

# Woodside Newsletter

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## ARE LITTLE BOYS 'FROM MARS'...?

From the earliest age, boys show a distinct preference for active outdoor play, with a strong predilection for games with body contact, conflict, and clearly defined winners and losers. Girls enjoy raucous outdoor play too of course, but they engage in it less often. Boys tend to play outside, in large groups that are hierarchically structured.....Girls, on the other hand, play in small groups or in pairs; the center of a girl's social life is a best friend. Within the group intimacy is the key.

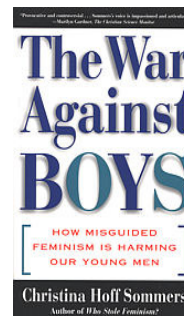
Anthony Pellegrini, a professor of early-childhood education the University of Minnesota, defines rough-and-tumble play

(R&T) as a behavior that includes "laughing, running, smiling, jumping, open-hand beating, wrestling, play fighting, chasing and fleeing". This kind of play is often mistakenly regarded as aggression, but according to Pellegrini, R&T is the very opposite. In cases of schoolyard aggression, the participants are unhappy, they part as enemies, and there are often tears and injuries. R&T

play brings boys together, brings them joy, and is a critical part of their socialization. Children who engaged in R&T, typically boys, also tend to be liked and to be good social problem solvers, says Pellegrini. Aggressive children, on the other hand, tend not to be liked by their peers and are not good at solving problems.

—*War Against Boys: How Misguided Feminism is Harming our Young Men*

By: Christina Hoff Sommers



## TALES FROM THE GALA

### 34 years...

Can you believe Woodside Preschool has been putting on its annual gala since most of us *parents* were still in diapers?

Although some of us proba-

bly never thought we could pull it off (okay, how many of you moms and dads bought your own tickets?), the 34th Gala was a smashing success. Believe it or not, Woodside parents sold more tickets this year — approximately 150 —

than last year, and attendees to the November 3rd, Adorni Center shin-dig witnessed first-hand proof of what 'veteran' parents have long insisted: The Wine Gala is a (Cont., middle of pg. 3)

## RECIPE: Butternut Squash Soup



### Butternut Squash Soup

*“Parents can learn how to discipline using techniques that are neither punitive nor permissive...”*

Has anyone noticed that Winter has finally arrived?

Following a drier-than-normal Autumn, December’s frosty lawns and gurgling rain gutters serve as not-so-subtle signs that the ‘cold’ season has finally arrived — and by ‘cold’ we mean runny noses and cherry cough syrup!

What better time for a piping-hot, yummy soup?

A Woodside mom shares this recipe from her personal cookbook:

#### Butternut Squash Soup

- **1 Large Butternut Squash**
- **1 Bunch Fresh Sage**

- **Olive oil (to drizzle)**
- **Kosher salt**
- **4 Cups Chicken Broth (or Vegetable Broth)**
- **1 Bunch Celery**
- **1 Yellow Onion**

Peel and seed the squash, cut into 1-inch chunks. Roast under broiler in oven for 10-15 minutes,

(Cont., top of next page.)

## BOOK RECOMMENDATIONS

**Title:** *Poppleton*

**Author:** Cynthia Rylant

**Summary:** Fun children’s book about Poppleton, a large pig, and his friends: a mouse, a llama and a goat. Each volume has 3 short stories, perfect for bedtime reading.

—Emma Grace Caldwell

**Title:** *Respectful Parents, Respectful Kids: 7 Keys to Turn Family Conflict Into Cooperation*

**Author:** Sura Hart and Victoria Kindle Hodson

**Summary:** Using the concepts of non-violent communication, parents can learn how to discipline using techniques that are neither punitive nor permissive, as well as creating

a home environment “based on mutual respect, emotional safety, and positive, open communication.”

—Allison Bronkall

**Title:** *Off We Go!*

**Author:** Jane Yolen

**Summary:** This book is a (Cont. Page 4.)

## HOW-TO: Make Your Own ‘Snow Dough’

Who needs Target and K-Mart for toys?

This do-it-yourself project shows you how to make ‘snow dough’ — a safe, simple hybrid of Play Dough and snow!

#### Snow Dough

- 1 Cup Flour
- 1/2 Cup Salt
- 1 Tsp. Oil
- 1 Cup Water
- 2 Tsp. Cream of Tartar
- Silver Glitter

Mix the ingredients (minus the glitter) in a pan and heat over low heat.

Stir constantly until dough thickens and pulls away from pan. Remove from pan. Knead until smooth.

Add glitter until dough sparkles like snow.

—Larissa Caldwell

Woodside kids got a special visit from the Eureka Fire Department.



# RECIPE: Butternut Squash Soup (Cont.)

turning to prevent burning.

Meanwhile, sauté (in a large stockpot) the celery and onion (cut both into small chunks), and a little of the sage, with salt and pepper, in the olive oil (about 1T).

Sauté for about 10 minutes, until the onions turn clear and celery is tender. Heat up the chicken broth in a separate pot so it's ready to go.

When the squash is roasted and caramely-looking, pour it into the pot with the celery and onions. Pour in the chicken broth. Chop a handful of sage and add to the mix.

Add pepper and bring to a simmer for 20 minutes, until squash is tender. Next, cool the soup for 15 minutes, until it can safely be added to a blender. (Be sure to blend in

small batches, i.e., not to exceed half of the blender's capacity per batch.)

Blend on puree or liquefy until the soup is smooth and creamy.

Serve with some Brio and Cypress Grove Chevre or crusty croutons and parmesan cheese. It's so tasty!

—Larissa Caldwell

**“How in the world am I going to pull off a live radio interview in five minutes while I’m also doing mom duties?”**

**—Tales From the Gala**

## Tales From the Gala (Cont.)

thrilling bash that really does sell itself.

While dozens of tipsy partiers left with more than they'd brought — hauling off Dutch Lottery booty — one parent learned the hard way that mathematical odds did not guarantee a win: “I learned that I adore buying tickets for the Dutch Lottery,” one mom griped good-naturedly to Woodside Newsletter staff, “and I am NOT lucky — this is not necessarily a good combination!”

### Woodside Mom? You Are On the Air!

Another parent told Woodside Newsletter reporters about a media relations cliff-hanger that placed her on the brink of unexpectedly going LIVE to thousands of radioland listeners.

“So here I am, sitting at our table,” the mom told us, “with my

older daughter gabbing to me about the Blues Clues video she’s watching... and me a nervous wreck about how in the world I am going to pull off a live radio interview in five minutes while I’m also doing mom duties.”

Turns out, the designated guest — a Woodside spokesperson — who was scheduled to plug the Gala, was running late.

With no one at the KHSU microphone, station staff informed her “in no uncertain terms” that she was going to have to ‘go live’ herself in mere minutes to thousands of listeners!

### White-Knuckle Time

“I envisioned my 1-year-old screaming,” she said of her panicked state of mind as her imminent media debut quickly approached, “and pictured my older daughter interrupting me every other sentence to inform me that Blue just found another clue!”

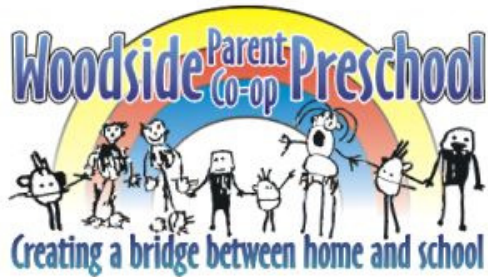
To the Woodside mom’s great relief, the late-arriving spokesperson saved the day at the last minute and all went according to plan.

So, while it was KHSU listeners’ gain to hear information about the Gala, they missed-out what most Woodside parents know by heart: A screaming rendition of the Blue’s Clues theme song!

### Mark Your Calendars

For all you parents who will be returning next year, a word to the wise: Don’t make plans for the first weekend of November 2008... or the MONTH of October!

—Woodside Newsletter staff



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## ABOUT US

Woodside Preschool is the oldest preschool operating in Eureka. We are fully accredited by the State of California, and are staffed by a credentialed teacher/director. We are organized as a non-profit and parent cooperative corporation, having an elected board of directors composed of parents who are responsible for the school's operation.

We are very proud of our adult/child ratio of 1:5, not usually found in other school settings. This allows for more opportunities for problem-solving and one-on-one interactions.

Our philosophy is a parent involved approach giving children a bridge between home and school, providing a comfortable introduction to their first school experience. Our purpose is to create a warm and inviting setting where children are free to play and learn.

Our innovative teaching approach stimulates cognitive, physical, and social growth. We encourage problem solving skills and hands-on experiences. This creates a more active learning environment, fostering Kindergarten readiness.

## Books (Cont.)

combination of rhythmic text and motion-filled art that captivates young and not-so-young minds alike.

—*Nia Davis-Hughes*

**Title:** *The Missing Piece Meets the Big O*

**Author:** Shel Silverstein

**Summary:** This deceptively simple book tells a profound tale of need, loss and fulfillment. Shel Silverstein fans may be caught off-guard by the emotional depth on display here by the author of the hilarious *ABZ Book*. The bitter-sweet ending is simple enough for a 3-year-old to grasp, but its poignant message of life's unavoidable passages of personal growth puts Silverstein in his own class within the children's book genre.

—*Ryan Hurley*

## Recalled Toys; Cell Phone Law

### Toys To Avoid

As many of you have no doubt read in recent news stories, even our local toy store shelves are not necessarily immune from the dangers of lead-based paint and other playtime hazards.

Children's beads containing Rohypnol, and lead-tainted Thomas the Train cars are two of the scarier recalls that have prompted retailers to sweep their shelves clean of the defective toys, usually manufactured in China.

With Christmas right around the corner, the U.S. Consumer Product Safety Commission wishes to remind concerned parents that a list of dangerous toys recalled by the government can be found on the CSPC website at: <http://www.cpsc.gov>

### Car Phones Go Hands-Free

Cell phones are a handy way for busy Woodside moms and dads to keep in touch.

But as we hastily speed to WinCo, Jitter Bean and preschool gabbing away, it is important to stay focused on the road.

That's why the California Legislature has passed a new law, making it illegal to use a hand-held cell phone while behind the wheel. (SB 1613.)

Head-sets or other hands-free hardware will make a good Christmas present this year for any Woodside parent who just can't drive without their phone!

The law becomes effective July 1, 2008.