



Important Dates

Saturday, October 10th 1pm – Pumpkin Patch

Kick off your Halloween Fun with a Patchwork Families Trip to the Cottonwood Farms Pumpkin Patch! It is open from 10:00 a.m. until 6:00 p.m., but we will be meeting at 1pm. This is a family outing, not a field trip, so our teachers may or may not be joining us. Admission is free. Families can purchase pumpkins, squash and decorative holiday items such as gourds, corn stalk bundles, ornamental corn, and hay bales. Check out the straw bale maze or the 1 1/2 acre corn field maze. See the 1906 Case steam tractor and other farm equipment. Watch the calves, sheep, goats, chickens and Jackson, the farm dog. The farm is located at the S.W. Corner of 75th St. and Arapahoe Rd. Boulder, CO.

<http://www.cottonwoodfarms.com/pumpkins/index.php>

Please RSVP to Rachel Setzke (Lilianna's mom), rsetzke@comcast.net, if you think you might come. The farmer asked for a guess at how many people might be there.



Tuesday, October 13th 7-8pm – Information Session

If you know of any parents that are interested in joining our waitlist, please let them know about this upcoming information session. The hour will include a tour, information about the philosophy and the school, and a question/answer session. RSVP's are appreciated but not required.

Thursday, October 15th – Second Trimester Payment Due

You will be receiving an invoice in your cubby for the second trimester payment. Please let us know if it does not appear to be accurate, or if you will be needing to make any changes to your child's schedule. Keep in mind that changes must be made prior to the second trimester start date (November 16th).

Thursday, October 22nd – No School – Teacher Work Day

Monday, October 26th & Thursday October 29th, 10:00am Halloween Parade Field Trip - The Stratford Assisted Living

We will be taking our first field trip of the year to a nearby assisted living home to bring Halloween cheer to the residents, and to allow the children a safe and enjoyable opportunity to "Trick or Treat!" Please see the associated field trip form for details on treats, transportation, and more!



Investigating Bees & Wasps in Meeting.

Tuesday, October 26th, 6:30pm - Book Club

Let's gather and discuss the suggested summer reading, *In Defense of Childhood: Protecting Kids' Inner Wildness* by Chris Mercogliano. The meeting will take place at the Starbucks on McCaslin Blvd. (459 McCaslin Blvd., Louisville, 80027). We encourage moms and dads to attend, (Brooke's husband will be there and hopes he is not the only male!). Please come even if you have not finished the reading. Please R.S.V.P. to Brooke by e-mail, brooke@thepatchworkschool.com. A few weeks prior to the meeting she will send out some discussion points/questions. Depending on our attendance we might split into small groups for discussion. This will be a child-free event to allow for uninterrupted conversation. (There are some copies of the book at the school if you would like to check it out.)

Announcements

Student Directory – Many people have been asking about the student directory – it is coming very soon! Marie Browning (Coco & SorenMarie's mom) is helping us with all the typing, so it shouldn't be long! We will email everyone shortly with a link.

Volunteering & Offerings – The children are really settling into the routine now, so we're thinking that we could start having parents join us to do offerings during the day starting in mid-October. Good parent offerings can come from something that is a passion or expertise of your own, an idea that came from one of our threads, or even a family tradition. Let us know if you need help coming up with an idea!

Swine Flu – We have had one sibling and one student case of swine flu. However, the CDC is no longer requiring schools to close. It appears that the flu is more mild than previously thought, however we do still need to have children stay home if they have a fever or cough, until they have been symptom free without medication for 24 hours.

Class Pictures Online – The class pictures that Nicki Heathwood (Henry & Charlie's Mom) took of the children are now online. We will also be adding some group photos once we are able to get pictures in good weather on each of the days. Feel free to check out the pictures at: <http://picasaweb.google.com/thepatchworkschool/SchoolPictures0910#>

Halloween – We just wanted to let everyone know that children are always welcome to dress up when they come to school, so Halloween will certainly be no exception! Please do discuss with children the possibility that costumes could get dirty or torn, though, just so they are aware of the potential consequences. Besides the field trip, we will also be offering Halloween-related activities throughout the week.

Boots/Winter Gear – As we prepare for the snowy days ahead, we wanted to share with you our plan. There will be rugs in the cubby room to help dry off wet feet, and we would like children to remove any wet shoes or clothing there (you don't necessarily need to remove wet boots if you aren't going into the main room). Children can then change into dry shoes, slippers, or socks for wearing indoors. Each child will also have a "Patchwork bag" with their name and picture where they will be able to store all of their winter gear. We ask that you use this bag to store hats, mittens, snow pants, etc, but would appreciate you not taking the bag home. Thanks for helping us keep the floors nice and clean and the children nice and warm!

Thread Update

Fall Seasonal Changes

By Wonshé

While fall is coming on and bringing lots of changes to our garden the children and I have been visiting it frequently, just to see what's going on out there. The garden continues to give us luscious tomatoes, red and yellow, that we have been enjoying, and our biggest pumpkin continues to ripen and turn orange. Seems each day it's a deeper color orange than the day before. There are several winter squashes ripening too, and some summer squash still left to harvest.

Several days ago during one of our check-ins we noticed a very large and heavy sunflower that was drooping down toward the earth. Scattered beneath it were lots of seeds that had fallen from its head. We talked about what critters might come along to eat these seeds and what would happen to the ones left behind for winter. We're going to try to remember to go back to the same place in spring to see if these seeds actually sprout. Just for fun we're going to attempt to sprout some of our own in the kitchen and maybe even eat them. After our discussion we decided to harvest the sunflower for a closer look. We cut the head away from the stem and took it into the kitchen to allow it to dry for a day or so.



Once dry we put the sunflower on the table and pulled out some of the thick black and white seeds. When we did we discovered an entire miniature world to explore. We found tiny insect critters and spiders still living and traveling over its surface. We saw places where the butterflies had tromped around in pollen. We were even able to imagine where the nectar may have been that the bees harvested to make honey. Then we decided to take a closer look at the seeds themselves. We cracked one open and lo and behold found yet another seed inside. One that we could eat! Though it was a lot of work we shelled bunches of seeds then sorted them into three piles - the unshelled, the shells themselves, and the 'we can eat good ones'. We

attempted to count the ones in each pile but that just got too crazy.

We had just begun to talk about how in the world to get sunbutter out of this when another wave of curiosity carried us off to another place and time.

How can you help? We need to borrow an electric skillet to cook and taste some of our garden veggies. Do you have one?

Community & Family By Brooke

Since community is such an important piece to the structure of Patchwork, we asked the blue group children to bring in photos of their family to share with everyone. The "Family Photo" wall is coming along beautifully. Children are sharing the photos they brought from home during morning meeting. We are "meeting" grandparents, parents, cousins, and siblings through these pictures and hearing stories of far away places and vacations. We are also practicing writing our names to add to the wall next to the photos. Stop in the library and take a look!

How can you get involved? We hope to have our wall finished soon, so if you are in the blue group, please remember to bring in 1-3 photos if you have not already done so.



Family Photos Hanging in the Library.

The Bunny! By Christy

The past few weeks have been bunny week and everyone at Patchwork has been learning about how to take care of our new friend, Poppy Seed. From reading

bunny books we have learned how she will communicate with us by rubbing her face against us, Poppy will poop and pee in her cage, and she, and her bunny kin, can jump almost 10 ft in the air!

We have also been learning some very important rules to make Poppy comfortable at Patchwork.

- 1) We need to be gentle with her, using our voices and our touch.
- 2) For all of our safety only teachers will pick up the bunny.
- 3) We only come into the bunny fence when invited by a teacher.
- 4) We don't put anything into the bunny fence or cage unless it is bunny approved by a teacher.

To better understand what Poppy can and can't eat we made bunny toys out of the paper towel and toilet paper rolls we collected from families. We learned to cut, fold and even tie knots. A lot of creative toys were made and everyone is thrilled about giving them to Poppy. We are so excited about our new friend and creating a happy and comfortable space for all of us!

We also started "Poppy Training School" this week, where children will have an opportunity to have an individual visit with the bunny. Each day, two to four children will take a turn until everyone that is interested is "certified" to visit her!



Anna feeds Poppy some lettuce, Coco practices petting the bunny gently, Henry gives her a toy, and Charlie checks out her soft fur.

How can you get involved? Ella suggested in meeting that parents should also sign up for Bunny Training School if they would like to get certified. You can find the signup in the hallway by the studio. You might also want to consider taking Poppy home for a weekend – more details about this possibility will follow soon!

It's a bird, it's a plane, it's.... a lot of fun! By Kerry

Early in the school year, a few children showed an interest in making a kite. We brainstormed what materials we would need, collected them from around the school, put a kite together, and then took it out for a test fly. Other children started making airplanes so they could participate in the flying adventures in the backyard. Soon, many kids were making their own airplanes, decorating them, and racing them through the sky. Eventually, we altered the activity a bit by making paper helicopters and experimenting with their design. Does the helicopter fly better when we make the rotors longer? What if we add an extra paper clip to the body of helicopter, does it spin faster or slower? The creativity and enthusiasm continues to build as many of the children continue to experiment with the design and decoration of their homemade helicopters, airplanes, and kites.



Helicopter testing!

Healthy Habits

By Laura Ostrowski

The question has been asked, how much carbohydrates should our children eat? At least 50% is a good starting point. Kids need carbs to grow, think, and play! The bigger question is, **what** kind of carbs are your kids eating. It is best to stick with foods packaged by Mother Nature; fruits, vegetables, and whole grains. And we know organic is best, especially for children since they are more sensitive to chemicals.

Kids love crunchy! The good thing is that, when eaten raw or slightly steamed, many veggies are crunchy. Carrots, celery, broccoli, snap peas, sugar peas, bell peppers are to just to name a few. And they like juicy! Fruits are great for this; melons, berries, apples, and pears are good examples. But we know most kids LOVE dry, refined, crunchy foods; like cereal, crackers, and chips. When selecting these, I like the advice Dr. William

Sears offers: *You can tell a good-for-you carb by the company it keeps - meaning having ample protein and/or fiber with it. A junky carb stands alone. Healthy carbs also spend little or no time being processed in a factory.* Fruits and veggies are first choice carbs, but when looking at store-packaged carbs, make sure they are minimally processed, are "whole" grain, and contain a good amount of fiber and/or protein on the label too. The key words to look for on the product label are "whole", "sprouted" or "rolled" before the grain. Examples would be: *whole wheat, sprouted millet, or rolled oats.* If those words are present, the food should have a good balance fiber and protein. A few brands containing whole grains that are also nut-free are *Mary's Gone Crackers, Doctor Cracker, Home Free, and Perky's.* For more information on good-for-you carbs as well as improving your child's nutrition, I would recommend reading "*The Healthiest Kid in the Neighborhood*" by Dr. William Sears.



Eating a fun, healthy snack donated by Erika Carlson & Anna. The children are "fishing" for raisin "fish" and veggie booty "sharks" using carrots and sun butter.

Thank You!

Thanks to everyone who volunteered, donated, or attended the Art In The School House Fundraiser!



The event brought in almost \$5000, so after our expenses, we will be able to purchase a new laptop for the library along with various other materials!