



# Childroots newsletter

# October

2011

## Room Meetings

Its time again for Classroom Cohort Meetings. We highly value room meetings as a forum to educate parents on 1)the daily happenings of the classroom, 2)to help predict future trends and accomplishments, and 3)developments the cohort will take over the next 6 months. We also enjoy hearing from parents at theses meeting about their perspectives on the class-room dynamics. Teachers, administrators and specialists will all attend. We will be spreading this group of meetings out over the next 2 months (this helps to ensure that all of our staff can be there.) All meeting will start promptly at 6:30PM. These are adult only events. Reminders for these meetings will be in your classroom black book and in your classroom newsletters.

Monday, October 17th	Room 1
Thursday, October 20th	Room 2
Wednesday, November 16th	Room 3
Thursday, November 17th	South
Monday November 28th	Room 5
Tuesday November 29th	Room 7
Wednesday December 7th	East
Thursday December 8th	West

We are still in need of glass jars for our lantern walk! Please bring wide mouthed, glass jars to your classroom. We will use them for our lanterns.



## Lantern Walk

It is once again time for our fall lantern walk. This is the community event ChildRoots looks forward to all year. At the lantern walk children and families will walk along a lantern lit path collecting treasures from our wonderful teachers and staff along the way. Musical accompaniment follows the children as they walk. At the end of the trail, the children will be dazzled by Fire Dancers who will blaze the sky with their fire magic. The lantern walk will be on Wednesday, October 26th at Fernhill Park (NE 42nd Ave & Ainsworth). Parents and children will meet at the track at 7:00 PM sharp. Bring your friends, family, neighbors, grandparents, babysitters, aunts and uncles...all are welcome to come! Here are more details about the event:

- 6:50 Arrive and choose a glass lantern (one for each child). Once you have found your lantern and friends you want be close to during your walk, form a line. Nina will be at the starting point (she will be wearing a crown of lights). Nina will be handing out paper bags to collect treasures in at the beginning of the walk.
- 7:00 walk begins- you will be asked to make space between those walking ahead of you and behind you. This helps our teachers (who are passing out treasures) have time to see and greet each family. Follow the lantern lit path. Take your time and enjoy the music as you walk and to collect hand made and found treasure from our ChildRoots teachers. We will have four separate musicians playing on the trail.
- 7:30 End at the track. Make a giant circle around the Fire Dancers. They will be performing from 7:30 to 8:00

## Rooms a-movin'

Room move phase 2 was a success. Now we have all of our new infant rooms in place. All of our Preschoolers safely transitioned upstairs, and all of our toddlers rooms nestled into new classrooms. Here is a run down of who is where:

Room 1 Laura and Kai

Room 2 Teresa and Shannon

Room 5 Beth and Rhiannon

Room 7 Brittney and Krystal

East Kim and Andrew



Room 3 Kayla and Sophia

Room 4 Tina and Megan

Room 6 Nicole

West Harry and Lauren

South Sarah and Jordan

We will be closed on Veterans Day  
Friday, November 11th,  
for a teacher Training day



## Kids' Cognition May be Harmed by Fired-Up Cartoons

Check out this great article by Michael Smith, North American Correspondent, MedPage Today

A few minutes of watching "SpongeBob SquarePants" appeared to have negative effects on executive function in 4-year-olds, researchers reported.

In a randomized controlled study, kids who watched the fast-paced cartoon about sea creatures for nine minutes did less well on tests of attention and cognition than those who spent the same amount of time drawing, according to Angeline Lillard, PhD, and Jennifer Peterson of the University of Virginia in Charlottesville.

They also did less well than children who watched a more realistic, slower-paced educational cartoon about a pre-school boy, Lillard and Peterson reported online in *Pediatrics*.

Parents should be aware that such fast-paced cartoons -- in "SpongeBob SquarePants" the scene shifts about five times a minute -- "could at least temporarily impair young children's executive function," they concluded.

But the researchers cautioned that it's not clear how long the effects last or whether older children might be affected the same way.

Indeed, in an accompanying commentary, Dimitri Christakis, MD, of the University of Washington in Seattle said the study has some "notable weaknesses," including a small sample size of just 60 children.

Christakis said questions raised, but not answered by the research, included whether the effects are transient and if the age of the child matters, as the researchers noted.

Also, the children only watched nine minutes of the show which was less than a complete episode and typically much less than total TV daily time for kids of that age, he said.

"Does the amount of exposure make a difference?" Christakis said.

The researchers drew their participants from a group of families who had said they were willing to take part in research. Most were white and from middle- to upper-income families.

They were randomly assigned to watch the fast-paced show, the slower educational show, or to draw with crayons. Immediately afterward, they were tested using four tasks that require executive function.

Half the children were tested by an assessor who was blinded to their assignment and half were not; the researchers reported that there was no evidence that the blinding or lack of it affected results.

The researchers noted that the fast-paced show changed scenes every 11 seconds on average, while the other cartoon changed scenes every 34 seconds.



They found that:

- On a composite of three executive function tasks, there was a significant effect of condition, at  $P=0.01$ .
- A post-hoc analysis showed that children who watched the fast-paced show did significantly worse than those who drew, at  $P=0.004$ , while the difference between the two cartoons approached significance at  $P=0.05$ .
- There were also an effect of condition on the fourth task, delay of gratification, which was significant at  $P=0.03$ .

With regard to delay of gratification, post-hoc analyses showed that the fast-paced television group waited significantly less long than either the drawing group or the educational cartoon group, at  $P=0.03$  and  $P=0.02$ , respectively.

In regression analyses, the child's age, attention problems, and weekly TV time -- the latter two reported by parents -- had no effect on either the composite score for the first three tasks or the delay-of-gratification task.

But in both analyses, the random study assignment condition significantly affected the outcome, at  $P=0.03$  for the composite score and  $P=0.006$  for delay of gratification, the researchers reported.

Despite the flaws in the study, Christakis argued that it holds some insights, because more children are now "digital natives" who have always been highly exposed to media and are at home with the various forms.

The issue for parents, educators, and clinicians, he said, is going to be reducing the harm that some media can cause, while enhancing the benefits of other media types.



## Sign, Say, and Play

Learn to use "Baby Sign Language" with your baby. ChildRoots is Hosting Baby Sign classes with Amy Bazley. A 6 week long series of 45 minute classes on Saturdays, here at ChildRoots based on themes relevant to babies' lives- (mealtime, bedtime, bath time, etc.) In each class we learn and practice signs, play games, sing songs, and talk about developmental topics such as language or cognitive development. It's a fun, interactive class for parents to enjoy with their young children. The session begins October 29th through December 3rd. The cost is \$120 per parent/ baby pair (and a second parent is always welcome to attend.) This includes the \$40 materials fee. The materials you receive are a kit that includes 2 board books, Music CD of all class songs, Video Dictionary of 100 signs, laminated quick reference guide of signs taught in class, signing DVD, and a signing journal. To Sign up, please contact Amy by Oct 17th. [amyb@babysignswithamy.com](mailto:amyb@babysignswithamy.com) or by phone: [\(503\) 730-9959](tel:5037309959). Please check out her website for more details. [websitebabysignswithamy.com](http://www.babysignswithamy.com).



## Wet Clothes

As the weather continues to get wetter, as we creep further into fall and winter, we want to remind parents that daily walks can often include some puddle stomping. We ask each parent to ensure that your child has wet weather appropriate clothing and a plastic bag to take wet clothes home in. For our environmentally conscious families we sell Bummi's "Wet-Dry" bags in the office. We have three sizes small \$5.00, Medium \$10.00 and Large \$20.00. If you are interested in purchasing one of these awesome bags (available at the wholesale price), please let your teacher know, or just stop into the office at your morning drop off.