

December 5, 2021

Dearest Nursery families,

Happy Sunday.

I hope you and your children enjoyed the magic of the Winter Festival!

We will continue to take our long walks to the field this week.
Please send your children with sturdy walking/running shoes.
For our snack this week, we will make an avocado salad to go with our sticky rice ball.

At our last Parent Meeting, we made a wet-felting craft together. Wet-felting is easy, beautiful and age-appropriate for young children to do. I hope as you establish your family traditions over the years that you consider spending time to bring these experiential activities such as crafting, baking, cooking, and going on nature walks to find things to decorate the table, to bring simplicity and calmness to a season that has tendencies to become hectic and materialistic. The children in the Nursery help us cut vegetables with a serrated blade daily so they are capable of helping with the cutting and peeling vegetables and fruits with you at home!

Today, I am sending you an article on "Product VS Process" by Susan Johnson M.D. This article makes me chuckle at how I have been there and done that when one is sleep deprived and on one's last legs.

In this article, she shares about her realization of what her children have taught her about being present. Dr. Susan Johnson says, "...time, and how we spend it is a spiritual matter."

Parenting is the most selfless act of giving, it takes so much out of us and there's nothing more inwardly rewarding than the growth we see in our children and the path in which it makes us better human beings by becoming better parents (and teachers!)

I look forward to seeing you and your lovely children tomorrow!

With warmest wishes,

Maria Morioka
WSOC Nursery Teacher