From Paige

At Bunnell House, spring semester is always exciting—more sunlight, Sweetheart Teas, Parent-Teacher conferences, warming temperatures, and eventually slush and mud…it’s marvelous!

February will be a busy month with focuses on Chinese New Year, Valentine’s Day and Children’s Dental Health Month. We hope you all feel the love and also give those choppers an extra flossing.

Please take a few minutes to peruse the newsletter for useful information and helpful reminders. Be sure to read *The Five Love Languages of Children* on page 2 (reprinted annually in our February newsletter).

I hope you’ll be able to join us for our annual Sweetheart Teas. Each classroom will have their own celebration. Class lists and staff names are provided on page 3.

You are always welcome to share your ideas, questions, concerns, constructive criticisms and compliments. Email me at pmvonderhaar@alaska.edu, call me at 474-6393 or visit me in the attic (my office).

~Paige

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**Tax Time**

Our EIN (Tax ID Number)

92-6000-147

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**Lab School Dates to Remember**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>Sweetheart Teas</td>
<td>February 12, 4 pm</td>
</tr>
<tr>
<td>Spring Break Closure</td>
<td>March 14-18</td>
</tr>
<tr>
<td>Parent-Teacher Conferences</td>
<td>April 18-21</td>
</tr>
<tr>
<td>Memorial Day Holiday</td>
<td>May 30</td>
</tr>
<tr>
<td>First Day of Summer Program</td>
<td>May 31</td>
</tr>
<tr>
<td>Independence Day Holiday</td>
<td>July 4 &amp; 5</td>
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**Sweetheart Teas**

Friday, February 12

4:00-5:30

You are invited to join your sweethearts for a Valentine celebration! Each classroom will have their own party.

See you there!
The Five Love Languages of Children—Gary Chapman and Ross Campbell

Gary Chapman, with co-writer Ross Campbell, M.D., have written the Five Love Languages of Children, which applies the love language theory to children. How can you tell your child’s main love language?

Chapman offers these suggestions:

❤ Observe how your child expresses love to you.

*Chapman and Campbell: Watch your child; he may well be speaking his own language. This is particularly true of a young child, who is very likely to express love to you in the language he desires most to receive.*

I’ve seen this with my son...Noah will come up to me or my husband, and try to engage us in a wrestling match. Or he’ll pet our arms, give us a hug, etc. He has shown us that his main love language is that of Physical Touch!

❤ Observe how your child expresses love to others.

If you notice your child making crafts for a relative, or wanting to take presents to classmates or teacher, this may indicate that her primary love language is Gifts.

❤ Listen to what your child requests most often.

*If your child often asks you questions like “how do I look, Mommy?” “What do you think of my drawing?” or “Did you think I did well at practice today?”, this pattern may indicate that his love language is Words of Affirmation.*

❤ Notice what your child most frequently complains about.

*Frequent complaints such as “You never have time for me!”, “Why don’t you play games with me?”, or “We never do things together.” would be indicative of the need for Quality Time.*

❤ Give your child a choice between two options.

*Chapman and Campbell suggest to lead your child to make choices between two love languages. For example, a Dad might say to his son, “I have some free time Saturday. Would you like me to fix your bike, or would you rather go to the park together and shoot some hoops?” The choice is between Acts of Service and Quality Time. A mother may say, “I have some time tonight. Would you like to go shopping and I’ll help you pick out a new outfit, or would you rather stay home and we’ll do a puzzle together?” You’ve given her the choice between Gifts and Quality Time.*

Chapman and Campbell explain: “As you give options for several weeks, keep a record of your child’s choices. If most of them tend to cluster around one of the five love languages, you have likely discovered which one makes your child feel most loved. At times, your child will not want either option, and will suggest something else. You should keep a record of those requests also, since they may give you clues.”

Of course, the choices you offer your child will depend on age and interest.

I highly recommend The Five Love Languages of Children for understanding your child’s own unique love languages and how you can better fill his or her “love tank!”

*Reprinted with permission of the author of this review—Janet Boyer (www.janetboyer.com).*

❤❤
Absent Children

The best way to notify your child’s teacher is by phone. A voice message may be left at any time and the teacher will receive it: 474-6393

Thank you! ♦

Valentine Lists

Valentines are optional, but if your child participates, please be sure to bring one for each classmate. They will be exchanged on Friday, February 12. Children who do not usually attend on Fridays are very welcome to attend their class’s Sweetheart Tea and valentine exchange.

Upstairs Class

<table>
<thead>
<tr>
<th>Ana</th>
<th>Kenneth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austin</td>
<td>Mae</td>
</tr>
<tr>
<td>Clara</td>
<td>Miles</td>
</tr>
<tr>
<td>Cora</td>
<td>Rorik</td>
</tr>
<tr>
<td>Dana</td>
<td>Sage</td>
</tr>
<tr>
<td>Dylan</td>
<td>Sam</td>
</tr>
<tr>
<td>Elí</td>
<td>Sophia</td>
</tr>
<tr>
<td>Iris</td>
<td>Young Wook</td>
</tr>
<tr>
<td>Jade</td>
<td>Youyou</td>
</tr>
</tbody>
</table>

Downstairs Class

<table>
<thead>
<tr>
<th>Aaron</th>
<th>Eleanor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anabah</td>
<td>Everett</td>
</tr>
<tr>
<td>Anja</td>
<td>Kailee</td>
</tr>
<tr>
<td>Autumn</td>
<td>Leah</td>
</tr>
<tr>
<td>Charley</td>
<td>Lena</td>
</tr>
<tr>
<td>Clint</td>
<td>Taiga</td>
</tr>
<tr>
<td>Dorssa</td>
<td>Zoé</td>
</tr>
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Staff

<table>
<thead>
<tr>
<th>Chasity</th>
<th>upstairs teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shannon</td>
<td>upstairs teacher</td>
</tr>
<tr>
<td>Pammy</td>
<td>downstairs teacher</td>
</tr>
<tr>
<td>Soo</td>
<td>downstairs teacher</td>
</tr>
<tr>
<td>Mandee</td>
<td>floating assistant</td>
</tr>
<tr>
<td>Paige B</td>
<td>floating assistant</td>
</tr>
<tr>
<td>Paige VH</td>
<td>director</td>
</tr>
</tbody>
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February is National Children’s Dental Health Month.

Children 3-years-old and older should have regular dental exams.

Air Quality

If air quality deteriorates, we adjust (reduce or eliminate) outdoor time accordingly. ♦

Cell Phones

Please end cell phone conversations prior to entering Bunnell House or playground. ♦
It was an exciting day at Lab School...

* We reacquainted ourselves with our daily routine after the long break!
* We learned about black bears, grizzly bears and polar bears—what they eat, where they live and how they hibernate!
* We discovered that no two snowflakes are alike!
* We cut out our own snowflakes!
* We painted bears!
* We ate cupcakes!
* Our hair and eyelashes frosted in the cold!

Quote to Note
I will not play at tug o' war
I'd rather play at hug o' war,
Where everyone hugs
Instead of tugs....
~Shel Silverstein

Items From Home
Lab School provides a variety of interesting activities and materials, including books, that are carefully chosen to enhance children’s physical, cognitive, social, and emotional development. The teachers continually plan and implement learning activities based on the needs and development of the children in their class.

Personal play items from home can create disruptions and conflicts among children that distract from the day’s learning and fun. Some books, although perfectly appropriate at home, may not be ideal for the group setting of the classroom.

If a child occasionally has a very special item or book to share, teachers welcome them to do so. Book content must be approved by the teacher prior to sharing with the group.

Items that are related to the current topic of interest in the classroom or that will introduce something new are especially encouraged.

Monthly Fees
Fees are due by the 10th of each month. A $25 late fee will be added after the 10th.

Lab School Staff
Director   Paige Vonder Haar
Upstairs Lead Teacher   Chasity Evanow
Upstairs Assistant Teacher   Shannon Harvey
Downstairs Lead Teacher   Pammy Fowler
Downstairs Assistant Teacher   Sooyun Chi
Floating Assistant Teacher   Mandee Cogley
Floating Assistant Teacher   Paige Best
Office   474-6393