

Carnegie Mellon University Children's School

December 2019 Family Newsletter

Gratitude for Early Childhood Educators

The Thanksgiving holiday affords the opportunity for us to pause from our busy schedules to focus our attention on being grateful for the many blessings in our lives. At the Children's School, our greatest gift is the amazing educators whose passion, enthusiasm, creativity, diligence, and patience contribute so much to our children's developmentally appropriate experiences each and every day. Sincere thanks to Miss Drash, Miss Hancock, Mrs. Rosenblum, Dr. Carver, Mrs. Ambruster, Mrs. Cherin, Mrs. Yetter, Ms. O'Neill, Mr. Salinetto, Mr. Allen, Mrs. Perovich, Mrs. Bird, Mrs. Loomis, Mrs. Myers, Miss Dzina, Mrs. Opferman, and Mrs. Johnson, plus our substitutes Mrs. Mack, Mrs. McGillen & Mrs. Tomer, for your commitment and contributions to the CMU Children's School family!



December Dates

NO SCHOOL – Friday, December 6th – **Parent Teacher Conferences for All Ages**

Saturday, December 7th – Waterfront Barnes & Noble Book Fair (10am-2pm)
Participate online at bn.com/bookfairs with the ID# 12562096

Thursday, December 19th – Last Day of the Semester for Children

Friday, December 20th – Professional Development Day for Educators

No School for Children – December 20th through January 5th

Have a Wonderful Winter Break!!

Monday, January 6th – Educators & Children Return to School



CMU Community Food Drive

Thank you for your contributions to the annual CMU Food Drive benefitting the Greater Pittsburgh Community Food Bank. This year the Children's School collected 122 food and hygiene items. The University grand total for the 2019 Food Drive is 6,805.3 pounds of non-perishables plus \$28,787.41! Thank you to everyone who contributed to this worthy cause.



#givingTuesday – December 3, 2019

Giving Tuesday, a global day of giving now in its seventh year, is observed on the Tuesday following Thanksgiving. Giving Tuesday kicks off the charitable season, when many people focus on their holiday and end-of-year giving. In 2016, Carnegie Mellon University turned #givingTuesday into #givingCMUday for a 24-hour day of giving.

This year, #givingTuesday will be December 3, 2019, and any gift made from 12:00am to 11:59pm will count toward the 24-hour total. Real-time social media engagement throughout the day, as well as on-campus events, will engage our global CMU community. By making a gift to CMU this #givingCMUday, you directly impact students and their educational experience. #givingCMUday will be a great opportunity to support the Children's School and the CMU community! To make a donation, please visit the Giving page on our website <https://www.cmu.edu/dietrich/psychology/cs/giving/index.html>. Watch your email for more information on this event.

Children's School Spirit Wear ½ Price SALE

The University has issued new Trademark and Licensing guidelines for branded merchandise which has required us to update our logo. In preparation for the slight design change, we are having a ½ price sale on "old logo" items such as t-shirts, sweatshirts, and onesies.

Toddler Tees	\$5.00
Onesies	\$6.00
Sweatshirts	\$7.00
Hoodies, Adult & Child	\$10.00

Sizes are limited. Please contact the Main Office if you are interested in making a purchase!

Scotty Goes Green: Children's School Achieves Bronze Certification

The *Scotty Goes Green* program engages Carnegie Mellon faculty and staff in an initiative that promotes a high standard for environmental practices at Carnegie Mellon. The program supports and promotes offices that are taking steps toward reducing their environmental footprint.

The goals of the program are to:

- Engage CMU faculty and staff in activities that will help to make CMU a leader in campus sustainability,
- Recognize and reward leadership in sustainability,
- Educate participants about how and why to take action,
- Support the Pittsburgh Climate Action Plan,
- Further integrate sustainability into campus culture,
- Conserve water, save energy, minimize waste and save money,
- Promote campus policies that support sustainability.

A series of checklists and tools are provided as a guide through three levels of certification: Bronze, Silver and Gold. The program operates through a network of Scotty Goes Green Representatives in workplaces across campus. The Children's School is proud to announce that we have achieved Bronze status! Special thanks to our Green Team, which is comprised of Miss Hancock, Mrs. Johnson, Ms. O'Neill and Mrs. Yetter, for volunteering their time toward this effort.



If your family would like to work toward being more “green”, you can use the *Scotties Leave Small Footprints* form included with this newsletter to make some commitments to small changes that can have a big impact on the environment. While this form is designed for individuals on the CMU campus, you can amend it to work for your home. Also, visit the CMU Environment website for more Sustainability Resources <https://www.cmu.edu/environment/get-involved/sustainability-resources.html>.



Our Whole School Unit about Planet Earth will begin in February, so thinking about your family's “green practices” is good preparation!

- Save energy by turning off lights and other electronics when they are not in use, as well as switching to LED bulbs and using your microwave instead of oven.
- Reduce, reuse, and recycle. Fix items instead of throwing them away and buying new. Choose reusable drink containers and storage options so you can use less plastic. Recycle everything.
- For food, avoid waste and try composting to enrich your gardens.
- Choose natural and more organic cleaning and personal care products, many of which are also sold in recyclable containers.

Upcoming Screenings: Eyes & Ears

This year, the Easter Seals Speech, Language, Hearing and Middle Ear Screenings will be held at school from January 14th through the 17th. Lynn Hofstetter, who has conducted these screenings for us for many years, will be returning. This speech pathologist plays a series of Talking & Listening games with each child that take about 15 minutes total and give a snapshot of the child's development in the areas of hearing and listening, direction following, understanding and use of language, speech sound production, voice quality, and fluent communications. If you are interested in having your child screened, please complete the enclosed permission slip and return it with cash or a check for \$25 made payable to Easter Seals. On January 28th, the Blind & Vision Rehabilitation Services of Pittsburgh will be conducting screenings for vision issues. There is no cost for this service. Please return the enclosed permission slip if you want your child screened. Contact Mrs. Rosenblum at rosenblu@andrew.cmu.edu if you have any questions.



Lost & Found

We have an accumulation of unclaimed and unlabeled coats, sweaters, hats, gloves, etc. Please send us a note if you think your child has misplaced an item or stop by our collection in the hall. Also, if you have not received a dish or container back from a Teacher Appreciation Lunch, please look in the lost and found.



Please Avoid Credit / Debit Card Payments



Each family will soon receive an invoice for the spring semester. Please pay the amount due either by sending a check or cash to the attention of Maggie Rosenblum or to the CMU accounting department. We are requesting that parents NOT pay by credit card or debit card because the school is charged a significant fee for these transactions that is not reimbursed. For your convenience, you can arrange a monthly payment plan by contacting Maggie Rosenblum (rosenblu@andrew.cmu.edu).

Barnes & Noble Book Fair

We hope you can join us on Saturday, December 7th from 10am until 2pm for our annual Barnes & Noble Book Fair at the Waterfront store. There will be a craft table where children can make *The Very Hungry Caterpillar* themed cards, a Lego table, and a Storytime. Mrs. Bird & Friends will host a lively sing-along at 12 noon. Up to 15% of the in-store sales (including the café!) and weeklong on-line sales will benefit the Children's School library collection.



Family Committee News

New Lips for our Playground Garden Boxes!

A big THANK YOU to Cory Gwin, Liz Foster-Shaner, Nevin and Ada for your help replacing the old wood on the five Garden and Mud Kitchen boxes. We hear Cory did much of the work, but we thank you all for your time; it was a BIG job!

Giving Thanks: Teacher Appreciation from 4's Families

A heartfelt thank you for the beautiful lunch for Educators on November 13th. Your handwritten notes and special dishes made our day! Many thanks from the Children's School Educators! If you have questions about Teacher Appreciation or would like to join a Committee, please contact Beth Myers at ewmyers@andrew.cmu.edu.

Family Social Organization Discussion

A small group of parents met in the university center for coffee and book club discussion on Wednesday, November 20th. We discussed what we enjoyed and were struck by in the book *The Importance of Being Little* <https://consciused.org/books/the-importance-of-being-little-erika-christakis-review-summary> as highlighted by Dr. Carver at school orientation in August. We also talked about our personal stories related to moving to and living here in Pittsburgh, what we like about the Children's School as reflected in the book about the ideal learning environment, as well as choosing the next school for our children.

We look forward to continuing the book / coffee club in the new year and welcome all interested in joining this parental camaraderie, support and sharing around raising little humans.



Parents also participated in a survey by answering a "Question of the Day", "At what age can kids follow rules?" From the e-survey, over 70% of parents think our children can follow rules at age 3 or younger.

Family Social Organization Fun

On Friday October 25th, families came to celebrate **Halloween Fun at Phipps Conservatory**. Dressed in costumes, kids enjoyed the amazing magic shows by Al Mazing, potted plants, got their faces painted, played special Halloween games, and delighted in the beautiful gardens, carved pumpkins and new railroad exhibit! Friends loved seeing each other dressed in their Halloween costumes!



Quite a few families made it to **CitiParks' Public Halloween Track & Treat** event on Saturday October 26th, despite the light rain. Kids came dressed in costume, rode bikes and striders around the bike track, enjoyed science and puppet shows and played games at the booths provided. With games, prizes, biking, bubbles and trick or treating, it was a fun day!



On Sunday November 3rd, more than 30 families came together at dusk with a unique array of glowing lanterns for our annual **Tinkergarten Fall Lantern Walk** in Frick Park. As the sun began to set earlier in the sky, the lanterns grew brighter. To notice and celebrate the big changes in our natural world from the leaves falling to the days becoming shorter, we walked, sang songs and used our senses to take in how beautiful this special time of year is as Fall slowly shifts into Winter.



Upcoming FSO Events

Supporting Homeless Neighbors

Beginning in late November and continuing through the month of December, we are encouraging families at The Children's School to collect items to donate to people in the area affected by homelessness. Items donated will be delivered to the Hot Metal Bridge Faith Community (<https://www.hotmetalbridge.com>). Your family can help those who are homeless in the city of Pittsburgh by stocking the organization's care closet with hand and face wipes, toothpaste, toothbrushes, shampoo, hand warmers, socks, and more! If you are interested, please e-mail Natalie Marshall (Camden, Kindergarten) at bcnat1984@gmail.com and request 1 or more bags to fill with items listed above. The bags will come home in your child's backpack. When filled, you can return the bags to The Children's School. This is an easy way to help those in need right here in our local community.



Should you like to continue the season of giving beyond the New Year, be on the lookout for information from The Children's School FSO about an event at a local food bank in January!

Sky Zone Toddler Time Trampoline Fun

Friday December 6th from 10-11am (No School) at Sky Zone Trampoline Park, 160 Levin Way, Monroeville, PA 15146. *This is a public event open to all 5-year-olds and under.* If your child is like mine and starts bouncing off the walls on their day off school, join us to burn off some energy at Sky Zone in Monroeville for Trampoline Toddler (up to 5 years old). Sign the waiver ahead of time online or upon arrival. Cost is \$10/child (or get 5-punch card for \$40) and pay directly at front desk upon arrival. Parent must be present and supervise child(ren) at all times. Details at: <https://www.skyzone.com/monroeville/programs/toddler-time>
Contact: Natalie Greene (Evelyn, Kindergarten), [412-901-2120](tel:412-901-2120) (cell/text), nrgreenex@gmail.com

Movie Time Fun!

Join Children's School friends at the Waterworks Theatre on Friday, December 27th at 10am to relax and enjoy a movie. We will be seeing **Frozen 2**. The cost for children is \$7.50 and adults is \$8.00. Please contact Sarah

Hummel at shummel1010@gmail.com to RSVP. We will collect money in advance, so please send it in your child's backpack marked "FSO Movie". We can't wait to see you there!



Family Spotlight: The MacWhinney Family

Our family consists of Jin, myself (Mark), Julia, Ava, and James. Jin and I met in Guangzhou, China in 2004 and fell in love fast. As I recall it, I managed to get a first date with my future wife by asking her a rapid-fire series of questions to which there would have to be a “yes” buried in there somewhere. In 2007, we married and came to Pittsburgh. I work in IT and Jin is a nurse, though she is currently staying at home taking care of the children.



When our first child Julia was born, we considered the Children's School because I graduated from CMU, my parents work there, and we lived in Squirrel Hill at the time. It made a lot of sense to us as my father recommended it as a “great school”. Plus Jin, myself and our parents could easily walk Julia into



school and her grandparents could easily pick her up since they were just across the campus. Julia began in the Blue Room with Mr. Salinetto and went on through the 4's and Kindergarten. Her experience at the Children's School was a happy one, and she loved her friends and teachers the whole way through. She also gained a curiosity and love of exploring and learning that will always be a fundamental part of who she is. The Children's School's great teachers and teaching methods are to thank for this life-long gift.

We are so happy to have Ava going to Children's School as well. With the family now living in Mt. Lebanon, Jin drives Ava to school most days, while little brother James comes along for the ride. Little James is looking forward to going to school with Ava next year. Ava has enjoyed the Children's School without hesitation, especially once she realized that mommy will be there to pick her up after school. We can see her curiosity also being nurtured in the way we had seen with Julia. In fact, two of her Red Room teachers this year, Mrs. Armbruster and Mrs. Loomis, were Julia's teachers as well.



We are looking forward to watching Ava grow and develop through the great experience within the Children's School learning environment.



Winter Health Pointers

WINTER WEAR: As the chilly winter weather approaches, please replenish your child's extra clothes container with apparel appropriate for the season, as well as clothes to accommodate their physical growth. Layering your child's clothing for school days is helpful. While the temperature in our building is fairly constant and comfortable, some children may feel too warm or too cold on any given day. Wearing a t-shirt under a sweater allows the child to adjust to a personal level of comfort. Even in the winter, we go outside daily except in very extreme weather conditions. Please send labeled hats and mittens to school every day. On snowy days, please also send labeled snow pants and boots. Feel free to provide a set of outdoor clothes to be kept in your child's locker. If you have outdoor clothes to share, please send them to the school office; if you need outdoor clothes for your child, please contact a member of the administrative team for assistance.



HANDWASHING: We ask that everyone who comes into the Children's School educational spaces, including family members, wash their hands using the procedures recommended by the National Association for the Education of Young Children: Rub soapy hands vigorously for at least **20 seconds**, including back of hands, wrists, areas between fingers, around nail beds, and under fingernails and jewelry. The children are taught a much more detailed version which is included in your Family Handbook.

PARTICIPATION IN THE SCHOOL DAY: Our school day is filled with active and interesting projects that are planned in advance to ensure appropriate adult supervision. To that end, we ask that children come to school only if they can fully participate in the day's activities, including outdoor play. If your child is not well enough to fully take part in the day, please keep the child at home because we do not have staff members available to supervise children indoors while the rest of the class is outdoors.

Generous Givers & Gracious Receivers

During the year, we seek to help the learners at the Children's School become generous givers and gracious receivers.

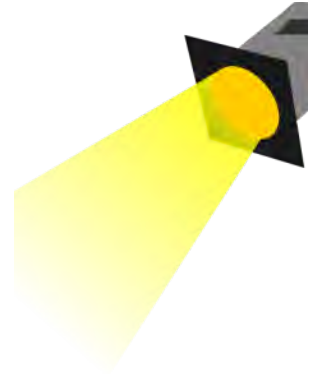
Whether giving and receiving affirmation, help, or actual items, we aim to emphasize respect and gratitude. For example, when collecting food in November, we explained to the children that some of our neighbors in Pittsburgh do not have enough food or enough money to buy food. We can help them stay healthy by sharing nutritious food with them. At other times, people may share food with us, perhaps when we are traveling or when someone in our family is sick. We also emphasize the importance of expressing gratitude verbally or by drawing or writing. Involving your whole family in helping provides opportunities that go well beyond donation drives in ways that build relationships. A child's smile, hug, or drawing can brighten a neighbor's day. Once children have learned skills by helping in their own homes and yards, they can share those skills with their elderly relatives and friends. Families can also share from their abundance when they cook or bake together, when flowers bloom or vegetables ripen, or when they have time to sit and listen. See "14 Little Ways to Encourage Kindness" by Kristine Breese from Parents Magazine for more ideas (<http://www.parents.com/parenting/better-parenting/advice/14-little-ways-to-encourage-kindness/?page=1>).



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Undergraduate Spotlight

Angelica Kim: Hello! I am currently a sophomore at Carnegie Mellon, and specifically a psychology major with an intended politics minor at Dietrich College. I am from Ellicott City, Maryland, a small rural/suburban area with lots of fresh air and farms, so Pittsburgh, PA is a whole new world for me! Besides working as a classroom assistant here at Carnegie Mellon's Children School, I am also the founder of the Animal Welfare Club (I am a huge animal advocate), the "rush master" of Carnegie's medical-interest Alpha Epsilon Delta fraternity, and a model for the Lunar Gala fashion show and Spirit Fashion Show. I have found a huge sense of support from all these organizations, where many Carnegie students have been able to congregate and mingle through common passions! I am also a research assistant at the Infant Cognition lab where I study the empirical side of child development.



I have always loved working with children. My baby brother, who is 5 years younger than I, is my entire world. I babysat him since he was old enough to crawl! In addition to taking care of my brother, I also worked as a babysitter for the children in my community, as well as being a tutor for elementary school children. When my child development professor here at Carnegie Mellon notified me of a job opening at the Children's School, it immediately piqued my interest, and when I got the job, I was beyond excited.

I love working at the Children's School. I am getting paid to talk and play with little Einsteins! As I work in the Green Room with 4-year-olds in the mornings, I get to see the newfound independence the children have with dexterity, movement, and conversation. After taking child development classes, it is amazing that I am able to see the actual theories in real life every day in the classrooms. The teachers here are so passionate and kind. I like to think that they serve as great role models to both the children and work study students like me! I have been so grateful to be here at the Children's School. Not only do I get these beautiful moments with children, but my job also serves as a great learning experience relevant to my major. I cannot wait to see what the next day brings me here at the Children's School.

Host Families for Korean Students

Since 2011, The Children's School has partnered with a similar early childhood laboratory school at Duksung Women's University in Seoul, South Korea. Our International Practicum Program will continue in early 2020 when we host four undergraduate students. A total of 12 Early Childhood Education students will be in Pittsburgh for practicum experiences at our school, Falk, Carlow's Campus Laboratory School, or Pitt's University Child Development Center. To help the students experience family life in Pittsburgh, we are recruiting two host families living close to the university to provide **housing and some meals**. Each family would host two female practicum students from Sunday, January 26th through Monday, 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 or if you would like to help with other aspects of our hospitality. Former host families will be happy to share their experiences with you, and student bios will be available soon.

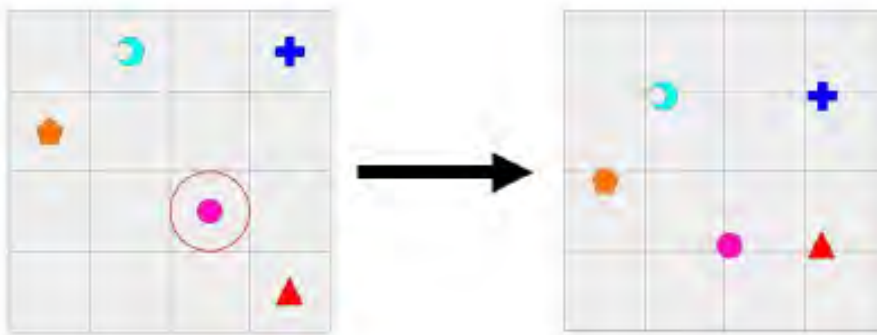


Research Spotlight

The Moving Shapes Game

Emily Keebler, a fourth-year graduate student in Dr. Anna Fisher's lab, is investigating the developmental course of focused attention to examine factors that play a role in this ability at different points in development. In this game, researchers ask children to watch several objects move on a computer screen and land on one of the screen locations. Children are specifically asked to watch one particular object while ignoring the rest of the objects. When the objects stop moving and disappear from the screen, children are asked to point to the location in which the target object disappeared.

In this particular version of the study, researchers are testing whether telling the children the **names** of the target objects improves their performance in the game. Some children are verbally told the name of the object they are supposed to follow (e.g., "follow the square") before each trial begins, while the other children hear a non-specific descriptor of the object (e.g., "follow the object"). This study will enable researchers to learn more about how children's word knowledge may support their abilities to pay attention, information that could help parents and educators to structure children's learning experiences more effectively.



CMU's Infant Cognition Lab

Do you have an infant or toddler?

If so, you can help Dr. David Rakison's developmental research team explore how infants learn to view the world around them. The team recruits babies between 4 and 26 months of age to participate in their studies of what infants learn and understand about the animals, objects, and people around them.

For every study, you will be with your child at ALL TIMES. The studies are very simple but fun! For example, your child will watch a computer display or play with some toys for a few minutes while the researchers observe your child's behavior. A typical visit to the lab, which is within the Children's School space, usually lasts 30 minutes or so, and it is fun for you and your baby.



See http://www.psy.cmu.edu/~rakison/Infant_Cognition_Lab/faqs.html for more information.

Director's Corner: Dramatic Play

"Almost all creativity involves purposeful play." – Abraham Maslow

"Play gives children a chance to practice what they are learning." – Fred Rogers

In *Nurturing Creativity: An Essential Mindset for Young Children's Learning* (Isbell & Yoshizawa, 2016), the authors highlight the 4C's of 21st Century Learning as Creativity, Communication, Collaboration, and Critical Thinking.

These are exactly the skills developed by the rich play experiences I've been discussing in this fall's Director's Corner series.

Children's pretend play engages their imaginations as they assume roles of other people and diverse creatures. They invent make-believe actions with imaginary props as they spin scenarios while playing house, school, zoo, restaurant, etc. Such dramatic play involves communication on two levels, both speaking in character while pretending and temporarily stepping out of character to negotiate the setting and plot. For example, when 3-year-olds were playing with rubber animals and foam blocks, I heard an educator suggest, "Let's make houses for the animals" (in her normal tone of voice) and then later when the play developed into a zoo's animal hospital, "Show me which paw is hurting" (in her most sympathetic veterinarian voice). As children progress to deeper collaboration in their play, they learn to build on each other's ideas to create intricate story lines but also have to negotiate and compromise when peers have differing ideas. Together, they learn to creatively utilize open-ended materials like blocks, playdough, fabric, and boxes to become whatever their fantasy requires, and they practice solving problems that arise within the scenarios they invent.

When trusted adults provide both time and space for dramatic play, as well as scaffolding to foster richer pretend play (as the educator did in the situation above), children begin to demonstrate increasing persistence such that the play episodes can last for extended periods. According to Isbell and Yoshizawa, these "play experiences develop skills they need now and help prepare them to be creative thinkers, team leaders, and innovators in the future" (p. 97). During December, the preschoolers will be exploring Storytelling, which naturally leads to dramatic play related to the stories they hear read or told to them, as well as to creative embellishments of those stories. At the same time, our kindergartners will be studying author and illustrator Jan Brett. This unit will likely lead children to re-enact the stories of animals and diverse human cultures using stuffed animals or with themselves as characters, and educators will encourage them to dramatize their own ideas for adventures in our outdoor environments (i.e., the Children's School playground and Schenley Park).

For families interested in promoting dramatic play, I suggest re-enacting books that you read or songs that you enjoy, as well as your favorite fairy tales. You can re-play your family experiences, such as those you have while traveling, at a restaurant, at the grocery store, etc. It is also important for children to have opportunities to explore their own play themes, which often emerge from the developmental tasks challenging them at the moment, such as nurturing and being nurtured, going away and coming back, chase and rescue, etc. Parents can take a proactive role by providing open-ended toys and time for imaginative and creative play without distractions. Using paper bags to



make puppets offers another way to enact stories as well. During the upcoming holiday and vacation season, remember that large empty boxes can provide hours of dramatic play fun and that children appreciate the gifts of our time and attention as much or more than those that we purchase for them. Enjoy making memories by playing together!



December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Preschool Theme: Storytelling Kindergarten Theme: Author Study Jan Brett	2 Dec. Safety Week	3	4	5 Music w/ Mrs. Hraber	6 NO SCHOOL Parent Teacher Conferences 10:00 FSO @ SkyZone	7 10AM - 2PM Barnes & Noble Book Fair @ The Waterfront
8 Participate via Book Fair online bn.com/bookfairs Use Book Fair ID# 12562096	9	10	11	12	13	14
15	16	17	18	19 Last Day of the Semester for All Classes	20 NO SCHOOL Winter Break Professional Development Day for Educators	21
22 NO SCHOOL Winter Break	23	24	25	26	27 10:00 FSO @ Movie	28
29 NO SCHOOL Winter Break	30	31				HAPPY NEW YEAR!!! Children & Educators return to school on Monday, January 6, 2020



Children's School

CMUChSch@andrew.cmu.edu www.cmu.edu/dietrich/psychology/cs/index.html

412-268-2199

2019



The Children's School Snack Menu

*Subject to change based on birthdays & special events
Gluten and dairy free options available*

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pretzels Milk/Water	3 Bananas & Graham Crackers Milk/Water	4 Goldfish Milk/Water	5 Pita Bread with Jelly Milk/Water	6 Kix Cereal Milk/Water
9 Tortilla Chips & Salsa Milk/Water	10 Diced Pears & Club Crackers Milk/Water	11 Yogurt & Blueberries with Graham Crackers Milk/Water	12 Peppers & Sun Chips Milk/Water	13 Carrots w/ Ranch Dip & Ritz Crackers Milk/Water
16 Raisin Bread & Butter Milk/Water	17 Clementines & Ritz Crackers Milk/Water	18 Rice Krispies Milk/Water	19 Apples & Babybel Cheese Milk/Water	20 No School Educator Professional Development Day
23 No School Winter Vacation	24 No School Winter Vacation	25 No School Winter Vacation	26 No School Winter Vacation	27 No School Winter Vacation
30 No School Winter Vacation	31 No School Winter Vacation	Jan. 1 No School Winter Vacation	2 No School Winter Vacation	3 No School Winter Vacation

December 2019



I am committed to:
Resource Efficiency

- I will switch off lights, power bars, and unplug electrical devices when not in use.
- I will strive to be idle-free while driving.
- I will eat meat-free one day a week or more.
- I will take sustainable transportation to school or work one day per week or more.
- I will use green computing practices.
- I will maintain my vehicle's tire pressure.
- I will buy more seasonal, local, organic, and fair-trade food.
- I will participate in a car-share or carpool program.



I am committed to:
Reducing Waste

- I will use reusable bags.
- I will use campus recycling containers for paper, plastics, metals, and glass.
- I will take batteries, ink cartridges, and cell phones to the appropriate drop-off locations for safe disposal.
- I will practice the three Rs when I use paper (reduce, reuse, and recycle).
- I will donate and/or buy gently used clothing and other items.
- I will compost.
- I will use reusable containers and/or cutlery for food and drinks.



I am committed to:
Sustainability

- I will promote sustainable practices in my campus organization and/or workplace.
- I will get involved with a campus organization that focuses on sustainability.
- I will include sustainability in my research, course selection, and/or curriculum.



I am committed to:
Conserving H₂O

- I will cut down on my water-use in the washroom and when doing laundry.
- I will let the appropriate staff know about leaky taps, toilets, and showers.

I will make this commitment for:

I'm committed to:

Scotties Leave Small Footprints

Carnegie Mellon University



BARNES & NOBLE
BOOKFAIRS
supporting

**CMU Children's
School**

Saturday, December 07, 2019
Waterfront/Homestead
100 West Bridge Street



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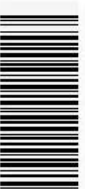
Please present this voucher prior to making your purchase. A percentage of the net sale will be contributed to your school/organization.
The purchase of gift cards, Barnes & Noble merchandise, textbooks, video games, digital devices including Nook® purchases made at Barnes & Noble, and other items Barnes & Noble may exclude from time to time in its sole discretion are not included in book fair sales. Institutional discounts may not be applied. See BNCOM/bookfairs for more details and to shop online.
#BNBOOKFAIRS



BARNES & NOBLE
BOOKFAIRS
supporting

**CMU Children's
School**

Saturday, December 07, 2019
Waterfront/Homestead
100 West Bridge Street



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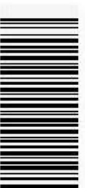
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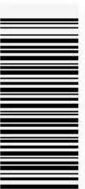
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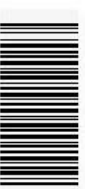
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EASTER SEALS WESTERN AND CENTRAL PENNSYLVANIA

SPEECH DEPARTMENT
 Six Parkway Center, Suite 150
 875 Greentree Road
 Pittsburgh, PA 15220
 412.281.7244

Dear Parent/Guardian:

The Easter Seals Speech Department is offering a speech, language, hearing and middle ear screening program for preschoolers. This service helps to identify communication and/or hearing problems early and recommends courses of treatment. Some children may have had similar testing performed in the past by Easter Seals or family doctor/pediatricians. However, since hearing and middle ear screening results can and often do change from one testing situation to another, it is strongly suggested that preschoolers be screened annually so as not to *OVERLOOK* a potential problem. Written results will be supplied on all children screened. Because children often react negatively to the word 'TEST,' we request that you refer to the screening as a talking and listening 'GAME' as you prepare your child at home. Please refer below for a description of the screening procedure.

MY CHILD HAS PERMISSION TO PARTICIPATE IN THE EASTER SEALS SPEECH, LANGUAGE, HEARING AND MIDDLE EAR SCREENING PROGRAM. MY SIGNATURE ALSO GRANTS MY PERMISSION FOR THE EASTER SEALS SPEECH-LANGUAGE PATHOLOGIST TO DISCUSS MY CHILD'S RESULTS WITH THE DIRECTOR AND TEACHER AT HIS/HER SCHOOL SITE. I UNDERSTAND THAT I WILL RECEIVE WRITTEN RESULTS CONCERNING MY CHILD.

Date of Screening:		Fee: \$25.00	HSA Receipt needed?	
Amount Enclosed:	\$	Check No.:	OR Cash:	
Name of School:		Teacher's Name:	Class:	AM PM (circle one)

Child's Name:		Date of Birth:		Gender:	M F (circle one)
---------------	--	----------------	--	---------	---------------------

Name(s) of Parent(s) /Guardian(s)					
	Mr. ()	Mr. & Mrs. ()	Ms. ()	Mrs. ()	
Address:		City:		ST	Zip
Home Phone		Child's Native Language: (If other than English)			
Cell Phone					
Email Address					

During the speech and language portion of the screening, your child will be asked to name common pictures and objects, follow simple directions, and repeat sentences. The speech-language pathologist will be listening for your child's ability to produce developmentally appropriate speech sounds, identify specific vocabulary items and comprehend and produce various language skills. The speech-language pathologist will also listen for oral/nasal resonance, vocal quality and fluency of speech. For the hearing screening, your child will wear earphones, listen to several tones of different pitches, and indicate when he/she can hear the sounds. For the middle ear test, an acoustic otoscope or ear check will be used to measure sound reflectivity from the eardrum. This is a non-invasive procedure that helps to identify potential middle ear problems. A picture book called *Come Talk and Listen* is available at your child's school to help them anticipate the "talking and listening games" they will play.

1) Do you have any areas of concern about your child's speech and language?	Yes	No	If yes please describe:			
2) Is your child currently receiving speech-language services?	Yes	No	If yes, where and for how long?			
3) Does your child have tubes in his/her ears?	Yes	No	If yes, which ear?	Left	Right	Both
4) Has your child suffered from recurring ear problems now or in the past?			Yes	No		
5) Is your child currently on medication or being followed by a doctor for ear infections or other medical problem(s)?	Yes	No	If ear infection, which ear?	Left	Right	Both

 SIGNATURE OF PARENT/GUARDIAN

 DATE

Easter Seals Western and Central Pennsylvania is in compliance with the Health Insurance Portability and Accountability Act (HIPAA) regarding confidentiality and privacy. A copy of these policies is on file with the director of your child's facility.



SIX GOOD REASONS TO HAVE YOUR CHILD SCREENED FOR SPEECH-LANGUAGE-HEARING SKILLS

- 1) *Early identification of communication problems prevents complications arising from undetected speech, language or hearing needs.***
- 2) *Speech-language impairments may affect social/emotional development.***
- 3) *Early identification and treatment of speech and language problems can promote reading development and school success.***
- 4) *Standardized screening provides information about areas not addressed at well-child visits***
- 5) *Great opportunity to prepare children for similar educational screening experiences.***
- 6) *Services are provided by American Speech-Language-Hearing Association certified and PA State licensed speech-language pathologists.***



CHILDREN'S VISION SCREENING

A service of:

Blind & Vision Rehabilitation Services of Pittsburgh

Dear Parent/Guardian:

One in twenty children has an undetected vision problem. The early detection and treatment of vision deficiencies are fundamental to future classroom learning and success.

To ensure that children starting at age 1 are seeing as well as they should. **Blind & Vision Rehabilitation Services** offers a free *Children's Vision Screening* program for the children of Allegheny County.

A REMINDER: This is a screening. It is **not** a complete eye exam

If you have questions regarding the program, please contact Blind & Vision Rehabilitation Services at 412-368-4400 ext. 2213.

Sincerely,

Wendy Lawlor
Children's Vision Screening Coordinator

Preschool Vision Screening is free!

Your tax-deductible donation to Blind & Vision Rehabilitation Services will allow this valuable prevention of blindness program to continue. Donations can be attached to this permission slip.

THANK YOU IN ADVANCE FOR YOUR SUPPORT!

Please return to teacher by _____
PERMISSION FOR VISION SCREENING

School _____

Child's Name _____

Age: _____ Birth date: ____/____/____ Sex: M ____ F ____

Parent/Guardian (Print Clearly)

Name _____

Address _____

City & Zip Code _____

Phone (H) _____ (C) _____

E-Mail _____

How would you prefer to be contacted for follow-ups? Phone or E-mail

Has child ever been under the care of an eye specialist?	Y	N
Is child currently under the care of an eye specialist?	Y	N
Does child wear glasses?	Y	N

GLASSES MUST BE WORN ON THE DAY OF THE SCREENING.

Parent/Guardian Signature _____ Date _____

My signature grants permission for the vision screening and for the release of results to the facility's professional staff. You will be notified of the screening results in the form of a Parent Letter.

FOR STAFF USE ONLY:
Pass _____ Refer _____

Color _____

Unable: Unwilling _____ Undetectable _____

The receipt cannot be returned. Your contribution to Blind & Vision Rehabilitation Services is tax-deductible. Please contact the office at 412-368-4400 for more information. Thank you for your support!

Art Explorers ages 3-5 Fridays 9:00-11:00



Dec 2- Feb 24

Our **Art Explorers** group is a weekly assembly of children ages 3-5 who come together to play, socialize, and engage in focused creative experiences. This drop-off class is designed to support the **authentic learning and creative confidence** that comes from building relationships with materials, and with friends, over time.

Half session or full session spaces are available. If you are interested in signing up to become a part of this community or have any questions please check in at Hatch, send an email to hello@hatchpgh.com or call 412-973-6127.

What makes Art Explorers special?

Build Creative Confidence - Art Explorers is the perfect place to experiment with ideas and materials, hone your skills and learn from friends in a supportive small-group environment.

Imagine the Possibilities - Storytellers in our Art Explorers group have access to a variety of open ended materials for world-building and dramatic play.

S-L-O-W it down - Does it feel like it's always time to clean up when you're just getting started? Our Art Explorers group affords children a relaxed timeframe to think and process.

Is my child ready?

This experience is the right fit for :

Children ages 3-5 who are totally bathroom independent and do not need any assistance with toileting.

Children who may attend a part time preschool program or are home with an adult caregiver but craving a social experience and are comfortable separating.

Families who value playful, creative early learning experiences!

