

Letter from the Director By Roberta Stuart, Executive Director of the CPPPBC



Congratulations! You and your children have been sharing and participating in quality play based learning and quality Parent Education. Your families have been supporting cooperative learning and cooperative communities.

What an amazing Parent Education Speaker Event was held on Thursday, November 17th! Lynn Miller was a resounding success, we had a full gym at the Carisbrooke Elementary, filled with enthusiastic community members from our PPP's and several North Shore PAC's. Lynn was quite impressed at the parent interest and attendance despite the snowy, cold night. Lynn Miller was an entertaining and insightful speaker! She illuminated much with regards to anxiety in children. For additional information, she suggested www.anxietybc.com

This amazing speaker event was a co-presentation with the Carisbrooke Elementary PAC and was a very successful joint venture. Thank you Carisbrooke PAC. I look forward to teaming up with other Lower Mainland PAC's in the future. Thank you to the Board Volunteers and PPP volunteers who helped make this event such a successful Parent Education Event.

Awards

Do you want to show some extra love and appreciation for preschool members or to recognize exceptional service to your Pre-

school or to your Executive Board? Each year the Council looks forward to recognizing your nominees at our annual Spring Fling Awards Night and Party. This is a great way to publicly acknowledge our hardworking parent volunteers and Teachers that keep our Preschools running successfully all year long.

For the recipient, even a small acknowledgment can signify a lot of appreciation for their efforts and it can raise awareness in the community about just how dedicated and committed some of our volunteers are. Also, applications are accepted for the Outstanding Preschool and the Goldie Maycock Award for an outstanding Teacher in the PPP Community. The Goldie Maycock Award is a once in a lifetime award but we are always happy to help you begin the nomination process to recognize your outstanding Teacher, see more details on our website.

Start a discussion with your Preschool Executive. If you would like to nominate a member for an award of Appreciation or write a letter of Commendation or nominate a Teacher see the forms on the Council website at www.cpppreschools.bc.ca Or contact the Council at 604-435-4430 before Monday, March 26th, 2012 to make your nominations.

Spring Fling Awards Night & Party

We are very excited to celebrate 67 years of amazingly wonderful cooperative preschools

in BC and all that we have accomplished together on April 14th, 2012. The Spring Fling Awards Night and Party is a fundraiser for the Council but also an opportunity for the PPP community to come together and share their successes. There will be lots of fun, too with Raffle Baskets, Silent Auction items, plenty of great Door Prizes and games, delicious food and entertainment.

Raffle Baskets

In January many of our member Preschools begin preparing their themed baskets for the Basket Raffle and Auction for the Spring Fling. Past themes have included "Date Night" with chocolate, theatre tickets and massage oil or "Day At The Beach" with toys, coolers and games. Choose themes associated with various hobbies like gardening, baking, reading, painting or scrapbooking.

If you have not had the chance to participate in our Spring Fling Party, this event offers many opportunities to win and shop for these amazing Baskets donated by our Member Preschools.

Raffle tickets sell for only \$2.00 each - That's right you could win one of these beautiful Baskets with a \$2.00 ticket.

For more details on upcoming events, see our website. The Council wishes you and yours a joyful, and restful winter Holiday Season!!

Dates to Remember

CPPPBC Office closed for the holidays between Dec. 19th and Jan. 2nd, re-opening on Tuesday, Jan. 3rd, 2012

Upcoming CPPPBC Board Meetings
Monday, December 12th, 2011
Monday, January 19th, 2012

CPPPBC Annual 'Spring Fling' Awards Night & Party
Saturday, April 14th, 2012



Wishing You and Your Family a Safe and Happy Holidays

From the CPPPBC Board and Staff



Anger and the Family: Keeping your Kool

By Kara Ko, M. Sc., PPP Parent and Parent Ed. Speaker



Do you wish you could diffuse your child's frustration before he or she "loses it"? Do you wish you hadn't said that "one last thing"? Would you like to understand and deal with your partner's irritability or anger? Would you like to learn how to treat your kids or partner the way you want to without losing your temper?

Sometimes it can feel like anger in the family appears from nowhere and with little warning. The simplest triggers can lead to an all-out battle. What can you do to take control?

First, what *is* anger, anyway? Anger is defined in the dictionary as a strong feeling of annoyance, displeasure, or hostility. It's natural to feel anger and frustration. In evolutionary terms, anger is the body's "fight or flight" response to danger. When it's not a life-or-death situation, anger is a secondary emotion we use to cover up another emotion that is more difficult to experience, or that feels more vulnerable. Anger can affect your physical health both in the short term and the long term (blood pressure, immune system), as well as the healthy functioning of your family.

While it is natural to feel anger, expressing it in unhealthy ways over time can impact how children behave and how they feel about themselves. Research shows children of parents who display more frequent and intense episodes of anger are more aggressive, less compliant, and less empathic (Crockenberg 1987, Trickett & Kuczinski 1986, Strassberg 1994). Children who experience corporal punishment have a higher depression rate as adults (Straus 1994) and lower self-esteem (Korbanka & McKay 1995). So, there are plenty of reasons to "keep your kool" and express your anger and frustration in healthy ways, and there are so many healthy ways to take control and express anger.

Here are some tips for taking control of one's emotions:

Figure out what sets you off or what your "triggers" are – and write them down.

Building Family Traditions

By Hilary Feldman, Ph.D., former PPP Parent and past Council Financial Advisor

Every family has its own quirky traditions. Perhaps you have fancy birthday parties for the family pet or paint a giant family portrait each year. Traditions can be anything, including something as simple as raking leaves in the fall and then jumping into the mounded pile. Maybe you tromp around a muddy field to find the perfect pumpkin – or build a snowman after the first snowfall.

Small everyday moments can also be part of family traditions. Reading together in a snuggly bedtime heap each night – or relaxing with a movie and popcorn every Friday evening – fit the description too. Essentially, a family tradition is something you do together, specific and unique to your family. Repeating it over and over gives it special significance. You also probably share some traditions with other fami-

Make decisions about how you'll handle anger while you're not in the moment – plan ahead before anger strikes. You can make better decisions while you are *not* angry about what you will and will not do while you *are* angry.

Listen to and acknowledge your children's or partner's feelings.

Take care of yourself – exercise, eat well, get enough rest, and very importantly - take a break. Arrange for safe alternative care for your children if possible when you need a break.

For more info, check out one of my classes or my talk "Parents and Anger." Email me at karakomediates@yahoo.com.

Kara Ko has a Master's degree in Brain and Cognitive Sciences from the Massachusetts Institute of Technology and has trained in mediation, conflict resolution and anger management at the Justice Institute of BC's Centre for Conflict Resolution. She has worked with the Dispute Resolution Society of BC in their Court Mediation Program and is a member of Family Mediation Canada. She gives talks at preschools, offers community workshops, and does coaching in Conflict Resolution and Anger Management. She hosts the parenting radio program "It Takes a Village" on Vancouver Cooperative Radio (Thursdays 4-5pm, 102.7FM). Kara and her husband are the parents of two children ages 7 and 3 1/2.

References and Resources

New Oxford American Dictionary

McKay et al. "When Anger Hurts Your Kids"

<http://kidshealth.org/kid/feeling/emotion/anger.html>



lies, such as cultural values or religious celebrations. But each family adds a special touch, whether it's a closely guarded latke recipe, favourite dish at Eid ul-Fitr, or decorations for Chinese New Year.

Even the smallest rituals and traditions help bring families together. Shared values and experiences build stronger relationships. It's important to have the family together, whether just parents and kids or everyone (including grandparents, cousins, aunts, and uncles). Many traditions come from our own experiences. If you think back to your childhood, certain memories stand out. Parents often want to recreate this feeling for their children, particularly things that seem the most important and full of joy. Rituals and traditions also set a predictable rhythm and comforting stability for children.

Some Winter Picks

By Carolyn Hart, BC Certified Teacher

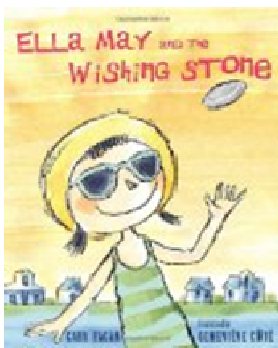


STORYTIME STANDOUTS

Ella May and the Wishing Stone

written by Cary Fagan and illustrated by Geneviève Côté

While on a trip to the beach, Ella May is fortunate to find an extra special stone - a stone that has a white line all around it. Certain that her extra special stone has the power to grant



wishes, Ella May decides that her first wish should be to show the stone to all of her friends.

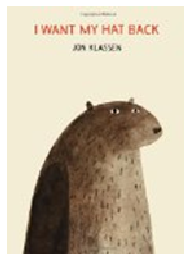
Before long, Ella May's friends have gathered 'round her,

hoping to touch the magical stone. When Ella May refuses to let them hold it, they decide to find their own

special stones. Although the children find all sorts of interesting stones, none is equal to Ella May's.

When Ella May finally realizes that having a wishing stone is not nearly as special as having friends, the stage is set for a happy and imaginative solution that reunites the group.

A great choice for children aged four and up, **Ella May and the Wishing Stone** is a story that invites readers to think about what it means to be a friend, how best to share treasured items and imaginative ways to solve problems. Note - illustrations and children's names depict a racially diverse group of friends.



I Want My Hat Back written and illustrated by Jon Klassen

Poor Bear, he has lost his pointy, red hat.

He searches the forest, politely asking, "Have you seen my hat?" He meets Fox, Frog, Rabbit, Turtle, and Snake. None has seen his hat. Bear is bereft and despondent. He frets that his hat is gone forever.

When Deer finally asks, "What does your hat look like?" Bear remembers something important.

Picture book, **I Want My Hat Back** is a breath of fresh air with a hint of mystery and, perhaps a touch of revenge.

Best suited to older readers, adults and children (five years and up) will thoroughly enjoy the opportunity to "read between the lines" and enjoy the gallows humour.

Carolyn is a former PPP parent and a B.C. certified teacher. Please visit her website - www.storytimestandouts.com and follow her on Twitter @StoryStandouts. Carolyn presents early literacy programs at Richmond community centres and programs for adults throughout British Columbia.

Family Traditions, continued from page 2

Every couple brings new family "ways" with them. Sometimes these reflect shared values and prove easy to combine - after all, what's wrong with having both pumpkin pie and cranberry cake at Thanksgiving? Other times, the differences might feel more substantial - one parent celebrates Christmas and the other celebrates Diwali. By the time children enter the picture, it's important to consider what traditions your family will include. What holidays will be on the calendar? Will you open birthday presents in the morning, like one family, or after dinner and cake, like the other?

You can also start completely new traditions. It's an effective way of cementing people together. A family can even be created through deliberate shared experiences - including a close family friend draws that person into your family circle.

If you are looking for new traditions, there are several places to start. Consider your heritage. Are there certain holidays, celebrations, or foods that have been forgotten over the years? Maybe a family member can remember how things were done by past generations, or someone has Great-Grandma's old recipe file.

Another approach focuses on your values. Perhaps your concern for

the environment could lead the family to participate in an annual beach clean-up. Your family could collect warm clothes and take them to the homeless shelter when the weather gets colder. Maybe the kids could choose a food bank donation on each weekly grocery-shopping trip.



Family interests are another source of inspiration. Maybe your daughter is fascinated with everything about space, and you could start watching annual meteor showers or visiting the planetarium. If your son loves trains, attending seasonal train events might be a huge hit.

Of course, there are all the little moments in life - which add up to be very important. Regular family meals, weekly board game evenings, or favourite songs and lullabies each night all count as family rituals. Maybe you always leave preschool saying, "See you later, alligator," only to hear, "In a while, crocodile," from your daughter. It sets a pattern for saying goodbye and demonstrates that you will return again. The meaning transcends the words, becoming a shared moment with your child that reinforces the relationship. That's what families come down to - relationships. So anything you do that strengthens that bond and reinforces your love is valuable.

Job Posting



The Seymour Heights Parent Participation Preschool (SHPPP), a leader in play-based learning serving the North Vancouver community for more than 50 years, has an opening for the position of Teacher Supervisor. The preschool offers an excellent working environment supported by a highly dedicated membership of parents. SHPPP is a licensed preschool operating under Vancouver Coastal Health, a registered charitable non-profit organization and a member of the Council of Parent Participation Preschools in BC.

The successful applicant will be a highly organized self-starter, fully qualified and registered with Community Care Facilities. Qualifications include ECE Diploma or certification, an ability to communicate effectively with parents and children, and a willingness to work closely with the Preschool's parent executive. Prior experience in a preschool classroom is an asset. The job will commence in September 2012 with possible training as early as May 2012.

To apply with a cover letter and resume or to request a detailed job description, please email shppp.hiring@gmail.com. For more information about our school, please visit <http://www.seymourheightspreschool.com>. Please note that only successful applicants will be contacted.

WIN/WIN/WIN RAFFLE 2012

Join the Council of Parent Participation Preschools in BC for this fun and easy fundraiser for your school coming in January 2012

Tickets are \$2.00 each, each book contains 10 tickets.

Over \$3000.00 in fabulous travel and luxury prizes!

Your PPP benefits from receiving back 40% of all your ticket sales.

Information has been sent out to each school President

Notes and Corrections

Nicola Van Heyst is taking this issue off but our Teacher's Corner column will return in our next issue.

Kathy Ems is current president of Parent Cooperative Preschools International and past president of Parent Child Preschools Organization serving Oregon & Washington. Last month's byline indicated that "Kathy Ems is the Executive Director of Parent Cooperative Preschools of Oregon"

You could have your advertisement placed here!

To reach families around the Lower Mainland and throughout BC contact our office by email:

cppadmin@telus.net

or phone: 604-435-4430.



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Council Office: Monday to Thursday 9:30 am – 2:30 pm



For a Member Preschool near you please visit our website at www.cpppreschools.bc.ca