

One World Children's Academy

March 2014 Newsletter

We are excited to go into another month of fun and learning here at One World. The children are excited to learn about Theodor Seuss Geisel, better known as Dr. Seuss. We will read his books, do projects related to the books and celebrate his 110th birthday (March 2nd, 1904). During the month the children of One World will also be learning about dinosaurs, reptiles & amphibians, weather & rainbows, and community helpers. Let's not forget that St. Patrick's Day is on March 17th, so do not forget to wear your green and watch out for mischievous leprechauns. Let the month of March fun begin!

March Birthdays

- Ms. Aislynn March 22nd
- Danica March 28th
- Hennrick March 21st
- Ronin March 18th
- Dr. Seuss March 2nd



LEPRECHAUNS VISIT ONE WORLD

Roger and Milfred the Leprechauns are out to get Creative World! Each classroom will be setting up a Leprechaun trap to try to catch these sneaky little leprechauns before they turn our milk green, leave messy footprints everywhere, turn the toilet water green, and mess up our classrooms!

7 REASONS I HATE ARTIFICIAL FOOD DYES

BY LISA LEAKE

Artificial food dye, synthetic food dye, food coloring, FD&C Red No. 40, or Tartrazine (a.k.a. Yellow No. 5)... whatever name it's listed under, it is all pretty much the same stuff. And as I've said on this site before I have no problem occasionally digging into yummy homemade treats made with plenty of chocolate, sugar, or whatever else we're craving, but what I NEVER want to "treat" myself (or my children) to is a dose of chemicals derived from petroleum. Yep, no typos there...that's what artificial food dye is made from and unfortunately the 15 million pounds of food dye used in the U.S. per year (5 times more than in 1955) is in much more than just colorful icing these days. Dyes, made from the same petroleum that fuels our vehicles, is turning up in an insane amount of packaged foods including Kraft Macaroni and Cheese, Minute Maid Lemonade, Lunchables, Fruit Roll Ups, Cheetos, and even "Light and Fit" Yoplait Yogurt. And the crazy thing is these companies tell us right there on the ingredient label that artificial color (and sometimes "artificial flavoring") has been added...but most consumers don't seem to be fazed by it.

1. **They are made in a lab with chemicals derived from petroleum**, a crude oil product, which also happens to be used in gasoline, diesel fuel, asphalt, and tar.
2. **They've been linked to long-term health problems such as cancer.** If you're a child of the '80s (like me) do you remember that rumor about red M&Ms causing cancer? Maybe it wasn't just a rumor after all.
3. **Did you know that food products containing artificial dye are required to have a warning label in the U.K.?** The label states that the food "may have an adverse effect on activity and attention in children." So speaking of M&Ms, they aren't so brightly colored in some countries outside of the U.S. because manufacturers would rather do away with the artificial dye than have to put a warning label on their products.
4. **Synthetic food dyes have been shown to cause an increase in hyperactivity in children** as well as a negative impact on their ability to learn.
5. **They add absolutely no value to the foods we are eating**, but do in-fact pose quite a few serious risks.
6. **They trick your senses**...just like other artificial additives including sweeteners.
7. **They are contributing to the obesity epidemic** by attracting children (and adults) to highly processed food, which in many cases is being eaten instead of fresh whole foods.

**To read the full blog article go to: www.100daysofrealfood.com/



Dates to Remember

- March 17th - St. Patrick's Day, Don't Forget to Wear Green!
- March 28th - Super Hero: Wear your favorite Super Hero attire (no masks or accessories)



CHERYL ERWIN RETURNS TO CREATIVE WORLD

On April 12th Creative World will host a third workshop with guest speaker Cheryl Erwin. Ms. Erwin is a licensed family therapist who has worked with children and teens for the past 20 years in Reno. She is the author of the bestselling “Positive Discipline” series and the “Parent’s Guide to Raising Boys”. Cheryl is a popular speaker who lectures worldwide and can be heard regularly on NPR. Her vast knowledge about childhood brain development and behavior sheds light on why children behave the way they do and what we, as parents and teachers, can do to help them develop in a positive manner. We look forward to the upcoming seminar and new information on raising children.

KINDERGARTEN COMES TO CREATIVE WORLD

Creative World is proud to announce our full day kindergarten program starting in the fall. Class ratios will be maintained at 1:12 and the cost will be \$170 per week. Please put your child’s name on the sign-up sheet in the office if you are interested.

Weekly Dates to Remember

Share-a-Toy Day
Every Monday

Little Star Dancers
Every Tuesday

Kidbright Gymnastics
Every Thursday

Pizza Day
Every Friday

Please, oh please, have a Kindergarten!

By Windy Thompson

I believe that a good education is priceless, and the start to your child’s path in school should begin with the best of all possibilities. *Disclaimer, I desperately want my daughter to attend a private kindergarten at One World, following my son’s footsteps- he was there last year!*

I should begin with my son Rayne: One World was his first foray out into the world, the first time away from home, the first time being watched by people other than family. I spent countless hours researching where I would entrust my child, and one day his sister too, and many a tour to determine what *felt right*. One World came into my atmosphere of options through the internet, after being discouraged by a two day stunt elsewhere; I wasn’t taking my Little back to a place where the teacher doesn’t even smile. I felt helpless and anxious that the world didn’t seem to deserve the company of my son. By that time I had seen half dozen places that were household names and more. Were parents standards low or was I being neurotic? I figured I would give it another try after checking out One World’s website, and a few minutes into my conversation with Miss Shelley a flicker of hope started to shimmer inside. By the end of the tour I knew I had found my Littles’ home away from home and to make a long story short, One World indeed has met and exceeded my hopes and demands for what I want for my children- that is to say, LOVE-SAFETY-LEARNING-FUN. There are exceptional details that punctuate those needs and what set the bar so high for what I now expect in the education of my children. My son Rayne graduated from the private Kindergarten at One World with a bold love of learning, an insatiable pleasure to “do a science project”, the makings of a fine artist, and most importantly- a kind disposition. To say that he had met all the Washoe County School District’s requirements for 1st grade is a vast understatement. Rayne and his graduating class could easily take on any 1st grade graduate out in the world. I am certain of that. I worried he might be bored this year, instead he just hangs out at the top of his class and the teacher and I work in tandem to help him be the best he can be within his boundaries. With all due respect to the WCSD Kindergarten, there is a very big difference in the curriculum and attention that the child receives. I want my daughter to have this extra special start on her education path too; I would make any sacrifice to provide this for her, as I said before PRICELESS. So my appeal and challenge for any parents that are starting to think about their precious Little and their path this Fall: Please consider One World’s Kindergarten.

Koalas & Lions Classroom

We will be reading Dr. Seuss books and doing projects in celebration of his birthday. We will also be learning about dinosaurs, reptiles, amphibians, and community helpers. This month we will be learning new sight words: with, his, they, and I. Our Alpha Friend letters are Qq, Zz, Xx, and Ee. Our numbers for the month are 26, 27, 28, and 29. Check out our beautiful Monet art hanging in the front office. ~Ms. Amparo & Ms. Kristina

Pandas Classroom

The Pandas classroom is growing smarter each and every day. March is a month of new concepts and projects. We will be working on projects centered around the themes of Dr. Seuss, St. Patrick's Day, dinosaurs, and community helpers. We will also be working on the letters Ff and Xx. We cannot wait to get started!

~Ms. Candy & Ms. Aislyn

Tigers Classroom

February has flown by and we are nearly done with winter projects and onto warm Spring. We have a lot of wonderful projects planned for March and everyone's favorite green holiday St. Patrick's Day. This month we will be learning Dr. Seuss, dinosaurs, rainbows, and weather.

~Ms. Tiffany & Ms. Roxan

Cubs Classroom

In March the children will be learning about dinosaurs, weather, and Dr. Seuss. During all of the fun activities the children will be focusing on developing their fine motor skills, counting, recognizing colors and using good manners. ~Ms. Hannalie

BPA Risks

What does BPA do to us? We still don't really know, since we don't have definitive studies of its effects in people yet. The U.S. Food and Drug Administration used to say that BPA was safe. But in 2010 the agency altered its position. The FDA maintains that studies using standardized toxicity tests have shown BPA to be safe at the current low levels of human exposure. But based on other evidence -- largely from animal studies -- the FDA expressed "some concern" about the potential effects of BPA on the brain, behavior, and prostate glands in fetuses, infants, and young children.

How could BPA affect the body? Here are some areas of concern.

- **Hormone levels.** Some experts believe that BPA could theoretically act like a hormone in the body, disrupting normal hormone levels and development in fetuses, babies, and children. Animal studies have had mixed results.
- **Brain and behavior problems.** After a review of the evidence, the National Toxicology Program at the FDA expressed concern about BPA's possible effects on the brain and behavior of infants and young children.
- **Cancer.** Some animal studies have shown a possible link between BPA exposure and a later increased risk of cancer.
- **Heart problems.** Two studies have found that adults with the highest levels of BPA in their bodies seem to have a higher incidence of heart problems. However, the higher incidence could be unrelated to BPA.
- **Other conditions.** Some experts have looked into a connection between BPA exposure and many conditions -- obesity, diabetes, ADHD, and others. The evidence isn't strong enough to show a link.
- **Increased risk to children.** Some studies suggest that possible effects from BPA could be most pronounced in infants and young children. Their bodies are still developing and they are less efficient at eliminating substances from their systems.

Although this list of possible BPA risks is frightening, keep in mind that nothing has been established. The concern about BPA risks stems primarily from studies in animals.

A few studies in people have found a correlation between BPA and a higher incidence of certain health problems, but no direct evidence that BPA caused the problem. Other studies contradict some of these results. Some experts doubt that BPA poses a health risk at the doses most people are exposed to.

Rate Changes and Card Fees

Below is a list of the rate changes effective March 3rd, 2014.

- **Infants:** Full Time \$410.00 biweekly, Daily Rate \$50.00
- **Toddlers up to Two:** Full Time \$360.00 biweekly, Full Day \$50.00
- **Two Year olds:** Full Time \$344.00 biweekly, Full Day \$48.00, Half Day \$30.00
- **Three Year olds (fully potty trained):** Full Time \$324.00, Full Day \$42.00, Half Day \$30.00
- **Four-Five Year olds:** Full Time \$320.00 biweekly, Full Day \$42.00, Half Day \$30.00
- **Credit Card Charge:** Up to \$400.00 = \$3.00 charge, Over \$400.00 = \$5.00 charge
- **Registration/Insur. Yearly Fee:** \$75.00, Sibling Discount \$50.00

