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412-531-1225



MARCH 2017

Important Dates & Info

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APRIL TUITION DUE NOW – MAR. 1
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MFLC Staff Meeting – March 1
Early dismissal at 11am;
afternoon classes start at 1:00pm.
No lunch.

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Tea Children's Clothing Sale – Through March 6
Teaschooldays.com, 15% off and free shipping with code SDS17MUSHROOM!
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'Slice of Summer' Mushroom Summer Camp – registration opens March 1.
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Vision Screening – March 1-2
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School Pictures – March 6-8
Look for details in your classroom!
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MFLC Board Meeting – Mar. 15
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Conferences – March 23-24
No school these days. Look for sign-up info soon!
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Pittsburgh Pirates Ticket Package, Other Raffle Baskets and Teacher Time Raffles – ticket sales will be the week of March 27.
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Spring Musical/Open House – April 6, 6:30pm
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Spring Break – April 10-17
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Proper Shoes – Please be sure your child has proper play shoes (closed toe with a back), especially on movement day.
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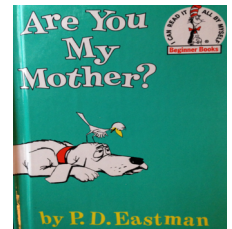
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Enrichment Classes and "Munchin' Lunchin'"
Contact Ms. Melissa at melissa.oprison@gmail.com.
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Help Mushroom Families Through The Scholarship Fund!
Initiated by Mushroom founders Margaret Lee and Fred Doscher in 1995, this fund helps support families faced with trying circumstances. Please consider giving. (Checks are written to MFLC.)
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From the Director ~ Joan Harrison

One Monday morning I was sitting on the bench in the hallway where I greet all of you. This particular morning, to be honest, I wish I had stayed in bed. I was just having one of those mornings. On the bench next to me was my friend Samantha and her mom. They were reading the classic book "Are You My Mother?" When her mom got to the part where the baby bird says, "You are not my mother. You are a SNORT," Samantha laughed and laughed, and kept laughing! It was a true belly laugh, so pure and genuine it was contagious. Soon we were all laughing. When the book was finished and they got up to go to class, you know what? We were all still laughing.

As I continued to sit on the bench I thought to myself, "I would have missed this pure joy if I had stayed in bed. Why wouldn't I want to get up – I have the best job in the whole world!



There is a whole lot of laughter going on in our school daily. Who couldn't be happy to see the smile of a child and hear their laughter? Laughter makes you feel good, and the good feeling remains with you even after the laughter subsides. I would like to share a few benefits from "Laughter is the Best Medicine"... Laughter boosts immunity, lowers stress hormones, decreases pain, relaxes your muscles, prevents heart disease, adds joy and zest to life, eases anxiety and tension, relieves stress, improves your mood, strengthens resilience, strengthens relationships, enhances teamwork, helps defuse conflict, and promotes group bonding.

As they say, "Out of the mouths of babes." That day on the bench was one of those "A-ha" moments for me. Thank you, Samantha, for your contagious laugh that made my day, and many days that followed.

So, if you are having one of "those" days, read "Are You My Mother?" to your child. I can guarantee there will be some good belly laughs! I wish all of you joy, smiles and laughter daily.

WELCOME, FUTURE MUSHROOMERS!

Evelyn Clark born 12/12/16 – Congrats to big brother Jonah (Sprouts) and parents Amanda and Jeremy!

Marco LaQuatra born 2/11/17 – Congrats to big brother Jack (EL W/F) and parents Chelsey and Jack!

See the last pages of this newsletter for more details on programs and events, and also be sure to check out the bulletin board by the bench in the hallway for important school info and upcoming events!

BIG Thanks to...

- All our parent volunteers who helped with Valentine's parties.
- Our magnificent staff for their continued love and dedication to our school.



*Spring forward the night of Saturday,
March 11!*

From the Board President ~ Erin Betler

Happy March! It looks like March may not be too mean of a lion this year and hopefully the Luck o' the Irish will be with us weather-wise this spring. March is such an exciting month. It's the great Spring Awakening of flowers, plants, trees and creatures alike. The early days of spring are filled with such optimism and joy! I hope that you can take a few evening strolls this month and enjoy more time outside. I hope that everyone is able to open up every window in their house this month and air-out the last of winter's germs. I hope that we can all stow away the hats, gloves and heavy coats soon – think of how much faster we will be able to get out the door!

So many fun things will be happening at Mushroom this month. We will start the month off with Picture Day. Say "Cheese!" I excitedly awaited the first glimpse of my daughters' individual and class pictures the past four years and cannot wait to see the proofs of my younger daughter's pictures in the coming weeks. Hopefully there will be plenty of time on the playground this month and numerous chances to see the sun shining brightly and nature smiling, as children spend more time outdoors.

I wanted to extend a big "Thank You" to everyone who participated in our Equal Exchange Fair Trade fundraiser; sales totaled over \$1,100! Our final fundraiser of the year will begin at the end of this month. We will be holding another raffle, this time featuring Pittsburgh Pirates tickets and more! Be on the lookout for details soon.

Do your kids need a spring wardrobe refresh? Then please check out the amazing "School Days" online fundraising event that one of my favorite children's clothing and accessory brands, Tea Collection, is hosting for Mushroom! These clothes are extremely durable, stylish and comfortable. When you visit TeaSchoolDays.com, Monday, February 27, through Monday, March 6, **enter Promo Code SDS17MUSHROOM at checkout** to get 15% off your purchase price + Free Shipping, and Mushroom will receive 15% of all sales!

Wishing you and your family shamrocks, rainbows, and silly leprechauns o' plenty this month, as we turn the clocks ahead an hour, and revel in the First Day of Spring.

[Parents' Corner]

Vernon family
(Ellie, 3s)

My husband and I relocated to Pittsburgh during the summer of 2011 from Madison, Wisconsin. Having never been to Pittsburgh, other than for a job interview, we began the daunting task of finding a community to live in, start a family, and lay down roots. We kept hearing about the adorable "walking community" of Mt. Lebanon and, after spending a Saturday in the area, knew this was the place for us!

Fast-forward to November 2012 when we welcomed our first child into the world, Ellie! It was love at first sight. She had these perfectly squishy cheeks and some serious thunder thighs! Oh... and she also had Down syndrome. Ellie's diagnosis, when she was just three days old, came as a shock to us. I will never forget when the doctor came in the room and shared the test results. She explained that "having a child with Down syndrome was like planning a trip to Paris your entire life and finding out once your plane landed that you were actually in Amsterdam. While you might feel sadness or even disappointment that your trip didn't go quite as you had planned, if you open up your heart and mind you will realize that Amsterdam is one incredible place." This was such an amazing perspective to provide us with in conjunction with Ellie's diagnosis because it was so RIGHT. Those early days were filled with all sorts of emotions but looking back, joy is what we felt most of all.

Ellie is now an amazing little toddler in Miss Jamie's 3s class. To our delight, she is more similar to all of her friends and classmates than not. She loves greeting each classmate and their "Mommy or Daddy" on her way up those little stairs with the red railing in the morning. She is delighted to see when Miss Debbie is hosting a baking activity and excited to learn a new dance with Miss Jamie and Miss April!

When Ellie was first born I feared she would never find a school to call her own. I feared she wouldn't feel accepted or be included with her classmates. Mushroom Family Learning Center is truly a magical place. It is inclusive, supportive and accommodating! Truly a gift and a place where all children can thrive! We are forever grateful for the wonderful education Mushroom is providing for our daughter and the tremendous joy it has provided us as parents. How we got so lucky, I will never know!

Tuesday, March 21, is World Down Syndrome Day. Todd, Ellie, Finn and I welcome you to join us and millions of others around the globe as together we raise awareness of what Down syndrome is, and how people with Down syndrome play a vital role in our lives and communities. Show your support by wearing your favorite mismatched socks this day... because being different isn't a bad thing!

- Abby Vernon

Say "Cheese"!

School pictures will be taken March 6 – 8.

March is National Reading Month

Take the time to read to your child today, and every day. Try a Dr. Seuss book in honor of his birthday, March 2!

Little Sprouts – Kelsey

Love was in the air for the month of February for Sprouts and you really feel it as their cute little faces come through the door on Monday mornings. You see it in their smiles, the love of the classroom space as they head right to their favorite toy on the shelf, to enthusiastically asking for an activity that they remember enjoying. You see the love and comfort of knowing that Mommy is there just in case they need some words of encouragement or a quick snuggle. You feel the love when their busy bodies are still for a moment and they're listening to a story or when they don't want to leave at the end of class and they give their friends hugs!

We practiced our fine motor skills by stringing heart pasta to make a cool necklace, and we stuck tissue paper to heart-shaped contact paper to make beautiful sun catchers. A newer tactile experience has been sandbox time. Everyone loves it! As we move into March we will learn all about animals!

Early Learners – Amy, Sheila, and Marlene

Who would have thought that we would have such great weather in February? We had a great time climbing, running, sliding, and throwing balls outside last month on our playgrounds. When the weather is cold, we get to do some of those same fun things upstairs in the big room, working on our gross motor skills. But it seems like it's a lot more fun to use those "big muscles" in the fresh air! Please remember that when we do get to go outside, it may be muddy. If your child has fancy shoes, it might be a good idea to bring boots or old shoes. We can change into them before we go out.

Speaking of fancy shoes, and fancy clothes, and fancy everything, school pictures are coming up! Sheila's T/Th classes will get their pictures taken Tuesday, March 7. Amy's W/F class will have theirs taken Wednesday, March 8. Don't worry, we won't plan any messy projects for those days so that your child can wear something special. The photographer will take an individual picture of your child and then take a group picture of each class. The pictures come back in a few weeks, and you can choose which ones, if any, you'd like to buy.

Conferences are coming up again. Sheila's classes will be having their conferences on Thursday, March 23. Amy's conferences will be held on Friday, March 24. If either of

these dates are inconvenient, please let us know so that we can schedule a special time for your child's conference.

In February, we started discussing shapes, beginning with circles. We will continue to talk about shapes in March. Soon we will begin talking about spring, and growing and hatching and all of the other exciting things that go along with it. We will have lots of seasonal projects related to the animals that your children love so much!

We love seeing how their fine motor skills have grown. Children go from making marks on paper to making marks that mean something to them, and then to making marks that can be recognized as a face or letters. They are also learning to use glue sticks and marker lids and craft punches! These are simple things that provide a foundation for later preschool years and even on into elementary school. We are so thrilled that you are sharing your child's early education time with us! Thank you!

Illness: When to Keep Your Child Home . . .

While fever is a good indication of sickness, it is not the only one. If your child is "not himself," has vomited or had diarrhea within the last 24 hours, has a green nasal discharge, or is tired and irritable, something more than a cold is likely to blame. In addition to potentially infecting others, children are also less resistant to other germs when ill. If you have any doubts, it's best to have the child stay home. Of course, a big way to help prevent illness is to make sure children wash their hands upon entering the classroom every day.

Threes – Jamie, Debbie, and April

There was magic in the air during the month of February. It was not the sort of magic where a magician says "Abracadabra" or makes a rabbit appear out of a hat. It was the magical experience of becoming fully engaged in fairy tales and make-believe. It was the magical experience of using our imaginations to become a princess or dragon, choosing good over evil every time through kindness and acceptance.

The students were on the edge of their seats when listening to the stories of good guys vs. bad guys. We cheered on the heroes and battled the likes of characters such as the big, bad wolf. We discussed the importance of using our kind words and strong voices to take down those characters making bad choices. We experienced a wide range of emotions when listening to the stories, creating the pictures in our minds instead of looking at a page from a book. We discussed the characters, selected our favorites and even wrote our own stories. We painted a life-size castle where we could pretend to be our favorite characters. A child learns how to communicate, socialize and be creative from listening to a

story. It is this love of listening to stories that will enable them to love reading stories one day.

We shared our love with our parents and sitters on Valentine's Day by inviting them to a dance party in the community room. Our guests joined us in making a huge circle where we danced to all of our favorite songs. This list included "The Chicken Dance," "The Hokey Pokey," "The Macarena," "The Cha Cha Slide" and "The Whip/NeNe." I now know where our students get their dance moves... Great job, family members! It was a special experience watching children and adults dancing together without a care in the world. Music really does bring people together.

Speaking of music, our class started working on our Mushroom Musical songs. The musical will be on April 6 at 6:30 p.m. Mark the date on your calendar now because I guarantee you will not want to miss this!

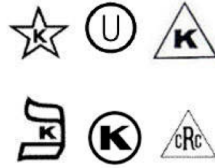
Our students continue to grow in knowledge, confidence, and kindness. We belong to the Mushroom family where everyone's voice is heard and respected. It is a place where one can feel safe and cared for. We are happy to be a part of this family. And, we are happy to be a part of yours.

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

Our emotions are a precious gift. It may not always seem that way, especially when we are in the throes of our own or our children's intense feelings! But when we learn to identify, understand, and respond to our emotions in healthy ways, we discover their ability to guide us, keep us safe, and enrich our lives. Our complicated, modern world makes this no easy task. In a play-based preschool, emotional and social literacy take center stage in our curriculum. Children need help understanding their emotions, big and small, and we work with them on these skills daily. In February, we took an

Snack Reminders

We appreciate the contribution our families make by providing snacks and we are all interested in providing healthy, nutritious ones. Please keep in mind when it is your snack day: foods must be in original packaging with ingredient list and expiration date, be kosher (look for any of the symbols below), and nut-free (plus any other restrictions your particular class may have). Fruits and vegetables are great & will be cut at school.



explicit approach to teaching about feelings.

Both groups explored feelings through books, play activities, discussions, games and art. Our 3/4s worked primarily on identifying emotions in themselves and recognizing emotions in others. They learned to differentiate between helpful actions they can take and harmful actions they should avoid. Our 4s were ready for a more nuanced look at the role of feelings in our lives. We observed that feelings could be big or small, and they might derive from a real or potential problem. We were thrilled to see that as we moved through the lessons, the children began using the language of emotion more and more. As they became better observers of their own emotional states, they were increasingly able to make rational choices guided by the subtle messages of their emotions.

Teaching children about emotions is tricky. So many of us received messages in our own childhoods and from society at large that run counter to healthy emotional functioning. I'd like to share a few of the major points we stressed in our exploration.

- 1) All emotions are acceptable! You have a right to your own feelings, whatever they are. This point may sound obvious, but a closer look will show that children and adults often receive contrary messages. When we praise children for being happy and push them to shove aside unhappy feelings before they are ready, we are subtly telling them that happiness is the only acceptable feeling. When we struggle to contain our anger and tell them, "I'm not mad!" while our faces tell a different story, we send the message that anger is unacceptable. We also teach them not to trust what they see and feel. Often, gender bias is revealed in these subtle messages. Girls may get the message that it is OK to be sad or frightened, but not OK to be angry. Boys may be taught that, for them, anger is acceptable, but fear and sadness are not.
- 2) Emotions come and go, but love remains. Young children may fear their own strong emotions because they fear



Registration opens March 1!

"Slice of Summer" Mushroom Summer Camp 2017 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. every day,
Monday through Friday, \$75 per week**

Non-refundable registration fee of \$15 per child/\$25 per family. In-house registration starts March 1; public registration opens Apr. 3. If you have any questions please ask Joan!

~ Mushroom Wish List ~

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

- ◇ Clothes for all ages: underwear, socks, pants, tops
- ◇ Snow pants/snow suits, boots for all ages

they will be stuck in that state forever. We tried to teach them helpful ways to move through feelings, but also stressed that all feelings pass with time, no matter how strong. They also may fear their parents' feelings, no matter how appropriately expressed, because they fear those feelings indicate a loss of love. It is important to distinguish between emotional states (joy, anger, sadness, fear, and disgust) and enduring states such as love. Emotions are fleeting while love is constant. Love encompasses, surpasses, and withstands all our emotions.

- 3) Your emotions exist to guide you and keep you safe. While some feelings may be uncomfortable, each has an important job. Fear alerts us to possible danger and prepares our bodies to mobilize a quick response to a threat. Anger shows us that something might need to change and gives us the courage to stand up for ourselves. Sadness connects us deeply to others, prompts us to seek comfort, and gives us focus to understand our losses. Disgust prevents us from approaching potentially harmful foods, substances, and situations. I find it interesting that, of these five basic emotions, only one really feels good. A simple feeling, Joy is the true north of our emotional compass. When our compass points to joy, it shouts, "Do this again!" Recognizing emotions in others can also guide you to have more satisfying interactions and relationships.
- 4) We can express emotions in safe ways and take helpful rather than harmful actions to address our feelings. The more aware we are of our emotions and the more tools we have for expressing them safely, the less likely we are to be overtaken by them. If I become aware that I am getting angry when the feeling is still small, I can use my thinking skills to assess the situation and take appropriate action. If I ignore the feeling and take no action, the feeling may become so intense that I can ignore it no longer. When that happens, I am more likely to commit harmful actions impulsively.
- 5) Happiness and joy are not the same. Sonja Lyubomirsky, author of the best-selling *How of Happiness*, defines happiness as "the experience of joy, contentment, or positive well-being, *combined with* a sense that one's life is good, meaningful, and worthwhile." True happiness is found when we experience a rich array of emotions and integrate them into an understanding of our lives.

Striving to be joyful at all times leads only to disappointment. However, we can "prioritize positivity," making time in our lives for the people and activities we enjoy. One of the reasons we embrace a play-based curriculum is that play leads to joy, and joy leads to learning. As we mature, we begin to modulate our emotional expressions. Generally speaking, this is a good thing. I can't imagine what a day would be like if we all went around jumping up and down and screaming like toddlers every time we faced frustration. However, I am grateful to spend my days with young children who have not yet begun to modulate their joy! I feel privileged to share in their delight as they touch slime for the first time, swing "up to the moon," hold hands with their first friends, discover that two triangles make a square, or finally get that block tower to balance without falling. They remind me every day to look for joy in my own life.

In March, we will prepare for our Spring Musical by taking a trip around the world, exploring the animals and habitats in Graeme Base's *The Waterhole*. We also look forward to meeting with each of you for conferences to celebrate your children's growth.



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!

Pre-K – Cara, Jane, Marlene and Melanie

We talk about self-regulation during conferences. But, what exactly does self-regulation mean during these early childhood years? Why is it so important that we give the opportunities for children to practice and develop their self-regulation skills?

This is an article written in the the NAEYC publication *Beyond the Journal* entitled "Developing Self-Regulation" by Elena Bodrova. I think it helps answer some of the above questions.

What is self-regulation?

Self-regulation is a deep, internal mechanism that enables children as well as adults to engage in mindful, intentional and thoughtful behaviors. Self-regulation has two sides: first, it involves the ability to control one's impulses and to stop doing something, if needed – for example, a child can resist his immediate inclination to say the answer when the teacher poses a question to another child. Second, self-regulation involves the capacity to do something (even if one doesn't want to do it) because it is needed, such as awaiting one's turn or raising one's hand. Self-regulated children can delay gratification and suppress possible consequences of their action or to

consider alternative actions that would be more appropriate. While most children know that they are supposed to “use their words” instead of fighting, only children who have acquired a level of self-regulation are actually able to use them. This ability to both inhibit one behavior and engage in a particular behavior on demand is a skill used not just in social interactions (emotional self-regulation) but in thinking (cognitive self-regulation) as well.

How does self-regulation develop?

Emotional self-regulation and cognitive self-regulation seem to have the same neural roots; thus, as children grow older and their brains develop, they can increasingly take control of both their thinking and their feelings. Furthermore, if a neural system is repeatedly exercised, it will continue to develop, as with exercising a muscle. Conversely, if children do not systematically engage in self-regulatory behaviors at a young age, the corresponding brain areas may not develop to their full potential.

How can teachers promote children’s development of self-regulation? Although children come to school with different levels of ability to self-regulate, there are four simple strategies teachers can use to help all children develop this critical ability.

- Teach self-regulation to all children. All young children benefit from practicing deliberate and purposeful behaviors, such as repeated switching from one set of rules to another or resisting the temptation to function on autopilot.
- Create opportunities for children to practice the rules of a certain behavior and to apply those rules in new situations. When children are constantly regulated by adults, they may appear to be self-regulated, when in fact they are “teacher regulated.” To be able to internalize the rules of a certain behavior, children can practice them in three ways: First, children can follow the rules that are established and monitored by somebody else. It is a typical occurrence in a classroom when a teacher, for example, tells children that they can get up and leave only after their names are called. Second, children need to be able to set rules for each other and monitor how those rules are followed (something that happens on the playground, for example, when children set rules for their games.) Finally, they need to apply the rules to themselves.
- Offer children visual and tangible reminders about self-regulation. Learning to regulate one’s own behavior is in many ways similar to learning other competencies, such as literacy and numeracy. For young children, early stages of learning to read or to count involve the use of hands-on activities and manipulatives like magnetic letters or Unifix cubes. Similarly, early stages of learning self-regulation involve the use of visual and tangible reminders that support children’s memory and attention. For example, an effective way to settle or avoid a fight about turn taking is to give children a tangible tool-such as tossing a coin, rolling dice, setting a time limit for turns-to determine who goes first in playing a board game or who has the next turn.
- Make play and games important parts of the curriculum. Not only should play and games not be pushed out of the classroom to make room for more “academic” learning at

MARCH 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

March 6 – Create your own Play Doh! Mar. 13 – Read “There was an Old Lady Who Swallowed Some Clover” by L. Colandro, and make some real St Patrick’s Day fun. Mar. 20 – Make a windsock and try to determine where the wind is blowing. Mar. 27 – Spring flower print making!

FRIDAYS with Ms. Marilyn

March 10: Read Bridget Heos’ “Do You Really Want a Dog/Cat,” make an animal & learn about pet ownership! Mar. 17: Build a leprechaun trap & read “How to Trap a Leprechaun” by S. Fliess to catch those sneaky Irishmen! Mar. 31: Make a kite, read “Kite Day, A Bear and Mole Story”!

this age, they need to be taken seriously. Young children learn self-regulation best through activities in which children-and not adults-set, negotiate and follow the rules. These include make-believe play as well as games with rules. Further, to engage in games like the ones many kindergarten teachers use to teach math or phonics, children have to first have the ability to follow rules that are quite abstract and arbitrary. Children acquire and develop this ability during make-believe play, when they learn to follow concrete and simple rules such as not grabbing the stethoscope when pretending to be the patient. We need to ensure that children have numerous opportunities to engage in acting out complex pretend scenarios – practicing self-regulation.

Addressing academic skills alone will not guarantee success in learning for all children; we must also address the development of self-regulation as the underlying skill that makes learning possible. Thus, “instruction” in self-regulation in the early years deserves the same, if not more, attention as the “instruction” in academics.

I have a favorite t-shirt that I think says it all...

Play = Learning.

Just a Reminder...

Staff Meeting Wed., March 1: 11:00am dismissal, no lunch, 1:00pm dropoff.

Conferences Thurs./Fri., March 23-24: No school

K-Too – Marilyn

February was all too short, and therefore, a busy month. We celebrated Valentine’s Day with a lovely party. We learned to cut our own paper hearts and became experts with complex snowflake patterns. Because it is a presidential election year and the inauguration had just taken place, we embarked on a study of American civics. We started with an explanation of the Electoral College and the popular vote. This segued into

making a map of the U.S., labeling each state, and learning the "50 Nifty United States" song.

We moved on to the three branches of government and made replicas of the iconic buildings that house them (the White House, U.S. Capitol, and Supreme Court) with recycle art materials. The children wrote their own bills and acted out presenting them to their classmates who played congressmen, senators, and the president. We had bills for equal pay for women, animal rights, jobs for the poor, park preservation, gun control, and national sport holidays! We learned about the Constitution and the Bill of Rights because their laws also had to pass a constitutionality test before the Supreme Court (8 students + me = 9 Justices). We are living through a challenging political time and children are confused by what they hear all around them. Our interactive civics lessons helped give them a sense of security because they now know how and why the American system functions.

In preparation for the school musical in April we will move on to the continents of Africa and Asia in March. The children will explore the habitat of the rhinoceros and the effects humans have on their population. We are going to play the rhinos in our musical and want to learn all we can about these fascinating animals. We will also be the "rain" in the musical so K-Too will study Earth's water cycle in March as well.



tea

fundraise with MUSHROOM FAMILY LEARNING CENTER

SCHOOL DAYS

February 27–March 6

Shop TeaSchoolDays.com at 15% off + Free Shipping & we get 15% of all sales

BE SURE TO ENTER promo code: **SDS17MUSHROOM** at checkout (Hooray!)



At Tea, we believe in connection. In curiosity. In conversation. We believe that travel makes the world small enough to respect and celebrate. That's why each season we pack our bags and go exploring – and then bring the world home in easy, modern styles for little citizens of the world.

GLOBALLY INSPIRED STYLE GIRL | BOY | BABY SIZES: 0-12 YRS



MUSHROOM FAMILY LEARNING CENTER

School Picture Days!!!

John of i,Simon Photography will be at our school to create beautiful portraits of your child on the following dates:

Monday, March 6th:
Sprouts
4s

Tuesday, March 7th:
T/Th Early Learners (AM & PM)
3s
3/4s

Wednesday, March 8th:
W/F Early Learners
Pre-K (AM & PM)
K-Too

Class photographs will be taken first. Please ensure that your child arrives to school on time on their assigned picture day, so that they do not miss the group photograph!

NO PAYMENTS NOW. PROOFS AND ORDER FORMS WILL BE DELIVERED IN APPROXIMATELY TWO WEEKS.


i, simon PHOTOGRAPHY
www.SimonPhotography.com 724-873-1502



PARENT-TEACHER CONFERENCES

MUSHROOM FAMILY LEARNING CENTER

Thursday, March 23 and Friday, March 24, 2017

 Due to State Representative Dan Miller's 4th Annual Children & Youth Disability and Mental Health Summit being held at Beth El on March 22 – March 24, MFLC will be holding our Spring 2017 Parent-Teacher Conferences off site.



The MFLC Spring 2017 Parent-Teacher Conferences will be held at:

The Galleria of Mt. Lebanon*
1500 Washington Road, Pittsburgh, PA 15228

*When you arrive at the Galleria, please locate Joan near the open area tables (Upper Level 2) between Anthropologie and BRGR, to be directed to your assigned meeting location.

Thursday, March 23, 2017
T/Th Early Learners (AM & PM), 3s, 3/4s, K-Too & Pre-K PM

Friday, March 24, 2017
W/F Early Learners, 4s, Pre-K AM

Please see your child's teacher to sign up for a conference time slot and any questions.



MUSHROOM
FAMILY LEARNING CENTER

A Slice of Summer

Day Camp 2017

Arts and Crafts, Games, Science, Nature, Music, Movement, Stories, Outdoor Fun and So Much More!

**Camp will be conducted in (4) week-long sessions:
Starting June 5th and ending June 30th**

**Monday - Friday
9:15am - 11:45am
\$75 per week**

**+ Camp Registration Fee: \$15 per child or \$25 per family
All payments are non-refundable**

**For children ages 3 - 6
includes class for incoming 1st graders

For more information contact us at 412-531-1225

**Mushroom Family Learning Center
1808 Cochran Road, Pittsburgh, PA 15220
www.mushroomfamily.org**



CALLING ALL MUSHROOM "KIDS OF STEEL!"



Mushroom Family Learning Center's Board of Directors is proud to announce that MFLC is once again participating in the 2017 Kids of STEEL Program through P3R, a nonprofit organization that promotes the love of running and access to health & fitness education and activities.

Kids of STEEL (KOS) is an award-winning, free youth physical activity and nutrition program designed to instill lifelong, healthy habits in children. Each training plan is geared towards age-appropriate exercise and healthy eating habits. This program is open to all children ages 2 and up, family members, and friends regardless of athletic ability. You need not be a track superstar to enroll. It's all about having fun and being healthy! Kids of STEEL participants can complete their program in one of three optional running races (held the Saturday of marathon weekend - [Saturday, May 6, 2017](#)).

TRAINING PROGRAMS

The [2016 Kids of STEEL Program Guide for parents](#) includes 3 training plans for the Toddler Trot, Kids Marathon and 5K. All plans have corresponding training logs that can be turned in for a KOS finisher prize (not required).

Children can participate in the free Kids of STEEL training plan and not register for a race. ALL PARTICIPANTS MUST REGISTER FOR THE KIDS OF STEEL PROGRAM AND COMPLETE A LIABILITY WAIVER, EVEN IF THEY WILL NOT ATTEND A RACE.

Program Choices	Cost	Benefits	Online Registration Info
Kids of STEEL (NO RACE)	FREE	<ul style="list-style-type: none"> • Training log • KOS finisher prize 	Deadline: February 1, 2017. Contact Erin Betler for registration link.
Kids of STEEL and Pittsburgh Toddler Trot (100 meter run recommended for ages 2-5)	\$10 per child Adult is free	<ul style="list-style-type: none"> • Training log • KOS finisher prize • Toddler Trot race number, shirt & finisher medal 	Deadline: March 31, 2017 thepittsburghmarathon.com/kidsofsteel
Kids of STEEL & Toyota Pittsburgh Kids Marathon (non-timed 1 mile fun run for children to run with family and friends)	\$20 per child 1 adult runs free; additional adults \$10 each	<ul style="list-style-type: none"> • Training log • KOS finisher prize • KM race number, shirt, goody bag & finisher medal 	Deadline: March 31, 2017 thepittsburghmarathon.com/kidsofsteel

RACE WEEKEND

The Kids of STEEL races will be held on [Saturday, May 6, 2017](#) (5K race, Kids Marathon & Toddler Trot).

Team Mushroom plans to offer plenty of support for these programs including:

- Training Mentors, Training Runs and Training Logs
- Fun and exciting presentations and activities with the Kids of STEEL trainers and dietitian
- Big smiles and encouraging words!
- Cheerleaders along the race routes and a Mushroom Family Reunion at the finish line



REGISTRATION IS NOW OPEN - thepittsburghmarathon.com/kidsofsteel

When registering your child, please make sure to select "YES" that they are participating in a Kids of STEEL Program and select Mushroom Family Learning Center from the drop-down list, to be included on our team. When we pick up Kids Marathon race items prior to race day and your child isn't listed with our school, his/her items will not be boxed up.

QUESTIONS

For more information or to sign up, contact Erin Betler with any questions at erinbetler@gmail.com or 703-201-2602.