



**WCC Nursery School**  
Est. 1955

# Cubbie News

**November 2016**

125 E. Wayzata Blvd., Wayzata, MN 55391  
Telephone: (952) 473-2114

## **NEWS FROM THE WCCNS OFFICE**

Hello WCCNS Families!

I hope you are enjoying the fall season and the beautiful colors outside. It is such a joy to have school back in session.

Just a reminder, there are many wonderful *Enrichment Classes* offered this year and there is still time to register your child if you are interested. Make sure to take a flyer located by the NS office and let us know if you have any questions or would like to enroll. Thank you for all for your support and attendance to all of the great events that have happened so far; Family Visit Night, the Evereve Fundraiser, and the fabulous Halloween Ball! What a wonderful way to start the year off. A big huge **THANK YOU** to the Parent Organization and volunteers for their diligent and tireless efforts to host and support these events. All of the fundraising efforts go towards supporting our school by enhancing our curriculum, new equipment in the classroom and on the playground, keeping up our NAEYC accreditation, fresh and healthy snacks, and appreciation for our awesome teachers. We couldn't do it without them or you!

Cheers,

Sara

## **DATES TO REMEMBER**

**November 10 & 11**

**November 15 & 16**

**November 23 - 25**

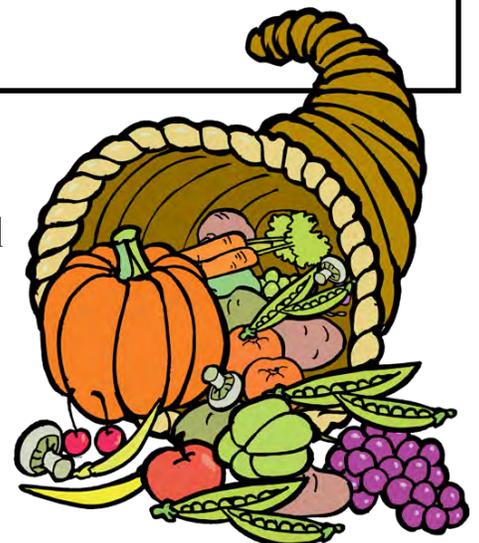
**December 3**

**Conferences: School Closed**

**Usborne Book Fair**

**Thanksgiving Break**

**Santa Breakfast**



## FEATURED ACTIVITY: YOGA NEWS

Welcome to all our new and returning little yogis in Yoga and Mindful Movement! For the first time since we started our Yoga Enrichment class in 2010, we have a class of only girls and a class of only boys. Mary and I will be continually assessing the different learning styles and personalities in each of our yoga classes. Sometimes we will change up an activity that we did in our 11:45am class for our 12:45pm group. We start out each class with a breathing exercise and practice some yoga poses to warm up our bodies.



We started teaching the “Colors” song by Kira Willey that we sequence to different yoga poses: Warrior, Crouching Tiger, Downdog, Cat, Lion, Butterfly, Crocodile, Child’s pose, and Mermaid. Concepts we are working on include exploring stillness and the wonder of slowing down and learning to attend to exercises with breath from our lungs and the pulse of our heartbeat. We practice being on the mat and off the mat and are also learning about moving our bodies safely in our yoga room and creating self space next to our friends. Props are often used to capture interest and create motivation for learning. Some of our favorite props include magic lines, yoga spots, blocks, yoga pictures, ribbons, tunnels, beanie babies, musical instruments and a parachute. By practicing yoga, our little yogis are learning how to

exercise, develop confidence, and concentrate better. Through yoga, we are helping the children learn to regulate their bodies and find calming strategies to slow down their “engines.” Everyone’s engines should be running low during savasana, which gives the children the chance to relax their bodies before they leave the yoga room.



Namaste,

Cindy Margolis & Mary Coats



### Thankful for Toasty Toes!



In November we are collecting **SOCKS** to help friends in our community stay warm this winter. Look for **TURKEY TOASTY TOES** outside the Treehouse room, he will be collecting donations of **NEW SOCKS** and delivering them to Interfaith Outreach and Community Partners ([iocp.org](http://iocp.org)) for Thanksgiving. For sanitary reasons we cannot accept used socks.



WCC Nursery School

# SANTA BREAKFAST

Saturday, December 3  
8:30 - 11:30 a.m.

Enjoy a delicious  
Pancake Breakfast  
Photos with Santa

Bake Sale ★ Raffle Baskets

Presale Tickets:

[www.wccns.org](http://www.wccns.org)

\$5/child ★ \$10/adult

Wayzata Community Church • 125 Wayzata Boulevard East • Wayzata, MN 55391

## FEATURED CLASSROOM: EXPLORER'S CLUB

We have had a wonderful beginning to our year in Explorers' Club!! In this enrichment class, we are learning about the 50 United States. Every week we will "explore" a different state and discuss various aspects of the state including geography, culture, history and landmarks/special places of interest. In addition, we will be creating art projects, playing math games/activities and conducting science experiments based on themes related to the state. We've already "explored" Oregon, California and Hawaii and have some wonderful art creations displayed in the hall by our room. We're looking forward to an exciting year getting to know our beautiful country during our "Road Trip Across America"!

Merri Ulman & Alison Moidl



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Sara Luedke

### WCCNS Assistant Director

Wendy Olson

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***The Cubbie News*** is published monthly by the WCCNS Parent Organization Board.  
Jodie Shields, Editor

*Suggestions, submissions and comments are always welcome.  
You may either leave them marked "Newsletter" in the Nursery School office  
or contact Jodie directly: 617-947-8176 or jodieshields@gmail.com*