1900 Cochran Road Pittsburgh, PA 15220 mushroomfamily.org mflcdirector@hotmail.com 412-531-1225

APRIL 2017



Important Dates & Info

TUITION DUE APR. 1 Second-half fundraising fee is due also.

Slice of Summer Mushroom Camp Public Registration Opens Apr. 3 so get registered ASAP!

Spring Musical/Open House – April 6, 6:30pm

Pittsburgh Pirates Package, Other Raffle Baskets and Teacher Time Raffle drawings – Apr. 10-14

Spring Break – April 10-17; Return to class Tuesday, Apr. 18.

MFLC Board Meeting Apr. 19

Dine and Donate Apr. 20! Taste of Lebo – Lebo Subs and Piccadilly Frozen Yogurt, all day!

Proper Shoes – Please be sure your child has proper play shoes (closed toe with a back), especially on movement day.

Enrichment Classes and "Munchin' Lunchin'"
Contact Ms. Melissa at melissa.oprison@gmail.com.

Kids Marathon and Toddler Trot
May 6 (Pgh. Marathon May 7)

Ice Cream Social May 16 – Mt. Lebanon Main Park, 6:00-7:30 (no rain date)

Last Day of School for the Year: May 23



We would like to know how we're doing as a preschool!

MFLC parent questionnaires will be available online near the end of the month.

Please take a few minutes to fill one out. Thank you for your input!

From the Director ~ Joan Harrison

Before the beginning of each school year, we hold teacher in-services. Every year I present a theme for the year. Last year it was gratitude; this year it was patience. Little did I know how much patience would be needed last month! I would like to thank all the parents and teachers for their patience and flexibility during the Disability and Mental Health Summit that was held at our building March 23-25. Because of the high volume of participants anticipated and lack of parking spaces, the staff and board felt it was best to stick to the schedule but be offsite during those days. Sometimes the best-laid plans require patience and flexibility.

The day before the 3/4s, 4s and Pre-K zoo field trip, it was almost 60 degrees. Just a day later, it was 28 degrees and snowflakes were flying! (Not the plan.) Thank you, parents, for bundling your children and going with the flow. It actually turned out to be a great day; the animals were so active and it felt like Mushroom had the whole zoo to itself. So it all worked out. That was day 1.

Days 2 and 3, conferences were scheduled for the Galleria. Once again, the best-laid plans... We did not plan for the deafening jackhammer due to construction. We also did not plan for the doors to be open for a car show on the bottom level, which made the Galleria very cold in the morning hours. You would've thought conferences were being held outside! Once again – patience and flexibility.:)

I hope you will agree with me that the change of venue for conferences was not a bad choice, and everything worked out for the best. Once again, thank you for your patience, flexibility and understanding.

I think we all could use a little more patience, whether with our spouses, children, in-laws, neighbors, coworkers, or even ourselves. Last month in my article I talked about the benefits of laughter. There are also benefits to patience:

- 1. It reduces stress levels and makes you a happier, healthier person.
- 2. It results in better decision making. When we are patient, we have time to assess the situation, see the big picture and weigh pros and cons.
- 3. It helps develop understanding, empathy and compassion.
- 4. It helps us to understand and appreciate the process of growth. You know what they say: "Rome wasn't built in a day."

Any worthwhile thing of importance cannot take place right away. It takes time, dedication and effort to achieve. So even in this day and age of having everything immediately at our fingertips, remember that patience is still a virtue.

WELCOME, FUTURE MUSHROOMERS!

Joachim Alexander born 3/13/17 – Congrats to siblings Addison (Alum), Agnes (KToo), Teddy (3/4s), and Gideon (Future EL) and parents Dovey and Michael!

Theodore Gibbs born 3/23/17 – Congrats to big brothers JP (KToo), Ollie (3/4s), Avery (EL) and Calvin (Future EL) and parents Lisa and Jim!

Be sure to check out the bulletin board by the bench in the hallway for important school info and upcoming events! And also see the last page of this newsletter for details on programs and events.

BIG Thanks to...

- Alaina Stockhausen (Lane, 3s) for her donation from the BeautyCounter fundraiser.
- **Erin Betler** (Sylvie, 3s) and family for their donation of clothes, and for coordinating the Tea Collection fundraiser.
- Simon Jacobs (3s) for the donation of snow gear.
- **Kelly Lotter** (Evan, 4s) for the donation of recyclables for art projects and for producing our fabulous newsletter.
- **Jemma Premus** (Roan, MFLC grad) for the donation of indoor and outdoor toys.
- **Tiffany Duffy** (Quinn, MFLC grad) for the donation of books and toys.
- Lance (3/4s) and Mason (PreK-PM) Winter for their donation of books for the hallway shelf.
- The **Dobraca, Ivey** and **Sponsler** families for their donations to our YouCaring playground fund.
- All our parents who volunteered their time selling raffle tickets.
- Our teachers who participated in the teacher time raffle.
- Martha Jurczak (Xavier, Sprouts) and Erin Betler who coordinated our Pirates raffle spring fundraiser.
- Erin Betler, president, and all the board members who work tirelessly for the success of our school.
- The most awesome group of teachers ever.
- All our parents who volunteer in our classrooms as helpers, guest readers, guest educators and guest artists. We have been enriched by the talents you've shared.

And Special Thanks to our Spring Raffle Prize Donors...

Wabtec, Spoonwood Brewing, Pittsburgh Cultural Trust, PPG, MWM Photography, Caruso Hair & Esthetics, Crust Café & Pizzeria, Borelli's Dance Gallery, Bower Hill Swim Club, Drury Hotels, Life is Sweet Bakery, Mad Mex, Massage Envy, Silvi's Art Studio for Kids, Snapology, Thirty-One Gifts, Veiled Complexions, and the FitzGerald family.

From the Board President ~ Erin Betler

Happy April! Spring break will come and go quickly, but the month of April will be filled with family fun from beginning to end. What's not to love about a month that begins with a day dedicated to fun pranks and jokes?! Colorfully frosted meatloaf-filled cupcakes, anyone?

Ever wonder what a day at Mushroom looks like through your child's eyes? Then mark your calendars for Thursday, April 6. The MFLC OPEN HOUSE and MUSICAL will be held that evening and it will be a great time to allow your child to be

[Parents' Corner]

Ilhan family (Elif, PreK-PM)

Hello! My name is Omur Ilhan (Elif's mom). I was born in Germany. I moved to Turkey with my family when I was 7 years old. I studied economics in Turkey and had worked at a TV channel for 12 years as a graphic designer.

I came to the USA with Umran Baradan, who was president of International Women's Solidarity Association (IWSA), and who's also a famous ceramic tile artist, to work in a project primarily about women in 2006. I met my husband, Celal, and we got married here. Celal wanted to live here, but my family, my friends, my job, my life were in Turkey. It was a difficult decision for me.

At the age of 30, I started a new life in a new country. My son, Kerem, was born a year later. Kerem has been my best friend. I learned everything again with my son, even to talk. I didn't speak English. Culture, tradition, language, food...everything was different. My daughter, Elif, was born in 2012. I have a brand-new life with my children and my husband. We have become a small family now. What is more desirable?

Now, I am so happy. We go to Turkey every year to visit my family and my old life. I speak Turkish at home with the children. Kerem and Elif speak fluently both Turkish and English.

As our children grow, we have made many beautiful friends. MFLC is one of these dear friends. We met with the MFLC family last year, when we were looking for a preschool for Elif. MFLC is a big family with excellent teachers, fantastic children, great families and Miss Joan. We are very happy to be part of this big family. I am eternally grateful to everyone for their help.

your Mushroom tour guide and put on a very special performance for you and all your family and friends!

Is spring fever making you want to eat al fresco? I have good news for you then! The kind people at Lebo Subs and Piccadilly Artisan Yogurt have agreed to hold a "TASTE OF LEBO SPIRIT DAY" fundraiser for us on Thursday, April 20! Both venues will be donating a percentage of sales that day to our school. Please head to Uptown Mt. Lebanon with Mushroom friends, eat some delicious hoagies, and create your very own frozen yogurt masterpiece. It's sure to be a fun time!

Here's hoping that April showers don't just bring May flowers, but also colorful umbrellas and raincoats and plenty of puddles to have a great time splashing around in!

Little Sprouts - Kelsey

"Lions and tigers and bears, oh my!" The month of March was all about animals. We read stories about animals, we acted like animals, and danced around like animals. We talked about how penguins must be brave to slide down the snow.

The Sprouts loved playing with penguin figures and fake snow indoors. We also painted big lion manes.

A favorite activity was guessing animals based on little clues (what their footprints look like, their tails, or the humps on their back). The Sprouts loved the reveal of the animal! Monkey day was particularly fun. We even had a guest monkey puppet we named George, who introduced himself with handshakes and kisses. During our craft, we painted monkey masks and had bananas for our snack, of course.

Spring is here, and I've started to reflect on the Sprouts' progress. Their language has blossomed just like the daffodils! Their willingness to sing and participate is like night and day since the beginning of the school year. I'm so excited to move into April where our theme will be – you guessed it – spring!

Early Learners – Amy, Sheila, and Marlene

In the Early Learners classes, we are more than ready for April showers! March was so unpredictable with its days varying between 22 and 70 degrees and high winds and clouds. We had fun making kites to beautify our room and reading the book "Kite Day." Of course we all love going outside to the playground to run and climb and slide and practice using our "big muscles!" We hope to be able to do more of that in April.

The children love animals and are so interested in their different characteristics. So far this year, we have listened to the sound that hippos make, talked about a shark's teeth, and discussed how birds come from eggs. This month we will talk about other animals that hatch from eggs, so get ready to see some exciting creations! We will read the book "Something is Coming" by Bernice Chardiet which is a lift-the-flap book that everyone loves.

Thank you so much to everyone who came to conferences either at school or at the Galleria. Our venue was a little unusual, but we're always happy to talk about your little ones! We love every minute that we get to spend with them!

Did you know that teachers in Pennsylvania are required to complete continuing education classes? This applies to teachers of all levels, even preschool (as well as teachers who

Register NOW for "Slice of Summer" Mushroom Summer Camp June 5 - June 30

Four-week summer program for ages 3 to 6! Arts and crafts, games, science, nature, music, movement and, of course, playing outside!
9:15 - 11:45 a.m. Monday through Friday, \$75 per week. If you have any questions, ask Joan!

are on leave or who have taken time off for their families). All Mushroom teachers had a six-hour training to complete by this month, consisting of readings and videos. One of the videos had a catchy song about hand-washing, which is an important part of our day, and still vital even though we are (hopefully!) leaving cold and flu season behind us. We are going to be singing it with your children, and thought you might like to incorporate it into your daily routine at home!

To the Tune of "Row, Row, Row Your Boat":

Wash, wash, wash your hands
Get them really clean!
Scrub the tops and scrub the bottoms
Scrub them in between!

Threes – Jamie, Debbie, and April

The stage is set, the songs have been rehearsed and the costumes designed. The performers are putting the final touches on the scenery and the show is coming to life. There is excitement in the air as the actors and actresses run through the rehearsals. They are ready, they are confident, and they are only 3, 4 and 5 years old!

Mushroom Family Learning Center is excited to present our musical, "The Water Hole" on April 6 at 6:30. The stage will be filled with several animals from around the world. All of the classes have come together to put on this amazing event. We have painted the scenery, designed our costumes and learned a new dance. The next couple of weeks, the school will be transformed into a rainforest of sorts including large-scale animals painted by our students. I am not sure who is more excited, the students or the teachers!

While watching the show, you will notice those students who belt out the songs, loud and clear. There will be other students who participate by just being present with their classmates, not moving or mouthing a word. There will be some students who prefer to talk to their classmates rather than sing the songs, practicing their social skills. And finally, there will be some students who prefer to sit in the comfort of their parents' laps, cheering on their classmates as an audience member.

All of the performers have decorated the sets, practiced the songs and been a part of the group experience. We appreciate all of their efforts and accept whatever performance they display on April 6. We hope you will do the same. We can't wait to share our performance with you!

Three/Fours – Liz, Melissa and Jamie and Fours – Liz and Melissa

I know what I would do if I won the lottery. Hands down. No question. I would travel. I have been fortunate enough to do a fair amount of traveling in my life, but I would love to do

much more. I love the feeling of being someplace new. I feel energized and awakened by seeing new sights, meeting new people, tasting new foods, hearing new music, and soaking up new cultures. Whether our adventures take us across the street, across the state, or across the sea, traveling opens new horizons. We learn more about the world and more about ourselves.

I truly believe that I have been shaped as much by my travels as I was by my upbringing. I grew up in suburban Los Angeles, surrounded by the scrubby, muted colors and mid-century "Brady Bunch" architecture of a coastal town with the briefest cultural history. Traveling, my mind was blown by emerald green landscapes and architecture that has survived for hundreds of years. Traveling introduced me to new loves, challenged my assumptions, taught me to take someone else's perspective, and showed me that I could solve any problem by stepping outside my comfort zone and reaching out to another human being. I think being lost in another country with limited language skills is the kind of humbling, empowering, empathy-building experience everyone should have at least once. Through it all, I learned that the world is so much bigger than I could imagine. It is full of transcendent art, breathtaking scenery, and delicious food. It is also full of crushing poverty, dangerous conflict, and devastating disaster. No matter what combination of these forces people face, they share the common threads of humanity: family, home, love, language, music, art, games, and food.

Although traveling to new places is wonderful, it is not the only way to experience another culture. Sometimes, we just need to open ourselves to our neighbors. Some of my fondest childhood memories take place in the home of a Japanese family who lived across the street. They asked me to help their daughters adjust to the new culture and practice their English. Several afternoons a week, I would trot across the street, remove my shoes at the door, and enter a new world. The Tobas took me in, fed me delicious food, taught me games, and showered me with gifts. A gorgeous kimono, an ink stamp with my name in Kanji, and tiny Hello Kitty toys were just some of the treasures they bestowed. Their house smelled different than mine, but over time, that smell, too, became the smell of home to me. I am eternally grateful for their kindness. At the time, it was hard for me to imagine what they got out of the deal. Now I understand.

When I learned that our Spring Musical would be based on Graeme Base's "The Waterhole," I was instantly excited about possibilities for curriculum connections. The animals in this book, gathered at a mythical waterhole, all live in different parts of the world. I might have bitten off a little more than I could chew in planning a trip around the world to learn about the animals, their habitats, and the cultures of people who live in those regions, but I felt energized by my research travels in the same way I do by real travel. We boarded our imaginary airplane and traveled to Africa, India, China, Tibet, and South America. Along the way, we found



Does your child want to have more fun at Mushroom??!!

Sign up for enrichment and/or "Munchin' Lunchin"! Supervised lunchtime is \$8 per day for students 3+. Enrichment classes are \$15 per class for students 4+ available on Mondays and Fridays. Contact Ms. Melissa at melissa.oprison@gmail.com!

rhinoceroses, tigers, pandas, snow leopards, and toucans. We explored the food, music, art, language, clothing, and games found in these places, too. I think the children had almost as much fun with our imaginary travels as I did!

Both classes enjoyed cooking projects. We made African banana fritters, Indian mango lassis, and Tibetan rice pudding. Each dish had its fans and its foes. We emphasized having an adventurous approach. Even if a student didn't care for a dish, one of the teachers would treat them to the "You Tried Something New!" dance. Speaking of dancing, we had fun dancing and listening to music from our destinations.

Our 3/4s were fortunate to have contributions from several families that enriched our experience immensely. Teddy's family brought in money and clothing from Sierra Leone. Japas's mom spent a day with us sharing videos about India. She brought in some beautiful Indian dresses and even allowed the students to try them on. When I saw the looks on our students' faces, I started fantasizing about replacing all our Disney princess dresses with costumes from around the world! Mackenzie and Penny's mom and grandma brought us books, money, pictures, paintbrushes, and other interesting objects from China. They helped us with an art project, too. We used Chinese brushes and watercolors on rice paper.

One of the books we read this month really captures the spirit of our explorations. It is called "Same, Same but Different." In this story, a boy in New York City corresponds with a pen pal in India. They ask each other questions about their families, homes, schools, hobbies, and neighborhoods. They discover that, although some aspects of their lives look quite different from the outside, they share all the common elements of humanity.

I hope you and your children have a chance to travel together. I have certainly loved taking my children on trips, although I wish we had managed to visit more places with them. Even if you are not able to travel now, I hope you have the opportunity to spend time with people whose cultures and traditions differ from your own. I have found that when I share my culture with others, I understand it better and love it more, even as I learn to understand and love theirs.

I hope that you can join us for the school-wide musical and open house on April 6. We have had so much fun learning and preparing! The children were moved to learn that many of the animals depicted in the musical are endangered. They

understand that this means they are in danger of becoming extinct like the dinosaurs. Of course, they want to help! On the evening of the musical, we will be collecting donations for the World Wildlife Fund.

In April, we will wrap up our travels. After that, we will learn about rain and climate.

~ (Dushroom Wish List ~

If you or someone you know can donate, please let Joan know!

- Clothes for all ages/sizes: pants, tops, shorts, underwear, socks
- Yogurt/applesauce-type cups, toilet paper and paper towel rolls, wine corks

Pre-K – Cara, Jane, Marlene and Melanie

There are certain articles I read that provide a visceral reaction throughout my whole system that just says, "YES!" I just read such an article entitled "Keep Them Passionately Curious" by Amanda Morgan at NotJustCute.com, and I had to share with you all...

Keep Them Passionately Curious

I was once asked during a presentation for a parents group what it is that preschoolers need most to prepare them academically.

I'm sure some would have loved tips on building early readers or how to get a jump start on math skills (both important, to be sure), but what I really believe young children need goes beyond even those basic skills.

"Honestly," I said, "if I had to pick one thing, it would be for them to simply keep their curiosity. Everything else will follow."

Passionately Curious

Albert Einstein's name is synonymous with genius. The man was brilliant, but what set him apart was not just his ability to master theories of his day, but to take them one step further. To see what had not been seen and to wonder about what could not yet be known. Einstein himself once said, "I have no special talents. I am only passionately curious."

Curiosity and creativity are often inextricably intertwined. It is the ability to ask, "Why..." and "What if...." It is the ability to think creatively beyond the bounds of what is known, and it is the driving force behind every innovation and advancement in every discipline and at each of their intersections. It is commonly said that children are naturally curious.

Sometimes, however, that fountain of curiosity becomes blocked with our focus on making sure they have the answers rather than the process of getting them. As was written by Po Bronson and Ashely Merryman in "The Creativity Crisis": "Preschool children on average, ask their parents about 100 questions a day. Why, why, why — sometimes parents just wish it'd stop. Tragically, it does stop. By middle school they've pretty much stopped asking. It's no coincidence that this same time is when student motivation and engagement plummet. They didn't stop asking questions because they lost interest: it's the other way around. They lost interest because they stopped asking questions."

We do our children a great service by engaging them in constructing knowledge rather than passively receiving it. Nurturing curiosity and teaching with inquiry put the focus on lighting the fire, rather than just the filling of the pail as William Butler Yeates explained, and it's that fire that drives real learning, real innovation and real creativity.

So how can you light the fire of curiosity? Here are a few ideas:

Ask questions. Continue to encourage children to wonder why. Model by wondering aloud yourself, and engaging children in discussions that explore new ideas even when you don't know the answers yourself. Ask what they think about the things they see, the stories they read and the events that unfold around them. It is necessary to give children directions and instruction, but it is vital to engage them in discussion. Even seemingly trivial questions create a pattern of wonder. "How do you think those window washers will get back down?" "Why do you think the bus was late today?" "What would happen if we..."

Explore. The first step is to wonder, but the next is to act. Explore new ideas. Whether it's tweaking your favorite recipe or creating art from science, provide opportunities to act on natural curiosities and observe [the] outcome. Exploration often begins the cycle again, creating new questions and ideas for new exploration. Expose children to new ideas and

APRIL ENRICHMENT CLASSES

Enrichment classes are available for those 4 and older on Mondays and/or Fridays each month, 11:30am-2:00pm. Please pack your child a healthy, meat-free lunch. \$15 per class. Email melissa.oprison@gmail.com.

Days and Themes This Month...

MONDAYS with Ms. Sheila

April 3: Paint with golf balls and baseballs today! April 24: Read "See Ya Later, Alligator" by Sally Hopgood and make chompy alligators! FRIDAYS with Ms. Marilyn

April 21: Read "Make Way for Ducklings" by R. McCloskey and make a little duckling to take home! April 28: Make some blueberry turnovers and read "Blueberries for Sal" by R. McCloskey!

they will create new questions.

Support passions. If your child is curious about animals, feed that passion with experiences, resources and discussions. Don't wait for the animal science unit to come around in the school curriculum. Show that you value learning that is intrinsically motivated, not just motivated by a due date.

Allow for failure. Curiosity is fostered when children know they are safe to make mistakes. As Thomas Edison said, "Just because something doesn't do what you planned it to do doesn't mean it's useless." And he would know. His process to invent the light bulb led to thousands of supposed disappointments. But instead of seeing a series of individual failures, he recognized the process leading him, step by step, closer to his goal. Teach children to analyze and learn from mistakes, not to be punished for them. Renown physicist Dr. Michio Kaku worries that an emphasis only on facts and figures and right and wrong answers is "crushing curiosity right out of the next generation."

Open-ended play. Play is a natural conduit for creative curiosity. Allow children time to play. Outdoor play creates a perfect format for exploring nature as well as cultivating rich imaginative play. Indoors, provide children with creative toys that can be used in a variety of ways. Constructive toys like unit blocks, Legos, and marble tracks are a great start. So are props for dramatic play and true art experiences. Don't underestimate the value of loose parts and "beautiful junk" as well. Sometimes a cardboard box is the best creative toy money can't buy.

Preserving a passionate curiosity in our young learners will likely do more to promote academic accomplishments than will an active pursuit of academics in and of itself. Teach how to wonder, how to explore, how to passionately pursue, how to learn from failure and how to play (with people, with objects, with ideas). The rest will follow.

K-Too – Marilyn

In March, K-Too entered the African savanna and the Indian forest biomes to learn about the animal we will represent in our school musical in April, "The Water Hole": the rhinoceros.

The children loved learning rhino traits: they have excellent senses of hearing and smell, but poor eyesight, they weigh up to 6 tons, their horns are made of the same tissue as fingernails, etc. They grew to love this endangered, imposing, homely, and noble animal. The children also made their own African savanna and Indian forest on our classroom bulletin boards and populated them with the animals and plants that live there (as well as some "imaginative" species like flying snakes).

We then turned to the properties of water, the other character we will represent in "The Water Hole" musical. We learned that water is the only molecule to naturally occur in all three states of matter (solid, liquid, and gas) and did experiments with all three states. We also made a water cycle diagram and talked about water conservation. We will still be studying water in April and will display children's water experiments, diagrams, and biome displays for open house/musical night on April 6. Children want to know the story behind what they see as every day experiences. Water is no exception.

We will finish April with a unit on the human impacts on water: dams, locks, canals, marshes, water/sewer systems, etc. True to Mushroom's philosophy, we will go where the children's interest leads! Happy Spring!

Look for school pics to be in soon!!

Honoring Mother Nature...

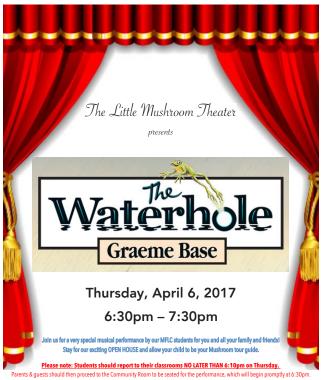
Earth Day, April 22

Gaylord Nelson, who served as a United States senator and governor of Wisconsin, founded the first Earth Day, April 22, 1970, as a demonstration to raise awareness of environmental issues and pollution. He once said, "The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard."

Arbor Day, April 28 (last Friday in April)

Julius Sterling Morton, a Nebraska newspaper editor who later served as acting governor of the state and the U.S. Secretary of Agriculture, proposed Arbor Day in 1872 for tree planting and for recognizing the importance of trees. According to the U.S. Department of Agriculture, one acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people.





Parents and guests will be able to enter the main front school doors until 6:20pm.

Guests arriving after 6:20pm will only be able to access the Community Room area via the **BROWN DOORS** at the center of the building.

Also, please remember that there is absolutely NO food or drink permitted in the Community Room.



to MFLCI

percentage of your sales proceeds that day will be donated

Tell your friends! Tell your family! Tell your neighbors!

