

# VBS ECC NEWSLETTER

MARCH, 2015



## A MESSAGE FROM OUR DIRECTORS- THE IMPORTANCE OF FUN

In today's fast-paced, achievement-oriented society, it is easy to become distracted from some of the fundamental developmental "tasks" of early childhood development. The demands and sense of competition outside the safe, nurturing walls of the Preschool can lead some parents to think about Kindergarten readiness just in terms of math and reading readiness. We know here, that social-emotional development is a profoundly critical foundational component of brain development and is therefore a top priority in our early childhood curriculum. One of the most important things we do here at the ECC is cultivate and nurture every child's sense of self, and his/her place in the community and in the world. When a child feels safe and secure in a learning environment, and when they know that they matter, they reach and expand greater areas of their brains. Alternatively, when children are scared or fearful, the part of the brain that is activated, is the "lowest" and most primitive part of their brain - the part of the brain that was designed to make us RUN to safety when we were being chased by saber-toothed tigers. Alternatively, high level problem-solving, critical thinking, and emotional intelligence are all functions of the "higher" areas of the brain. These areas of the brain develop most readily in response to and in the presence of FUN, learning, and creativity. That is why we do what we do here at the ECC - we create FUN, stimulating, learning activities in which children are engaged, challenged to learn, and confident in their abilities to succeed. This environment prepares them for kindergarten not just in terms of the skills they need, but also in terms of their emotional strength and readiness to take on risks and challenges that will yield the greatest opportunities for growth and learning in the future.

### MARCH DATES TO REMEMBER

- 3/6 ECC Community Shabbat Pot Luck  
Dinner 5:30pm-Seedlings featured
- 3/8 VBS Purim Carnival
- 3/14 Tot Shabbat 10:30am
- 3/17 Parent Assn. Meeting 9:15AM
- 3/24 Parent Teacher Conferences  
1pm Dismissal
- 3/25 Parent Teacher Conferences  
ECC CLOSED
- 3/26 Passover Model Seders 111-115
- 3/27 Passover Model Seders 102-108  
(one guest per child at the Seders)
- 3/28 Tot Shabbat 10:30am
- 3/30 Spring Break -ECC Closed (3/30-4/12)
- 4/13 ECC Resumes



### ECC SCHOOL TOURS

TAKE AN ECC PRESCHOOL TOUR!  
Call Marilyn @ 788-0567  
to book your tour.  
Applications are now being  
accepted for the 2015-16  
school year.

## ECC 2015-16 REGISTRATION DUE MARCH 15th, 2015

### Registration is required for new AND returning families.

2015-16 ECC registration packets have been mailed to you. If you did not get your packet and would like to register for the 2015-16 school year, please stop by Claire's office for a registration packet. Please take a moment to review everything in your packet, complete the registration forms and return them to Claire as soon as possible. ***You will not be guaranteed a spot next fall without these completed forms.***

### CONGRATS TO MERAV!



The entire VBS ECC community celebrates Outdoor Classroom Specialist Merav Samara for winning the Smotrich Family Award for Excellence in Teaching from the BJE, Builders of Jewish Education. Merav was selected from nominees in over 40 Jewish preschools throughout greater Los Angeles. Merav's unique talent and innovative curriculum is an ever present gift to the ECC community. Mazel Tov Merav!

### SNOWY FUN IN THE SUN

Our sincere thanks to the fabulous Snow Day PA committee headed by Shirin Broukhim and all our parent volunteers including Selene Maiman, Elina Donay, Tamar Wax, Gelilia Hurwitz, Arezou Razbannia, Kelly Kazokov, Bahiye Fakhouri, Liza Ruszecki, Nicole Madnick, Pam Winn, Elise Boudai, Inabl BenDov, Nina Kashefi and Shirin Farahmand who made Snow Day so special. Special thanks to Danny and Melissa Moloshok for their super-fun green screen photos! A sun-shiny-snowy-great time was had by all!

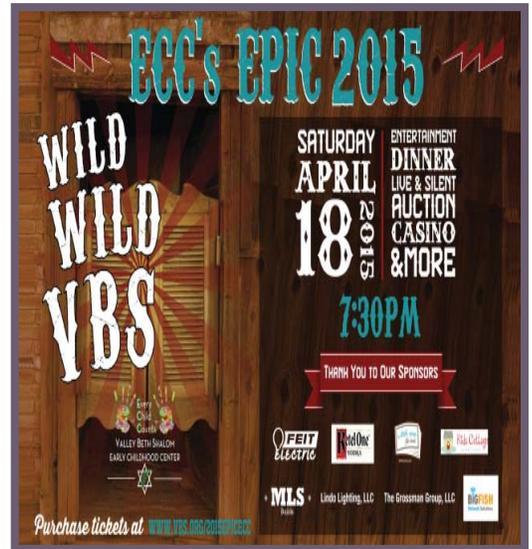


Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

-Thich Nhat Hanh

## SAVE THE DATE - THE ECC WILD WEST EPIC - 4/18

Yee Haw! Howdy Partners! Have you bought your tickets for the ECC's Wild Wild VBS EPIC yet? Our western saloon themed EPIC Fundraiser is on 4/18! Enjoy dinner & dancing, a whiskey tasting, casino games, photobooth and the live & silent auction. This year's auction items include ECC Teacher Playdates, local restaurant & hotel package gift certificates (we all need date nights!), concerts, VIP VBS parking spot, Kids Camps, Fitness Classes, diamond rings and more. Also, don't miss your chance to win the race car bed of your child's dreams (Twin Size Bed Mattress not included, \$400 value!). Raffle tickets are \$5 each and the winner will be announced at EPIC. EPIC co-chairs Emily and Jamie will be selling EPIC tickets at the Purim Carnival this year on March 8th and periodically at drop-off. Be sure to come to school with your credit card or checkbook to buy tickets and support your ECC....or...buy tickets online right now: <https://www.vbs.org/2015epicecc>



## ECC COMMUNITY POT LUCK SHABBAT

The best way to welcome Shabbat is surrounding yourselves with friends and family. And the best place to do that is the ECC Community Shabbat services and Pot Luck Dinners held each month at VBS. Every month ECC families gather together, sharing favorite family dishes (dairy please). We'll also have pizza for the children. Please sign-up: [www.slotted.co/eccshabbatjan9](http://www.slotted.co/eccshabbatjan9) and plan to join us for this special evening. Family-friendly services begin at 5:30 and pot luck dinner immediately follows. Our next ECC Community Shabbat Pot Luck is **FRIDAY, March 6th@ 5:30PM**. **Seedlings classes will be featured and everyone is invited!** Shabbat recipes to share? Please email them Manya Monson, ECC Community Shabbat Chairperson: [manyamonson@gmail.com](mailto:manyamonson@gmail.com). She's putting an ECC cookbook together!



**Tot Shabbat** family services are filled with joyful singing, story telling and family friendly prayers. Join fellow ECC families MARCH 14th and 28th @10:00am in Burdoff Hall.



Gardeners are good at nurturing, and they have a great quality of patience, they're tender. They have to be persistent.  
- Ralph Fiennes

## VBS PURIM EVENTS

Bring your family to the VBS Purim celebrations beginning 3/4 AT 5:30 with an Early Childhood "Frozen" themed service led by Rabbi "OLAF" followed by a yummy Purim Pizza dinner. Dress your children up in Purim-Inspired costumes



for the ECC Purim festivities on Friday, March 6th Then, get ready for the VBS Purim Carnival on March 8th from 10am-3pm. Carnival rides, games, face- painting, yummy food and more for everyone in your family. Wrist-band tickets and ticket bundles will maximize your fun and there are special prices for preschoolers! Contact the VBS Youth Department to purchase tickets. Email: [youthdept@vbs.org](mailto:youthdept@vbs.org)



## COMMUNITY HELPERS DAY



PA volunteers including Melanie Cohen, Melissa Darwish, Andrea Benbassat, Nikki Eigler and Arin Weissmann hosted some very special guests at the ECC last month. Community Helper Day brought firemen, policemen, tow truck drivers, EMTs, UPS drivers and Sanitation Engineers along with their vehicles. Children had the opportunity to climb, drive, honk, explore and ask loads of questions to our patient guests. A HUGE THANK YOU to our PA and community volunteers for this memorable day.

## LINKS WE LOVE:

### "Why Moms Get Nothing Done"



Being a mom is hard work. It's a full time job with an endless to-do list, and even when you spend the entire day doing things to take care of your little ones, it can sometimes seem like you've done nothing at all. Esther Anderson has managed to capture the laughable frustration of motherhood in her video, "Why Moms Get Nothing Done." And with over 32 million Facebook shares, she obviously got something right. Google [Why Moms Get Nothing Done](#) to view the video and smile.

Attention is the rarest and purest form of generosity.

- Simone Weil

## PARENT ASSOCIATION NEWS

February at the ECC was full of snowballs, police officers and pottery painting fun! Thank you to our amazing Snow Day committee for a day our toddlers thoroughly enjoyed! The fun was elevated this year by the gracious donation of Moloshok Photography, Inc.'s incredible green screen photography. Thank you to Danny and Melissa Moloshok! Community Helper Day was loads of fun this year as we were visited by a tow truck, UPS truck, fire truck, trash truck, recycling truck, police car and ambulance. The parking lot was packed with energetic kids and friendly community helpers! Thank you to our Community Helper Day committee for setting up such a great day!

Thank you to our parents and kids who participated in our Color Me Mine fundraiser in February. We raised a great deal of money that will go towards future fun days for our kids! And, as a reminder, t-shirts and hoodies are always for sale! March will be a busy month for the parent association as we prep for the amazing Wild Wild VBS Epic fundraiser on April 18th. Tickets are selling fast, auction items are flying in, and the entertainment is set up to be amazing. Buy your tickets here:

<https://www.vbs.org/2015epicecc>

## ASK A PARENTING EXPERT

**Q:** *My child is a very picky eater! Despite eating everything as a toddler, he has turned into a "carbs and white-food only" eater and it's driving me crazy. I'm worried about what he's getting from a nutritional perspective as well as just being tired of making macaroni and cheese. Can you please give me some ideas or tell me "not to stress" about this?*

**A:** Let me start by saying, you are not alone! It's VERY common. So, first, please don't stress over this. Older Toddlers (as I like to think of children in this age group) choose to exert their independence in a few key places. Food is one of them. Here are a few things to try:

1. Put out all meal components at one time, as opposed to staggering in "courses". Include 1 new food item with 2-3 older/well-liked items.
2. Give children a "buffet-style" dinner. Children love choices. In an ice-cube tray, place 8-10 small amounts of different food items like peas, avocado, shredded cheese, ground turkey in a delicious red sauce, etc. You can also include some sauces for dipping, like BBQ or Ranch.
3. Keep putting it in front of them. If your child constantly says "no", that's okay. Continue putting different foods in front of them. Studies suggest that a child needs to see something multiple times and try it even more, before "liking" it. Do small amounts so you won't feel there is a lot of waste if it goes uneaten multiple times...and it will.
4. Don't offer a back-up meal solution! It's actually okay if your child goes to bed hungry once in awhile. This will probably entice him to "try" next time.

Remember, YOU are the parent and YOU set the guidelines in your home. Children will often say that they don't like something or don't want to try it. The best suggestion I can offer you is to take a deep breath and don't argue. Mealtimes should never turn into a battleground. Eventually, your child will try it. I promise.

Parenting: Get Into It! [www.intuitparenting.com](http://www.intuitparenting.com)

Next Parent  
Association  
meeting is  
Tuesday,  
3/17@  
9:15AM



*Marissa Gold is a parent, beloved ECC Infant-Toddler Teacher and the founder of [Intuitparenting.com](http://Intuitparenting.com)*

Teaching might even be the greatest of the arts since the medium is the human mind and spirit.  
- John Steinbeck

# VBS DAY SCHOOL SPOTLIGHT

## VBS Day School Family Programs

VBS Day School offers several family programs that enrich each student's learning experience and help build strong family connections. In kindergarten, students and their parents participate in an evening of "Making Bedtime Jewish" where they decorate a pillow and learn about the many Jewish rituals surrounding bedtime and making that time special.

In third grade, students and their families have the opportunity to attend a family camp weekend where they experience Shabbat, activities and learning together as a community. In fifth grade, students compile a Family History Video Project where their family histories come alive, and they spend two evenings celebrating their heritage and sharing their unique projects. In May, the entire school will have the opportunity to spend Shabbat together at Camp Ramah for the First Annual All School Youdai Family Camp Weekend.





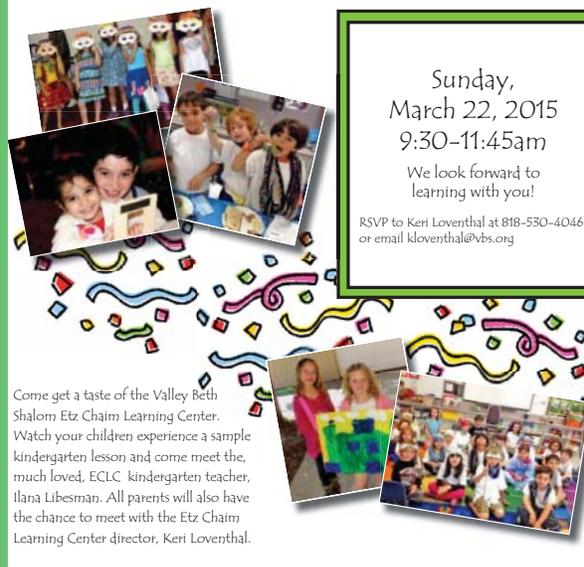
PLEASE JOIN US FOR A  
**"Taste of the ECLC"**

Sunday,  
March 22, 2015  
9:30-11:45am

We look forward to  
learning with you!

RSVP to Keri Loventhal at 818-550-4046  
or email kloventhal@vbs.org

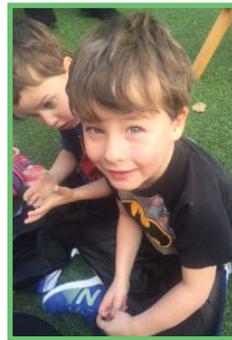
Come get a taste of the Valley Beth Shalom Etz Chaim Learning Center. Watch your children experience a sample kindergarten lesson and come meet the, much loved, ECLC, kindergarten teacher, Ilana Libesman. All parents will also have the chance to meet with the Etz Chaim Learning Center director, Keri Loventhal.



## KIDTALK: UNITED STATES PRESIDENTS

When we discussed American Presidents last month, your children had some very interesting observations. As Brooke walked past a large picture of George Washington posted in a classroom window she proclaimed **"Hey, I know that guy! He's my dad's close friend!"**

When Room 113 discussed what a big job the President has. When the teachers asked the class what his job responsibilities are, Ben said **"President Obama has a VERY important job. He makes challah."**



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.

Be inspired by our pins!

[www.pinterest.com/vb-secc/vbs-ecc-preschool/](http://www.pinterest.com/vb-secc/vbs-ecc-preschool/)



Visit us on Instagram!

<https://instagram.com/vbsecc/>

I believe our true nature IS kindness and that when we are not acting out of fear we act out of love.

- Glinda