

Director's Report



Dear Families,

September is always a time of new beginnings in schools. It is a time of both excitement and trepidation, as we wonder how this particular group of children, families, and staff members are going to gel.

I am always amazed at how quickly new relationships develop, trust is built, and a new year of love and learning is begun. It has been a gift to meet each of you and your children. I appreciate the sensitivity with which teachers reassure anxious children and parents, and treasure the gift of trust you place in us each day you bring your children to school. It is a delight to watch the blossoming relationships between children and adults, and the growing friendships between the children.

This year is a particularly big time of transition for the staff at Jowonio. Ellen Barnes, who has been a gifted and inspiring leader of the school for over 40 years, will now be working part time at the school, and I am moving from the Assistant Director role into the Director role. We are delighted that Ellen will be continuing to work part time at Jowonio, in a Program Advisor capacity, continuing to share her strong vision, knowledge of history, and expertise about the school and the relationships that have contributed to it as we move through this transition. I also am incredibly honored to have been chosen for this role, and excited to be carrying forward the vision of the school as a fully inclusive, strengths-focused community.

I began at the school as a very young undergraduate student intern in the late 1980's, and was immediately drawn to that vision, and eager to move it forward in any way I could. I was hired as a teacher and spent eight years in the classroom at Jowonio, before moving to a position in the public school system. I took all that I had learned about inclusion into that setting, and valued my experience there. But, after 4 years there, I was ready to return to Jowonio in a new role, as an administrative support teacher. That began the journey of mentoring, supporting, and leading adults through this work of building strong inclusive learning communities, and that has culminated in my leadership role with the school today. It has been both a deeply challenging and a richly rewarding journey, and I look forward to continuing to nurture and grow with the school.

We have also hired an additional support teacher and realigned our administrative team to pick up the pieces of the Assistant Director role. Kate Smith is our newest support teacher, and she and Jen Petrie will be sharing aspects of the Assistant Director role while also taking classes toward certification as school building leaders. Throughout this transition, each member of the administrative team, including all of our support teachers, Ellen, and our social workers, has stretched themselves to problem-solve aspects of the process and to take on new roles and responsibilities to keep us up and running in a positive way. I feel truly blessed to collaborate with this amazing group of adults who are both deeply respected colleagues and treasured friends.

With all of the incredible staff members at Jowonio, in partnership with you as families, and as always with the amazing children you share, I look forward to a wonderful year of learning and growing together at Jowonio.

~Lori

Dear Friends,

I have been lucky to spend over 40 years as an administrator at Jowonio, beginning as a graduate student. As I reach retirement age and struggle with some medical issues, my role at the school is limited although I hope to stay connected on a part-time basis. I am absolutely confident that Lori Saile, our new Director, and the rest of our terrific staff will continue to be responsive to you all and continue to be on the cutting edge of services for children and families.

The "Big Ideas" that have been central to Jowonio from the beginning continue to inspire us and inform our practices on a quality inclusive setting. They include:

A belief that all children and families belong in our school * Those from many backgrounds and with different learning styles can grow together and teach us as well * Circles of friendship help students understand, be kind and value each other * Children learn through play and active exploration of a rich environment * When teachers and therapists adapt and individualize, all children benefit * Together we are better when staff and parents work in partnership.

The Jowonio Board and experienced staff are our greatest strength as the school progresses. The Board will focus on a strategic plan to address goals for the next five years. I know that Jowonio will be open to new ideas as well as continuing to implement our mission. I am so grateful for all our time together. I have gained so much joy from the children, connections from families, and the continued growth of staff. Our history over time has been such a gift, and who we are comes from who we were. Thank you for that!

Ellen

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 2 children/staff with peanut allergies in 2 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 and the staff will let you in, if not, ring the buzzer, identify yourself (if staff can't see you or don't know you). 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.

Toilet Training

Working with kids to learn to use the toilet independently is a goal for most parents of toddlers and preschoolers. This milestone typically happens for kids between ages 2 and 3, but it is not uncommon for some kids to develop this skill a bit later in the preschool range.

Advice from teachers, other parents, and books is plentiful and there are many different effective methods to employ. We are pleased to share that Gretchen Kinnell is offering a **free parent workshop on toilet training this fall**. Gretchen literally wrote the book on potty training ([Good Going!: Successful Potty Training for Kids in Child Care](#)) and is a wealth of information of all things early childhood in the Central New York Community.



Please consider joining Gretchen and other parents at Bellevue Heights Nursery School (2112 S. Geddes St. Syracuse 13207) on October 24 from 7:00-8:00. She will be available for questions from 8:00-8:30.

RSVP to Kathy at 315-475-2344 or bhnsstaff@yahoo.com with number of people attending and contact info in case there is a change.

SUPPORT TEACHERS

The role of support teacher is somewhat unique to Jowonio, so we wanted to share with you a bit about what support teachers do. Each classroom has a support teacher assigned to them, and each support teacher works with 1-3 classrooms. We view the role as truly “supporting teachers” to be able to use and access their amazing teaching skills in any way they may need support. This may mean working on paperwork (which there is a ton of!); making observations of students and recommending strategies; facilitating information between districts, administration, families and therapists; providing inservice training; modeling or guiding areas of interest, and often just helping out with the nitty gritty classroom needs such as subbing, helping out with transitions or anything else that requires more hands! In addition to their work with classrooms, each support teacher takes on some additional administrative responsibilities, such as coordination and support for our therapy teams, our itinerant services, and our evaluation team. Here is a little bit of information about each of our support teachers:

Jen Petrie – I am beginning my 12th school year at Jowonio. My journey with Jowonio started when I began my graduate school education at SU. Previously I worked in the criminal justice/human service field as a case manager. After personal experience in the early intervention system with my son, I changed careers and pursued a career in teaching. I have held a number of positions over the years at Jowonio including: a teacher’s aide, lead special education teacher, itinerant early intervention home provider, and now as a support teacher. I have a Master’s Degree in Early Childhood Special Education from SU, a CAS Assistive Technology from George Mason University and I am almost finished with my CAS in Educational Leadership from Lemoyne College. In addition to taking on some Assistant Director responsibilities, I currently support the Earth Room and the Kangaroo Room. I grew up in Syracuse and I currently reside in Camillus with my boyfriend. He owns his own plumbing business and between the two of us we have 3 kids (22yrs, 14yrs, 6 yrs old), 4 rescue dogs and 1 cat. We enjoy being active and both have a passion for bodybuilding and going to the gym. What I love most about Jowonio is our commitment to children and the connections we develop with families. I couldn’t imagine working anywhere else!

Kate Smith - My affiliation with Jowonio began in 2006, when I was the special education teacher at the Bellevue Heights Collaboration, where I remained until 2010. I remained connected as a Jowonio parent until this fall when my youngest child went off to kindergarten. Professionally, my work in early childhood maintained my connection after leaving BHNS in multiple ways, including conducting trainings for staff and parents and as a member of the CNY Coalition for Young Children with Special Needs. I'm happy to be back at Jowonio to do some work on the administrative team and to support the Ocean Room and The Bellevue Heights collaboration.

Carol Spartano - I have had the pleasure of working at Jowonio for 38 years! I received my master’s degree in special education at Syracuse University and a bachelor’s degree at SUNY Cortland in health education. I have had the opportunity to use both of these areas of interest and expertise in my work at Jowonio and love that I am encouraged to grow, learn and to try out new ideas throughout my time here. I taught in classrooms and in homes for many years prior to taking on the position of support teacher, and currently support the Dragonfly, Star, and Treehouse Rooms. I find it a privilege to work with so many talented teachers, therapists, and Jowonio families, who have become my community of friends over the years. I am so fortunate to love coming to work each day!

I have a blended family with my husband Rob (yours, mine, ours and theirs) and all 5 children attended Jowonio as preschoolers. They all have grown and have families of their own, including 4 grandchildren and 1 on the way! They are all doing work that are extensions of both Rob’s and my interests which include teaching, health research, social work and medical. They all live within 5 hours of Syracuse, but none in Syracuse, so many of our weekends and vacations are filled with travels to spend time together!

Joy Casey – I began teaching at Jowonio in 1983, after completing my undergraduate degree in special education at Syracuse University. Over the years, I’ve had lots of different roles here, including resource teacher, lead classroom teacher, home-based teacher, graduate student supervisor (while in the doctoral program at S.U.), support teacher, and evaluation team coordinator. I taught the youngest Jowonio children, in a half-day classroom, for more than 20 years. Happily, I’m still connected to some of our youngest kids, as support teacher for the Butterfly Room.

SUPPORT TEACHERS cont..

Joy cont... My husband, Peter, is retired from the School of Education at Syracuse University, as well as from his private practice as a psychologist. He was one of the founders of Jowonio, almost 50 years ago! Our daughter, Ana, was a Jowonio student and teacher, and is now in her fourth year as a second grade teacher at the Troy Prep charter school near Albany. I am blessed to be surrounded by so many committed and talented educators, and to actually get paid to play with kids!

Lori Lawless - I am now entering my 31st year of being in the Jowonio family! Having an undergraduate degree in special education from Geneseo State College, four years of teaching experience across a range of ages and abilities and working on a master's degree at Syracuse University in early childhood special education, I was lead to Jowonio by the SU professors and never looked back! While I started as a half-day toddler teacher, I have held many roles at Jowonio including home-based teacher, resource teacher, early intervention coordinator, assistive technology team member, evaluation team member, and support teacher. I currently support the Koala, Ocean, and Sunflower Rooms. I have enjoyed the experiences and growth afforded me in each role, and continue to enjoy learning from each set of children, parents and staff that every new year brings.

Outside of Jowonio, my husband and I have raised 2 children, both of whom live and work in Massachusetts. I am proud to say they exemplify their Jowonio roots in embracing diversity, kindness, and acceptance. In addition to spending time with our children, and their partners, and taking care of my 90+ year old mother with Alzheimer's, I also enjoy kayaking, kick boxing, reading, and gardening.

Brenda Cafarelli - I have been a part of the Jowonio community for 30 years. I am originally from Brooklyn and Staten Island. I received my undergraduate degree and certification in elementary education (nursery through 6th) from SUNY College at Brockport, and my Master's degree in early childhood education from SUNY Buffalo. When my husband, Carl, and I moved to his hometown of Syracuse, I continued to take classes to become certified in special education at Syracuse University.

Prior to coming to Jowonio, I worked in various daycare and preschool settings with children ranging in age from 6 weeks to 5 years old. I've always found myself drawn to young children. My role as a Jowonio teacher has varied from being in the classroom to working with children on an itinerant basis (supporting children in their home, daycare or a different preschool). My responsibilities for the past three years have also expanded to a support teacher role for the Bunny Room.

I feel very fortunate to be in an educational setting, where my beliefs on diversity and inclusion have been valued to the fullest. In fact, many staff people watched my 23-year-old daughter Meghan go from an infant, to a Jowonio student for four years, to an alumni, to a teacher's aide in the Butterfly Room (the classroom next door to us). Outside of school, I enjoy taking family trips and reading.

FAMILY POTLUCK

JOIN US! The Jowonio Family "Potluck" Supper will be Wednesday, November 7th 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.

What's Happening...





SAVE THE DATE

Adventures in Parenting	10/17-11/14 Wednesdays 9:00 am
Behavioral Support for the Spirited Child Parent Workshop	10/25 & 11/15 6--7:30 pm
Family Potluck Supper	11/7 5:45 pm
Make up Picture Day	11/8
Veterans Day-No School	11/12
Holiday Food Drive	11/1- 11/19
Thanksgiving Break—No School	11/21-11/23
Holiday Toy Drive	12/3-12/17
Holiday Recess/No School	12/24-1/1

Remember to turn your clocks back (1) hour 2a.m. November 4th



MY TURN



Sharing Ideas and Working for Change by Lisa Neville

Sometimes parts of your life come together so naturally you have no choice but to follow a new path. In my case, a fascination about how people learn and relate to each other and a love for our city's people aligned perfectly. Four days a week I support kids and classrooms here at Jowonio as an occupational therapist. I spend Fridays consulting as a community partner to the Syracuse City School District's Office of Student Support Services to help develop resources, training and professional development for Syracuse students, families and staff.

School districts around the country are grappling with significant and persistent achievement gaps and overuse of suspension that excludes students of color and students with disabilities at rates many times higher than their white peers. The bottom line is that not enough of our kids are succeeding in school and graduating to go on to careers, college and active citizenship. To address these pervasive issues educators are exploring how to support students and staff differently and there are natural contributions that can be made by those of us in early childhood inclusive special education.

Five years ago, under the scrutiny of an investigation into allegations of discriminatory disciplinary practices Syracuse City School District embarked on an effort to understand and improve staff practices. This included a community wide discussion to share beliefs about discipline and learning. I was invited into the process as a parent but it became immediately clear that my experience as an early childhood special educator, and importantly my experience at Jowonio, informed my thoughts about our future as a community. Jowonio teams are open and honest in our commitment to be life-long learners. We work hard to develop trusting relationships. We presume competence and believe that everyone is capable of learning and achieving at high levels. We seek to become more culturally responsive and restorative in our approaches with kids, families and with each other. We solve problems collaboratively.

As a therapist who collaborates with teams to support students with a wide range of behavior I know approaches can be designed for students and adults to meet them where they are and promote growth and success. I believe educators, families and community members share responsibility for creating vibrant, welcoming and engaging learning environments where everyone feels safe. This year our Office of Student Support Service team is continuing professional development in the areas of socio-emotional learning, culturally responsive educating and restorative practice. At the same time discipline data is being used to inform decision-making in creating programs and staffing structures that respond to the unique needs of each school community. This approach allows students and adults who need the most support to be a focus for school teams. Above all else the District is looking to its own people to innovate and there is evidence, increasing each year, of energy and enthusiasm building in schools around our city.

When educators and families have the opportunity to listen to each other, explore their beliefs and become aware of the impact of their biases we can create relationships of trust between adults and with the students they serve. It is exciting to be talking about how to support each other as we teach the skills students need to be successful in our schools and in our society. I know that part of why I believe this is possible everywhere is because I have experienced it as an employee and as a parent at Jowonio.

"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 every-day, 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.

This year we are launching use of the "Remind" app for the entire school. You may have already signed up with your child's teacher, but if you haven't please consider doing so. You can receive messages through the app as text messages on your phone, emails sent to your account of choice, or through the app downloaded on your smartphone. Teachers and therapists will be using Remind to send reminders and notes to the entire class as well as individual messages privately sent to individual families. You may also receive all school messages and alerts, such as school closings, via Remind. We are excited to have a more streamlined approach to communication with you all!

If you need a message delivered during the school day, call the main office (315-445-4010) and we will connect with the classroom staff and pass this on. 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.

HEALTHY SNACKS: Alternative in the Lunchbox



It can be a challenge to come up with creative and healthy ideas your child can bring to school and will actually eat! It helps to involve your child in the process, while guiding him/her into choosing healthy options. Take a look at the new federal Food Pyramid, now called "Choose My Plate" at www.choosemyplate.gov. For a balanced meal, a child can make two choices from five categories (fruits, grains, vegetables, protein, dairy). If including breads or chips, make them whole grain. The best drinks are low-fat milk or water.

Here's a list of things to consider for school lunchboxes:

- Baby carrots, cut-up cucumbers, peppers, celery, beans, snow peas
- Grapes, berries, melon chunks, bananas, apples
- Yogurt, humus, cream cheese, cheese sticks or cubes, tuna, egg salad
- Rice cakes, pita bread, bagels, pretzels, crackers, whole grain bars

Consider interesting formats as well:

- Wrap sandwich fixings in tortillas
- Make your own "lunchables" with meats, cheese and crackers
- Dips with veggie slices, or chips
- Fill an insulated thermos with heated soup or macaroni and cheese
- Put food on a stick (meat, cheese, fruit, vegetables)
- Put an interesting napkin or note in the lunchbox



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



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. 15 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 August, 12 Jowonio dads attended the 7th 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 from a Skippy Ice Cream truck to over 100 Jowonio children and parents, 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, including our weekly Adventures in Parenting morning series through the fall and winter and a 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!





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; psychologist, Lisa Dates; and certified play therapist, Niki Coller. 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.



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 @ 315-445-4010 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

