



Director's Report

Welcome to the 2017-2018 school year at Jowonio! We appreciate that many of you came to the Open House on the evening of September 27th; we had 80 families represented that night. I know it is a leap of faith to place your sons and daughters in the care of others. So we encourage you to get to know our classroom and office staff and feel comfortable communicating about your child, his or her needs, interests and learning style. We want you to have a sense of what is happening at school every day, so the weekly schedules that come home with your child are a start. And teachers try to let you know answers to your questions through conversation and texts.

You and your children are getting familiar with the landscape of Jowonio and the routines of the classroom. And building relationships and growing to trust the nurturing teachers and therapists. It is joyous to see the students, even the youngest ones, trying new things and building friendships with classmates. We want everyone to experience the school as a place where they are known and valued. We appreciate your support and your involvement in Jowonio! Take a moment to fill out the Volunteer Form and let us know ways you might want to offer support.

---Ellen

Save the Date

Adventures in Parenting	10/20–12/1
Autism & Sensory Processing Parent Group @ Phoebes	TBA
Clothing Drive	10/19-10/20
Family Potluck Supper	10/25 5:45 pm
Behavioral Support for the Spirited Child Parent Workshop	TBA 6--7:30 pm
Veterans Day-No School	11/9
Holiday Food Drive	11/1- 11/20
Thanksgiving Break—No School	11/22-11/24
Holiday Toy Drive	12/1-12/18
Holiday Recess/No School	12/25-1/1



Remember to turn your clocks back (1) hour
2a.m. November 5th

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

Elizabeth Lawrence

School Notes

Illness Etiquette

With cold and flu season upon us, it is important to remember guidelines about school attendance when your child is ill or recovering.

Please do not send your child to school sick! Sick children are unhappy at school and they can expose other children to their illness, including some of our students who have reduced immunity. Also, do not give your child Tylenol or Motrin immediately before school in hope they can make it through the day. When the medication wears off, they feel poorly and can have a recurrence of their fever. Meanwhile they have been exposing others to their illness.

Schools including Jowonio use the following **guidelines as a reason for a child to stay home from school:**

*Fever (greater than 100 degrees) *Rash associated with fever/change in behavior *Drainage/discharge from the eye (pink eye) *Diarrhea *Vomiting *Specific infections (e.g. pertussis, strep throat, impetigo) until treated and child is released to return to school by doctor

Many of us at Jowonio are parents and know the difficulties presented when a child cannot attend school as planned. However, please know that for the well-being of everyone here at school, you will be asked to take home sick children who present any of the signs of illness listed above. Children can return to school after he/she has been fever-free for 24 hours. Remember that the most effective way to prevent disease transmission is to **wash your hands** frequently. Please read the **Jowonio Parent Handbook** for other details around health issues.

Allergies & Peanut Free

You have seen signs around Jowonio saying that particular classrooms are PEANUT-FREE. This year we have 5 children/staff with peanut allergies in 3 different classrooms. An allergic reaction occurs when a person's immune system reacts by creating antibodies to the protein in a particular food. The antibodies trigger the release of chemicals into the body, including histamines which affect any of four body systems: skin (e.g. hives); gastrointestinal system (e.g. cramping, nausea, diarrhea); respiratory system (e.g. stuffy nose, watery eyes, coughing, wheezing); and cardiovascular system (e.g. feel lightheaded or lose consciousness). In extreme cases a person can go into anaphylactic shock, a potentially life-threatening reaction where in addition to the systems above, airways can swell and blood pressure drop.

With a severe peanut (or tree-nut) allergy, a child needs to avoid eating nuts but also any foods that might contain them. Parents need to check the ingredient list. Some of the highest-risk foods include baked goods, candy, sauces, and Asian and African cuisines. We expect that each family will share with us the protocol for their child, which might include an oral anti-histamine or in more severe cases, we will have EpiPens available for children. Talk with the classroom about your own child's needs and what if any foods could be shared, based on the needs of the students in the room.

School Access Policy

To promote the safety of everyone in the Jowonio community, we have a *single point of entry at the front door*. This door will be unlocked from 8:30-9:00 a.m. and 2:15-2:45 p.m. during which time staff are seated at the front desk. We made the decision to keep the door unlocked then since we have over 100 children and families entering the building at those times of day. The rest of the day the doors are locked and we ask you to come to the front door, wait for the click sound on the door/ring the buzzer, identify yourself (if staff can't see you or don't know you), and the staff will let you in. We have recording cameras outside on all sides of the building and we also have cameras in all the internal hallways. All visitors must be signed in at the front counter.

In the event of an emergency that would require the evacuation of the building, 911 will be called or in the case of a fire, the alarm system rings into the local fire department. Each classroom has a predetermined evacuation route and outside location to stay until the Fire Department or police indicate it is safe to return to the building. If for some reason Jowonio students and staff need to leave the building for a longer period of time, they can go to Child Time down the street or the Nottingham High School auditorium. We are open to discussing any suggestions you may have that will keep everyone safe.

School Notes cont...

School Closings

If the Syracuse City School District is closed or delayed due to inclement weather, Jowonio will also close or delay. If Syracuse City Schools close after the school day has begun, Jowonio will also close.

***Please note:** If it is a wind chill closing or delay, we will remain open even if the Syracuse City Schools close.

Watch your local T.V. stations as we will be listed as “Jowonio School” under the school closing and delay list.

If we close after the school day has begun, the classrooms will call parents/guardians to come pick up their children.

Therefore, we need to know how to reach you during the day should a closing arise. Always make sure we have the most up-to-date contact information in the office. If something has changed, please fill out a change of information form located near the front desk.

***Please note:** there will be NO AFTERSCHOOL available when we close early/or no afterschool activities is listed. If your child is bussed, the bus company will promptly come and drive the child to the specified drop-off destination on the Transportation Authorization Agreement.

Parking Lot Safety

Parking lots are dangerous for young children, especially with a lot of people coming and going at the same time. Drivers using cell phones are limited in their attention to the people walking to or from their cars. Add to the situation rainy, snowy or icy conditions when there is decreased visibility for both pedestrians and vehicle drivers, and you have a recipe for disaster. Children are shorter and hard to see from a driver’s point of view. They should always be escorted through the parking lots, whenever possible holding an adult’s hand. We know it can be challenging to get children’s cooperation, especially when they are excited about the transition in or out of the building. Develop a routine with your youngster so that after you park your car, help your son or daughter exit the vehicle, and holding hands watchfully cross to the building entrance. We want everyone to get through the parking lots safely!

Cooperative Federal Credit Union

Jowonio is part of the field of membership of the Cooperative Federal Credit Union, and as such, all families and staff are able to join. The Credit Union offers checking and savings accounts, loans, mortgages, and financial education, and they provide all this in a friendly manner. You can find them on the web and visit their three offices: Westcott Street, South Avenue, and N. Salina Street.

Share and Recycle

In the lobby of Jowonio is a “**Please Take**” area, where individuals can put toys, clothes, books, and art/craft materials for classrooms and families to take. **No stuffed animals please.** We are happy to have any contributions that are safe and usable. We also have a bin of books for adults ...**The Book Swap**...Bring in any novels or non-fiction that you are happy to pass on and feel free to take anything that interests you.

E-mail group

We have set up a “Jowonio Parent 2017-2018” email group. We will use this group email to send out important information pertaining to the school. We have sent a few emails out already; if you did not receive any emails from this group, contact connie.lutz@jowonio.org and she will add you to the list.

JOIN US! The Jowonio Family “Potluck” Supper will be Wednesday, October 25th from 5:45-7:00 p.m. in your child’s classroom. This event is a long-held Jowonio tradition, where we hope that parents, children and staff will have a chance to talk and share a meal. Jowonio will provide large sheet pizzas for each classroom, and we love it when you bring favorite food and drink from your family. And if you or your children have allergies or particular diets, please bring whatever you need. The phrase “pot-luck supper” comes from the 1500’s in England and means food provided for an unexpected guest, who will get “the luck of the pot”. So join us for a gathering where everyone contributes a dish to be shared! A sign up sheet will be located near your classroom door a week before Potluck.

Message from the Jowonio School Board President

In my five-plus years of connection to the Jowonio School, I have yet to meet anyone associated with the school that doesn't have a fondness for the place and an appreciation for the tremendous work done by the men and women who guide our children through the formative years of their lives. For me, when my son was enrolled, I very quickly realized that Jowonio was a place that had a mission I could believe in and wanted to support with my time. I think that sentiment is consistent on the board, where many of us, grateful for all the school has done for our children, have tried to repay the school with our service.

While Jowonio has always been known for its excellent inclusive education program, it also has a well-deserved reputation for being a warm and value-oriented environment. Without a doubt, the unmistakable commitment of the Jowonio parent body and its dynamic staff has had an enormous impact on the school's success. It is the staff's partnership with you, the Jowonio parents, that is the very backbone of the school and the administration counts on this partnership in order to successfully foster our innovative educational setting where children of all abilities are full participants, encouraged to reach their potential.

Throughout the year, you will find opportunities to share your talents and insights with Jowonio. My personal experience has shown me that children take great pride in knowing that their parents dedicate time to help their school thrive. Fortunately, the options for supporting Jowonio are plenty: you can volunteer to help in the classrooms, you may lend your time to one of the many committees run by the Board, you may volunteer at one of the Fundraising events for the school, and you may even be interested in joining the Board. If you don't have the time you can contribute to the school's efforts through a variety of avenues – the Annual Appeal, the HEROs go fund me page (<https://www.gofundme.com/jowoniohero>), or directly to the school. Whatever your interests or time constraints, Jowonio has a place for you. We want all of you to be involved in growing our wonderful school.

I invite you to contribute your thoughts and ideas about the school. If you have any interest in joining the Board or participating in the planning of one of our fundraisers, please feel free to contact me at amgm05@gmail.com. Together, we have the power to keep Jowonio a thriving and dynamic institution.

Warm regards,

Ann Marie Myers, Board President

Jowonio's HERO Fund

The HERO FUND is an initiative to hire and retain quality Jowonio staff members. Our amazing teachers, therapists and administrators, (our "heroes"), have been the foundation of the school since its doors opened in 1970. Part of what makes Jowonio so special is the degree of love, compassion, and dedication that its employees provide to all our students and their families. These professional, educated and creative teachers and therapists, implementing our mission, have built the school into a leader in inclusive early education and family services.

To continue the quality programming at Jowonio, the school needs your help. We receive most of our funding through the State Education Department. Today's reimbursement rates, by themselves, make it difficult for private preschools to provide competitive, living wage salaries to our staff members.

In order to support our employees adequately, as well as keep tuition rates low so Jowonio remains accessible to all families, the Board and administration have developed the HERO FUND to facilitate outside donations in which every dollar will be spent to hire and retain quality staff.

To make a contribution, send a check to Jowonio School, 3049 East Genesee Street, Syracuse, N.Y. 13224 or you may send us information to charge your credit card:

___ VISA ___ MC Card Number: _____ Exp. Date _____

Name on the Card: _____ 3-digit Security Code _____

You can also go to our website (www.jowonio.org: Give to Jowonio) and donate through Pay Pal.

Jowonio's Report Card

At the end of every year we ask Jowonio families to complete a **Report Card** on their experience with the school. Here are some of the responses:

- *97.10% of the parents stated that teachers at Jowonio provided classroom activities that helped their child learn.
- *95.71% of parents stated that with the help of Jowonio adults, their child built effective skills for solving problems.
- *98.53% of parents said they would recommend Jowonio to other families.

Parent Comments:

- *Jowonio met our expectations but our expectations were very very high! We love Jowonio and have loved every minute of our child's experience there!
- *They make us and our son feel very loved and supported. They treat all the children there with such care!
- *Thanks to a very professional, friendly staff. My child was very happy.
- *I love it; they are like a second family to us.
- *It has meant a lot to us to have our child in such a loving, inclusive, supportive environment. We are lucky to have had her here and we all will miss it next year as we move on to the next adventure.



to John, James, Bob, Chris, Desiree, Mike, Matt, Tyler, Leslie & Gary Sibble
for all of their hard work and improvements to our school during Summer Break!!!
Just some of the hard work included a new sidewalk in front of the Community Room entrance, a new wall at the back entrance, repaired the top steps of the stairway by the bus loop, moved the fence on the playground to expand play area, repaired vandalism on Play Perch along Sarah's Path, upgraded security cameras for better resolution when recording, waxed school floors, re-set concrete on the front loop walkway, repaired pirate ship on the playground & installed a shade sail, added new sand to the playground, painted and got the classrooms ready!

A Way to Approach Holidays by Ellen

When I was growing up my school had Thanksgiving luncheons with costumed pilgrims and Indians, and organized their curriculum around holidays. But as Jowonio has gotten more diverse and as I have put time into thinking about how we develop our curriculum, I now have a different perspective on including celebrations in our program. We want to have every child feel welcomed. The increasing cultural diversity of our students means that we have families from a number of countries, who may be members of a mosque or a temple or a church or no organized religious institution at all. We value that families will celebrate at home based on their history and traditions, and these experiences will make memories for their children.

In addition there is such commercialization and focus on acquisition of material things, with the weekly appearance in our mailboxes of competing expensive flyers for each store and the relentless television ads that urge your child to “want” plastic items deriving from TV and film characters. Young children also can be frightened by the images that are perpetuated (think Halloween) and overwhelmed by the family stress that holiday expectations bring.

I believe that the best celebrations at school relate to the universal themes across all cultures, to the seasons of the natural world, and to the milestones and life occasions most relevant to preschoolers. Children can gain a sense of belonging and learn that we are similar and that in many cultures celebrations recur, across the ages, in many places, and for many people. How we celebrate is usually connected to symbols of a season (decorations) and to sharing food and music and the company of family and friends. Our diverse community here lets us learn about the larger world and the unique culture of our classmates. All year long, not just in one season, we hope to focus on giving and sharing, on valuing others. At home and at school we can think about ways that children can experience outreach to others: sharing what we have (contributing to food baskets); making gifts for those we love; caring for our environment (e.g. cleaning up the litter in a local park); inviting friends and neighbors over for a meal.

Natural events have been celebrated for generations. For example, in fall and early winter we express gratitude for the harvest, mark the days getting shorter and the weather colder; it is a time for lights and a time for community. There is a rhythm to life related to the passage of time, and there is reassurance in the fact that this will occur with predictability no matter what is happening in our human family. Sometimes holidays can be a painful time, when your life has changed and you are no longer part of what had been your earlier tradition. We can gain solace in appreciating the cycles of nature as we create our own family/family of friends and rituals that are meaningful to us.

In terms of what is relevant to young children, we should celebrate important developmental milestones that mark time and growth (a missing tooth, the birth of a sibling, the start of a new school year, learning a skill like how to read or write one’s name, moving to a new house, graduating from preschool); we should also celebrate the joyous events in our natural world (the release of the butterflies we hatched, the sight and sound of the first geese flying south, the sighting of deer and a fox in our backyard, the first snow, the blooming of our amaryllis bulb). These markers make sense to young children and are present and part of our immediate experiences as a community.

“As you navigate through the rest of your life, be open to collaboration. Other people and other people's ideas are often better than you own. Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life.”

---Amy Poehler

Parent Teacher Communication

At Jowonio we believe that open communication with parents is important. Please take time to read the *Jowonio Parent Handbook* and review our website: www.jowonio.org. We do our best to share with you what goes on in school everyday, by sending home the weekly schedule. We also want your feedback about the Jowonio experience for your child and yourself. Teachers are happy to set up a time to talk with you individually about your child, since it's hard to do that when children are around at pick-up and drop-off time. Some parents like a hand-written notebook that goes back and forth from home to school, and others prefer e-mails or texts. Let your child's teacher know what works for you. We ask you to notify us in writing of any important changes in your child's family situation and health. In the case of parents living separately, we are fine about communicating with both custodial parents. While many families and staff have personal Facebook pages, we ask our staff not to "friend" parents, in an effort to preserve family confidentiality. Jowonio has a Facebook page for school-wide announcements and photos of classroom activities, and we also have a listserv to announce current events. We want you to trust that the adults here are loving and responsive to your son/daughter and that you feel confident that your child has positive, stimulating and enjoyable experiences at school! We are happy to engage parents, staff and children in the Jowonio community.

What do we do on Wednesday Afternoon?

At Jowonio we have a long-standing commitment to the growth of adults as well as children. We believe that a vibrant program is one where reflective practice is encouraged and there are a variety of opportunities for staff development. A number of years ago we made the decision to provide a weekly in-service time (Wednesdays 1-3 p.m.) instead of the half-day and full-day conferences days that school districts take. We use this time to present workshops for the teachers and therapists; to create time for teams to work on specific projects (including parent conferences and monthly planning); and to give information about and receive staff input on whole school issues. Teachers and therapists from different classrooms have an opportunity to share with each other. Inservice topics include child development and developmentally appropriate practice (e.g. literacy), supporting students with special needs (e.g. transition to kindergarten, teaching children with autism), and general child care regulations. For our license as a child care center, the Office of Children and Family Services requires a certain number of hours of training each year. Teachers in the classrooms with Universal Pre-K/EPK students also are required to attend UPK/EPK sponsored workshops. In addition to our Wednesday on-site trainings, we encourage staff to attend local and regional workshops to stimulate their thinking and expose them to new ideas to bring to the school.

Cell Phones

The Office and Child and Family Services (OCFS our monitoring agency) states that teachers cannot use cell phones when they are responsible for supervising children. While we support cell phones being used to take pictures of children engaging in their daily school activities, teachers are asked not to text, e-mail or call parents during the school day. Teachers can communicate with parents at the end of the day after children have left. If an emergency occurs during the day and as a parent you need to contact the classroom team, call the Jowonio office (315-445-4010) and the folks at the main desk will be sure the messages get delivered.

Jowonio by the Numbers

For the 2017-2018 school year there are 191 children being served by Jowonio; they reside in 15 different school districts in three counties. This includes 6 preschoolers we support at Bellevue Heights Nursery School. Our diverse community has families who speak a number of languages in addition to English including Amharic, Arabic, American Sign Language, Japanese, Javanese, Karen, Korean, Mandarin, Nepali, Spanish, and Ukrainian. We have a Universal Pre-K grant with the Syracuse City School District in which 51 children ages 3 and 4 receive tuition support. 76 students gain some special education or therapy services.

Out and About: Experiential Learning from Field Trips

At Jowonio we are fortunate to have vans so classrooms can take field trips as often as every other week. Trips provide an opportunity for children to learn about and make sense of the world around them. Direct experiences are powerful ones; with first-hand exposure and the use of all their senses, children's understanding is richer. We start with a frame of mind that is about observation and inquiry, about noticing details, about wondering how things are connected. Field trips have greater impact when there is preparation through books, pictures, discussions. For some children there can be anxiety about going someplace novel, so any way adults can prepare them for what they will experience is helpful, including describing what they may see and giving them visuals for the expected sequence of events.

During the trip, adults can help children pay attention to salient features of the setting or event and ask pertinent questions, supply words/vocabulary for what they are seeing, relate what they are experiencing to things that are familiar. After the field trip, they can make it more meaningful if children document it by dramatizing it, using language to discuss and write an experience story, and represent what they saw through the use of art materials. Taking pictures and creating books will be a source of review for children about the experience.

The following is a list of interesting trips to take in the fall:

Abbott Farms 3275 Cold Springs Rd, Baldwinsville (315)638-8900

Beaver Lake 8477 East Mud Lake Road, Baldwinsville (315)638-2519

Tim's Pumpkin Patch 2901 Rose Hill Rd., Marietta (315)673-9209

Stone Quarry Hill Art Park 3883 Stone Quarry Rd., Cazenovia (315)655-3196

Our Farm 1590 Peth Rd., Manlius 655-8453

Baltimore Woods 4007 Bishop Hill Rd., Marcellus (315)673-1350

Mill Run Park Mill St., Manlius (315)682-9171

Highland Forest 1254 Highland Forest Rd., Fabius (315)683-5550

Webster Pond 2004 Valley Dr., Syracuse (315)469-8027

Labrador Hollow State Forest Rte. 91, Tully. 1,483 acres located in Tully, Apulia, Truxton (315) 617-674-4017

Critz Farm, 3232 Rippleton Road, Cazenovia (800) 442-3225

Favorite Fall Books

Books are a great way to share the magic of the changing seasons with your child. Here are some wonderful stories that entertain and educate, capturing fall's natural beauty.

Apples and Pumpkins

Chipmunk Song

Frederick

Mousekin's Golden House

The Seasons of Arnold's Apple Tree

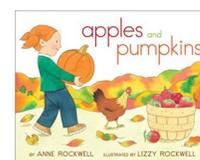
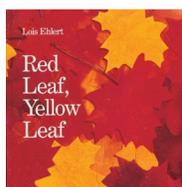
The Tiny Seed

The Year at Maple Tree Farm

Red Leaf, Yellow Leaf

Leaf Man

Planting the Wild Garden



Celebrate Jowonio



Thank you to Tina Taggart, former parent & Board Member, for taking photos of our event.

Thank you

Thank You to Jim and Juli Boeheim Foundation

We would like to Thank the **Jim and Juli Boeheim Foundation** for a recent grant of \$7,500 which will support the purchase of a Tobii Dynavox i-Gaze system. The Tobii Dynavox i-Gaze system is a speech generating device that can be controlled through gaze interaction due to its built in eye tracker. This i-Gaze system allows communication utilizing touch, gaze, switch control and scanning with the individual's eyes. This will open up a world of communication and opportunity for those children who otherwise were left without a "voice". Thank you **Boeheim Foundation!**

Clean up Day with Key Bank



Jowonio would like to thank **Key Bank** for again selecting Jowonio School for their Neighbors Make a Difference Day in May. For several years now Key Bank has chosen Jowonio School and has supported us for the afternoon in doing things such as painting, gardening, preparing for upcoming events etc.



This year Key Bank weeded and tilled our classroom gardens, preparing them for the summer gardening. They also put a fresh coat of paint on several of our playground figures (e.g. frog, dragonfly). We want to thank Key Bank again for their hard work and for their commitment to Jowonio School and our students!!



Who are our Support Teachers

One of Jowonio's unique features is the way in which we provide assistance to staff and families through administrative team members called Support Teachers. All holding graduate degrees in education, they have been working at Jowonio for many years and they bring to their mentoring roles a great deal of experience as teachers, specifically in inclusive settings.

Providing oversight regarding the programming in classrooms, each Support Teacher is involved with teams in curriculum planning and clinical thinking about adaptations for individual students. Time is spent guiding intake and placement of students, organizing meetings with school districts and maintaining the "paper trail" needed for services to be authorized and progress documented. Working with administrators, they support professional development efforts, and design the weekly inservices held each Wednesday afternoon. The Support Teachers are instrumental in helping Jowonio meet the goal of providing training and advocacy for inclusion in the larger community. Because of their passion for this work, they bring a unique expertise to all that they do and their leadership is critical to the quality of Jowonio's program.

Name: Brenda Cafarelli

How I See my Support Role:

Working closely with children, family, team, districts

Jowonio Career: Started with toddlers, 9-1 class & Bernice Wright & now back to Bunny Room

What Gives Me Joy: Being a part of each child's learning & social-emotional experiences

Early Memory of School: I was always spilling my milk & knocking the blocks off the shelf

Favorite Children's Book: Owl Babies, Eric Carle, Laura Numeroff

My Life Outside of School: My family!

Name: Joy Casey

How I See my Support Role: Supporting team problem-solving, mentoring skills & confidence, taking care of details

Jowonio Career: Many roles over 34 years: resource, lead, Eval team coordinator, parent!

What Gives Me Joy: Joys & challenges of each new child; journey of amazing families; mentoring teammates

Early Memory of School: Easel Painting with green paint on St. Patrick's Day

Favorite Children's Book: Shel Silverstein's Poetry

My Life Outside of School: Gardening, hiking with my dog, bird-watching, cooking

**"No matter what accomplishments you make, somebody helped you."
- Althea Gibson**

Support Teachers cont...

Name: Melissa Hyman

How I See my Support Role: As a social worker I get to do different things every day; supporting kids & families 1:1, groups

Jowonio Career: 15 years with Emily & amazing staff

What Gives Me Joy: The team approach & collaborating on many levels with staff & families

Early Memory of School: Nursery school... playing with the parachute & London Bridge in the gym

Favorite Children's Book:
Charlotte's Web

My Life Outside of School

My family, my husband & 2 boys Jowonio alums, watching & playing lots of soccer!

Name: Lori Lawless

How I See my Support Role: Providing clinical leadership, filling in gaps to support team members, e.g. social skills

Jowonio Career: Been here since 1988, as a lead, itinerant, IE, Instructional Specialist, Support

What Gives Me Joy: Getting to know students & parents, building relationships with teams

Early Memory of School: Having snack & rest-time in Kindergarten

Favorite Children's Book: Where the Wild Things Are, Roxaboxen, My Many Colored Days, The Mitten

My Life Outside of School: My 2 adult children, reading, gardening, kayaking, hiking, kick-boxing, church activities. Caring for my mother with Alzheimer's.

Name: Jennifer Petrie

How I See my Support Role:

Supporting staff to think clinically about children, to problem-solve & create adaptations/assistive tech

Jowonio Career: Started as an aide 11 years ago, while in grad school; became a lead toddler teacher at Bernice Wright; full-time Support Teacher

What Gives Me Joy: Seeing the growth in children & relationships formed are priceless; proud to be putting children & families first

Early Memory of School: Losing my first teeth in Kindergarten

Favorite Children's Book: Brown Bear, Brown Bear

My Life Outside of School: 2 children & into health & fitness

Name: Carol Spartano

How I See my Support Role: Supporting teachers to do individualized quality programming

Jowonio Career: For 10 years preschool & toddler teacher, support teacher for 25 yrs

What Gives Me Joy: Watching children learn & grow, develop friendships & confidence. Meeting so many amazing people!

Early Memory of School: We moved a lot, so shy in new classroom, with new teachers and kids

Favorite Children's Book: The Story of My Feelings (Laurie Berkner)

My Life Outside of School: Husband, 5 kids, grandkids; keeping active, reading, travels, new house!

Support Teacher cont...

Name: Lori Saile

How I See my Support Role: Support to teams, a pair of hands, clinical thinking, mentoring, liaison, representing team needs

Jowonio Career: Student teacher in 1987, 8 years in the classroom, a 4 year hiatus & been here ever since; administrative certification; assistant director

What Gives Me Joy: Watching children & adults learn & grow together!

Early Memory of School: Mom was kindergarten teacher & we always played while she set up; kindergarten always seemed like the moment I was waiting for!

Favorite Children's Book: Miss Rumphius

My Life Outside of School: A partner, 2 dogs like children, a 22 year old stepdaughter (Jowonio grad). I enjoy traveling, kayaking, camping, sewing, cooking, reading & time with friends.

Name: Emily Vercelloni

How I See my Support Role: "It is easy to be supportive in a supportive environment". I support families in accessing community resources.

Jowonio Career: It is my 17th year at Jowonio; I was hired when I was pregnant with my son and my career here has been a blessing.

What Gives Me Joy: Seeing the strength in families; I learn something new every year about families and myself.

Early Memory of School: walking to & from school with my grandmother, who was a lunch lady in our cafeteria.

Favorite Children's Book: I Love You to the Moon and Back, which I read to my son every day.

My Life Outside of School: My family, my son and husband, are my heart. I have a big extended family, a group of great friends from high school. And I love to camp, ski, hike and follow my son on his sports ventures. Thank you to Jowonio for all the love and support I receive here; it is my home away from home!

We promise your child will learn something new everyday.

Some days she will bring it home in her hand.

Some days he will bring it home in his head.

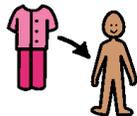
And some days they will bring it home in their hearts!

Morning Routines: Getting from Here to There

Are your mornings challenging as you try to get everyone dressed, fed and off to school? Transitions can be especially hard for young children because the goals that adults have do not meet their needs or motivations. They may prefer to stay in bed until they are ready, sit around in their pajamas until they are ready to get dressed, and eat breakfast when they are hungry. Adults may feel the same way but we have trained ourselves to move past these urges. Have empathy for your child's needs as you try to come up with a plan that will start the day happy rather than grumpy for all concerned. **Establishing a routine that is predictable can reduce a struggle each day.**

- Figure out what is most important for your child in the morning and allow as much time for that as possible, even if it means waking him up earlier.
- Structure the pre-departure events at the same time and in the same way every day; kids are more cooperative when they know what to expect.
- Create a visual schedule to post as a reminder of the routine.
- The night before take a bath, together put out preferred clothes to wear, decide on snacks/lunch to bring, and prepare the backpack.
- In the morning avoid power struggles over non-critical issues; offer reasonable choices without arguing (“Do you want to put your coat or boots on first?”) and save long discussions for the evening.
- Motivate your children by rewarding them with more of your attention; read one story, sing songs, watch part of a favorite PBS show.
- Make a playlist of favorite songs for your iPod that will take the amount of time you and your child need to get dressed, eat breakfast, and get in the car or meet the bus.
- Empathize with your child's needs (“I know some days it's hard to get out of bed.”)
- Make the moments before you leave memorable, with hugs, kisses and smiles.

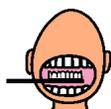
get dressed



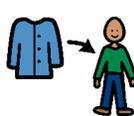
breakfast



brush teeth



put coat on



put boots on



bus



Favorite Recipes

GOOP. Take 2 cups of salt, mixed with $\frac{1}{2}$ cup of cold water. Heat for 3-4 minutes. Remove from heat and quickly add a mixture of 1 cup of cornstarch and $\frac{1}{2}$ cup of cold water. Stir quickly. Return to heat briefly if too gooey.

GLURCH. Mix 2 cups of white glue with 1 $\frac{1}{2}$ cups of water. Stir thoroughly. In another bowl, mix $\frac{1}{3}$ cup of water and 2 teaspoons of Borax soap. Pour the Borax mixture into the glue mixture and stir. Pull out the Glurch as it coagulates. Store in a plastic bag.

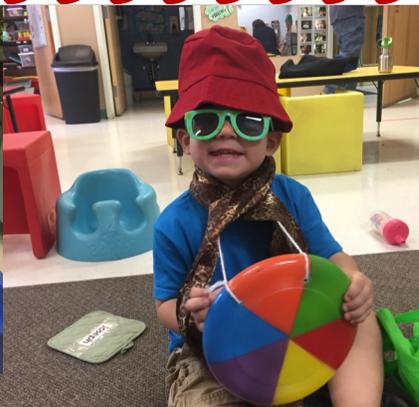
PLAYDOUGH. Mix in a large saucepan 2 cups of water, 2 tablespoons of vegetable oil and food coloring of choice. Mix 2 cups of flour, one cup of salt, and 4 teaspoons of cream of tartar; add these dry ingredients to the pan. Cook over medium heat until soft lumpy balls form. Let the dough cool and then knead it for a few minutes until it's smooth. Store in an airtight container.

Don't Forget to Vote on November 7th!

Both national and local elections will impact on us and our children for years to come!

What's Happening...





What's for Lunch By Lori Lawless, Support Teacher

"She hardly eats a thing. I don't know how she survives!" Sound familiar? Many a parent or teacher has said, or thought, something similar. Naturally, those of us who care for children, either our own or as teachers, are concerned with their nutritional intake. However, it is also natural for children between the ages of 2 and 5, to start to refuse some foods, become a picky eater, or appear to go on "binges" eating only a few self-selected foods. There are a few important things to remember about this stage of development:

* This is normal development— a time when children need to establish independence about eating and in so doing are learning about both making choices and testing the adult's tolerance level.

* A preschooler's growth rate is slower than that of an infant's and therefore appetites may decrease – a preschool child may really not be hungry as he/she requires less calories at this stage.

* Most pediatricians will say that it is common for children at this age to not eat a balanced diet each and every day, but they typically do have a well balanced diet over a course of a week. Children's parents may give a multivitamin if they think their child is not eating well enough. However, again, most pediatricians will say if a child is growing and maintains his/her energy level, there is little to worry about. If, at any time, however, concerns arise regarding a child's growth and eating patterns, it is important to consult other adults in the child's life (parent/teachers) and the child's pediatrician.

Eating and toileting, are the two major areas that a preschooler can and will control. So how do parents and teachers best avoid getting into control battles around eating, especially eating nutritiously? Experts suggest:

* ***Be cognizant of how few calories preschoolers really need.*** Please refer to the food portion chart at the end of this article. Preschool "food pyramids" are also available through the internet (google– "preschool nutrition").

* ***Remember water.*** Children have more water in their bodies (as a % of body weight) than adults and their bodies can become more quickly dehydrated. Sometimes when we think we are hungry, we are actually thirsty.

* ***Make meal times pleasant, eating as a family whenever possible.*** At home, turn off the television and radio and let the answering machine pick up the phone. Keep mealtime conversation positive, avoiding comments on a child's poor eating habits. Remember that it is also natural for children to be slow and messy at eating, and an adult's patience is necessary. Additionally, provide good role models for children – they watch what we eat and how we enjoy it.

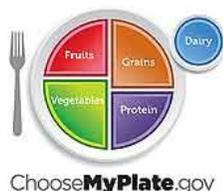
* ***Involve children.*** Children are more likely to try things they have helped make. Involve children in making the grocery list, finding the items at the market, and preparing the food. At home, have your child help pack his/her lunch/snack to bring to school. Ask your child direct questions that can give her/him some choice and control within a nutritious limit, e.g. "Do you want carrots or apples?"

* ***Make food fun.*** Offer bright colors (e.g. orange peppers, green pea pods), sandwiches cut into shapes, call it something different ("Buzz Lightyear's magic flying stew), etc. There are a number of ideas included in parenting magazines and also on the internet (again, google "preschool nutrition"). Also, talk about food in exciting ways, "I love this green candy " (peas!).

* ***Find ways to "sneak" in fruits and vegetables.*** You can add pureed or finely diced vegetables to ground beef or ground turkey, lasagna, casseroles, or tomato sauces. The same can be added to treats like muffins, cupcakes or sweet breads (banana, pumpkin, zucchini, etc). Also, finely chopped or blended fruits/vegetables can be added to applesauce, milkshakes, smoothies, or even puddings.

* ***Serve snacks and meals on a dependable schedule, and in small portions.*** Include one preferred food and offer a small amount of others. Always start with small portions and allow a child to have additional helpings, if hungry. Offer a variety of healthy nutritious foods at meals and snacks to begin building a foundation for good nutrition. Remember that a child will usually not try a new food until after it is offered 10-15 times! Presenting new foods at the beginning of the meal when she/he is most hungry, may be helpful. Also, refrain from offering an abundance of juice or foods with few nutrients (e.g. chips, candy, cookies, etc) that will reduce hunger with little to no nutrition.

What's For Lunch Cont...



* *Be a good model of healthy eating.* Children will imitate what they see the adults around them doing. The USDA and the U.S. Department of Health and Human Services have prepared “My plate” to guide parents in selecting foods for children age 2 and older. The Choose My Plate icon is a guideline to help you and your child eat a healthy diet. My Plate can help you and your child eat a variety of foods while encouraging the right amount of calories and fat.

As adults we often equate food with comfort and may agonize over a preschooler’s sudden change in eating habits. Experts especially want us to remember that being a fussy, negative, picky eater, is a normal developmental stage and won’t last forever. As challenging as this time might be, recognizing the behavior as a developmental stage and respecting the child for it without added emotion or attention, will help move the child through the stage and finicky food habits disappear. In fact, the experts further advise, the best way to move through this developmental stage and prevent further feeding problems, is to **avoid** using food as a bribe or reward, punishing a child for not eating well, or forcing a child to eat. Remain calm, relaxed, and a good model of nutritious eating; this too shall pass!

National Network for Child Care: "Nutrition for the Preschool Child": Recommended portion sizes

Meal Pattern	Toddlers	Preschool
Breakfast		
Fruit or fruit juice	1/4 cup	1/2 cup
Enriched bread or cereal	1/2 slice or 1/2 cup	1/2 slice or 1/2 cup
Milk	1/2 cup	3/4 cup
Morning and afternoon snacks (choose any two per snack)		
Milk, fruit, or fruit juice,	1/2 cup	1/2 cup
Raw vegetables	2-4 small pieces	2-4 small pieces
Enriched crackers or cookies	1-2 of either	1-2 of either
Cereal or enriched bread	1/4 cup or 1/2 slice	1/3 cup or 1/2 slice
Cheese	1/2 oz.	1/2 oz.
Eggs	1/2 egg	1/2 - egg
Milk desserts (ice cream, pudding, etc	1/4 cup	1/4—1/2 cup
Lunch or Supper		
Meat or meat alternate:		
Meat, poultry, fish	1 oz. (2 tsp.)	1 1/2—2 oz. (4 tsp.)
Cheese	1 oz	1 1/2—2 oz
Egg	1 egg	1 egg
Cooked dry beans	1/8 cup	1/4 cup
Peanut butter	1 Tbsp	2 Tbsp
Vegetable or fruit (choose 2)	1/4 cup total	1/2 cup total
Enriched bread/roll/bun/biscuit	1/2 slice/roll	1/2—1 slice/roll
Butter/margarine	1 tsp.	1 tsp.
Simple desserts	1/4 cup	1/2 cup
Milk	1/2 cup	3/4 cup

Summer Learning in the Afterschool Program : Embracing Diversity!



Building positive identities and a respect for differences means weaving diversity into the fabric of children's everyday lives. Racial and gender identity as well as attitudes begin to develop in children at a young age. Two and three-year-olds become aware of the differences between boys and girls, they are curious about skin color, develop an awareness of ethnic identity and may notice other children's differences in abilities. The Jowonio community welcomes and embraces diversity. Welcoming diversity is not the same as being "colorblind" to racial differences or shushes children when they ask about another child's differences in how they might look, communicate, walk, or behave. Sometimes adults do this out of their own discomfort with talking about differences, or because they think noticing differences somehow makes you biased. We want to encourage children to notice difference because they do so naturally, yet at the same time teach them to honor people's identities without judging or discriminating based on differences. In other words, noticing peoples' differences is natural, but when adults assign judgments or value to these differences, bias can develop in young children. Demystifying differences is important to quell fears of the unknown and in creating a community of tolerance, acceptance and respect.

This past summer, the Jowonio Afterschool program invited family members from various ethnic backgrounds to come and share about their particular and unique culture. Each week, the children learned about a different country, they were introduced to food, music, language, and literature associated with the country. We had a large map, where we would locate each country and imagine how long it would take to travel there from Jowonio. We compared the alphabet and numbers from each country to the ones they see each day at Jowonio. We talked about weather differences and that in some countries children were actually asleep while we were at school!

The children had tremendous fun trying new foods. While learning about China, they worked feverishly to master using chop sticks. We had perogies from the Ukraine, chocolate from Sweden, spicy noodles from India and porridge from England. The children were excited to see numbers and letters in print from all the countries. They enjoyed listening to folk tales from all over the world. Eleven year old Alex Dacko came and counted to 10 in Ukrainian and brought in native Ukrainian shirts, called vyshyvanka, for the children to try on. Yusuf Soule, parent of Khawla, read a beautiful children's story on being a Muslim. Children are naturally curious and open to new adventures. As adults and educators we need to capitalize on our children's natural curiosity. We are responsible to teaching the wonders of our differences and to embrace those differences. What a wonderful world it would be if all people were valued and respected!
Niki Coller



Studio Rainbow is having a blast with drums!

YOU CAN HELP!

We are using Jim Donovan's drum circle techniques. If you don't know of Jim's research into Drumming and Autism, you may know him as the drummer of Rusted Root. We started drumming last year in a few classrooms and the children loved it!

We have a few drums and need enough for a whole classroom, both children and staff. Our goal is to upgrade from a mix of toy and quality drums to all durable quality drums (from about \$35 to \$140).

Any donation will help, even a few dollars! Checks (to Jowonio School), can be sent to Studio Rainbow Drum Fund, Jowonio, 3049 East Genesee St. Syracuse, NY 13224. Cash can be left at the front desk for us as well. **Your support will be greatly appreciated! Thanks!**



Family Support

Summer Family Events



This summer was full of fun activities for Jowonio students and their families.

For the tenth year in a row we sent families to The Wellness GIFTS Retreat in Bath, NY, thanks to our grant from OPWDD. 14 families, consisting of Jowonio students, their parents and siblings, along with a handful of alumni families, attended this program over two weekends in June and July. They were provided with lodging, meals, one-to-one aid support, access to swimming pools, miniature golf, wagon rides, and lots of family activities at Hickory Hill Family Campground.

In July, 12 Jowonio dads attended the 6th annual Dad's Night Out at a Syracuse Chiefs' baseball game. The guys enjoyed the game and a barbeque buffet dinner catered by the stadium.

We also beat the heat on a beautiful August evening with our annual Ice Cream Social behind the school, featuring ice cream served out of a Skippy Ice Cream Truck, while our own Star Room teacher Anita Freezman entertained families with music and singing.

Keep an eye out for some exciting grant-funded events for parents coming up this fall: join us for our weekly Adventures in Parenting morning series through the fall and winter; in November we will host a networking evening at Phoebe's Restaurant for parents of Jowonio children with special needs; Social Skills and Sensory Challenges evening workshop in the Fall, presented by Jowonio teachers and therapists. All are welcome!

We look forward to seeing you at these and more fun family events this year!



"We have not inherited the Earth from our ancestors
We have only borrowed it from our children."
Ancient Proverb



Jowonio Family Support Team

The Jowonio **Family Support Team** provides individual and group support, counseling, and a variety of social and recreational services to all Jowonio students and their families. Our services are available to families at Jowonio as well as the Jowonio families at our collaboration with Bellevue Heights Nursery School.

The Family Support Team consists of two social workers: Emily Vercelloni and Melissa Hyman, and psychologist, Lisa Dates. Thanks to grant funding from NY State and the state Office for People with Developmental Disabilities, we have many programs available to our families. This includes **information and referral; counseling and support; play therapy; a Banana Splits** support group for preschoolers experiencing family separation and divorce; **case management**, a supplemental food closet and a clothing closet. We are also able to distribute food and toys to families during the holiday season.

We recognize the importance of parents of kids with or without special needs connecting with other parents, so we offer many **networking** opportunities throughout the year, including support groups, workshops, parent nights out, and more.

Our partnership with **Panera Bread** of Fayetteville enables us to distribute bread products to families every Monday. Please pick up a bag from one of the white baskets on Mondays or request a bag to be sent home each week with your child on the bus.

Our door is always open. Feel free to stop by or call if you have questions, concerns or are looking for ideas for community resources and supports.

We look forward to meeting you!



Every year at Jowonio we have a wonderful community event that takes place. Our warm giving families and staff donate food throughout the month of November. With the help of the students from Nottingham High School and our Family Support Team, baskets are assembled and delivered to current families, alumni families and some staff that are in need. Every year somewhere between thirty to forty baskets are delivered, complete with a turkey and all of the fixings for a great meal. We ask that you help in anyway that you are able. Bins will be set up in the hall for donations of non-perishable food items. We accept cash and gift cards to local area grocery stores. If you would like to receive a basket, please call Emily Vercelloni at extension 149. Your need will remain confidential. Thanks to everyone that makes this such a success.

Meet our tenant. . .



Syracuse Printing Center is located in the lower level of Jowonio School. Consider them for any of your printing needs. Here's a little more information about them. . .

"We work with our customers. You need things done your way. We understand. Our staff is easy to work with and has the experience and skill to handle an impressive range of print and print related projects.

We are able to provide much faster turnaround times for your jobs. By using efficient, digital processing systems, we are able to offer cost effective results for even the most demanding jobs."

Syracuse Printing Center
3049 East Genesee Street, Syracuse
(315) 446-6126

Meet our tenant. . .

Dorrie Rose

I am a licensed Marriage and Family Therapist with 30 years of experience. I specialize in the use of non-directive play therapy.

Children with various experiences and needs benefit from the opportunity through self play. Play therapy can help a child grow, heal or just be. I also provide MFT services as a dedicated systems therapist. I work with individuals, couples and families. I currently am in network with Pomco and Lifetime Benefit Solutions. I am awaiting acceptance soon from BCBS and Fidelis., as well as accepting Private Pay.

I can be reached at (315) 329-0220
or droselmft@gmail.com

This fall we are fortunate to have Brody, a Golden Retriever, visiting Jowonio on Wednesday mornings. Brody is 22 months old and his owner Floris Palmer has worked to train him as a therapy dog. Floris was employed as a Speech Language Pathologist and has supported Jowonio in many ways over the years, including the Zoo to You project. Floris's grandchildren Reed and Willa Luton attended Jowonio. Working with Brody has been a new adventure for her!



**THANK YOU
FOR YOUR SUPPORT**

**We received so many
great donations
of School Supplies needed
to start the new year right!**



**COMING SOON!!!
NEW
JOWONIO
MERCHANDISE!**

**KEEP AN EYE OUT FOR NEWS
ABOUT OUR NEW & EXCIT-
ING JOWONIO CLOTHING**



**ON MONDAY, AUGUST 7TH , 72 GOLFERS PLAYED “FORE” A GREAT CAUSE
AT THE LINKS AT ERIE VILLAGE IN THE 2017 JOWONIO OPEN!**

It was a beautiful day for the Captain & Crew Tournament with net proceeds over \$ 8,000 for Jowonio! The Ocean Room was able to send off our golfers with clean clubs, a cure song and some words of encouragement! As golfers finished 18 holes they enjoyed cocktails & hors d’oeuvres while mingling through the many Silent Auction & Raffle items, this was followed by a wonderful dinner and award ceremony.



THIS YEAR’S TOURNAMENT WINNERS WERE . . .

1ST PLACE— GRAEME ANDERSON, NANCY ANDERSON, AL MUNDO & MIKE CHLEBUS

2ND PLACE— MARK ZLOTNICK, JEFF ZLOTNICK, NICK SCHERS & NICK PURCHIARONI

MENS CLOSEST TO THE PIN— SHAWN CLEARY

LADIES CLOSEST TO THE PIN— CAROL GASPO

MENS LONGEST DRIVE— NICK PURCHIARONI

LADIES LONGEST DRIVE — DR. ZINA A. BERRY

**WE WOULD LIKE TO EXTEND OUR DEEPEST
GRATITUDE TO THIS YEAR’S GENEROUS SPONSORS**

Delmonico Insurance Agency ~ The Summit Federal Credit Union

Goetzmann & Associates, LLC ~ Grossman St. Amour ~ Southern Glazers Wine & Spirits

Haylor, Freyer & Coon, Inc. ~ Industrial Contracting, Inc. ~ Syracuse Label ~ Eagle Newspapers

KeyBank ~ M. Ascioti Meatballs & More ~ Syracuse Children's Theatre ~ United Rentals ~ Wells College

D.J. & J. A Cirando ~ dupli Envelope & Graphics Corporation~ PPC A Belden Brand ~ Beam Suntory

King & King Architects~ Provo’s Auto Parts Inc ~ Joseph D. Lore Family ~ Syracuse Plumbing, Inc

Save the Date
2018 Jowonio Open
Monday, August 6, 2018
At the Links @ Erie Village



Jowonio

3049 East Genesee Street
Syracuse, NY 13224

Phone: 315.445.4010
Fax: 315.445.4060

MISSION STATEMENT

Our mission is to provide model inclusive programs for young children, where diversity is celebrated and all are free to learn and grow.

Jowonio is dedicated to:

- Creating innovative educational settings where children of all abilities are full participants, encouraged to reach their potential.
- Offering a wide range of therapeutic and family support services.
- Providing training and development for teachers, therapists and parents in collaboration with educational institutions and community agencies.
- Advocating for the inclusion of all children in schools and in society.



Earn cash for Jowonio every time you shop for groceries. Clip Box Tops from hundred of your favorite products.

Each Box Top is worth \$.10 and that adds up fast! Last year Jowonio families clipped over 2000 Box Tops and raised \$200.00!

If you have any questions, contact Cynthia Johnson @ 445-4010 or email her @ cynthia.johnson@jowonio.org

You can also go to the Box Tops for Education web site.

www.boxtops4education.com

Designate Jowonio as Your United Way Beneficiary

Please consider designating Jowonio as a recipient of your United Way contribution. Simply write "Jowonio School" on the line provided on the donor card. We use the United Way dollars for our annual scholarship fund. Last year we received more than \$12,000 for this fund through individual write-in designations! With your help our scholarship fund can continue supporting students who otherwise could not afford to attend Jowonio.



If I Had My Child to Raise Over Again

If I had my child to raise over again,
I'd finger paint more and point the finger less.
I'd do less correcting and more connecting.
I'd take my eyes off my watch and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious and seriously play.
I'd run through more field and gaze at more stars.
I'd do more hugging and less tugging.
I would be firm less often, and affirm much more.
I'd build self-esteem first, and the house later.
I'd teach less about the love of power
And more about the power of love. --Diane Loomis

