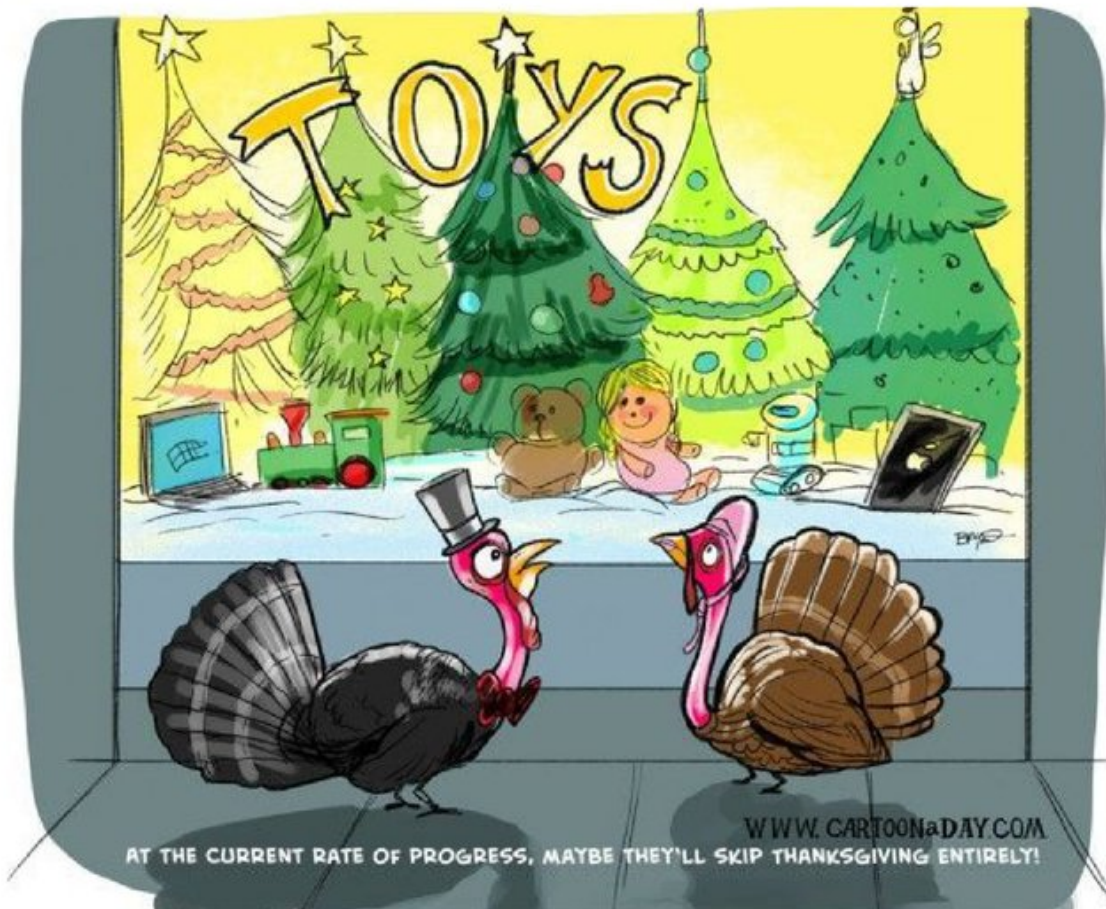




NOVEMBER & DECEMBER 2020

# PRESCHOOL PRESS



WWW.CARTOONADAY.COM  
AT THE CURRENT RATE OF PROGRESS, MAYBE THEY'LL SKIP THANKSGIVING ENTIRELY!



## NOVEMBER & DECEMBER

If you celebrated Halloween, I hope you and your little(s) had some fun. I saw a lot of really creative ideas out there; candy slide was a big hit for sure.

I am definitely looking forward to the cooler weather and the Thanksgiving holiday. However, like most things this year, it will look a little different and sadly, we won't be heading to Georgia to visit my in-laws.

One thing you still can do during this holiday season is give back to your fellow humans and community. Hands-on support will likely be limited due to the pandemic, but there is no lack of organizations that could use your financial support. It is estimated that 1 in 4 households are experiencing food insecurity right now. Some organizations that can help are **Meals on Wheels** and **Feeding America**. If you are interested in supporting hyper local, I recommend these two:

**Alma Backyard Farms** is an urban garden with several locations in SE Los Angeles. The organization provides food to under served communities and skilled jobs to formerly incarcerated people. AND...they've been distributing their crops for free during the pandemic. [www.almabackyardfarms.com](http://www.almabackyardfarms.com)

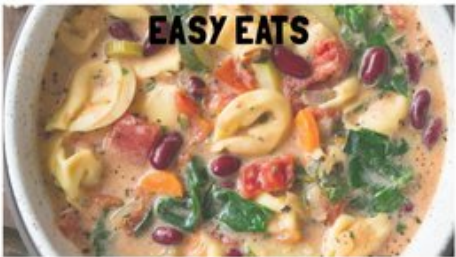
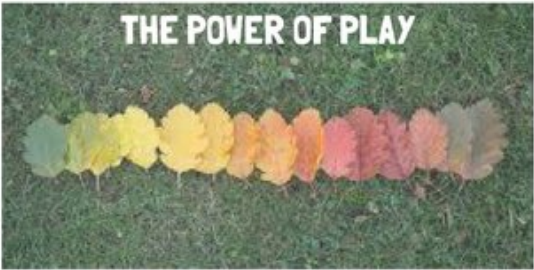
**No Us Without You** provides meals to food-insecure undocumented back of house workers that have been affected by COVID-19 and are ineligible for unemployment benefits. [www.nouswithoutyou.la](http://www.nouswithoutyou.la)

There are also some other great options mentioned in this issue of Preschool Press. A small kindness goes a long way right now. I hope to see many of you in the New Year...and not just on zoom!

*Latisha O'Connor*

Editor In Chief  
Preschool Press  
[preschoolpresseditor@gmail.com](mailto:preschoolpresseditor@gmail.com)  
[burbankparented.org](http://burbankparented.org)







Welcome everyone to Fall!

I must say it is so sad being at school where the children should be painting on pumpkin shaped easel paper, putting feathers on turkeys, and ornaments on our Thankful Tree.

Next fall...

With the cooler weather I hope everyone is enjoying being outside. The parks are open so take advantage of getting out of the house. Stay away from crowds though! There are many hidden gems in Burbank, parks and trails that are not as popular but would be perfect for a family outing. Take a picnic and relax away from your house!

I have included in this issue the spring schedule\*. Yes, spring semester will be virtual again. But, we are also offering many new and

exciting workshops! There may be a few changes but this will give you an idea of what will be available. All our regular classes will be open, we just need a minimum of 10 students to have them run. If you want to attend one, round up your friends so there will be at least 10 people.

Registration will open December 4th. And I have a



Chris Tutak  
Director of Parent Ed Programs

little teaser for spring. I just got the okay to have school pictures done on campus! Julie Lilly, our wonderful photo studio, will be coming at the end of February. We'll let you know all about it as we move closer to February. And remember, these are open to

all of our students, and they take fabulous pictures of infants as well. \*Before you ask...an 8x10 will be substituted for the class photo.

Please enjoy the upcoming holidays. With or without extended family around the table, we need to reach out to everyone we are thankful for and celebrate, even from afar.

I am thankful for ALL OF YOU!

Love,  
Chris

*\* Please note this is the schedule as we know it in November and adjustments/additional information will follow. Please refer to the online catalog in December for the latest details.*



**PARENT EDUCATION**

Classes begin the week of January 4, 2021 and they run through May 7, 2021

Registration: Open Enrollment

For registration, visit [bas.asapconnected.com](https://bas.asapconnected.com).

Spring Parent Education classes will be held virtually with teacher instruction and parent interaction including sharing and supporting one another. One hour rug time and discussions which will include sleep, discipline, potty training, and whatever you are dealing with that week! The classes will be a fun way to meet other parents while learning to manage life during the Pandemic. Class times will begin as listed but may change once in session to a time that is most convenient to the members of that class. For more information, please contact the Parent Education Office at (818) 729-5970, email at [ChrisTutak@burbankusd.org](mailto:ChrisTutak@burbankusd.org), or visit [www.burbankparented.org](http://www.burbankparented.org)

**THE AGE OF THE CHILD DETERMINES THE CLASS****Day Classes****Parenting Your Infant I**

Fee: \$60

(Newborn - 11 months by January 4, 2021)

073012 Tuesday 12:00pm

Tutak

**Parenting Your Infant II**

Fee: \$60

(12 - 17 months by January 4, 2021)

073100 Wednesday 12:00pm

Tutak

**Parenting Your Infant III**

Fee: \$60

(17 months by January 4, 2021)

072015 Monday 9:00am

Stephenson

**Parenting Your Toddler**

Fee: \$60

(18 - 24 months by September 1, 2020)

071111 Tuesday 9:00am

Jennings

071112 Wednesday 9:00am

Jennings

**Parenting Your 2 Year Old**

Fee: \$60

(2 years by September 1, 2020)

071411 Monday 9:00am

Jennings

071412 Thursday 9:00am

Jennings

071413 Friday 9:00am

Jennings

**Parenting Your 3 Year Old**

Fee: \$60

(3 years by September 1, 2020)

072511 Tuesday 9:00am

Yew

072512 Friday 9:00am

Yew

**Parenting Your 4 Year Old**

Fee: \$60

(4 years by September 1, 2020)

073611 Tuesday 9:00am

Staff

**Multi-Age Class: Infant-4-Year-Old**

Fee: \$60

075711 Wednesday 9:00am

Tutak

075712 Thursday 9:00am

Tutak

**The School-Age Child**

Fee: \$60

071811 Thursday 9:30am

Matsumoto

**PARENT EDUCATION WORKSHOPS AND ACTIVITIES***The following are one day virtual workshops. Fee: \$10 per session.**For registration, visit [bas.asapconnected.com](https://bas.asapconnected.com).**For information contact Chris Tutak (818) 729-5970 or [ChrisTutak@burbankusd.org](mailto:ChrisTutak@burbankusd.org)***Pre-K, TK, Etk: What's it All Mean?**

(01/11/21)

##### Monday 7:00pm - 8:00pm Yew

This workshop looks at the schooling options for children before they are eligible for Kindergarten. It explains the difference between these programs, and the benefits and challenges of each. It will explain the goals and curriculum as well as what will be expected of the families and children in each option.

**Glitter Globe**

(01/14/21, elementary ages)

##### Thursday 7:00pm - 8:00pm La Mere

(01/21/21, preschool age)

##### Thursday 7:00pm - 8:00pm La Mere

This class encourages small humans to sparkle and shine inward and outward. They will participate

in yoga movement, compassionate Mindfulness activities as well as enjoy listening to peaceful music and stories. This class will be offered

during the early evening hour of 7-8 pm. It is a perfect opportunity to begin winding down

towards sleepy time. Students are welcome to come

to class online in their pajamas.

**Toilet Training**

(01/26/21)

##### Tuesday 10:00am - 11:00am Jennings

Is your child ready? Know the signs of readiness for toilet teaching. Discuss the beginning steps of toilet learning. Share and learn helpful tips that will lead to a successful experience for you and your child.

**Learning at Home**

(01/27/21)

##### Wednesday 7:00pm - 8:00pm Yew

Staying home does not mean that the preschooler's learning is on hold. Opportunities to teach reading, writing and math abound! Social skills can still be learned and physical development continues. Come and learn some tech-free ways to nurture your child each and every day and have fun doing it.

**Secret Power of Songs, Chants, and Nursery Rhymes**

(02/02/21)

##### Tuesday 9:30am - 10:30am Wright

Singing is fun in our parent-child classes. But do you know what a powerful tool singing can be? To ease transitions, get their attention and cooperation, help language development and to connect and laugh together.

**Picky Eaters**

(02/10/21)

##### Wednesday 10:00am - 11:00 am Jennings

Getting your child to eat well. The 10 biggest mistakes parents make when it comes to feeding their child. And how to fix them!

**Getting Ready for Kindergarten**

(Two session workshop: 02/17/21 &amp; 02/24/21)

Fee: \$35

##### Wednesday 10:00am - 11:00am Stephenson

What you can do to help your child prepare for the exciting journey called Kindergarten. The fee for this two session workshop is \$35.

**Young Children and Race**

(03/09/21)

##### Tuesday 7:00pm - 8:00pm Yew

What does current research tell us about young children's awareness about race and how their attitudes about race develop? How do we as parents talk to our children about race and how can we promote awareness and acceptance in our homes and communities?

**Problem Solving**

(03/10/21)

##### Wednesday 10:00am - 11:00am Jennings

Based on the book, "Without Spanking or Spoiling" by Elizabeth Crary. A practical approach to toddler and preschool guidance. Discussing and solving the most common behavior problems.

**Prepare Su Hijo Para Entrar al Kinder****Music and Movement for Children - 30 minute workshops**

Singing, movement, finger plays and a musical story. Be prepared with a scarf or bandana, a bean bag or something small to toss and catch, and bells or a shaker.

(04/13/21, 2 years old and under)

##### 10:00am Jennings

(04/13/21, 3-5 years old)

##### 11:00am Jennings

##### Monday 7:00pm - 8:00pm Yew

One in thirteen American children has a food allergy, thus affecting every classroom, every neighborhood, and many, many families. What are food allergies? What causes them? What can be done? What is it like to parent a child with a food allergy? What does it mean to support a child (and family) with this very real medical disability? Learn more about this from a parent who has been there.

**Key Concepts in Discipline (During a Pandemic or Anytime)**

(04/28/21)

##### Wednesday 10:00am - 11:00am Jennings

Learn and discuss techniques to motivate positive behavior. Discuss natural consequences and creative discipline techniques.

**Difficult Conversations**

(05/04/21)

##### Tuesday 7:00pm - 8:00pm Yew

Parenting is not for the faint of heart. Circumstances will force each of us to explain hard things to our kids: serious illness, death, natural disasters. We need to teach them about their bodies and about sex. How can we approach these issues in an age-appropriate, honest way? How do we support children that are struggling with loss? What can we do when we are not prepared for their questions? How can we build a family culture that encourages communication? This workshop will offer tips, tricks and survival stories galore.

**THE FOLLOWING INTERACTIVE WORKSHOPS ARE FOR CHILDREN TO ENJOY WITH THEIR PARENT/CAREGIVER:**

NO FEE: To register go to [bas.asapconnected.com](https://bas.asapconnected.com).

**Lunar New Year** 30 minutes of fun and activities about the Lunar New Year

#####

02/17/21 10:00am Yew

**St Patrick's Day** 30 minutes of fun and activities about St Patrick's Day.

#####

03/17/21 10:00am Yew

**Music and Movement for Children - 30 minute workshops**

Singing, movement, finger plays and a musical story. Be prepared with a scarf or bandana, a bean bag or something small to toss and catch, and bells or a shaker.

(04/13/21, 2 years old and under)

##### 10:00am Jennings

(04/13/21, 3-5 years old)

##### 11:00am Jennings





Wait! What? It's November already?! Hoping you are all managing to stay safe and sane, but more importantly, are finding ways to look after yourselves with some self-love and self-care.

When all of this pandemic "craziness" started in March, I was sure that the coming days and months were going to drag on and on, but instead, they are flying by, even faster than before the pandemic! Before the pandemic we were barely home, there were school events to go to, sports activities, birthday parties, playdates, etc. Despite all those activities missing from our family social and activity calendars, our days are full. I'll admit to having become a lot more creative indoors; I am always finding things to do around the house, so far we have never been bored. When "normal" activities do resume, I know it will feel weird and strange at first, but I am looking forward to easing back into doing these activities again. Both my girls have birthdays this month so since we aren't having a party I asked them what they wanted to do to celebrate their special days; go away somewhere, beach for the day, etc., and they both said they wanted a car parade, the 2020 way to celebrate a birthday, and I'm totally fine with that. I know they miss being with all of their friends, and this is the perfect way to celebrate,

whilst practicing social distance guidelines. I am thankful that my party planning stress of the pre-covid era has been alleviated! But, I'll still enjoy putting up decorations and organizing a special treat for the car parade! So that will give me something fun to do this month.

Hopefully, you all enjoyed and survived Halloween, made it memorable for your kids, and



Amy Gleason  
BPEC President

enjoyed not having to negotiate how much of their candy heist they could keep! I know my girls were disappointed about not getting to go trick or treating but I'm secretly happy we don't have all that candy in the house. We created new memories, and I'm pretty sure my girls are going to want to do a few of the activities we did do, like building a cookie Haunted House, cookie decorating and an outside nighttime scavenger hunt for

years to come. Now we get to look forward to Thanksgiving and the holidays, which are my favorite. There are already some great holiday events being advertised, so look out for them.

For as long as I can remember, our program has been a contributor to the **Adopt a Family Holiday Basket** program organized by **The Burbank Coordinating Council**. 550 families in need are adopted by the community and receive food packages. Our Community Service chair, Bouvier, has some information on the new guidelines, so please look out for that information in this press. This is my favorite charity that BPEC contributes to, especially because it's at this time of the year. It's fun to go shopping for the family, but the best part is delivering the goodies. My family delivered baskets to 3 families last year. Seeing the smiles on the kid's faces and the gratitude was humbling. A friend of mine doesn't buy gifts for her family and instead adopts a family and buys foods and gifts for them; how awesome is that?! Whatever you do to help out, big or small, is appreciated.

I hope you all have a great November and December. Stay safe and Happy New Year!

Amy Gleason  
BPEC President 2020 - 2021



2020 has been a very different year, but one thing that hasn't changed is that there are still many families in our community who are in need. While we are not able to come together this year to create Holiday Baskets for families, you can still be a part of this program as well as adopt a family of your own.

Here are some ways you can still help:

1. Adopt a Family
2. Donate Items:
  - Create Food Bags
  - Grocery Gift Cards
3. Purchase Gifts
4. Donate financially
5. Volunteer to help move donated items or to help distribute items.

For more information on how you can still be a part of the Holiday Basket program, please visit their website at <https://www.burbankcc.org/letter>.

- Bouvier Eulen  
Community Service Liaison





## WHAT TO READ THIS MONTH

I don't have this book or any in the series (yet!), but with everything going on and my background in mental health, I couldn't help but seek out a book like this right now.

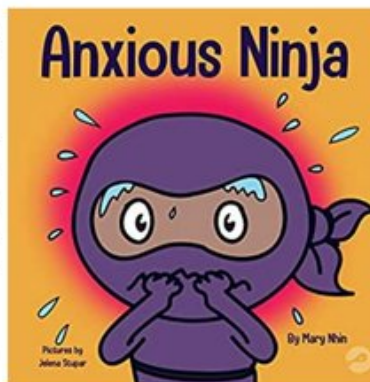
I am grateful my kid is mostly ignorant to the pandemic and politics. His needs are simple: comfort, play, "trucks," and nourishment.

I started seeing these types of books pop up in my social media feed because, ya know, marketing seems to know what we need before we do. It was both creepy and useful, this targeted ad. Way to go Facebook, you got me!

If your little is having anxiety and not quite sure

what that big feeling is all about or how to respond, maybe *Anxious Ninja*, or something similar could provide some assistance to them and you.

Plus, who doesn't love a story about a ninja?



### Goodreads says:

*Anxious Ninja experiences difficult emotions that paralyzes him until his friend gives him tips on how to handle his anxiety.*

*The new children's book series, *Ninja Life Hacks*, was developed to help*

*children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet **witty enough for adults** [as the reader, I especially liked this part of the review].*

*The *Ninja Life and Feelings* book series is geared to kids 3-11. Perfect for boys, girls, early readers, primary school students, or toddlers. Excellent resource for counselors, parents, and teachers alike.*







This is a tiny slice, 4/50 to be exact, of **The Ultimate Playlist: 50 Reasons to Believe in the Power of Play**. A sweet little reminder for what many parents already know and practice can be found at: <https://www.playgroundequipment.com/the-ultimate-playlist-50-reasons-to-believe-in-the-power-of-play/>

*\*Yes, I do wish we were able to hyperlink to this site, but alas, we work with what we got.*

 <p><b>"Play is our brain's favorite way of learning."</b> <i>Diane Ackerman</i></p>	 <p><b>"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood."</b> <i>Fred Rogers</i></p>
<p><b>"We don't stop playing because we grow old; we grow old because we stop playing."</b> <i>George Bernard Shaw</i></p> 	<p><b>"Play is the work of the child."</b> <i>Maria Montessori</i></p> 



Pictures of our teachers and students were to be in the October Press. However, I forgot that student pictures are removed when and only printed copies, doing. I wanted amazing in for the last of the year. They even during a pandemic!



placed online available in the which we aren't to add these educators back Preschool Press work so hard, global



Allison ensuring the toys are sorted and ready to go for when we return



Tekla working in the classroom to keep supplies ready for the future





From Cooking Classy  
([www.cookingclassy.com](http://www.cookingclassy.com)). A  
versatile soup that can be  
easily adjusted to be vegan.

## CREAMY TORTELLINI SOUP

So maybe this isn't the easiest recipe because there are a lot of ingredients, but most are easy to get, or you have on hand. Plus soup isn't like baking and you can take liberties and adjust easily. I often don't have, or forget, the tomato paste, and it turns out just fine. Sometimes I use Italian kale instead of spinach. I swap out kidney beans

for garbanzo beans. I prefer vegetable broth to chicken broth. I've added shredded chicken from rotisserie chicken and it was pretty good too. We don't like celery at my house so I just do more carrots and zucchini. It's getting cold, make some soup, it will be fun, and you'll have meals for days!

Here are the details as the recipe calls for them:

- 2 TBSP olive oil
- 1 1/2 cups diced yellow onion
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup 1-inch cut fresh green beans
- 1 1/2 TBSP minced

- garlic (~4 cloves)
- 3 (14 oz) cans low-sodium chicken broth
- 2 (14.5 oz) cans diced tomatoes
- 2 TBSP tomato paste
- 1 1/4 cups halved & sliced zucchini (1 small zucchini)
- 2 TSP dried basil
- 1 TSP dried oregano
- 1/2 TSP dried thyme
- Salt & pepper
- 1 (9 oz) refrigerated cheese tortellini
- 1 (14.5 oz) kidney beans, drained & rinsed
- 2 cups chopped fresh spinach
- 1 1/4 cups half & half
- Shredded Parmesan cheese, for serving

1. Heat oil in large pot on medium to high. Add

onions, carrots, & celery for ~5 mins.

2. Add green beans & garlic, saute 2 mins. Add in chicken broth, tomatoes, tomato paste, zucchini, basil, oregano, & thyme.

3. Season with salt & pepper to taste. Bring to a boil, then cover & simmer 10-15 mins until veggies are almost tender

4. Add in tortellini and cook about 7 mins, or until cooked through. Add in kidney beans, spinach, & half & half. Cook until warmed though and spinach is wilted, ~2 mins longer.

5. Stir in more broth as needed.  
6. Top with Parmesan cheese



# PARENT HUMOR



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