

# VBS ECC NEWSLETTER

APRIL 2017



## ECC DIRECTOR'S COLUMN

The Passover story is one which Jews around the world are compelled to tell so that each one of us should "experience what it means to be a slave." No doubt we each have something which makes us feel like a captive in our skin. But consider the opposite -that which makes us feel free, unburdened, fulfilled and grateful to be alive.

Today I shared a laugh with a colleague. It was deep and hearty, long and loud, so glorious that it practically took my breath away while making me shake from head to toe. You know this kind of laugh... the one you find so wonderful that it makes you giggle (or snort!) hours later, even as you sit by yourself in your office finishing the day's work.

As you celebrate Passover with your children, family and friends, I hope that something delicious will catch you by surprise and make you laugh as only a free person can. Chag Sameach and enjoy a wonderful few weeks.

With love,  
Abby

Got time to laugh in the kitchen?! Try making your very own matzah with this child-friendly matzah recipe! <http://www.thekitchn.com/try-this-homemade-matzo-81256>

## APRIL DATES TO REMEMBER

- 4/4 Model Passover Seders  
(Rooms 102-108)
- 4/5 Model Passover Seders  
(Rooms 111-115)
- 4-6 Camp Shelanu Early Bird pricing  
deadline
- 4/8 Tot Shabbat 10AM
- 4/10-21 ECC SPRING BREAK- ECC CLOSED
- 4/22 Tot Shabbat 10:30am
- 4/24 ECC Resumes
- 4/25 Parent Assn. Meeting 9:15am
- 4/26 Parent Ed- Pattie Fitzgerald 7:30pm

The ECC Celebrated Nowruz Last Month



Most of the shadows of this life are caused by our standing in our own  
sunshine.  
--Ralph Waldo Emerson

## CAMP SHELANU- REGISTER FOR EARLY BIRD PRICING

Camp Shelanu is designed exclusively for preschoolers..  
 Early Bird pricing ends 4/6! Don't miss out on the savings.  
 Click here to sign your preschooler up for a summer of fun:  
<https://vbsecc.campbrainregistration.com/>



## PURIM WRAP-UP

The Megillah! The hamantaschen! The costumes! The NOISE!  
 Purim is one of our favorite holidays here at the ECC.



**ONE LITTLE PERSON MAKES A DIFFERENCE!**  
**Get your family involved in social action.**

Contact VBS Social Action Chair Brooke Wirtschafter (bwirtschafter@vbs.org) for family- friendly opportunities to make a positive difference in the world.

Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.

- Margaret Mead

## PARENT ASSOCIATION NEWS

March madness hit the ECC PA! What a busy, but very special month! Thanks to all the dads and moms who participated in our first annual NCAA tournament basketball pool. Thanks to all the parents and kiddos who came to play at the Tree House Play Date during parent-teacher conferences. And sending much gratitude to all of our parents, teachers, and administrators who partied up, boogied down, and donated big at our EPIC 80s night. Thanks to your support, our children will enjoy learning, playing, exploring, and growing in their very own, new Discovery Yard.

Next Parent  
Association  
meeting is  
4/25@  
9:15am

The fun is not over, though! April has more in store for you! The Tot Squad will be coming to the ECC on April 6th to clean your well-used car seats, strollers, high chairs, and other gear. We hope you will attend a fabulous parent education night on Wednesday, April 26th with speaker Pattie Fitzgerald, author and owner of the Safely Ever After program, a program for parents and kids that teaches non-fearful strategies to keep our kids safe.

We encourage every family to be involved with the ECC PA. Bring your ideas and energy as we begin to plan for next year! All are always welcome and encouraged to attend PA meetings. Our next PA Meeting is Tuesday, April 25, 2017 at 9:15 am in Glaser.

Get your ECC T-Shirts and Sweatshirts at <https://squareup.com/store/vbs-ecc-parent-org>.

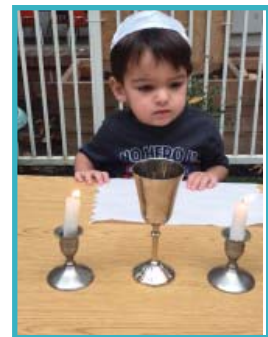
If you would like to get involved, or know someone who would, or would just like to get more information, please reach out to the ECC PA at [VBSECCPA@gmail.com](mailto:VBSECCPA@gmail.com). Follow us on Facebook at <https://www.facebook.com/groups/VBSECCPA/>

## ANOTHER EPIC EVENING!

The ECC PA out did themselves this year with a day-glow, rocking 80's Epic this year. Thank you to everyone who helped make this year's fundraiser a HUGE success. Special hugs to Co-Chairs Emily Feit and Jamie Weissman, along with PA Co-Chair Nikki Eigler for giving so generously of your time and talent.



**Tot Shabbat** family services are filled with joyful singing, story telling and family friendly prayers. Join fellow ECC families April 8th and 22nd@10:00am in Burdoff Hall.



This is a wonderful day. I've never seen this one before. -Maya Angelou

## WHY DO WE HAVE LOCKDOWN DRILLS? HELPFUL ADVICE FROM FAMILY THERAPIST SUSAN STONE

As Jewish parents, we struggle with carrying on a normal life while random anti-semitic threats exist in our communities. While most adults develop coping strategies, what are our children to do with the information they inevitably receive? Even if you attempt to shield them, children as young as preschoolers are exposed - through television, radio, newspaper photos and playground chatter. What can you do to recognize if your child has been exposed and how can you help them? Being appropriate and aware of how you act and react is the key to your children feeling safe, secure and optimistic about life in an uncertain world. The following are some important ways you can help:

**BE PARENTAL** - Convey that you are in charge; make clear the distinction between adult and kid decisions; continue with the same rules and limits and their enforcement; let children know it's YOUR responsibility and that of other adults to keep them safe. They only believe this if they perceive you as "the big person in charge".

**CONTROL THE FLOW OF INFORMATION** - Control access to the news according to the age of your child and their need to know. Very young children should be protected, as well as you can, **MAINTAIN ROUTINES** - Keep to normal daily schedules and activities. Continue normal expectations for children's behavior and schoolwork. Help children restore a sense of control - give them age-appropriate decisions, plan proactive activities such as sending to military personnel. Keep family traditions and plan for future activities.

**BE AWARE OF YOUR REACTIONS** - Don't fall apart in front of children - present yourself as being calm and in control. Be aware if you are acting more impatient, yelling more or being preoccupied. Do not discuss events on an adult level when your children can hear you - this includes phone conversations.

For more information on this and other relevant parenting issues, please contact Susan Stone directly at 310-276-7329 or via email at [scsmft@aol.com](mailto:scsmft@aol.com)



Attend an important, informative evening of  
parent education with **Pattie Fitzgerald** Founder of  
**SAFELY EVERY AFTER**



**WEDNESDAY, APRIL 26th, 7:30pm**

Pattie's presentation is designed to teach parents and caregivers vital strategies and skills designed to keep children safe from predators, including 10 Family Safety Rules, 10 Red Flags and Warning Signs, 20 Prevention Tips and Guidelines for teaching children.

**Free Admission** but an **RSVP** is required. Please let us know you will be attending via this link:  
<https://www.parentsquare.com/feeds/392834>

Being considerate of others will take your children further in life than any college degree.

-Marian Wright Edelman

## KIDTALK

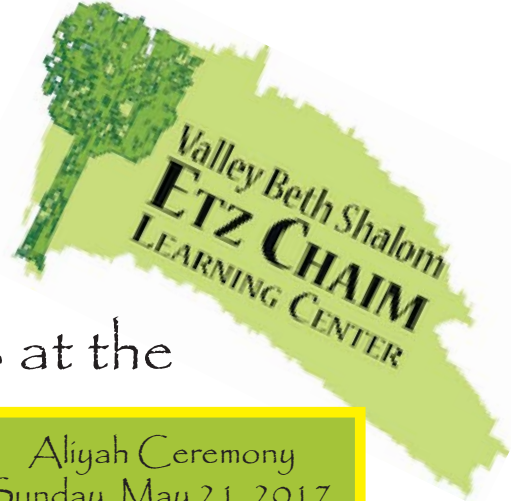


During Passover prep, we overheard this budding artist explain his work. In Room 104 Mason announced "Hey everybody, I'm drawing the desert and all these dots are the Jewish people!"

## ECLC NEWS

### SAVE THE DATE

Two end of the year events at the ECLC



Performing Arts Academy Show  
Tuesday, May 9, 2017 at 5:30PM  
In Glaser Hall

Aliyah Ceremony  
Sunday, May 21, 2017  
10:00AM - 12:00PM  
Niznick Sanctuary

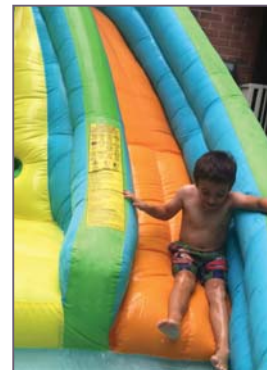
## HAPPY BIRTHDAY OLGA!



The ECC showered our friend and helper Olga with love when she celebrated her birthday last month.

## GOT CAMP?

Register online for a carefree summer at Camp Shelanu!



Early Bird pricing ends 4/15! don't miss out on the savings! Click here to sign your preschooler up for a summer of fun: <https://vbsecc.campbrainregistration.com/> For Camp Kef (grades K-7), please register at [campvbs.org](http://campvbs.org)

When one tugs at a single thing in nature, he finds it attached to the rest of the world.  
- John Muir

# VBS DAY SCHOOL SPOTLIGHT



## VBS Day School's Boudai Innovation Lab

Dream Big! Day School students are innovators, creators, and engineers inspired by the new Day School Boudai Innovation Lab. The Innovation Lab is the next step in promoting 21st Century learning in a self-motivated environment. Students will now be able to explore, create, and design projects collaboratively all in one place. The students are especially excited to use the latest technology such as 3D printers, laser cutters, virtual reality gear, robotics, multi-media productions when finding ways to make our world a better place through their Design Thinking projects. The Day School recently held a special celebration in their new Innovation Lab honoring their donors who are alumni parents and current grandparents Kamran and Diana Boudai. Surrounded by their family and grandchildren (VBS students), Rabbi Avi placed a mezzuzah on the door that students made on one of their 3D printers. Thank you to the Boudai family for their generous contribution to our school and to the Aaron and Toby Feit and Alan and Emily Feit for their contribution for ongoing support of the Innovation Lab.

Catch every fun-filled minute we can capture at the ECC on Instagram. Follow us at :

<http://instagram.com/vbsecc>



Please join our Facebook community!

"Like" the Valley Beth Shalom ECC Preschool page.

Get a joyful glimpse into your child's day. This is a great way for you to share your child's preschool experience with loved ones across the world. We often post great candid shots that you can share friends and family. Remember, for security reasons, please don't tag any children with their names.



## LET US HEAR FROM YOU!

Please contribute to the ECC Newsletter!

Email your thoughts, suggestions, interesting links and adorable pictures to is: [cberger@vbs.org](mailto:cberger@vbs.org) We value all contributions.

We must accept finite disappointment, but never lose infinite hope.

- Martin Luther King, Jr

## CLEAN UP AT THE ECC 4/6



Here to save the day, Tot Squad swoops in to provide the eco-friendly cleaning and care of baby gear.

Our mobile team brings these services to you:



**Clean It**  
Natural, non-toxic cleaners\*.



**Fix It**  
Stroller tune-ups and repairs.



**Secure It**  
Certified car seat installations.

### LET US RAISE MONEY FOR YOUR SCHOOL!

Scrub-a-dub-dub, it's the easiest fundraiser around - we host a cleaning day at your school and 10% of the proceeds are donated back. Packages start at an affordable \$19.99. Best of all, we can host an event for either half and full day programs:

- 1 We provide you with marketing materials & sign-up sheets
- 2 We set up outside or inside - wherever is most convenient
- 3 Parents collect their clean & fresh gear when they pick up their kids
- 4 10% of sales go to the school and we will donate services to your next silent auction

### FAST, CONVENIENT, SAFE AND ECO-FRIENDLY



Cleanings take as little as 30-60 minutes per item, so we can clean 20-30 items per event. Minimum is 10 items. The more we clean, the more money goes back to your school!



Parents drop-off gear when they bring their kids to school. We label each item and have it ready to go when parents come back for pick-up.



We are certified Child Passenger Safety Technicians and can safely and properly re-install car seats on a first-come, first-serve basis of pick-up time.



We proudly use natural, non-toxic and baby-safe cleaning products from Honest Company that are also gentle to the environment.



We only require a 10x10 space, access to a sink and an electrical outlet to provide our services. There is no waste or mess - we'll leave your space as clean as we found it!



We also accept used items for donation to our charity partners if you would like to host a drive.

Contact us at [lamanager@thetotsquad.com](mailto:lamanager@thetotsquad.com) or call 310.895.9983 if you would like to schedule a cleaning day at your school. [www.thetotsquad.com](http://www.thetotsquad.com)

Call the Tot Squad (310) 895-9976 to book your appointment for April 6th car seat cleaning. Be sure to mention VBS ECC when you call.



Pinterest

We've got a great page on Pinterest! Check out fun-filled activities, crafts, recipes and inspirational ideas specially selected for preschool parents. Search **VBS ECC Preschool** and join the fun.