy, and Evan (in photo, left to right) for turning our playground into a Pumpkin Patch!! The children had a marvelous time searching through the playground patch to pick their perfect pumpkin!

Continue to Save Your Box Tops

Help us to reach our Box Tops goal of $1,000 for 2018-19! Our November 2018 Box Tops for Education submission totaled $72.20. Since 2012, the Children’s School has earned over $830 via the Box Tops for Education Program. Our next Box Tops submission will be in February 2019. Box Tops for Education has helped America’s schools earn over $600 million since 1996. You can earn cash for CMU Children’s School by clipping Box Tops coupons from hundreds of participating products. Box Tops also offers easy ways to earn even more cash online at http://www.boxtops4education.com/.
Family Spotlight: Now Staunch Pittsburghers

I’ve read somewhere that marriage is an ever-evolving experience. We constantly change, grow and, in some cases, move seven times in six years. We — Gerritt, Juliet (6), Andrew (3), and I, Christie — are the boomerang family. Gerritt is from central Ohio, and I was born in the Philippines. I immigrated to the United States when I was 20 years old, but briefly returned to the Philippines to finish my bachelor's degree. When meeting new people, my husband often asks a multiple choice question: How did we meet? (A) Gerritt read Christie's CT Scan while on call and went to meet her in the ER. (B) Gerritt and Christie met on a flight. (C) Gerritt helped with Christie's typhoon disaster relief fundraiser. (D) They met online. Answer: They are all true! Gerritt and I met in Pittsburgh in 2009 and got married in 2011. For Gerritt’s fellowship training, we relocated to San Francisco for two years, then moved back to Pittsburgh. In 2016, we lived in Phoenix for one year, where we never stopped missing our families and friends in Pittsburgh and Columbus, OH. We longed for the Pittsburghers' genuine warmth, the beautiful green spaces, the conglomeration of neighborhoods, and the local tradition of deploying a chair to "reserve" a street parking spot. We even missed the rain. Now that we’re back again, our plan is to stay for good and never complain about the weather.

Big changes can be terrifying. But after plenty of practice, we seem to have mastered settling in quickly. Gerritt started a new job at UPMC as a radiologist. Juliet was accepted at Falk Laboratory School for kindergarten. Andrew started preschool at the outstanding Children’s School. And I am a self-motivated Director of Operations at the Lagemann household and a slew of other things. Gerritt and I will not doubt for a moment that success raising our children would rank as our finest achievement. And that is why finding schools that will provide the best educational experience for them is so important to us. Juliet, in her peripatetic childhood, was lucky enough to have attended the PM Preschool Program (Blue Room) for one year, and Andrew is now in the AM Three-Year-Old Program (Red Room). Both of our children had exquisitely easy transitions. Just in the recent month, we’ve seen tremendous progress in Andrew’s overall development. Our boy who tends toward thinking and circumspection has warmed up to the caring teachers and now responds to questions without hesitation. He also learned the skill to haul sand in his pants from the school playground to our home. He is happy, energized, and loves going to school, thanks in no small part to the exceptional educators and administrators at Children’s School. We are very happy knowing that the school fosters a nurturing environment, where they support each child's intrinsic motivation to discover and explore, where playful learning is not an afterthought, and cultural diversity is nothing short of exemplary. We imagine that our children are building fundamental skills that will help them lead happy, productive and meaningful lives.

When we're not imagining our children’s futures, we usually can be found enjoying the many family-oriented events and activities in the city. We are also huge fans of the museums, libraries, parks, playgrounds, botanical garden, aviary, and zoo. On rare occasions, Gerritt and I get to track the city's ever-growing restaurant scene. We obviously love living here. An Ohioan and a Filipino immigrant turned staunch Pittsburghers. And we just might never leave again.
Fall Open House Events

On October 10th and 17th, our children shared favorite learning experiences with their families. Siblings, parents, cousins, aunts, uncles, grandparents, nannies, and friends shared the children’s excitement as they confidently demonstrated our favorite routines and activities. Thanks for taking the time to engage in the experience with us! Remember that you can learn about the children’s daily activities by reading the web blog that their teachers also send electronically each day via email. Talking about the highlights of each day helps the children reflect on their learning and affords families the chance to enhance and extend it.
More Fall Open House Fun

Sincere thanks also to all the Children’s School educators for their commitment to high quality early childhood education and consistent, creative and constructive interactions with our young children learners. You are an inspiration to us all!
Fall Parent / Teacher Conferences

The fall conferences are great opportunities for parents and teachers to discuss their views of each child’s development. This year, parent conferences are being conducted primarily on Friday, November 30th and the afternoon of Friday, December 7th. Specific schedules will be emailed soon with a request that you call Miss Drash to reserve your particular conference time.

At the Children’s School, our conferences are structured by the developmental objectives that are the focus of our program design.

- Self-Esteem and Independence
- Interaction and Cooperation
- Communication
- Physical Capabilities / Health & Safety
- Discovery and Exploration
- Artistic Expression and Appreciation

Teachers will highlight the progress they have seen in each area at school. We encourage parents to prepare for their child(ren)’s conference(s) by considering the progress they have noted at home, particularly in the context of family discussions of the daily classroom blog updates. One strategy is to identify one adjective to describe your child in each of the areas that will be discussed. Another is to recall one prototypical anecdote for each category. A third is to consider the school activities and events related to each area that your child has discussed with you. Finally, you might specify one goal related to each domain that you would like to see your child achieve during the next six months.

Earlier this year, we invited you to share your view of your child’s development by completing two Ages & Stages Questionnaires, so this input may also guide your conference discussion. Sharing your views with your child(ren)’s teacher(s) facilitates productive dialogue about how your child is progressing in both home and school environments. It’s always interesting to see the parallels that exist between the two contexts, as well as the distinct differences that are often evident. Parents and teachers will also dialogue about strategies they each can use to support children’s growth.

The conference dialogue will help parents to choose the next school for their child so that its program will best match the child and family. For your convenience, we have posted Open House information for other schools on the family bulletin board across from the school library. In addition to the conference opportunity, Dr. Carver is available to discuss any questions or concerns you may have about your child’s development or about our program. We are privileged that you have entrusted your children to us and look forward to our continued partnership in their education.

Recommendations for Elementary Schools

Many families are working on school applications for next year. If any require a recommendation from the Children’s School, please obtain a Request for Release of Student Records form from Miss Hancock (lh37@andrew.cmu.edu or 412-268-2198). Please send the completed form along with your request to Miss Hancock. In mid-December, your child’s fall conference report will be sent to the school(s) of your choice.
Spring Invoice Information

In a few weeks we will be sending home spring invoices in your child’s backpacks. Carnegie Mellon University allows 30 days from the date of the invoice for the tuition and fees to be paid. For your convenience, monthly payment plans can be arranged through Maggie Rosenblum with no penalties or interest charged.

Open Houses for Incoming Families

The Children’s School will be holding Open House Events for prospective Children School parents on January 10th at 8:00 am and 12:00pm. We are still accepting applications for our 2019/2020 Three’s classes, Four’s classes, and Kindergarten. A preschool application is enclosed with this newsletter. Help spread the news about our wonderful early childhood education program and share this application with a friend. The $50 application fee will be waived for any applications received before December 1st, 2018. Contact Maggie Rosenblum with any admission questions, to schedule a tour, or to obtain a Kindergarten application.

Family-Centered Care

Much of the academic work and practice at the Pitt LEND program is focused on family-centered care. Family-centered care is an approach to care delivery that values the building and maintaining of respectful and collaborative partnerships between practitioners and families. Family-centered care takes into consideration a family’s culture, along with the unique dynamics and perspectives on the health and development of their child. The seeds of family centered-care were planted in the 1960s by family advocates fighting for their voices to be heard in the medical decisions about their children. Early Intervention for children with extra needs includes both early education and health care; therefore, it is at the forefront of family-centered practice.

Early childhood educators often talk about a family-centered approach to instruction and learning. One of the most essential parts of this approach is that the family, as primary caregiver, is regarded as the expert on their child. The National Association for the Education of Young Children (NAEYC) talks about ‘Principles of Effective Family Engagement’, which consists of a list of convictions on how best to cultivate collaborative connections with families. NAEYC suggests that high quality, best practice early childhood centers actively engage families in their children's development and learning. See https://www.naeyc.org/resources/topics/family-engagement/principles.

The Children’s School is very invested in family-centered practice. We strive to build meaningful relationships with our families and work together to nurture the healthy development of each of our students. It is through my work with LEND that I hope to highlight the ways in which family centered-care supports children with extra needs. Partnering health care with early childhood education and family centered-care creates a solid foundation to support all our learners at the Children’s School. Please feel free to contact me at wemyers@andrew.cmu.edu if there’s any way I can connect you with resources to foster your child’s development.
Laboratory School Tour

During the last full week of October, Dr. Carver and Mrs. Bird participated with 18 laboratory school colleagues in the 2018 Tour sponsored by the International Association of Laboratory Schools (IALS). Our group included educators, administrators and faculty from universities in Missouri, New York, Pennsylvania, and Texas, as well as colleagues from Canada, China, Germany, and Japan.

We began our adventure at the Mills College Children’s School in Oakland California, then headed to Berkeley to visit Harold E. Jones Child Study Center on the UC Berkeley campus and the Rosa Parks Elementary School (which partners with the Mills College Scholars Program), and then finished our tour at the Bing Nursery School at Stanford University in Palo Alto. Dr. Carver also had the privilege of touring the Sylvia Mendez Elementary School in Berkeley, where her nephew’s fiancée teaches 4th grade in the innovative bilingual program.

As part of the tour, we observed young children’s classes, learned about university programs at the undergraduate and graduate levels, heard research presentations, participated in a Storytelling workshop given by Joel ben Izzy, and even got to explore essential early childhood materials, such as paint, blocks, sand, water, and clay. As you can see from our paintings, adult individual differences are just as pronounced as children’s when we are experimenting!

Throughout the week, we appreciated the gracious hospitality of our California colleagues and appreciated the diverse opportunities for rich dialogue about the similarities and differences in laboratory school priorities, policies, and practices. We were in awe of the amazing outdoor experiences afforded by the northern California climate and inspired by the ways that each laboratory school built on its unique strengths while navigating the challenges of their multifaceted missions and changing campus climates. We also had many occasions to share our innovative approaches and deepen our professional network, including with our neighboring educators from the Falk School at the University of Pittsburgh.
Raising a Generation of Peacemakers

In today’s world, parents and educators have the challenge of considering how to navigate the news of violence while attempting to raise children who promote peace. Our children begin learning about peacemaking in the context of conflict resolution with family and friends. They imitate what others model, and they benefit from coaching in a climate of acceptance and appreciation. We need to demonstrate attentive listening and encourage safe expression of emotions with clear boundaries. We can engage children in dialogue to both prevent and reduce conflicts, while offering rituals for apology, forgiveness, and making amends. Here are a few books appropriate for families with young children to initiate purposeful discussions about peace and peacemaking.

A Little Peace, Barbara Kerley
Can You Say Peace? Karen Katz
The Peace Book, Todd Parr
Peace is an Offering, Annette LeBox
Peace, Wendy Anderson Halperin
What Does Peace Feel Like? V. Radunsky
Peaceful Pieces, Anna Grossnickle Hines

Young children also benefit from interacting with adults who make their commitment to peace explicit and visible outside the family when conflicts arise in the marketplace, on the road, etc. In the wake of the recent tragedy at the Tree of Life Synagogue, we can strive to model respectful tone, words, and actions as we respond individually and collectively. Children also observe when adults celebrate differences and purposely seek to understand others beyond the stereotypes. One way to practice cross-cultural communication is to take opportunities to create together, play together, help each other, and engage in honest conversation with a broad range of people in our community. At the Children’s School, we seek to integrate all of these practices deeply within our day to day living and learning with everyone we encounter so that we can raise a generation of peacemakers.

Seeking Host Family

Since 2011, The Children’s School has been partnering with a similar early childhood laboratory school at Duksung Women’s University in Seoul, South Korea. Our International Practicum Program will continue in early 2019 when we host two undergraduate students, Ha Yeong Lee and Kyung Min Doh. A total of 8 Early Childhood Education students will be in Pittsburgh for practicum experiences at our school, Falk, Carlow’s Campus School, or Pitt’s University Child Development Center. To help the students experience family life in Pittsburgh, we are recruiting one host family living close to the university to provide housing and some meals for our two female practicum students from Sunday, January 27th through Sunday, February 10th. Proximity to CMU is helpful so that the students can use public transportation or rides from teachers to travel to and from school. Please contact Dr. Carver at sc0e@andrew.cmu.edu if you are interested in this hosting opportunity. Former host families will be happy to share their experiences with you, and student bios will be available soon.
Undergraduate Spotlight

• Margot Gersing
My name is Margot, and I am a sophomore at CMU. I am originally from North Carolina, but I love living in Pittsburgh. I am studying design and planning to pursue communication design. I am currently really interested in animation. I love design because it is a way that I feel I can apply art and creativity in a practical way to help people. I think it would be amazing to design for and work with children at a place like the Carnegie Natural History Museum.

I trained as a professional ballet dancer for many years until I got injured. When I couldn’t dance, I taught ballet to children, worked as a stage manager, choreographed and ran the young children’s pieces in ballet productions. I have always loved working with children and I babysat a lot. However, I didn’t realize how much I enjoyed teaching children until I started teaching them to dance. When I came to school at CMU, I knew I wanted to get a job working with children. Luckily, the school of design is in the Margaret Morrison building, and I discovered the Children’s School. I started working at the here during my freshman year. Getting to work here is always the best part of my day. This year, I have been working primarily with the Preschool 3’s. I am astonished at how smart and wonderful every Children’s School friend is. Right from the beginning, I was welcomed into a family of wonderful people that I am proud to call my friends.

• CMU Rocketry Club
On two Fridays in October, members of the CMU Rocketry Club gave presentations to our Kindergarten children (October 12th) and Preschool 4’s (October 26th). They discussed the purpose of rockets, as well as the challenges of limiting weight while ensuring safety and functionality. The undergraduates showed a brief video of one of their rocket launches and then another few minutes of video taken by a camera they installed on the rocket while it traveled a full mile above the earth. The children then experimented with using balloons to propel rockets made of straws to the ceiling of the Make Shop or the Blue Room. They tried many different ways to get their rockets to travel the best distance.
Research Spotlight

The Bug Game

Psychology graduate student Emily Keebler is working with Dr. Anna Fisher to extend our understanding of the different instructional techniques that are better suited to helping young children learn different types of categories. The research team is interested in whether visual context affects children’s category learning. More broadly, they are examining the role of attention in learning more and less challenging topics and the possible implications for designing early education materials. In The Bug Game, Preschool 4’s children learn about fictional bugs through verbal descriptions and visual examples. The researchers are not using actual academic content, such as real bugs, in order to conduct valid tests of learning (i.e., children’s answers in this game are related to how well they learn completely novel categories, rather than how much they know prior to playing the game). After the experimenter introduced two kinds of bugs, children viewed a series of bug pictures and classified them by kinds of bugs. When preparing their materials, the researchers manipulated the visual context in which children learn about the bugs so that some categories are shown on an unembellished background, and some are shown on vibrant, patterned backgrounds with related features of the habitat. In the game, children learn different types of categories. In some categories, all of the bugs look fairly similar, such that children can rely on perceptual similarity for categorization. However, for the more difficult categories, membership relies on one pair of critical features with all other features being incidental, such that the children need to focus their attention more precisely to determine if a bug belongs to the category. The researchers’ goal is to determine whether the presence of visual embellishments differentially affects category learning for easier and harder categories, based on different attentional demands. As an adaptation for our younger children, the researchers help children track their progress through the trials by adding smiley face stamps to a strip of paper representing the whole task.

Undergraduate Research Methods Course

Dr. Anna Fisher’s Developmental Research Methods students are preparing their final projects for the semester. They are beginning to pilot test their projects on the topics listed below. Families whose children participate will receive fuller parent descriptions via the child’s backpack. Everyone can read the study descriptions on the Research Bulletin Board near the office door. Notice the interesting range of important topics in early childhood development!

- Does verbal reinforcement improve the impact of adults modeling sharing behavior? (The Sticker Game, AM 4’s and K)
- Does familiar music with lyrics distract children from a rhyming task more than the same music without lyrics? (The Rhyming Game, AM 4’s and K)
- Does showing vegetables and cracker-type foods on decorative plates vs. plain plates impact children’s stated preferences for healthier foods? (The Food Choice Game, PM Preschool and K) NOTE: In this task, children are expressing preferences when shown photos of food; they are not exposed to any actual food.
Director’s Corner: Focus & Self-Control

As part of our whole school theme of HEALTHY MIND & BODY, Children’s School educators have been implementing lessons from the book study we did last year on Ellen Galinsky’s Mind in the Making (2010). In the book, Galinsky synthesized developmental research to reveal the “seven essential life skills every child needs” to learn and live well at all ages. Galinsky notes that all seven priority skills are rooted in the prefrontal cortex of the brain, the locus of executive functions that help us “to manage our attention, our emotions, and our behavior in order to reach our goals” (p. 4).

Helping children to develop Galinsky’s first essential life skill, focus and self-control, is one of the primary objectives of early childhood education. In a review of longitudinal studies, the only reliable predictor of later success in reading and math, besides the obvious early skill in reading and math, was attention skills. The ability to focus amidst distracters maximizes the information children gain from instructional activities. Applying this skill for selectively ignoring distracters is exactly what is assessed in the “Moving Eyes Game”, which many of the researchers in Dr. Anna Fisher’s lab examine as an individual variable to explain differences in children’s performance on a variety of tasks (see October 2018 newsletter). Inhibitory control is a related skill for resisting “a strong inclination to do one thing and instead do what is most appropriate” (p. 23). In order to focus effectively, one needs to be appropriately alert, orienting attention in the right direction, and able to shift attention to adjust to different speakers in a conversation, changes in the task, etc. The inhibitory control is what helps us pull attention away from what’s interesting outside the window in order to focus on work or away from the computer when someone we value is talking to us.

Part of the Ellen Galinsky’s rationale for writing the Mind in the Making book is that her review of the developmental research led her to the conclusion that both parents and educators should be more intentional about fostering children’s development of all seven essential life skills. At the Children's School, we use a wide range of purposeful approaches to help children learn both focus and self-control. We start with age appropriate, meaningful, educational content with a wide range of options so that children's natural interest will guide them to engage in learning. In addition, our educators gradually lengthen the stories they read, discussions they lead, number of direction steps in projects, etc. so that children are challenged to extend their attention. They purposely play observation games, such as I Spy and What’s Missing from the Memory Tray, and self-control games that require listening to directions and changing movements accordingly. Giving children choices about how they sit or do an activity also helps them choose among the appropriate options while avoiding the negative ones. Learning in a busy laboratory school naturally gives us all plenty of chances to selectively attend to one task amidst distracters and to flexibly shift as circumstances change. We also encourage children to practice waiting patiently (“just a minute”) while we talk with another individual rather than interrupting. We work with families to ensure that the children are well fed, well rested, and experience minimal stress, because focus and self-control both function better when one’s body feels well. I encourage you to consider how you are fostering your children’s focus and self-control in your daily life. Note that the ExerGame described in last month’s newsletter was specifically designed by graduate student Cassie Eng and her team to train inhibitory control.

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool Theme: Farm</td>
<td>CMU Food Drive Oct. 29-Nov.12</td>
<td>5</td>
<td>6</td>
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<tr>
<td>Kindergarten Theme: Textiles</td>
<td></td>
<td>Election Day</td>
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<td>NO SCHOOL Conference Preparation Day 10:30 FSO at Fireman Creative 7PM 50th Anniversary Celebration at Pgh Golf Club</td>
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<tr>
<td>Daylight Saving Time Ends - Turn Clocks Back 1 Hour</td>
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<td></td>
<td></td>
<td>1 Music w/ Mrs. Hraber</td>
<td>2 9:30AM Educator/Parent Discussion re: School Choice</td>
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<tr>
<td>Nov. Safety Week</td>
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<tr>
<td>Veterans Day</td>
<td>Election Day</td>
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<td></td>
<td>NO SCHOOL Conference Preparation Day 10:30 FSO at Fireman Creative 7PM 50th Anniversary Celebration at Pgh Golf Club</td>
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<tr>
<td>Veterans Day</td>
<td>12:00PM Extended AM 4’s Open House</td>
<td>12:00PM Extended AM 3’s Open House Music w/ Mrs. Hraber</td>
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<td></td>
<td></td>
<td>Thanksgiving Holiday NO SCHOOL</td>
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<td>Dec. 1</td>
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<td></td>
<td>Music w/ Mrs. Hraber</td>
<td>NO SCHOOL Parent Teacher Conferences</td>
<td>10AM - 2PM Barnes &amp; Noble Book Fair @ The Waterfront</td>
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<td>29</td>
<td>30</td>
<td></td>
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Children’s School
CMUCHSch@andrew.cmu.edu www.cmu.edu/dietrich/psychology/cs/index.html
412-268-2199
# The Children’s School Snack Menu

*Subject to change based on birthdays & special events*

*Gluten and dairy free options available*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Goldfish</td>
<td>Kix Cereal</td>
<td></td>
<td>1</td>
<td>2</td>
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<tr>
<td>Milk/Water</td>
<td>Milk/Water</td>
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<td>Milk/Water</td>
<td>Milk/Water</td>
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<td>9</td>
</tr>
<tr>
<td>Tortilla Chips &amp; Salsa</td>
<td>Oranges &amp; Club Crackers</td>
<td>Yogurt &amp; Granola</td>
<td>Peppers &amp; Sun Chips</td>
<td>NO SCHOOL Conference Preparation Day</td>
</tr>
<tr>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
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<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Raisin Bread &amp; Butter</td>
<td>Bananas &amp; Graham Crackers</td>
<td>Rice Cakes &amp; Sun Butter</td>
<td>Apples &amp; Babybel Cheese</td>
<td>Carrots w/Hummus &amp; Pita Bread</td>
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<tr>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
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<td>19</td>
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<td>22</td>
<td>23</td>
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<tr>
<td>Rice Krispies</td>
<td>String Cheese &amp; Saltines</td>
<td>No School Thanksgiving Vacation</td>
<td>No School Thanksgiving Vacation</td>
<td>No School Thanksgiving Vacation</td>
</tr>
<tr>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
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<td>26</td>
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<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Mini Bagels &amp; Cream Cheese</td>
<td>Clementines &amp; Cheese Sticks</td>
<td>Animal Crackers</td>
<td>Broccoli w/Ranch Dip &amp; Club Crackers</td>
<td>Pears &amp; Graham Crackers</td>
</tr>
<tr>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
<td>Milk/Water</td>
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</tbody>
</table>

November 2018
Carnegie Mellon University

Annual Food Drive

-sponsored by Staff Council

Look for a Food Drive drop box conveniently located in a building near you!

All proceeds benefit the Greater Pittsburgh Community Food Bank.

25 years

Your donation makes a difference!

Mark your calendar for these important Food Drive dates!

October 29 - November 12
Campus Collection Dates

<table>
<thead>
<tr>
<th>November 7</th>
<th>November 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Day, One Can</td>
<td>Snack Bags for Kids</td>
</tr>
<tr>
<td>10am – 2pm</td>
<td>11:30am – 1:30pm</td>
</tr>
<tr>
<td>Benefits &amp; Fitness Fair</td>
<td>Packing Party</td>
</tr>
<tr>
<td>Bring a non-perishable food item or cash donation to the Food Drive table and you will be entered into a raffle for GREAT prizes!</td>
<td>Cohon University Center</td>
</tr>
<tr>
<td></td>
<td>Room 151 Athletics Conference Room</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>November 12</th>
<th>October 29-November 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cans Across the Cut</td>
<td>Parking for Peanut Butter!</td>
</tr>
<tr>
<td>9am – 4pm</td>
<td>Parking &amp; Transportation Services will be accepting peanut butter for “payment” for parking citations during the Food Drive. In addition, they will be sponsoring a raffle to win a free month of parking or a “VIP” parking space with the donation of peanut butter.</td>
</tr>
<tr>
<td>Sign up a team (can be comprised of students, faculty, and/or staff) to compete to see which group can gather the most canned goods and/or cash. Goal is to form a line that reaches across The Cut, starting at the clock.</td>
<td>For details, please visit: <a href="http://www.cmue.edu/parking">www.cmue.edu/parking</a></td>
</tr>
</tbody>
</table>

Cash donations are greatly appreciated.

Visit www.cmue.edu/staff-council for all Food Drive details, including how to make a gift online.
New Preschool Student Application  Date Received:

This Application is for the School Year Beginning September of: ________________________________

Child's Name: _________________________________________________________________

(Last) (First) (Middle)

Gender: _____ Birthdate: ____________________________

Address: _______________________________________________________________________

City __________________________ State: _______ Zip Code: _______________________

Telephone Number: _______________________________________________________________________

Parent/Legal Guardian #1: __________________________ Email: __________________________

Occupation: _______________________________________________________________________

Parent/Legal Guardian #2: __________________________ Email: __________________________

Occupation: _______________________________________________________________________

Previous schools child has attended (if applicable): _______________________________________

List children in family from oldest to youngest:  (Name and Birthdate)

_________________________________________________________________________________

Do any of your children attend the Children's School now or have any attended in the past?

_________________________________________________________________________________

How did you learn about the Children's School?

Session Preference

Preschool

_____ Morning Program  _____ Afternoon Program  _____ Either Morning or Afternoon Program

Preschool Extended AM Program

(Note: Due to limited spaces, not all students are able to attend the Extended AM Program. Admission preference is given first to children already attending the Children's School. New students are accepted on a "first come, first served" basis.)

_____ I am interested in enrolling in the Extended Morning Program

Please enclose an application fee of $50 made payable to CMU Children's School and mail with this application to:  Children's School Admissions

MMC-17, Carnegie Mellon University

Pittsburgh, PA 15213

Questions? Email Maggie Rosenblum at rosenblu@andrew.cmu.edu