



Important Dates

January 18th – Martin Luther King, Jr. Day (School Closed)

January 28th, 7-8pm – Information Session

If you know of any families wanting to get on the waitlist, please let them know of this next information session. We will do a tour of the school and answer prospective families' questions.



January 30th, 10am – Family Space Odyssey Museum Trip

In support of all the wonderful research happening regarding space, we are organizing a time for families to meet at the Denver Museum of Nature and Science to visit the "Space Odyssey" exhibit. This is a wonderful, interactive exhibit with hands-on experiments, places to dress up like astronauts, great shows and much more. Just go on into the museum and you will find the entrance to the exhibit immediately on your right after showing your ticket. Don't worry about meeting in any particular spot, because we will certainly bump into one another inside the exhibit. For more information about ticket prices, directions, etc. see: www.dmns.org.

February 9th, 7-8:30pm – Preserving "Inner Wildness" Discussion Group

We would love to have families, staff, and community members join us for a discussion on preserving children's "Inner Wildness." This term was coined by Chris Mercogliano, and he defines it as "the luminescent spark that animates the young," but this has been written and talked about in many different ways, including the "soul of the child" or the "inner child." Why is this spark so important and what can we as teachers and parents do to help keep it alive? Here are some suggested readings that touch on this topic, but there is no requirement to read to attend (there are a few copies of each available to check out from our resource library)

- *In Defense of Childhood: Protecting Kids' Inner Wildness* by Chris Mercogliano
- *The Happy Child: Changing the Heart of Education* by Steven Harrison
- *Pluralistic Learning* by Yaacov Hecht



February 10th – Teacher In-Service (No School)

February 13th – Payment Contracts and Registration Fees For Next Fall Due

February 15th – Third Trimester Payments Due

February 26th, 9am-12pm – Learning Dialogue Open House (No School)

This will be an opportunity for you to come with your children to school to talk with teachers and let your children show you what they have been up to lately. There will soon be sign-ups in the cubby room for you to choose a half-hour time block.

Announcements

Scholastic Books – Julie Adkins (Elise's mom) is now heading up the Scholastic orders for us, so she will be managing the flyers and collecting the checks. You may

also now order online at: www.scholastic.com/bookclubs
The login is: Patchworkschool and password is: bookclub. There is a promotion this month: Spend \$10 and receive a free book up to \$3.

Thread Update

Rockets to Outer Space By Kerry

Since blasting off homemade rockets using water and alka seltzer, the kids have become fascinated with video clips of NASA space shuttle launches and landings. This fascination has deepened into curiosity about outer space, and thus the children are now learning about constellations, singing songs about our solar system, drawing pictures of space journeys, and making their favorite planets out of Styrofoam balls. With the children's interest as our guide, we are all excited to see where else this flight into outer space will take us!



Constructing rockets to blast off.



Creating Planets for the new space station.

Space Station By Christy

Construction is underway in the dress-up room to create the space station! Thank you all for the great donations, which will help with the transformation. Although the transformation is not complete, we have started by adding black paper to the ceiling and walls. For the children this is a big change and their creative minds have already imagined black holes and constellations! Please peek your head in and check-out the changes as the weeks progress.

How can you get involved?

- Join us for the family trip to the space exhibit at the Denver Museum of Nature and Science (see details above)
- Take your children outside at night to see the stars (they don't see them often since they are usually already asleep)
- Bring in materials for the space station!

Healthy Habits

Living in the New Year

By Laura Ostrowski

With the New Year usually comes some sort of New Year's resolution for better health. One of the best ways to improve your health is through nutrition... and the most impactful way to increase your nutrient intake is to eat live, raw foods. Live foods contain active enzymes your body needs to digest so it doesn't have to deplete other resources from your body. They also contain more nutrients, fiber, and live energy.

To make an example of what live food is, Serena took one of the raw buckwheat seeds we use to make live cereal and stuck it in some dirt. A few days later, it sprouted and began to grow. I don't think you could stick a Cheerio in the dirt and get the same result. That's the power of life.

Here are a few tips to add more live food to your diet.

1. Eat a salad as one of your meals each day, or as a side dish to at least one meal.
2. Keep cut up fruit & veggies in your refrigerator for convenient healthy snacks.
3. Keep containers of raw seeds and nuts in your refrigerator for snacks.
4. Make fruit or veggie smoothies every day.
5. Get a juicer and juice a few times a week.
6. Sprinkle raw seeds and raw shredded veggies on your meals (pasta, soups, pizzas...)
7. Make raw soups with a blender... serve warm (up to 120 degrees).
8. Put a raw fruit or vegetable on your plate at every meal.
9. Grow your own indoor herbs and sprouts. Serena nibbles on our kitchen mint, oregano, and wheat grass almost daily.
10. Put celery sticks and fresh herbs in a large jar of water in the refrigerator to keep fresh and snack from.
11. Get a raw food recipe book, or search online for some amazing recipes for meals, snacks, and more!

If you are interested in learning more about raw foods, I would love to hear from you! Have a healthy and happy New Year! ~ Laura Ostrowski 303-478-4777, laura@goodnuture.com, www.goodnuture.com