



THE DIRECTOR'S REPORT

As I am bombarded with mailings from non-profits at this time of year, I try to consider my capacity to give, since I know that I need to prioritize my charitable contributions. I usually make an effort to support groups based in the Syracuse community, hoping to emphasize giving my money locally.

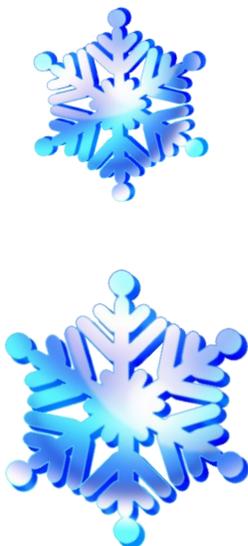
Jowonio's wonderful facility and program would not be possible without the giving of many parents and members of our larger central New York community. I always remember that in the early days of Jowonio, when I was so uncomfortable asking for money in the school's name, a development consultant talked with me about ways to think about donations. He talked about "Friend-raising" rather than fundraising. He shared his perspective that donors want to support agencies whose work they value and that there is benefit for the giver as well as the receiver in the process. He helped us feel more confident about promoting the strengths of our program and the positive reputation we have with families.

You should have recently received a card encouraging you to give to Jowonio's **Annual Appeal**. These dollars can be funds for the school to use in many ways...to support salaries through the HERO fund, purchase materials and curriculum for the classrooms, have funds for families in need, and renovations to the building and our extraordinary outdoor space. Any contributions you make to the school are tax-deductible. We hope that you consider a bequest to the school and even suggest to extended family members that they consider a gift to Jowonio in your child's name. We are grateful for all your support!

Ellen

DATES TO REMEMBER

12/20	Staff Luncheon— NO AFTERSCHOOL PROGRAMS
12/20	Board Meeting 6:00—8:00
12/25— 1/1	Holiday Break
1/15	Martin Luther King NO SCHOOL
2/11	Family Art Experience 1:00-3:30 Jowonio School
2/19-2/23	Winter Break



STAFF NOTES

We have several new staff who have joined us since the start of the school year. They include *Shannon Ames* (Dragonfly Room); *Jim Dagon* (Sunflower Room); and *Tobias Vargrim* (Bunny Room/ Afterschool). *Lindsey Blais*, our Occupational Therapist, is returning two days a week part-time from her maternity leave.

BOARD NOTES

This is the time of year that our Jowonio School Board may have some transitions. We expect to add several new members in January. In addition there is a 2018 slate of officers voted in; they include Ann Marie Myers; President; John Nichols, Vice-President; Keith Schmitt, Secretary; and Mary Ellen Romagno, Treasurer. Several Board members have moved on because of life and work commitments. They include Tylyn Bozeman, Luke Gaskowski, and Frank Greenwood. We appreciate their support in the past. Dave Tyler will stay connected as a member of the Fund Development Committee, and Emily Cresia will continue to work with the Program Committee. The new Friends of Jowonio Board will include some joint members of both boards, including: Jason Benedict; Kristen Bernazzani; Conor Gillen; Anne Marie Myers; Ralph Simone; and Steve Snyder. Dan Goetzmann is willing to continue as support on the FOJ Board.

THANK YOU

The Onondaga Medical Society Alliance chose Jowonio as the recipient of their 2017 Holiday Event. The group had a beautiful luncheon where Kristen Antonacci spoke articulately about the school and her experience as a parent of a Jowonio graduate. In addition to an elaborate raffle and sale of jewelry, art, and cosmetics, there was an opportunity to make connections with individuals who knew the school. For example, Sherry Tyler, whose grandchildren John and Abby attended Jowonio, helped with the planning of the event; in addition we were happy to have contact with other extended family members including Carolyn Fischi and Rosemary Day. In addition to bestowing a particular non-profit as the target of their fund-raising, the Society offers scholarships to students. We are grateful for the support from the Alliance that is affiliated with our local medical community and their backing of Jowonio.

LET'S RUN TOGETHER

BY RORY LAWRENCE

Hugo and Grace Lawrence are Jowonio grads



Four months ago my amazing friend Kay came up to me after church and said "Gordon would like to start running races with Hugo". Immediately my eyes filled with tears! You see, Gordon is a 13 year old boy and Hugo is my 6 year old son with cerebral palsy. Gordon and Hugo have always had a beautiful relationship. It is a bond that doesn't need words. It is seen in gestures like the way Hugo simply gazes at Gordon and the way Gordon will gently wipe drool off of Hugo's chin when he needs it. Hugo's love for Gordon shines through every time they are together. Gordon and Hugo have run three races together now and each time Hugo's face lights with joy the entire time. After

each race Gordon always says that he could never have run that fast if he didn't have Hugo. They are a team! I remember when we first found out that Hugo had a rare brain condition that would lead to cerebral palsy. He and his twin sister Grace had been in the NICU for a month and still had another month to go before they could come home. In addition to all of the general worries, I worried if he would have friends. In the six years since that day we have seen more beauty in life than we ever imagined possible! Love and compassion will always win if you let it!



Please watch your local TV station; Jowonio School will be listed under the school closing and delay list.

*If Syracuse City School District (SCSD) is **DELAYED** for inclement weather:*

Jowonio classes will be delayed

If your child is in an 11:15 class, there will be no school if delayed 2 hours

*If Syracuse City School District (SCSD) is **CLOSED** for inclement weather:*

Jowonio will be closed

*For Syracuse City School District (SCSD) **WINDCHILL** delays and closings:*

Jowonio will remain open and start on time

COUNTY TRANSPORTATION SERVICES

DELAYS:

*If **YOUR DISTRICT** is delayed, our transportation services will be delayed on your districts schedule*

*If **OUR DISTRICT** (SCSD) is delayed, our transportation services will be delayed (the exception is the 11:15 classes where there will be no transportation services if its delayed 2 hours)*

***If **OUR DISTRICT** (SCSD) is delayed for **WINDCHILL only**, our transportation services will be delayed **but Jowonio will remain open and classes will still start on time**. (you are welcome to transport your child to school on your own –or wait for the delay ride- and transportation services will transport home.*

CLOSINGS:

*If **YOUR DISTRICT** is closed and we are open, there will be no transportation services for you (you are welcome to transport your child to and from school on your own)*

If a district is closed in between your district and our SCSD there will be no transportation. The county cannot cross through closed districts.

If we close after the school day has begun, transportation services will promptly get the children.

***If **OUR DISTRICT** (SCSD) is closed for **WINDCHILL only**, there will be no transportation services **but Jowonio will remain open and classes will still start on time**. (you are welcome to transport your child to and from school on your own)*

Please note: There will be NO AFTERSCHOOL for “closings”, “early dismissal” or “no afterschool activities” listings.

If you have any questions, please contact Connie at the front desk or connie.lutz@jowonio.org.

Always make sure we have the most up-to-date contact information in the office as we may need to reach you during the day should an emergency arise.

“It is vital when educating our children’s brains,
we do not neglect to educate their hearts.” —Dalai Lama

OUTSIDE ALL YEAR

Daily outdoor activity is part of quality preschool programming and is mandated by New York Child Care regulations. Cold weather can be a great time for children to play outdoors, and we may go outside as long as the temperature/wind chill is 30 degrees or above (or short periods of time when the temperature is 20-30 degrees). As long as children are dressed well enough, weather conditions do not present a health risk. According to the American Academy of Pediatrics, "Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in winter, when children are in close contact with each other." Fresh air can actually reduce the spread of airborne viruses that can pass easily from one person to another in close indoor spaces.

Getting children moving and active outside in all seasons is healthy, burns energy and is an important part of obesity prevention. We are so fortunate at Jowonio to have a wonderful outdoor environment, which offers a variety of spaces for different kinds of play even in the cold and snow. When children are dressed appropriately, they should be able to play outdoors in most temperatures. "There is no such thing as bad weather, only bad clothing!" (ActiveKidsClub.com)

To combat winter cabin fever by going outside, here are a few tips:

- Dress children in layers to keep them dry and warm; in addition to coats, be sure to have boots, gloves, and hats!
- Keep everyone moving to prevent frostbite or hypothermia.
- Set reasonable time limits for outdoor play and come inside to warm up periodically.
- Be sure that all students drink water and have a warm drink if chilled.
- Be aware that outdoor play structures can be slippery in the cold and snow and if so, make them off-limits.
- Plan activities that take advantage of the weather: go sledding, build and decorate snow people, make a fort, make snow angels, take a walk in the woods and observe signs of animal life, freeze items in the snow, play a slip-sliding version of tug-of-war, make a giant snowball, spray snow with colored water.
- Check out www.beoutthere.org for ideas about outdoor play.
- The National Wildlife Federation (nwf.org) suggests that adults take a pledge: "I pledge to grow our children's health, happiness, and appreciation of nature by getting them outside and playing every week!"

SAFE SLEDDING

Parents can't crash-proof their children, but they can take important safety precautions regarding sledding. Injuries that can occur during sledding depend on the sled, the slope and the rider. Head, neck and facial injuries are common when children ride head-first; they can also catch their hands and fingers under the runners and they can be vulnerable to spinal damage if they fall off. To avoid sledding injuries, follow these tips to keep your child safe.

- ◆ Make sure children know that sledding can be dangerous.
- ◆ Encourage riders to lie on their backs and go feet first or sit face forward.
- ◆ A classic steerable runner sled is safer than toboggans, inner tubes or plastic saucers.
- ◆ Check the terrain to be sure the slope is gentle, clear of obstacles and doesn't end near a road.
- ◆ Have the child wear a helmet when sledding.
- ◆ Bundle kids up as they are susceptible to hypothermia, and be sure they have regular water breaks.

While young kids can be fearless, parents can keep them safer by sledding with them!



SUPPORTING CHILDREN THROUGH SEASONAL STRESS

In addition to times of warmth and joy, this time of year brings with it a great deal of pressure and anxiety, and our children feel it as much as adults do. For those who thrive on routine, school is closed for a while and usual schedules are changed and special events occur that are out of the ordinary. Families might be traveling to other places that are not comfortable or visitors are arriving to stay at your house and their interactions are different. Relatives may not understand a child's style, developmentally appropriate behaviors or special needs, and have expectations that children can't meet. Parents are in the middle, trying to help children be on their best public behavior and at the same time protecting them from the pressures of different circumstances and adult interactions. Shopping, whether it is at the grocery store or the mall, can be a sensory nightmare. And the cultural press for gifts can lead to unrealistic expectations and inevitable disappointment.

- How can we support our children through the stresses this season brings?
- Make an effort to maintain daily routines as consistently as possible.
- Provide advance notice to your child about changes in the usual schedule; use a calendar to give your child a way to anticipate the upcoming events.
- Use visuals to provide an individualized schedule, to show your child what will happen, where you are going, and who will be there.
- Educate your family and friends about your child's needs and the best way to support them.
- Review and practice with your son or daughter the sequence of upcoming events (what will we do at the party and who will be there) and expected social interactions (how to greet Aunt Marie and how to play with the cousins)
- Provide an area to take a break and be alone; bring favorite toys or books.
- Get exercise in ways that help everyone take a break from the intense activities: a walk in the neighborhood or a hike at a park; swimming in the pool or ice skating; or the ever handy trampoline in the basement.
- Be sure to have available your child's special comfort and sensory supports, such as headphones or ear plugs, fidgets, oral tools.
- Prepare some of your child's favorite foods to supplement meals at home with guests or at other family gatherings.
- Give your child a special role for holiday events and incorporate his or her preferences and passions into the plans.
- Be preventative! Keep track of how each child is handling a situation and provide supports before the meltdown.
- Give yourself some tender loving care: time together with your partner, a concert or play that you love, a snuggle with your kids watching yet again a favorite movie, and opportunities to say "No" without guilt.

Keep in mind that celebrations should be for everyone, and that it is counterproductive to continue to do stressful things just because we have always done them. Maybe now is the time to create your own rituals and traditions, to meet the needs of all your family members, young and old.

DAY DATE INSTEAD OF DATE NIGHT

You don't have to give up outings as a couple, even though you have young kids; just rethink the timing. Here are five reasons an afternoon date is better than an evening one:



•Sitter availability: it's easy to find a teenager willing to give up a Saturday afternoon as opposed to a Saturday night.

•The matinee movie: you save money on the ticket and are much more likely to stay awake.

•Cheaper eats. Lunch or an early-bird special at a restaurant may offer the same meal at a lower price.



•Happy Hour. Have a great drink deal and be home in time to put the kids to bed.

•Active Playtime. Go out for a bike ride, a game of tennis, a walk in the park or kayaking on the lake.

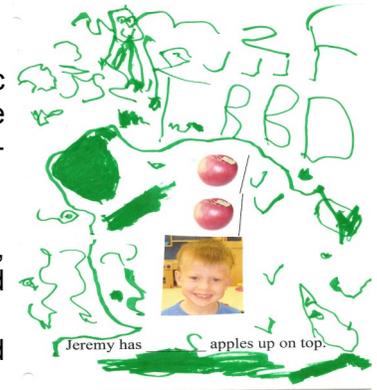


MAKE YOUR OWN STORY BOOKS

(from the National Association for the Education of Young Children)

Children love stories and love making things, so take advantage of this terrific combination and make some books with your child. Preschool children are ready to help write and illustrate stories from their own experiences or imaginations. Here's an idea:

1. Write down a story as your child tells it. Be sure to write the child's words, not yours, and repeat the words as you write. This process helps a child recognize that print is "talk" written down.
2. Place an appropriate number of words at the top of separate pages and reread the story with your child.
3. Invite your child to illustrate each page, or cut out and paste on pictures to reflect the text; a set of photos of a home experience, a visit from Grandma, or trip to the zoo can also be the start of a story told in the child's words.
4. Pages can be placed in order and a cover with a title and name of the author can also be added.
5. The book can be put together in a number of ways. Holes can be punched in the pages and you can use metal rings or ribbons through them. Pages can be put in protective plastic sleeves and placed in a notebook, or put in a photo album from the Dollar Store.
6. Encourage your child to "read" this new book to you.



The lady from the farm is telling about the sheep.

These unique books make wonderful gifts. You might want to photocopy them (color photocopies are great!) and give them to several members of the family or close friends.

Remember, whatever the topic, we adults act only as the scribes for the child's words and as assistants in putting the book together. Children should make all the decisions about the content and creation of their own storybooks!

GIVE THE GIFT OF BOOKS

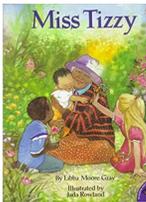
Some of our favorite children's books have been around for a long time!

<i>Peter Rabbit</i> by Beatrix Potter	110 years old
<i>Curious George</i> by H.A. and Margaret Rey	70 years old
<i>Goodnight Moon</i> by Margaret Wise Brown	65 years old
<i>Charlotte's Web</i> by E.B. White/Garth Williams	60 years old
<i>Where the Wild Things Are</i> by Maurice Sendak	50 years old
<i>Clifford the Big Red Dog</i> by Norman Bridwell	50 years old
<i>Brown Bear, Brown Bear</i> by Bill Martin, Jr.	45 years old



Many young children have special relationships with family members or friends of their grandparents' generation. These cross-generation encounters can be very joyous. Some children's authors remind us of the value of a long life, the contributions the elderly share with young children, and the way that even preschoolers can give back to their relatives and neighbors.

Check out the following books at the library or through Amazon:



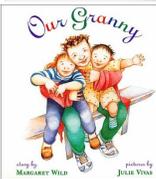
Miss Tizzy --Libba Gray, Jada Rowland

Elderly Miss Tizzy gives special attention to her young neighbors (picking flowers, baking cookies, playing instruments, delivering hand-drawn pictures) and they all love her for it. When Miss Tizzy falls ill, the children reciprocate with many gifts and they all benefit from both giving and receiving



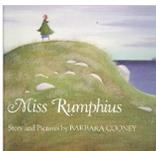
Wilfred Gordon McDonald Partridge --Mem Fox, Julie Vivas

In this beautiful tender book Wilfred lives next door to a nursing home where he has befriended Miss Nancy who at 96 has "lost" her memory. Wilfred sets out to find her memory for her.



Our Granny --Margaret Wild, Julie Vivas

This book describes all the unexpected individuality of grannies, beyond traditional stereotypes. Readers can think about their own granny or older people they know and what makes them special.



Miss Rumphius --Barbara Cooney

Alice, "The Lupine Lady" as she got older had three goals. She wanted to work in a library where the books told her about faraway places. She wanted to travel around the world. And she wanted to make the earth a beautiful place. After she traveled, Alice found a house to live in by the sea and she planted lupines, her favorite flowers. The wind and the birds took the lupine seeds all over. She bought seeds and scattered them all over her community. And in the spring there were flowers everywhere. She had made the world a more beautiful place!

SHOP ON LINE FOR CREATIVE GIFT IDEAS

If you are looking for toys and books for children that are different than the usual commercial fare, check out the following favorite catalogs/websites and order on-line:

BookVine for Children, www.bookvine.com (books for infants through preschoolers)

Chinaberry Books, www.chinaberry.com (wonderful books for children & adults of all ages)

Creative Diversity, www.creativediversity.com (multicultural items)

Groth Music, www.grothmusic.com (instruments and CDs of all kinds)

Hearthsong, www.hearthsong.com (marvelous fantasy play items)

Insect Lore, www.insectlore.com (great science ideas)

Isabella, www.isabellcatalogue.com (gifts for reawakening the spirit)

Magic Cabin, www.magiccabin.com (wonderful fantasy ideas)

Mindware, www.mindwareonline.com (challenging games for young children)

Small Hands, www.forsmallhands.com (Montessori materials)

Syracuse Cultural Workers, www.syracuseculturalworkers.com (buttons, posters, tee shirts, cards...Local)



WHAT'S HAPPENING AT JOWONIO





NEW FAMILY TRADITIONS

Lives change and we need to invent new traditions to help families celebrate special moments and milestones, heal the wounds of loss, and strengthen family identity. Rituals create comfort and security, help navigate change and difficult times of the day, and generate happy memories. Here are some ideas:

- ◆ **Winter Solstice Celebration** (the shortest day of the year): light candles; call out “Come back, Sun!”; make sunshakes with orange juice and vanilla ice cream; play the Beatles “Here Comes the Sun”!
- ◆ **Ms. Frizzle Award:** Ms. Frizzle from the *Magic Schoolbus* Series has a motto that states “Take chances, make mistakes, get messy!” Give a monthly **Ms. Frizzle Award** to a family member who tried a new skill, worked hard at something challenging, learned something interesting.
- ◆ **Crazy Dance Party:** If things are tense and people are bickering, call out “Crazy Dance Party”, count down from 10 to 1, put on some oldies rock music, and dance like crazy until everyone is laughing!
- ◆ **Make a Feast for the Wildlife:** Take a walk in the woods with a bucket of seeds and other food scraps for the birds and beasts; keep the bird feeders full as it turns cold.
- ◆ **Yes Day:** Every time you say “No” to your children have them write down their request and put it in a “Yes Jar”; once a month the kids can pick an activity from the jar that you must go along with (drink strawberry milk before breakfast, have a pillow fight, wear the Cinderella dress to school, paint your nails purple).

WHAT DO WE DO AFTER THE PRESENTS ARE OPEN

The living room is a sea of unwrapped presents and dinner is hours away. Here are five ideas adapted from the *Atlanta Parent Newspaper* for keeping everyone occupied as the day rolls on

- ◆ If you are feeling adventurous, take the kids on a hike, or even just a walk around the neighborhood. There are great parks in Central New York and the fresh air will do everyone some good; consider Beaver Lake, Green Lakes, Highland Forest, Jamesville Beach, and Stone Quarry Art Park. There are smaller community parks that are an easy walk.
- ◆ Fill trash bags with all your discarded wrapping paper (no boxes) to make soft, patchable bundles. Let the kids jump and roll around on them. You might want to set a weight limit; if the kids are too big, you may be picking up all the paper again. For the bigger kids, use the boxes and packaging to create a “robot.” Cut holes in a large box for their head and arms to fit through, then tape smaller cardboard boxes around their arms and legs to make the rest of the body. Decorate with permanent markers or wrapping paper.
- ◆ Get out the video camera. Let the kids put on their own show while Grandma or Grandpa act as director and cinematographer. Act out a favorite holiday story, or write a script for an original show. Use dress-ups and clothes from around the house for costumes. After filming is through, gather the family around the television with popcorn and watch the production on the “big screen.”
- ◆ With a little preparation, an indoor scavenger hunt is great for junior detectives. Gather about a dozen items, hide them around the house and give everyone a sheet with clues. If there is a teen member of the family at home, offer to pay them to help organize the hunt. You can limit the hunt to one room or an entire floor.
- ◆ Create a special holiday scrap book for all the family’s Christmas cards and tags. Use discarded wrapping paper for the background of each page in the book. Have the kids create personal pages consisting of tags from the toys they received or their own drawings of their favorite Christmas gifts, or add photos of the family celebration. This is a great way to preserve holiday memories-while making it easy to write thank-you notes for gifts!

FAMILY SUPPORT CORNER



It has been a busy Fall for families at Jowonio!

An enthusiastic group of parents made our **Adventures in Parenting** series a success on Friday mornings during the Fall. Thanks to **Carol Spartano** and **Lori Lawless**, two of our seasoned Jowonio support teachers, who brought their wealth of experience and knowledge to talk with the group about social skills and behavior strategies and the importance of play with preschoolers.

Alto Cinco hosted a group of parents for a delicious breakfast on December 1, for a chance to socialize and share resources relating to parenting and the special needs community.

Three Jowonio staff members presented a workshop for a large group of parents about social skills, behavior, communication and sensory strategies for preschoolers. The two part workshop was held over two Monday evenings in November. Thanks to **Katie Carkey**, Treehouse Room lead teacher; **Pam Carges**, Occupational Therapist; and **Cheri Lauffer**, Speech-Language Pathologist, for their informative presentations of strategic tools and ideas for parents to use at home.

My Gym Parents' Night Out was held in the December, for children with special needs and their siblings. It was a full house and fun was had by all.

Thanks to **Scott Floyd** and **Mark McKeon** for continuing to pick up and deliver all of the wonderful bread and baked goods that are donated to us every Monday from **Panera in Fayetteville**. And of course, thanks always to **Panera** for generously providing this gift to us every year!

Thanks to an energetic bunch of Jowonio alumni and friends from **Nottingham High School**, we were able to successfully pack and deliver 35 Thanksgiving baskets around Onondaga County this year.

Every year we are so fortunate to partner with community members and organizations that help us to gather and distribute tons of toys and gifts to many Jowonio families in December. A huge thank you to **Tillie's Touch**, **SEFCU**, and **Michelle and Todd Truxel** and staff at **Custom Logo**, for your overwhelming kindness and generosity!

And a huge heartfelt thanks to all of the Jowonio **parents, staff** and **alumni families** that donated turkeys, canned goods, gift certificates, cash and toys to help us to provide baskets full of great food and gifts to many Jowonio families during the holiday season!

"Teaching kids to count is fine, but teaching them what counts is best".

— B. Tolbert

HOLIDAYS AND SEPARATED FAMILIES

When parents are separated or divorced, holidays can be particularly difficult. Holidays are a time for reminiscing and reassessing, which can bring on sadness about the current situation. The hurt and anger parents may be experiencing toward each other are brought to the surface. Children can be under great stress when shuttling back and forth between two households, and they have their own sense of loss, as do the adults, for the ideal of family and perhaps the history of holiday rituals and routines that used to be. No parent wants to inflict additional pain on their offspring. Here are some suggestions from Denyse Variano (Cornell Cooperative Extension) and *divorcesource.com*, to make holidays less stressful for children in this situation.

- Work out the **holiday schedule** with your ex-spouse before revealing it to your children. Don't put the children in the middle by asking where they would like to spend the holidays; this is a burden and may result in the child feeling guilty. Develop a consistent pattern of sharing the time between households. Remember that splitting rather than alternating holidays can be challenging for children who need more time to settle in to a new environment. A calendar up for all to see will help children feel safe because they know what is ahead.
- **Pay attention** to your children, even if it's not your time with them; call, text, e-mail. If exchanging gifts is a part of your tradition, be sure to do so, to all the children in the household. But buying gifts is not a substitute for your presence. And competing with the other parent by indulging children with gifts is also unhealthy. If possible, discuss your child's wish list and divide it rather than duplicate it. Try to take time from work when your children have their winter break, so the time feels special.
- **Don't put down** your ex-spouse in the presence of your kids. You are a parenting team even when your marriage is over. Encourage your child to enjoy the time with the other parent, and express reassurance that while you will miss him/her, you'll be together soon.
- Try to keep **holiday traditions** intact, even if the other parent is missing. These traditions help children feel safe in the midst of the stress of separation and divorce. Some families are able to share time together (e.g. dad comes over on Christmas morning); there is not a right answer, but what you do should work for your own situation and be a strategy that reduces stress for all.
- **Take care of yourself.** When you are without your child, make plans with friends and family and also make a list of things you can do yourself...take a long walk, go to church, volunteer at a local charity, read a good book, go to a concert or a movie, accomplish a house project, create something for your child (a mural, a fort, etc.), start a new hobby.

Holidays are a mixed blessing. They will go better if expectations are realistic, the focus is on the needs of the children, and you take care of yourself.

GIVE YOUR KIDS THE GIFT OF TIME

—FROM ELAINE ST. JAMES, SIMPLIFY YOUR CHRISTMAS

The most meaningful gifts aren't always wrapped in shiny packages with big bows. Parents often feel their children will feel deprived if there aren't lots of presents...but what kids truly love is your undivided attention on a regular schedule they can count on. Many parents realize that time together is the most important thing they can give their kids. It doesn't have to be an expensive trip. Here are some ideas:



- A father's gift certificate to play hooky on the first snow day to build a snowman together
- A subscription to the "adventure of the Month Club", where 12 simple adventures (e.g. a trip to the zoo, picnic in a favorite park, maple sugaring, a trip to the corn maze) are planned but kept secret until the day of the event.
- Agree to spend 1/2 hour a day for a year doing whatever your child wants (e.g. participating in a tea party, playing card games, feeding ducks at the pond, shooting baskets)... Enjoy the pleasure of just being with your child.
- Plan a mystery outing to a favorite spot and give your kids a set of clues to keep them guessing.
- Give a gift certificate for a night on the town (dinner and a movie) for just you and your child.
- Give gifts that are designed to involve the entire family—puzzles, board games, sleds, ice skates, scrabble.



WINTER BLAHS

BY MELISSA HYMAN

Winter is upon us, which means time to dust off the sleds, skates and skis. There is so much fun to be had outdoors on those bright, crisp winter days, but some winter days require a little change of pace, especially over long vacations at home with the kids. Listed below are some suggestions for indoor and outdoor winter fun in and around the Syracuse area. On those days when you are feeling a little stir crazy or stuck for ideas, pull out a winter list or check out local publications such as the Family Times. There is a lot of fun to be had at home and out of home if you look for it!

[Fun with Snow in Your Own Back Yard](#)

Have a snowman-building or snow angel contest

Gather snow to make snow puppets, snow cream, snow with maple or chocolate syrup, snow painting, snow-in-sink play with food coloring, etc.

Create a scavenger hunt (in or outdoor); play the alphabet game (take a walk outside or in the house or at the mall, looking for objects that begin with each letter)

[Outdoor Outings](#)

Ice skating at Clinton Square and other (indoor) city rinks

Snowshoeing or cross country skiing at Highland Forest, Green Lakes or Beaver Lake. Several local ski places offer great packages for kids including lessons for all ages

Lights on the Lake at Onondaga Park

Rosamond Gifford Zoo – lots to see, even in winter

[Indoor Outings](#)

Bowling; Library; indoor swimming (several local pools offer open swim hours every day)

Sky Zone (trampolines) on Erie Blvd.

Children's Museums: MOST in Armory Square, Strong Museum of Play in Rochester; Discovery Center in Binghamton; Science Center in Ithaca

Erie Canal Museum (downtown Syracuse) - all year, plus Gingerbread House display around holidays

My Gym in DeWitt has ongoing classes for kids of all ages and abilities as well as open play times each week

Wonder Works – Destiny USA - great for all ages

Shoppingtown Mall has a fun play and climbing space for small kids in the food court (great for play dates!), plus a library with a great children's section, skateboard/roller skate/big wheel facility and other family-friendly activities in the Dick's side of the mall.

[In-Home Fun](#)

Put on a puppet show; turn on music and dance!; have a movie night (don't forget –rentals from the library are free!)

Make a fort out of chairs and sheets; create a pretend grocery store; videotape the kids putting on a show

Create art projects out of household items, recyclables, magazines, etc.; collages; scrapbooks; make snowflakes

Make playdoh or goop; finger paint with shaving cream

[Events to Watch For](#)

Syracuse Winterfest, featuring a multitude of events, usually in February

Syracuse Symphony family concerts

Rosamond Gifford Zoo has educational activities and classes for kids

My Gym often has open houses and Parent-Night-Out events

Open Hand Puppet Theater

[Resources](#)

Check the **Family Times** monthly magazine for schedules of local events, shows, exhibits, coupons for Strong Museum, My Gym, etc.

Weekend section of the Syracuse Post Standard comes out every Thursday

Syracuse.com

[Recipes](#)

If you are looking for recipes for any ideas above (playdoh, goop, snow cream, snow painting, etc.), there are lots of good sites online; the February **Family Times** also has a feature each year on winter activities with this info. Contact your child's classroom for more ideas and recipes.

Jowonio's Family Art Experience is Sunday, Feb. 11th

Welcome Families!

Come play with your child / children!

We will have a variety of hands-on activities from Studio Rainbow to explore! With open-ended materials, we hope to create the opportunity for "children" of all ages to experiment and co-create together.

Experience joy, wonder and a sense of discovery!

You will also see documentation panels that represent some of the learning in which children participated in their classrooms.

1:00 - 2:00 Bunny, Earth, Koala, Kangaroo, Ocean and Bellevue Heights

-----half hour break to reset materials-----

2:30 - 3:30 Star, Waterfall, Sunflower, Treehouse, Dragonfly and Butterfly

If this schedule isn't convenient, feel free to come during either hour!

FRIENDS OF JOWONIO NEWS



In October Friends of Jowonio said goodbye to John Soltys, our Building and Grounds Manager for the past five years as he headed out to his new job and home in Colorado. The kids would really love his newly adopted hedgehog! We are grateful to John for the classroom demonstrations and visits that taught the kids about his job, and for all of the wonderful gardens and projects he created that kept our grounds and building safe and beautiful.



Familiar faces start new jobs with FOJ!



James Wassel who has worked as the Grounds & Maintenance Assistant with John for 2 years has been promoted as the Grounds and Maintenance Manager. James' vast experience with HVAC and attention to detail coupled with his familiarity with our building and love for our school has made the transition to his new position very easy and pleasant for everyone.

Taking James' place as the Grounds & Maintenance Assistant is Matt Spencer, who was formerly in the Sunflower Room. Matt is also the Team Leader of the Janitorial Crew. Matt had been working with FOJ part-time after school and we are so excited to have him dedicated to the building and grounds full time. Matt is very creative, organized and brings a lot of experience to the team. James and Matt are a great team

who together has already made great improvements to the building in their new positions at Jowonio. CONGRATULATIONS James & Matt and thank you for everything you do to keep our building and grounds safe and beautiful for everyone!!!

NEW JOWONIO MERCHANDISE Just in time for the holidays
 Order forms available in the reception lobby. Merchandise will be delivered to cubbies within 48 hours

JOWONIO MERCHANDISE



Canvas Bag \$20

Ball Cap \$10

Travel Mug \$8

Stadium Chair \$20

Golf Umbrella \$10

Golf Towel \$5

Teddy Bears \$10

Straw Cup \$5

Drink Cozies \$1

Chapstick & Pens \$1 each

ADULT & YOUTH

T-Shirts \$10

Tiger Stripe Tees \$10

Sweatshirts \$35

Ladies V-Neck Tees \$10

Ladies Hooded Tees \$20

Ladies Baseball Tees \$20



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We're on the Web
www.jowonio.org

WAYS TO HELP JOWONIO ALL YEAR ROUND



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!

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

You can also got to the Box Tops for Education web site. www.boxtops4education.com



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You Shop, Amazon Gives to Jowonio!

Choose Jowonio School as your charitable organization Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases.



<http://smile.amazon.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 typically use the United Way dollars for our annual scholarship fund; it is a way to continue to support students who otherwise could not afford to attend Jowonio.

**United
Way**



With Tools for Schools, you earn points on behalf of Jowonio every time you shop using your AdvantEdge Card. The points are redeemed by the school for FREE equipment.

1. Register your AdvantEdge Card and designate Jowonio at the Guest Services desk at your local Price Chopper or using their online form at www.pricechopper.com.
2. The program runs July 26, 2017 through Saturday, March 26, 2018.
3. All eligible purchases using your AdvantEdge Card will be automatically credited to Jowonio.
4. Every dollar spent at Price Chopper earns us one point. Purchase Price Chopper brands and we receive double points!



Jowonio School Code 39798