

SPECIAL POINTS OF INTEREST:

- Dealing with separation anxiety
- Fundraising General
- Recipe of the Month
- Amish Quilt Fundraiser
- Book Recommendation

Welcome to the New School Year

Summer has been more relaxing and enjoyable than I anticipated. Swimming lessons, going on adventure hikes, sleeping in and playing Legos were just a few of the things we really enjoyed about this summer vacation.

My kids made friends with the neighbor's kids, riding their bicycles outside and going in and out off the house to play. I've discovered I really enjoy listening to children play.

The best part about starting school was that Nathan was actually excited to go to back to school (after dealing with separation anxiety through most of last year).

Turns out this issue hasn't vanished for us. Therefore I put a little article in this newsletter for parents who may be dealing with

the same "problem".

I also wanted to welcome all the new parents, children and teachers to Village Charter. It is fun to see so many new and familiar faces. The school site is exciting and, of course, promises great potential.

For those who do not know me: My name is Kat Rosen. My son Nathan is in Miss Malika's class.

I started this newsletter in the hopes to showcase what greatness and talent this school community has to offer.

So if you have anything that you would like to contribute: a poem, article, picture, etc, please contact me in person or at: katskoolstuff@aol.com

I also sell advertising space to

businesses in this newsletter, which goes towards our fundraising efforts. If you would like to advertise your business or know someone who does, please let me know.

My wish is that everyone would find what I have found at Village: a safe and nurturing place for our children to learn, but most importantly—a second family.



Separation Anxiety: 15 Ways to Ease Your Child's Fears

By Cathryn Tobin, M.D.

It took months before I was able to leave five-year-old Madison, my fourth child, at school without having to peel her fingers off of me one-by-one and endure her tears and tantrums. The curious thing was that she'd gone to nursery school the previous year without making a fuss. Although Madison's teachers reassured me that she settled down and seemed worry-free

within minutes after I left, I didn't know how heart-broken I would feel leaving her in such a state.

Separation anxiety is a little one's way of saying how much they *really* don't want to say goodbye. Most preschoolers and grade-schoolers experience it at some point in their early lives. Sometimes it occurs out of the

blue after a change in the environment. Other times separation anxiety occurs because children are worried about life at home -- perhaps because parents are fighting or someone is sick -- and they feel a sense of uncertainty about leaving home. Most often, however, separation anxiety is purely a "missing mom" issue.

Seperation Anxiety cont.



“Separation anxiety is a little one's way of saying how much they really don't want to say good-bye.”

Madison fussed for months on end until I had my eldest daughter drop her off. Almost immediately, the tears and tantrums disappeared. Follow these 15 strategies and you may be able to minimize the problem too.

DO: Keep your good-byes short and sweet. In doing so, you convey the message that you [have confidence](#) in your child's ability to cope.

DON'T: Hover around. Your child will sense your anxiety, and this will make it more difficult for her to calm down.

DO: Tuck a family picture or a loving reminder away in your child's backpack for her to look at later in the day.

DON'T: Sneak out. You want your child to know unequivocally that she can trust you.

DO: Develop loving good-bye routines. Madison and I invent-

ed a kiss-hug-nose-rub routine that we both enjoy.

DON'T: Bargain or bribe your child to behave. Your little one should be allowed her feelings.

DO: Send clear messages. Your child needs to know that you expect him to go to school no matter how much he fusses, cries or stamps his feet.

DON'T: Take your school-aged child home. If you do, you send the message that if your child cries enough he won't have to stay.

DO: Invite children from the class over, so your child can forge friendships that will make the transition easier.

DON'T: Get upset. By keeping an upbeat and positive attitude about your child's school, teacher and friends, you'll help your child feel safe and enjoy his time at school.

DO: Ask your spouse or another family member to take a turn dropping your child off,

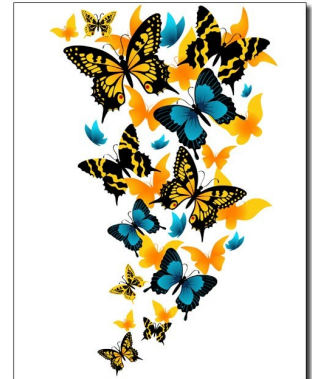
or pick up one of your child's classmates on the way to school, and your problems may disappear with lightning speed.

DON'T: Discuss problems with the teacher in the morning. Save conversations and questions for the end of the day.

DO: Involve the teacher. You need someone on the other end who will greet your child and ease the transition.

DON'T: Be surprised if you solve the problem and it reoccurs after holidays and sick days.

DO: Believe in your child's ability to make positive changes.



Remember: Separation anxiety means that a strong and loving bond exists between you and your child.

Cathryn Tobin, M.D. is a pediatrician, midwife and a member of the Canadian Pediatric Society and the Royal College of Physicians and Surgeons.



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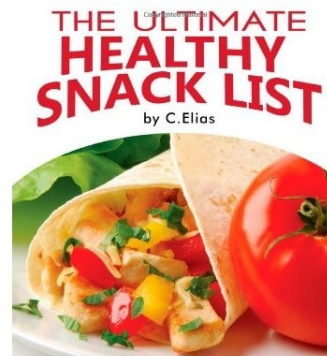
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Book Recommendation:

The Ultimate Healthy Snacks List including Healthy Snacks for Adults & Healthy Snacks for Kids: Discover over 130 Healthy Snack Recipes - Fruit ... Recipes, Gluten-Free Snacks and more! By C. Elias

Just some of the reviews
 "...delicious and healthy snack ideas for everyone" "you will find ideas and combinations you have never thought of..." "delicious and simple..." "full of new ideas"
 "...exceeded my expectations..."
 This is a Healthy Snacks Recipes book that leaves nothing out - it includes Healthy Snacks for Weight Loss, Healthy Snacks for Kids & Healthy Snacks for Adults such as Fruit Snacks, Vegetable Snacks, Healthy Snacks for Weight Loss, Fat Burning Foods, Healthy

Smoothies, Quick Healthy Snacks, Healthy Sandwich Recipes, Gluten-Free Snacks & more! This amazing handy recipe book is full of mouth-watering ideas - you won't be stuck for a snack again! Every type of snack you could think of - if you are feeding lots of kids or you are on the run yourself and need a nutritious snack. There is even information on how to make gluten-free bread and granola plus how to make delicious treats more healthy.



INCLUDING HEALTHY SNACKS FOR ADULTS & HEALTHY SNACKS FOR KIDS
 DISCOVER OVER 130 HEALTHY SNACK RECIPES - FRUIT SNACKS, VEGETABLE SNACKS, HEALTHY SNACKS FOR WEIGHT LOSS, HEALTHY SMOOTHIES, QUICK HEALTHY SNACKS, FAT BURNING FOODS SNACKS, HEALTHY SANDWICH RECIPES, GLUTEN-FREE SNACKS AND MORE!

"Need ideas for healthy snacks? Pick up the book: The Ultimate Healthy Snack List by C. Elias"

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Fundraising at VCS

By Kat Rosen—Fundraising Coordinator for VCS



Amish Quilt for the Raffle
88" x 102"
Value: \$850

“Watch for fundraising packets going out next week for the Amish Quilt Raffle”

Fundraising is an integral part of most schools, especially with all the budget cuts that are happening everywhere and Village is no exception. **If every family pledged \$100 every month, our fundraising needs would be met.** Unfortunately economic circumstances prevented this from happening.

Thankfully there are many ways to come up with funds to meet our financial needs.

Last year we did a few fundraisers, some worked out good (carneval, silent auction, rummage sale), some were small and seemed hardly worth the effort. But even small amounts help out at the end of the year.

I have many ideas for fundraising and I am looking forward to working with a team of people that are willing to come forward and volunteer toward this cause. I am confident there will be a fundraiser for everyone to participate in and enjoy.

Amish Quilt Raffle

To kick off our fundraising efforts in a big way, Miss Bar-num purchased a beautiful Amish quilt on her travels during the summer, which we will be raffling off starting next week. We will have fundraising packets available to go out with every child, including raffle tickets and instructions to get us started.

The goal of this fundraiser is for every student to raffle off 100 tickets @ \$1 each.

This has the potential to make the school over \$10,000.

But that is not the only great thing. For every 100 tickets a child sells, he or she will earn a \$5 gift certificate to either Tierra's produce or Whole Foods.

When every student sells his/her 100 raffle tickets, there will be a big, school wide Pizza party to reward all the students for their efforts.

Watch for the fundraising packets next week!

Thank you to everyone who my last year's rummage sale a big success! We will definitely be organizing one soon. So save up your stuff!

I've also had the idea of placing a big jar in the office where you can drop off your change or a few bucks here and there.

I am hoping that especially those families who haven't pledged any money so far will take advantage of this new low pressure fundraising tool.

Remember: lots of little contributions add up!

If you have fundraising ideas or would like to help out, please don't hesitate to contact me. Constructive criticism and helping hands are always appreciated.

I am in constant communication with Rebecca, so please run your concerns by me first to keep communication channels streamlined.

Kat Rosen
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The Amish are known for [simple living](#), [plain dress](#), and reluctance to adopt many conveniences of modern technology.

The rules of the church, the [Ordnung](#), must be observed by every member. These rules cover most

aspects of day-to-day living, and include prohibitions or limitations on the use of power-line electricity, telephones, and automobiles, as well as regulations on clothing.

Amish church members practice [nonresistance](#) and will not perform any type of military service..

Amish church groups seek to maintain a degree of separation from the non-Amish world. There is generally a heavy emphasis on church and family relationships. They typically operate their own [one-room schools](#) and discontinue formal education at grade eight. They value rural life, manual labor and humility.

Recipe of the Month: Healthy Protein Bars

Ingredients:

- 4 oz soy protein powder (approx. 1 cup)
- 2 1/4 oz oat bran (approx. 1/2 cup)
- 2 3/4 oz whole wheat flour (approx. 1/2 cup)
- 3/4 oz wheat germ (approx. 1/4 cup)
- 1/2 tsp salt
- 3 oz raisins (approx. 1/2 cup)
- 2 1/2 oz dried cherries (approx. 1/2 cup)
- 3 oz dried blueberries (approx. 1/2 cup)
- 2 1/2 oz dried apricots (approx. 1/2 cup)
- 1 (12.3 oz) package soft silken tofu
- 1/2 cup unfiltered apple juice
- 4 oz dark brown sugar (1/2 cup packed)

Directions:

Line the bottom of a 13"x9" glass baking dish with parchment paper and lightly coat with canola oil. Set aside. Preheat the oven to 350 degrees F.

In a large mixing bowl, combine the protein powder, oat bran, wheat flour, wheat germ, and salt. Set aside.

Coarsely chop raisins, dried cherries, blueberries and apricots and place in a small bowl and set aside.

In a third mixing bowl, whisk the tofu until smooth. Add the apple juice, brown sugar, eggs and peanut butter, 1 at a time, and whisk to combine after each addition. Add this to the protein powder mixture and stir well to combine. Fold in the dried fruit. Spread evenly in the prepared baking dish and bake in the oven for 35 minutes or until the internal temperature reaches 205 degrees F.

Remove from the oven and cool completely. Cut into squares and store in an airtight container for up to a week.

Prep time: 25 min.

I found this recipe on the Food network. I have not tried the recipe, but it got good reviews.

If you have a healthy recipe that you would like to share, please email it to: katskoolstuff@aol.com

Thank you.

I hope that you enjoyed this first short, but sweet edition of Village Monthly.

Contributions to this newsletter by either sending me book recommendations, recipes, poems, educational articles, pictures, news from the classrooms, etc are much needed and welcomed.

Please note I am not a professional writer. If my spelling, grammar or anything else offends you, feel free to step forward and volunteer as a proofreader :-)

Sincerely,

Kat



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