



HAPPENINGS

fruit & flower

Mission: Fruit & Flower provides a developmentally appropriate environment for learning while cultivating a supportive community for families.

Important Dates



Early Bird Tickets On Sale NOW!!!

Date Night	Feb 27 Mar 27
Parent Conversations	Feb 12
Center Closed—In Service Day	Feb 16
Absolutely Incredible Kid Day	Feb 19
Grandparents Day	Mar 13
Auction Early Bird Special Ends	Mar 16
Dr Seuss Family Night	Mar 5
Barn Raising Party and Auction	May 16

Use the link below to get a discount on tickets today!

<https://ffcc.ejoinme.org/MyEvents/BarnRaisingParty/tabid/567884/Default.aspx>

Early Bird Special runs until March 16th! Tickets are \$50 per person

After March 16th tickets are \$85 per person, so don't delay. Use the link above to purchase your tickets, as well as to purchase parking passes, childcare, and raffle tickets!

Why a Barn Raising Party?? A barn raising party celebrates the collective action of a community. Without the support, cooperation, and solidarity of the community, no individual could thrive. We can't think of a better comparison to Fruit & Flower. It is only with the unwavering spirit, dedication and energy of friends, family, and alumni that the mission and vision of Fruit & Flower continues. The Fruit & Flower Barn Raising Party celebrates us all!

The evening will start with cocktails during which we will have a wall of wine, photo booth, our silent auction and other fun games and raffles, plus plenty of time to mix and mingle. This will be followed by our live auction with classroom projects and special appeal paddle raise. Don't miss your chance to attend the auction, its' a great way to meet other parents, have an evening out, and raise money for Fruit & Flower!

Child Safety and Injury Prevention from Randall Children's Hospital Safety Center

You may be surprised to learn that the number one threat to children is preventable injuries. Medical studies show that nearly half of all injury-related deaths are preventable. In Oregon, more children ages 1 to 14 die from preventable injuries than from all other childhood diseases combined. We have a solution: Randall Children's Hospital Safety Center. National studies have shown that the concept of a "safety center" is the best model for injury prevention.

The safety center offers a unique approach to house hold safety. Nonprofit and hospital-based, the store is staffed by trained safety specialists who provide one-on-one educational and training tailored to your family's specific safety needs. Their goal is to keep every child safe, including those with special health care needs or disabilities. "his store offers a valuable service as a one-stop shop for all child safety needs, saving parents valuable times," says one mom.

Inside the Safety Center is a variety of child safety products at below retail cost, include:

*Smoke detectors; Appliance locks; Window guards; Baby safety gates; Carbon monoxide detectors
Bike and sport helmet and fittings; Gun locks; Tub spout covers; Fireplace guards and more!*

The inside and outside of the Safety Center resemble a typical home. A fireplace, stairs, oven, windows, cabinets and door illustrate hazards. Not sure how to use that lock? We use interactive hands on practice to show you how to protect busy and curious children. We offer personalized, child safety education, including classes and materials. Child safety is our specialty. Our staff members show you how to use safety products, answer questions, and prescribe the best safety solutions for your home. Please call 503-413-4600 or visit www.legacyhealth.org/safetycenter for more info.

Coconuts Let it Go!!

When talking to the Coconuts about what they are interested in learning about, of course several children said, "Frozen!" Coconut Classroom Lead Teacher, Chrissy looked up where *Frozen* was to have taken place and it is set in Norway. So, from February 9-20th the Coconuts will be learning about Norway and doing Norwegian activities. Teacher Ashley is Norwegian, so she is very excited! She will even share a small bit of Norwegian language with the children. Planned activities include: nesting dolls for children to use, building structures with ice cubes in the tactile tub, making flettehjerter (merging hearts-paper weaving), and reading the story "3 Billy Goats Gruff" (and tying in some art projects about it). Ashley will do a simple Norwegian cooking project with the children, and make a Norwegian flag. If anyone is Norwegian or has been to Norway and would like to come in for a short talk or craft project that you can share with a group of 3-4 year olds please contact Chrissy @ Chrissy.verpoorten@fruitandflower.org

Bits and Bites

NEW Parent Library at Fruit & Flower

You may have noticed the spiffy new book case in the lobby near the Snapdragon classroom. This Parent Resource Library features age-appropriate games, interactive toys, as well as books, pamphlets, and handouts you may find helpful. Feel free to take these supplies home, just be sure to return them so that other families may enjoy. If you wish to take anything home just let the front desk know. We hope you find it helpful!!!!

Meet the Chef

Chef Emilee will be hosting several Food Sample Nights—it's an opportunity to try some of the meals your children have been enjoying, meet the chef, and ask questions. We hope you'll join us!! February 26 and March 26th from 4:30 to 6:00pm.

Absolutely Incredible Kid Day

Absolutely Incredible Kid Day is February 19th. You'll be hearing more about that soon—we'll be asking all parents to write letters to their children to let them know what makes them Incredible!!

Dr. Seuss Family Night March 5th

We'll be celebrating Dr. Seuss' birthday all week long with special projects, activities and menus. The celebration will culminate in a Dr. Seuss themed Family Night on March 5th from 5:00 – 6:30pm! Mark your calendars—you won't want to miss it!

Parent Conversation: Transitions

Join Program Director, Naomi Seeger to have a brief overview conversation of the transition process on February 12th at 4:30pm. Naomi will discuss the transition process, timing, what to expect, and the rollout. A brief Q&A will follow. We will have another transition conversation again in April. Please sign up at the front desk.

Be a Part of the Garden Club

We are looking to put together a small garden club, and would love for you to join us!! The Garden Club is a group of volunteers who will oversee the garden boxes and help facilitate the planting and harvesting process. Interested in joining? Please see Naomi Seeger.

To Raise Happy Kids, Put Your Marriage First

We're so accustomed to making our children the center of our world, but experts say that your marriage needs just as much nurturing. After all, when you put your marriage on the back burner, your kids can sense the lack of closeness between you. "Kids whose parents' relationship has cooled are more likely to have behavioral or academic problems than kids of happy couples," says Philip Cowan, PhD, a professor at the University of California, Berkeley, who has studied families for decades with his wife, psychologist Carolyn Pape Cowan, PhD. Think of your relationship as the emotional environment in which your kids live. Just as you want them to breathe clean air and drink pure water, you want them to grow up in a loving atmosphere. "Even if you can't see yourself going out on a date for yourselves, do it for your kids," says Dr. Cowan.

The foundation of a happy family is a strong, loving relationship between the two of you. The single, most important thing that you can do for your children is to do everything in your power to have the best possible relationship with your spouse. If they see the two of you getting along and supporting each other, they will mirror you and will likely get along with each other and their friends. Every single ounce of energy that you put into your relationship will come back to you tenfold through your children.

Excerpted from Family Education at www.familyeducation.com

Kid Eats with Emilee Mahan

Last Thursday I had the opportunity to attend the annual Oregon Farm to School Summit. Farm to School is a national initiative working to connect kids to where their food comes from, and help support local agriculture along the way. Kids are more likely to try and eat foods they have helped create, and as a result eat more fresh fruits and vegetables. Fruit & Flower has been a participating school since 2014 and the summit provided an avenue to share what has been going on here and get ideas from other participating schools.



I attended seminars on purchasing locally from small growers, connecting classroom curriculum to the foods students are eating, and how to keep everyone safe and healthy in the garden. During the summers, Fruit & Flower hosts its own small school garden and kids learn the basics of planting, sprouting, growing, and harvesting. This summer we aim to have a fully functional herb garden as well as some vegetable and fruit plants to grow enough for some classroom taste testing to occur (see our note about the Garden Club in this newsletter). Additionally, I will be providing locally grown seasonal ingredients for students to explore with their teachers in the classroom.

If you or your family is involved in a local garden or are passionate about cooking local food and would like to get involved with sharing produce or your expertise, we would love to hear from you. I strive to create menus that use as many locally grown and seasonally produced items as possible and am always looking for new recipes. Please feel free to drop me a line and connect with the kitchen. emilee.mahan@fruitandflower.org

Want to Get Involved With the Auction? Here's Three Ways to Contribute!!

Want to help out? Here are three ways that you can contribute to the auction's success!



- 1) **Donate wine for the “Wall of Wine”**
- 2) **Find out if your company supports Corporate Sponsorships**
- 3) **Donate an item for the Silent Auction**

1) We will have a special area of the silent auction area where you can “bid” on a bottle of wine. The wines will be hidden in bags, so when you place your marker on the bag, you will be surprised to see what you get! The wall of wine has always been a great success, and a whole lot of fun, but to be a hit this year we need wine! Please consider donating bottles of wine valued between \$15 and \$40. you can drop the bottles off at the front desk, just be sure to tape your name and the value of the bottle to the label.

2) Think your company may want to come on as a Corporate Sponsor of the Auction??? Our Corporate Sponsors receive incredible exposure at a world-class event, including recognition on the online auction catalogue, Fruit & Flower website, and the auction bid sheet. Company logos will be prominently featured at the sign –in table and the surrounding auction space. If you think your organization would like to come on as a corporate sponsor please email pamela.bock@fruitandflower.org

3) If you have items to donate for the auction please let us know. Don't think you have anything to donate??? You may be surprised!! Ask yourself....

- ⇒ Do I (or anyone I know) own a vacation cabin in the mountains, near the beach, or anywhere in-between? Let us know!
- ⇒ Do I (or anyone I know) own or work at a restaurant, spa, salon, boutique, or bookstore that might be willing to donate a gift certificate? Let us know!
- ⇒ Do I (or anyone I know) work for a Portland-based athletic or apparel company that might be willing to donate a gift basket, certificate or apparel?? Let us know!!
- ⇒ Do I (or anyone I know) have season tickets to a local sport or cultural venue and could donate some tickets? Let us know!

If you have ideas, questions, or suggestions on items for the auction, please email Pamela Bock at pamela.bock@fruitandflower.org. We look forward to hearing from you!

fruit & flower



quality childcare since 1906

2378 NW Irving Street
Portland, Oregon 97210
phone (503) 228-8349
info@fruitandflower.org

Support

Fruit & Flower is Oregon's first child care center. It is a non-profit 501(c)3 and relies on donations to meet its annual budget and provide scholarship funding to its families.

Donations are tax deductible as allowed by law. Check with your company to see if they will match your contribution to Fruit & Flower. Many businesses will match payroll deductions, charitable giving, time spent volunteering, and other ways to support our school. For more info contact

pamela.bock@fruitandflower.org.

PIC OF THE MONTH



Hard at Work in the Pineapple Classroom!!!