



## MGNS Newsletter October 2015

We had a great, smooth start to the school year. Thanks to all of you who got your paperwork in, and got your kids ready for school. We are all excited about working with these kids this year! Thanks!

If you have not yet turned in your Child Health Report, your Immunization Report, or any other forms and payments, please do so ASAP. If you have questions or concerns about the forms, give Sue a call.



### Join Us for Pizza!



Monona Grove Nursery School will be hosting the annual MEET, GREET & EAT on Friday, October 9th from 5:00 to 7:00 pm. Meet other families in your preschooler's class, chat with their teachers, explore the classrooms and eat some pizza! Toddler Time folks are more than welcome to join us as well! Registration forms are due by the 5th. Preregistration is greatly appreciated!



### Third Annual MGNS Resale!

We are collecting gently used clothing right now for our third annual MGNS resale fundraiser! Please consider donating your outgrown jackets, boots, mittens, snow pants and winter gear! Also consider donating your Halloween costumes of all sizes!

Then come shop- starting the night of our Meet Greet and Eat (October 9) and on through the next week. (October 12-16). Great deals to be had all week long! Don't miss it!

### Fundraiser Updates:

\* Labeling our clothes and items is SO important. Don't forget our Oliver's Labels Fundraiser. [www.oliverslabels.com/mgns](http://www.oliverslabels.com/mgns). This is a yearlong fundraiser.

\*Did you forget to participate in our fall fundraisers? We also offer the option of a \$50 buy-out since we know that some people prefer this option. Just write a check to MGNS and we will make sure that you get a letter you can use for tax purposes.

\* Willy St Co-op Gift Cards are for sale in the office! Just come by and

write us a check, we will give you a card for the equal value, and MGNS earns 9%. If you shop at either Willy St Co-op location, this is a great way to support our school! This fundraiser goes on until we sell them all!

## Thank you to our hardworking fundraising coordinators-

Sara Jorgensen [Sarasuepeterson@yahoo.com](mailto:Sarasuepeterson@yahoo.com)

Jamie Wohlgamuth [Jamieren@gmail.com](mailto:Jamieren@gmail.com)



Our Parenting Library is open and ready for Check out! Our parenting library contains a wide range of titles including some teacher favorites like Parenting with Love and Logic, 1, 2, 3, Magic, and Positive Discipline for Preschoolers. Feel free to borrow any books and just sign them out on the clipboard. The cart with the books lives in the office, and gets wheeled out when we think of it. But come down and take a look!

AND Our Parenting Book Club Resumes!

MGNS's 2015/16 Book Club will meet to discuss **Confident Parents, Remarkable Kids: 8 Principles for Raising Kids You'll Love to Live With (by Bonnie Harris)** on Wednesday, October 21<sup>st</sup> at 6:30 PM in the office at MGNS.

The discussion will likely focus on the first half of the book, but there is no obligation to have read any of the book. Anyone is welcome just to come for the discussion. For more information, please contact Mike Christopherson at [mchristo@uwalumni.com](mailto:mchristo@uwalumni.com)



Lunch Bunch Update! We have room in our fabulous lunch bunch sessions. If you are interested, sign up! If you would like to try it for a day, that is also welcome! Lunch Bunch is available for drop in with prior notice for \$6.



Toddler Time Session 2 is now enrolling and filling fast! If you are enjoying your TT class, or think a younger sibling might like it, enroll now!



Happy Birthday to TIM! Saturday, October 3! Tim is the church's janitor and does so much around the school to help us! What would we do without him?

Board of Directors Introduction:

Each month we try to feature another member of our fabulous board of directors. This month, meet Mark!

Hello! My name is Mark Werwie. My son, Miles, is a student in the Starfish class and previously attended 2 years of Toddler Time. My wife, Jennifer, is also an alumna of MGNS.

This is my first year on the MGNS Board of Directors, and I serve as the Secretary. In this role, I take the Board minutes at each meeting. I also make sure they are uploaded to the school's web site so anyone interested in what is being discussed at the meetings can view them. I volunteered to be on the Board to not only be involved in Miles's education, but also because I believe in the school's philosophy that our children are accepted as individuals with their own abilities and interests allowing for development of a positive self-concept. My goal is to make sure that all the students continue to get the quality education MGNS has provided since 1958.

A little about me...I work at CUNA Mutual Group and my wife works for the Sun Prairie Area School District. When not spending time with my family out having fun or at the Dane County Farmers' Market, I enjoy training for triathlons.

If there's anything about the school you'd like to discuss, don't hesitate to contact me.

### Helpful Hints from the Staff

**From all staff members- please please please take your child to the bathroom before class AND before Lunch Bunch—we really need them to go! Even if they say they do not have to go, please ask them to go and try.**

Please label all coats, sweaters, mittens, hats, backpacks, and anything else your child brings to school. Show your child where the labels are placed so they can find their own things easily. *Remember Oliver's Labels is a yearlong fundraiser...*



Children at MGNS will be using the playground whenever weather or ground conditions permit. If your child is at school, she will be included in outdoor activities, so dress appropriately.

This month, we attach an article about Family Style eating for kids. Stephanie (Starfish and Manatee) brought this to my attention, and while it focuses on meals, the same holds true for our philosophy on snack serving.

## Is your Calendar Marked?

### **Meet Greet and Eat**

Friday, October 9<sup>th</sup> 5-7 pm

### **3<sup>rd</sup> Annual MGNS Resale:**

Starts Friday October 9

Runs Oct 12-16

### **4K Field Trips:**

Dolphins: Thursday.  
October 22

Manatees: Friday,  
October 23

### **Halloween Parades:**

Penguins, Dolphins  
Manatees: Oct.30

Starfish: October 28

Seahorses: October 29

### **Scholastic Book Fair:**

November 2-6

### **Pajama Story Hour-**

November 4 at 6 pm

### **"Fired UP!" fundraising event**

November 22 11-3pm

### **T-giving Feast Days:**

Penguins: Nov. 20

Dolphins & Seahorses  
& Manatees: Nov 24

Starfish:

Nov 23

### **No School: Nov. 25-27**

# Passing bowls family-style teaches day-care kids to respond to hunger cues, fights obesity

When children and child-care providers sit around a table together at mealtime, passing bowls and serving themselves, children learn to recognize when they are full better than they do when food is pre-plated for them, reports a new University of Illinois study of feeding practices of two- to five-year-old children in 118 child-care centers.

"Family-style meals give kids a chance to learn about things like portion size and food preferences. When foods are pre-plated, children never develop the ability to read their body's hunger cues. They don't learn to say, okay, this is an appropriate [portion size](#) for me," said Brent McBride, director of the U of I Child Development Laboratory and lead author of the study.

The study found that Head Start centers were in significantly greater compliance with this and other Academy of Nutrition and Dietetics benchmarks than other centers surveyed, including participants in the USDA's supplemental nutrition assistance program CACFP, and non-CACFP state-licensed centers.

The academy's benchmarks were issued in 2011 to combat the problem of child obesity. One in four preschool children is overweight or obese, and more than 12 million preschoolers consume up to five meals or snacks daily at the nation's child-care centers, McBride said.

"The academy also recommends that providers eat with children so they can model healthy behaviors, which Head Start staff are required to do," said Dipti A. Dev, a U of I graduate student in nutritional sciences.

Teachers are also asked not to pressure children to take one or two more bites or finish a serving before another food or activity is offered, she said.

The researchers said that providers need to help children recognize their feelings of hunger and fullness.

"Instead of asking Are you done? teachers should ask children, Are you full? Or they should say, If you're hungry, you can have some more, explained Dev, who is developing a packet of best feeding practices to share with providers.

"Asking the right questions can help children listen to their hunger and satiety signals," she said.

The Illinois research is the first study to evaluate whether child-care providers are adhering to the academy's guidelines for feeding practices. Most providers did promote healthy feeding by serving nutritious foods and not pressuring children to eat or restricting them from eating. Head Start programs stood out though as having the best policies and [feeding practices](#).

In fact, Head Start teachers who use family-style meals are strong advocates for them, the researchers said.

"Teachers who don't do family-style meals have all these reasons that they don't: there's too much waste, it's messy, young kids don't have the developmental skills—the fine motor control—to do that," McBride said.

"But Head Start teachers were telling us ways you could help develop those fine motor skills: for instance, using scoops in the sandbox or pouring water in the water table," he added.

"When you first do easel painting with a two-year-old, it's really messy because they don't have fine motor control, but you still do it even though it's messy. The same thing is true for family-style meal service. It may be messy at first until they develop the appropriate skills and learn to pour the right way or hold the cup as they're pouring. It's a developmental progression," he said.

If children don't want to eat, teachers shouldn't urge them to eat anyway out of concern that the kids may get hungry before the next meal or snack is served, he said.

"If a child doesn't eat at one meal, he'll compensate for it over a 24-hour period.

Making kids eat when they're not hungry is probably the worst thing you can do. It teaches them not to pay attention to their body's signals," Dev said.

**More information:** "Academy of Nutrition and Dietetics Benchmarks for Nutrition in Child Care 2011: Are Child-Care Providers across Contexts Meeting Recommendations?" was published in the October 2013 issue of the *Journal of the Academy of Nutrition and Dietetics*.

**Provided by:** University of Illinois at Urbana-Champaign