

Fall Field Trips to the Pumpkin Patch



Morning Program

On Tuesday October 25th the morning program will be going on our annual field trip to Valleyview Farm. The bus will depart at 8:45 am from Bettye Hyde and return to the school at 11:30 am. While visiting Valleyview, we will get to enjoy a train ride around the farmer's crops, meet the animals and have a chance to feed them in the petting barn, take a break for a group snack, spend time playing in the large playground, and before boarding the bus, all children will have the opportunity to pick their own pumpkin to bring home! All morning children are invited to join us on this outing. However, if your child does not regularly attend Bettye Hyde on Tuesdays, he/she must be accompanied by an adult.

Afternoon Program

On Wednesday October 19th the afternoon program will be taking a trip to Proulx Farm. The bus will depart from Bettye Hyde at 1:00 pm and return to the school at 3:15 pm. Our visit to the farm will include a wagon ride around the property, large haystacks to climb, rides down the giant slide, visiting the farm animals, group snack, and of course a trip to the pumpkin patch to pick our own pumpkins!

THE SIGN UP SHEETS FOR BOTH FIELD TRIPS ARE POSTED IN THE Front FRONT HALLWAY.



Thank You to Charlotte and family for donating all the wonderful musical instruments and KIDKNEX to the school. Donations are always gratefully accepted!

MISSING: 3 Bettye Hyde logo aprons: red with blue, black, and yellow logo art, with "Lisa," "Cindy," and "Janet" in black letters on each.

Note from the Friday morning Music Teacher

My association with Bettye Hyde goes back a long way. Bettye Hyde, the person, was my academic advisor and idol when I took my Early Childhood Education training back in the '70's. Two of my children attended this school and the third came with me when I began teaching music here in the 80's. Now she has her ECE Diploma!

I have taught music here for 3 periods of several years each, while visiting other preschools and centres. I am presently music teacher at the Glebe Co-op Nursery School and on Saturdays at the Ottawa Youth Orchestra Academy, where I give one-hour classes to groups of 2 1/2, 3, 4, and 5 year olds.

Every Friday morning I come here with my puppet, Peter (an opossum of many talents), and bags of instruments and surprises. I believe that every child has the gift of music and needs to be encouraged with hands-on experience of playing and singing in a joyful atmosphere.

You are welcome to call me @ 729-6134. Thank-you for the opportunity of teaching your children.

Jean Gomez

Note from the Friday afternoon Music Teacher

When Cindy approached me to write an article describing who I am and what I do here at Bettye Hyde, I was hesitant. Writing about oneself is akin to the humbling experience of hearing one's own voice on the answering machine. So strange as it may feel, here I go ...

I completed my undergrad studies at Ohio University in 1991 with a double major in Music Performance and Music Therapy. My principle instrument is the cello, but the additional instruments I studied include guitar, piano, trumpet, percussion, and voice. Most of my performance hours were spent as a cellist in an orchestra and small ensembles, while the other instruments were studied to fulfill pedagogy requirements. The Music Therapy component of the degree was under the auspices of the American Music Therapy Association. The AMTA differs from the Canadian Association for Music Therapy a great deal.

The CAMT focuses on the healing aspects of music therapy involving improvised vocal and percussion sharing while their American colleagues utilize the music more as a structure for learning other skills, whether they be cognitive, social, linguistic/communicative, or fine and gross motor skills.

After my undergrad studies, I completed an in-depth internship in Sensory Integration with Lorna King at The Centre for Neurodevelopmental Studies in Phoenix, Arizona. The neurodevelopmental approach concentrates on activities involving all of the sensory systems: vestibular (movement and balance), proprioceptive (compression and contraction of muscles and joints), visual, auditory, and tactile. It has been shown time and again that a balance between these sensory systems improves all the skills necessary to realize a child's educational potential in order to be able to enjoy life to the fullest.

After my time with Lorna King, I returned to Ohio University to complete my Masters Degree in Special Education and Early Childhood Intervention, focusing primarily on students with autism and Downs Syndrome. This degree was completed in a year and was followed by a year of teaching experience in a Primary Special Education class in Athens, Ohio. I then spent the following six months in Maui, Hawaii, teaching a multi-handicapped preschool class.

Since moving to Ottawa in 1994, my career has been divided between a private practice here in Sandy Hill, and a regular schedule of lectures on the benefits of sensory integration, special education, and autism—in Canada, in the United States, and in the People’s Republic of China.

I cherish my weekly visits with the kids at Bettye Hyde. They allow me to apply my skills with a lovely group of exceptional children who constantly amaze me. But the visits also allow me to grow personally from professional contact with the teachers there. Under Cindy’s wise and gentle direction, Janet, Lisa, and Danielle give our children an absolutely top-notch, world-class opportunity to “be all they can be.”

So I invite all of you to drop in Fridays at 2:45 p.m. for a visit, and join us for a bit of singing and dancing and some very fun games. Not only will we all enjoy it, we will all learn together.

Kathleen Rooney



DESPERATELY NEEDED: towels, dishcloths and tea towels.
Please help!

United Way Donations can be directed to Bettye Hyde

Bettye Hyde Cooperative Nursery School is a registered charity. As such, you can designate that your United Way donations be directed towards the school. You can do this either by means of a one-time “cash” donation or by using the payroll-deduction method. All donations are transmitted anonymously.

Please remember our school when “giving at the office.” Thank you!

Snack Ideas for Special Days

For many parents your child’s “special day” at Bettye Hyde is your first experience to provide snack for a large group of children. When planning snack we encourage you to be as creative as you wish, but ask that you always keep the following guidelines in mind.

1. Absolutely **NO NUTS**. We often have children with life threatening allergies in the program. This policy helps to ensure their safety.
2. Please make it **HEALTHY**.
3. We ask that you provide a **CHOICE OF THREE ITEMS** plus juice.

We have put together the following list of snack ideas to answer the frequently asked question “What should I bring in for snack?” These are only suggestions we always welcome new ideas!

- All types of fresh fruit
- Dried fruit (apricots, raisins, cranberries, plums etc.)
- Cheese
- Muffins (mini size is the best)
- Dried cereal (cheerios, shreddies)
- Animal crackers
- Veggies (carrots, cucumbers, grape/cherry tomatoes, celery etc.)
- Pita bread (can be served with dips such as hummus and tzaziki)
- Pretzels (alphabet shaped are a favourite)
- Homemade cheese biscuits
- Celery with cream cheese and raisins (a.k.a. ants on a log)
- Tortilla wraps (cream cheese with diced tomatoes, cucumber and/or avocado) cut into bite size pieces
- Roasted chick peas
- Kidney beans (rinsed and drained)
- Oatmeal raisin cookies
- Mini sized yogurt (we reuse the coloured containers made by Danone in the art area)
- Fruit bars (i.e. fig, raspberry)
- Skinny sticks
- Any home baking
- Crackers

Reminders:

No parking or early drop-off in the Chapel Street parking lot is allowed unless it is your child’s special day. Please respect this guideline!

Please return all B.H. laundry on your child’s next scheduled day. We have had over 100 facecloths and over 20 large towels leave the school—never to be seen again.

MARK YOUR CALENDARS

The annual Bettye Hyde **Festival of Lights Holiday Party** will be held Monday



December 19th in the school, from 6:30 to 8 p.m.

Bring the whole family!