



North Seattle
Cooperative
Preschools

PARENT ADVISORY COUNCIL (PAC)

COMMUNITY NEWS

December 2017



“It Takes a Village”

By Emily Bradley

Parent Education Instructor North Seattle College

“What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured.” -Kurt Vonnegut

It takes a village to raise a child. The phrase echoes in our ears, perhaps to be forgotten in the darkest moments when parenting can be overwhelming and can make us feel that we are on the journey alone. But at this time of year where we turn to joyful celebration with family and friends, it is also an opportunity to remind ourselves, that the village we create for our little ones, and for those of us reading this piece, may very well include Co-op.

The cooperative preschool model is meant to explore the very essence of the village, creating a community of parents as teachers and teachers as role models in learning and parenting alike. Co-op’s parent educational elements help build skills to cultivate the small, wild people that live in our homes. But co-op’s other mission is to build the village. This is the reason why parents are in charge and everyone has a role to keep the complex system working. We all take a turn, play a role, bring a snack, act as a guide, facilitate play, mitigate conflict and get messy! Each classroom provides a place for parents and children to come together and learn from each other; their classroom teacher and parent educator help guide the way.

The co-op village helps our families come together and explore, learn, look inward and also reach out. North Seattle College and the Co-op Parent Advisory Counsel (PAC) has branched out its endeavors in the last 4 years to include the building of these villages in the family homeless shelters and low income communities around our great city. Parent educators are going into these communities every week to bring parent education activities, individual consultations and community building efforts to those who have the least access to these wonderful villages and the most need to fight the “island feeling” of parenting on one’s own. This pilot program began with the efforts of our beloved former coordinator, Cesily Crowser. Our work now extends into the Sacred Heart Residential Shelter, Mary’s Place Shelters all over the city, and Brettler Place, a low income housing community right here in North Seattle. The children whose parents attend these classes, go to many of the schools that our own children attend. The skills we help build and the village of support that we help create will be another tool for the parents to help these children work on the same social, creative, and

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Stay connected with NSC and help us get the word out about co-op preschools, free parent lectures and more.



What is PAC?

About the Parent Advisory Council:

The Parent Advisory Council (PAC) is composed of parents representing each co-op class in the Parent Education Program at North Seattle College as well as a faculty representative from the Parent Education Program, Health and Human Services Division.

PAC meets on a monthly basis and its major objectives are:

- To promote quality education for parents and their young children.
- To offer parent information and opinions for decision making by the Parent Education Program, Health and Human Services Division, North Seattle College.
- To unify the co-ops throughout the system by providing a communication network for voicing needs and sharing ideas.
- To provide year-to-year continuity and a sense of history for a program made up of many diverse elements.
- To make co-ops available to all socioeconomic groups.

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Calendar

2018 Registration Dates

Feb 7 Priority Registration
Feb 14 Transfer Registration
Mar 3 Open Registration

PAC Meeting Dates

Faith Lutheran 9:30am-11:30am
January 8
February 12
March 12
April 2
May 21

Parentmap

Please provide your PAC rep with the date of your co-op's open house by **January 2nd** if you would like it to appear in ParentMap in the new year



This newsletter is for you! Please submit your words, photos, & ideas

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problem solving skills that our little ones in co-op are learning.

Each week at Mary's Place we sing songs, model play, problem solve with kids. In our Parenting Circle class we discuss the same issues we do at co-op- helping kids with tantrums, helping parents with self care, etc. Each week we hear in the news about the epidemic of homelessness in our city. These are not just folks on the sides of highways, these are working families living in shelters who have fallen on hard times. All families need a village. One of our goals with parent education is to help families reach out and connect with each other, and model that positive communication for their children.

This effort is supported entirely by grants and fundraising. We are always looking for ways to raise funds to keep these classes going and support these communities.

As you celebrate the holidays this year and you socialize with your respective co-ops, if you'd like to consider supporting a family in one of these parent education classes that we're working with, your gift would be most welcome. Sometimes co-ops choose to make donations at the holidays, do fundraisers for a charitable cause, or reach out as individual families to support community efforts. If this is the case, or if you value the village of your preschool co-op and are looking for a way help other communities reap the benefits of parent education, I ask you to consider making a donation, so that a family may participate in one of these classes and begin to be part of their own village during some of their darkest times.

The cost of one parent to attend one of our one credit classes at the shelters is \$52 . The cost of supporting a class of students for the year is \$1040. If you or your co-op would like to support the fledgling parent education efforts at these shelters for homeless families, we welcome your donations. You may make checks payable to PAC and specify that your check is to be placed in the Shelter Parent Education Fund.

The winter is so cold already, and we can end up hibernating quite easily, but our continued participation in co-op can keep us connected to other families and help our little ones explore, create and learn how to work together to build their own village, even in these dark winter months.



Message from PAC Fundraising Committee

We are looking for donations from businesses for our PAC scholarship raffle. If you know any business/small business owners that would be willing to donate a product or service to be raffled off in the spring, contact Kelly Henriod at Kelly.m.henriod@gmail.com.

NSC Co-op will be represented with a booth at the preschool fair detailed below. Please provide your PAC rep with advertising



North Sound Preschool Preview

Saturday, Jan. 20, 2018

10:00 a.m.-1:00 p.m.

ParentMap Preschool Preview resource fairs create vital in-person connections between parents seeking the best preschools and early learning resources for their child.

[Shoreline Community College](#)

16101 Greenwood Ave. N, Shoreline, WA 98133

Indoor event + free parking!

[Support PAC Scholarships when you shop on Amazon.](#)

Click on our Amazon link and a portion of the money will be donated to PAC.

Go to www.coops.northseattle.edu and click on "Shop at Amazon" on the right side toward the bottom of the page.



If you have questions or comments about the North Seattle Co-op website please email coop.webmaster@gmail.com

Donating to PAC

The need for scholarships continues to be high, and the end of the year is a good time to make a tax-deductible donation to the PAC Scholarship Fund. The more funds we raise the more we can support our co-op families. Checks can be mailed to PAC before the end of the year. In the memo line, write "for Scholarship Fund".

NSC Parent Education Program PAC Treasurer
9600 College Way North Seattle, WA 98103

The North Seattle College Diversity Committee would like to remind everyone that our co-op communities are open and welcoming to all. We hope that you will continue to teach kindness and respect in our classrooms, model the behaviors you want to see in our world, and live the values you hold in your hearts.

We've included our Vision Statement for review below, created by last year's committee. Our goal is to increase diversity throughout the co-op system, so that everyone that wishes to attend co-op is able, that our children are exposed to many cultures and experiences, and that through that representation they grow to value others different from themselves as equally important.

Please contact us with any ideas you may have on how to make our co-ops a more diverse, welcoming, and safe place, or with any thoughts you may have, via email to: NSCCDiversity@gmail.com

PAC Diversity Committee Vision Statement

North Seattle College Parent Cooperative Preschools value and celebrate diversity in all of its forms and are committed to providing a diverse and inclusive learning environment for all children, adults, and families. We strive to be welcoming and accessible to all families and reflect the diverse community of North Seattle.

We are committed to taking action against practices, attitudes and behaviors that promote discrimination and exclusion of any type or variation. We are committed to ensure to the best of our ability through policies and procedures that our cooperative preschool settings provide an environment of respect, inclusion, tolerance and acceptance of all children, adults, and families.

North Seattle Parent Cooperative Preschools strive to prepare our children for a diverse and multicultural world in which they will be caring, compassionate and productive citizens.



UNDERSTANDING CHILDREN: DISCIPLINE TOOLS AND TECHNIQUES WINTER 2018 ONLINE CLASS

Join a community of online learners

Parents, teachers, early childhood professionals, caregivers & others with children in their lives-infant through young adult.

Learn practical & useful information, discover helpful resources, plus gain new techniques for your work or at home.

What will we explore?

- **Positive Discipline**
- **Emotion Coaching**
- **Global Perspectives**
- **& other emergent topics**

FAM 184 instructors are Beth Goss & Mara Mulcahy

Questions? mara.mulcahy@seattlecolleges.edu

North Seattle
College
Online Class
5 credits

Register now!
Winter quarter
starts Jan 2, 2018

STARS hours
available

Tuition is \$80
(plus a \$35 technology
fee)

FAM 184 item 9353
Title: Understanding
Children

Parent Education Program
North Seattle College
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98103

<https://northseattle.edu>

Need enrollment help?
206.934.6029