



February
2018

This month Mrs Brown wanted to share a letter of Thanks we received in response to our letters sent to the Troops from our littles. How awesome is this! Its so wonderful that our children are learning to give smiles to those near and far at such a young age ☺



December 29, 2017

Covington Coop Preschool
17455 SE Wax Road
Covington, WA 98042

Greetings from Operation Gratitude,

On behalf of Operation Gratitude and the heroes who receive our care packages, I thank you for your generous donation of letters and your dedication to our mission. Your contribution will enable us to send over **200,000 'chock full' Care Packages** this year to the tens of thousands of brave men and women still deployed overseas in harsh and remote areas; to their children anxiously awaiting their return; and to Veterans, New Recruits, First Responders, Wounded Heroes and their Care Givers.

With the help of caring Americans like you, since our inception in 2003, we have sent more than **2 Million Operation Gratitude Care Packages** containing snacks, hygiene products, entertainment and hand-made items, and personal letters of appreciation. These expressions of love and concern from fellow citizens offer our Military & First Responders a much-deserved "Thank You For Your Service" and are always greeted with enthusiasm and great appreciation:

As one Navy Sailor and New York Police Department Officer recently wrote:

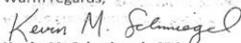
"Every box, every piece of paper, every cloth, every book, every pen, every pencil, every notebook, every brush, every tooth paste, every shower gel, every puzzle, every magazine, every letter, every piece of candy..... means a lot to us when we are away from home. It gives us Hope, Confidence, Happiness, Strength & Pride that somebody think about us, that someone is there for us. Thank You all. God Bless America."

To read all the current letters of thanks from our recipients and to see their photos with your Operation Gratitude care packages, please "Like" us on Facebook: www.facebook.com/OperationGratitude and "follow" us on Twitter: www.twitter.com/OpGratitude, Pinterest: <http://pinterest.com/opgratitude> and Instagram: <https://instagram.com/opgratitude/>

In 2013, we celebrated the assembly and delivery of our One Millionth Care Package. With your kind support, we were able to send our Two Millionth Care Package on December 9, 2017!

Thank you again for your thoughtfulness and wonderful patriotic spirit. Every single donation we receive furthers our mission of saying "Thank You" to those who serve. The recipients of your generosity will remember your kindness forever. As a 20-year Marine and the new CEO of this amazing organization, I will always be appreciative of your support and encouragement for Operation Gratitude. You are truly making a difference!

Warm regards,


Kevin M. Schmiegel, CEO

Operation Gratitude has been granted non-profit status under Section 501 (c) 3 of the IRS Code. Your contribution to this organization is fully deductible in accordance with applicable law for federal income tax purposes as no goods or services were provided in exchange.

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Tax ID: 20-0103575



Important Dates

Feb 13 : Open House 12:30-2:30pm

Feb : 19-23 : No School

April 9-13 : No School

April 14 : Auction!



We're Moving!

We have the opportunity to look for a NEW location for for Covington Co-op Preschool for the 2018-2019 school year!

We are still in our search, so please let us know if you are aware of a new great location for us. We will not be closing our doors, nor will Mrs. Brown be retiring anytime soon =)

Please be assured that your preschool board is working diligently on this. If you have ideas or know anyone that might be of assistance to us in finding a location please let one of us know.

Let us know if you have any questions, concerns or ideas.

Thank You!

Karen, Breanna, Denise & The Preschool Board

With the flu season upon us, we'd like to remind you to keep your littles at home if they are feeling under the weather or showing any signs of a cold or flu. The following are some guidelines (can be found in your handbook) to follow :

When to Keep Your Child Home:

1. If your child has a fever or has had one during the last 24-hour period.(Call the Lab Coordinator if you're not sure what to do.)
2. If your child is taking an antibiotic that affects their participation.
3. If your child has a cold that interferes with their full participation in school activities - including outdoor play.
4. If your child has a heavy or colored nasal discharge. (Usually indicates bacterial infection, requiring antibiotics.)
5. If your child has a constant cough not related to allergies.
6. If your child is fussy, cranky and generally not themselves.
7. If your child is just tired. Rest may prevent the development of serious illness.
8. If your child has symptoms of a possible communicable disease.

(These are usually sniffles, reddened eyes, sore throat, headache and abdominal pain, plus a fever.)

FUNDRAISERS

"FUN"draising!

Each of our awesome families has a \$75 fundraising commitment (\$100 if you have more than one child enrolled) each school year. This means you may pay the \$75 upfront and be done with it or choose to fundraise this amount during the school year. Your preschool board provides many opportunities which include: Believe (wrapping paper and gifts), fresh holiday greenery, Magical Night of Giving tickets, LuLaRoe, cookie dough, See's candy, Applebee's breakfast, plant sale, etc. Your class vice chair is responsible for communicating information about each of the fundraisers to you so be on the look out for this valuable information! Your class vice chair will also let you know each month how much you have left to raise towards your fundraising goal. Please let your class vice chair know if you have questions anytime about fundraising. Thank you preschool families! We look forward to another great year!
Your board vice chairs (fundraising ladies),
Jennifer & Megan

See's Candy Bars:



We have just a little bit of See's candy left so please consider buying a couple of bars from the singles basket!

The bars sell for \$2.00 each and 50% goes toward your fundraising commitment!

There are three flavors: milk chocolate, dark chocolate with almonds, and milk chocolate with toffee nuggets. These are great sellers at family gatherings, workplaces, and other functions. Even better, the candy bars can be sold right away; no order forms nor wait time involved! You can pay for the bars as you sell!

PJ Pancake Pajama Party!

Thank you families for joining us this year! It was so great seeing everyone's smiling faces while in PJ's! and! We raised \$835 for the preschool!!!!



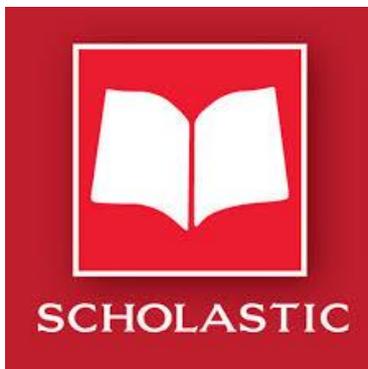
Little Lambs Cookie Dough : orders are due no later than Friday, Feb 16th!

New to this year : Potted tulips will be available for sale this month for delivery in March. Right before Easter! orders are due Tuesday, March 6th!

**Be on the lookout for plant sale pre-orders in
March!**

SAVE THE DATE! Auction is April 14th !!!!

**SAVE THE DATE! Walk Your Block is coming!
Sunday May 20th from 2-4pm
At Covington Elementary**



Scholastic orders are so important for the preschool! Did you know that by ordering books for your children you are putting money towards donations to the preschool? ...we are in desperate need of a new computer/laptop for the school and this is something all of your book orders can help us with! So please continue ordering and supporting our school ☺

What is a 2 ½ hour commitment?

It is DIFFERENT than the housekeeping requirement. For each child enrolled, each family must sign up to do two housekeepings during the school year. Sign ups for housekeepings will be on your class board.

Each family is responsible for one 2 ½ hour commitment. These are opportunities throughout the year to help out at events such as auction, the plant sale, Walk Your Block, pancake breakfast, etc. Sign ups will be posted on the fundraising board as events are planned.

i AM iN PRESCHOOL

I am not built to
sit still,
keep my hands to myself,
take turns,
be patient,
stand in line,
OR keep quiet
all of the time.

I need:
motion,
novelty,
adventure,
and to
engage the world with my whole body.

LET ME PLAY.

(Trust me, I'm learning!)

Parking!

Please remember that as a working parent you need to park in the gravel along the fence! It is so important that the kiddos cross the parking lot safely when going to the playground and you can help them stay safe and look for moving cars by parking to the side of the school. –THANK YOU ☺

A note from our Parent Ed Instructor:

Cooperative Preschool Families,

One of the topics we have discussed in Parent Education recently is "Parenting Stress". Parenting is one of the hardest and longest lasting *jobs* a person can have. It involves all of your being. Parenting young children is exhausting and demanding yet rewarding and amazing at the same time. It can be a roller coaster of a ride! So I ask you, how are you taking care of yourself? Sometimes we put our needs aside when there are so many things to manage and prioritize for our children. What we do not realize is that without our health, we will not be able to do all of the things we have put first in the interest of our family. Stress is the number one cause or contributing factor to illness and disease. Effects range from anxiety and depression to high blood pressure, chronic fatigue and a lowered immune system. How is stress impacting your health?

As a parent you have a heaping serving of reality on your plate to ingest everyday. Protecting, nurturing and supervising your children along with the financial costs of food, shelter, healthcare and education make for a massive amount of responsibility and pressure. Add in the daily chores, rule enforcement, homework and building the foundation for their moral and social development; you have a recipe for stress overload. Although there is no magical cure for stress, we can learn to manage our time and stress level effectively. A few tips to try: 1) Try to look for the positives in your life and use humor when possible, 2) Be honest and kind to yourself (Don't expect too much... You are not Wonder Woman or Superman!), 3) Take a few minutes, if not more, each day to breath, meditate or visualize, 4) Multitask only if it reduces your stress level, 5) Exercise when you have the energy to increase endorphins, 6) Unplug, relax and focus on one thing at a time when you can, 7) Check your priorities, can you simplify or let go of any for now?, 8) Plan ahead for recurring responsibilities like meals, 9) Use a family calendar to chart commitments and ask for help when needed (like carpooling) and 10) Communicate with your significant other so you can be a team and problem solve together.

Chores can wait. Enjoy your children today. They may not notice when the house is clean or their meals are extraordinary but they do notice when you spend time laughing and playing with them. Lose yourself in their world for awhile and feel your stress melt away. We can learn from our children about the joy of being in the moment.

Warmest Regards,

Aimee Evans

Parent Educator/ Family Support Specialist

Aimee Evans: emails2aimee@gmail.com

Meet Your 2017-2018 Covington Co-Op Preschool Board!

Chairperson(s)	Denise Krull-Mayfield Breanna Kennedy	bre18628@gmail.com
1 st Vice Chairperson	Jennifer Harjehousen	jennharje@gmail.com
2 nd Vice Chairperson	Megan Mazure	Meganmazure@hotmail.com
Secretary	Laura Stein	laura.e.stein@hotmail.com
Treasurer	Steffen Hefley	steffeny11@hotmail.com
Registrar	Rachael Vuu	rachaelvuu@gmail.com
Newsletter/Aumni	Adena Pasibe	apasibe@gmail.com
Spirit Event Coordinator	Ronna Stogsdill Baboolal	ronnababoolal@gmail.com
Health & Safety	Katie Hynh	lilpeach223@hotmail.com
Housekeeping	Tara Homan	homant13@gmail.com
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Auction	Chris Knecht	chrisknecht14@gmail.com
	Jessica Knecht	jessicaknecht@yahoo.com
Lab Coordinator	Karen Brown	jameskarenbrown@aol.com
Teacher Assistant	Mindy Richardson	mindyrichardson@live.com
Parent Ed Instructor	Aimee Evans	emails2aimee@gmail.com
Blue Class Chair	Sarah Ringstad	sarahringstad@comcast.net
Green Class Chair	Joanne Morris	Joanneklmorris@hotmail.com
Orange Class Chair	Latisha Boyd	tish1005@hotmail.com
Purple Class Chair	Christine Bellini	arheameek@comcast.net
Red Class Chair	Lindsey Bissell	bissell.lindsey@gmail.com
Yellow Class Chair	Allison Sergeant	alliesergeant@gmail.com



Preschool can make money from your garbage!

Please save old ink and toner cartridges and bring them into preschool. There is a box labelled in the office near the large printer.

Be sure to ask friends and family to save also!

YOU MUST **RE-ENROLL NOW** FOR FRED MEYER COMMUNITY REWARDS
It's easy to continue your support every time you shop and use your Rewards Card. Just login or sign up for the first time at FredMeyer.com/CommunityRewards and select Covington Co-Op Preschool. Fred Meyer's "new year of giving" started again July 1, so **re-enroll now** or enroll for the first time and make every shopping trip count! Every time you shop, you are helping preschool earn a donation. You still earn your Rewards Points, Fuel Points, and Rebates, just as you normally would!

Amazon Smile

Visit Amazon Smile at: smile.amazon.com/ch/91-0874055 to link your Amazon account with Covington Co-op Preschool.

You can also find us by Googling Amazon Smile and searching for Covington Co-op Preschool from the Amazon Smile sign-up page.

This is a SUPER EASY way for families to have a small percentage of their Amazon purchases be donated to the preschool!

If you are shopping from an App, please check out with your browser at Smileamazon.com so that the school gets credit for your purchases.



**YOU CAN HELP COVINGTON COOP PRESCHOOL EARN DONATIONS
JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!**

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Covington Coop Preschool at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 81776.
- Then, every time you shop and use your Rewards Card, you are helping Covington Coop Preschool earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.



You shop. Amazon gives.

The preschool has also registered with Amazon's fundraising program. It's SUPER EASY for families to contribute a small percentage of their Amazon purchases to the preschool. They can use this link:

<http://smile.amazon.com/ch/91-0874055>

(Or just google Smile Amazon and then search for Covington Co-op from the Smile Amazon page!)