

Wellspring Children's Center

Offering a wellspring of hands-on learning and family support



Our Quarterly Newsletter
January—March 2011

Here's What's Happening

Susan Crook—Director

I was observing a child the other day who was playing with some construction pieces. There were several put together and he was working at getting this one particular piece out so he could use it somewhere else. I observed him pulling hard to try to free it...no success; next he used a hammer and began pounding it through, then laying it aside started pulling it again...still no success; next he picked up a bolt and used it to push the piece through...again no success; then he worked it like a lever prying it against a box...still no success; and finally he again pulled on it this time with all his might...success! And he immediately moved on to complete his original task. As I watched I have to admit there were a couple of times I had to stop myself from asking if he'd like some help; he probably would have said yes, but it wouldn't have been his achievement then. Parents want their children to feel good about themselves and have a healthy self-esteem, and this is good, but to step in too soon with help or to lavish praise on their children with the idea that this is how self worth is accomplished may be the wrong way to do it. I have found that the truth is the best way to grow in confidence and increase one's self-esteem is to allow a child to take risks, work through challenges, and struggle with difficult tasks...in other words persevere. When you succeed at something you've worked hard at there is an intrinsic reward that far out measures anything someone else could give you. And that feeling of accomplishing something difficult is a building block to self-esteem. The things that build our sense of self worth don't come so much from outward praise as from inner satisfaction. It's important to give children lots of time and opportunity to do things for themselves without stepping in to "help" or to praise.

For more on this go to Wellspring's web site and read my blog "A Little Less 'Good Job' if You Please" or read chapter one of *Nurture Shock*, a suggested reading from Wellspring's library.

Besides working with children here at Wellspring one of my passions is to encourage parents in their quest to grow their children into strong, capable, and productive Adults. As you read this newsletter please take note of some of the offerings in our school library and the nutrition info on the back as well as some thought-provoking insight from Oswald Chambers and I hope too that you enjoy the pictures from our last Gathering and some of the little quips I have sprinkled throughout. One more thing; summer is coming and with it our 7 week summer school program. We will be learning about God's wonder-filled creation and each week concludes with a field trip. It's all listed on page 3 and I encourage you to enroll your children...we have a blast!

Now, make a cup of tea (or coffee), sit back, relax, and enjoy our little read!



Inside this issue:

<i>No Second Best</i>	2
<i>Family Gathering</i>	2
<i>Wellspring Library</i>	3
<i>Summer School</i>	3
<i>Calendar</i>	4
<i>Food For Thought</i>	4
<i>Contact Us</i>	4

When you come into our school, please remember it's a child's world!



Gotta Love Those
Rainy Days!

No Second Best: *A reading from Oswald Chambers' Not Knowing Whither*

In the spiritual life we do not go from good to better, and from better to best; because there is only One to who we go, and that One is the best, namely God Himself. There can be no such thing as God's second best. We can perversely put ourselves out of God's order into His permissive will, but that is a different matter. In seeking the best we soon find that our enemy is our good things not our bad. The things that keep us back from God's best are not sin and imperfection, but the things that are right and good and noble from the natural standpoint. To discern that the natural virtues antagonize surrender to God is to bring our soul at once into the center of our greatest battlefield. Very few of us debate with the sordid and the wrong, but we do debate with the good; and the higher up we go in the scale of the natural virtues, the more intense is the opposition to Jesus Christ, which is in inverse ratio to what one would naturally imagine.

The true sign of intelligence is not knowledge but imagination."
~Albert Einstein



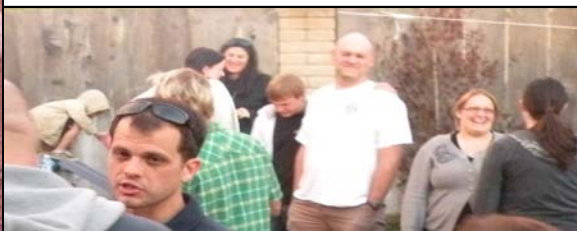
"Please, dear Jesus, I ask that you make everybody get unsick."
~Paige 4 years old



Family Gathering winter 2011

It is always so good to see the Wellspring families gather for a little food, a little fellowship, and, of course a little playing. I guess I'm a bit of a mama over this place and all of you too...I love seeing everyone having a good time together, getting to know one another and forming relationships that extend beyond Wellspring. It's especially wonderful to see the children playing and showing their school to older siblings and then see those children fully engaged in play too. This time our table was laden with pots of yummy chili, corn bread, and salad and we finished with our traditional roasted marshmallows and chocolate chip cookies.

"What am I being that my children's eyes are not shining?"
~Benjamin Zandor

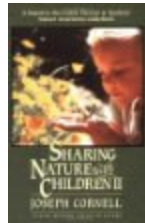


From the Wellspring Library

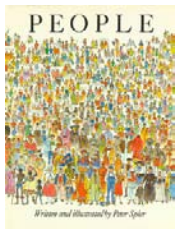


New on our library shelves, *Nuture Shock* is written by a #1 New York Best Seller Po Bronson and Ashley Merryman. This book sheds new light on some old beliefs about how we grow, learn and live. With chapters like *The Inverse Power of Praise*, *The Lost Hour*, *Why Kids Lie*, *Can Self-Control Be Taught?*, and *The Search For Intelligent Life In Kindergarten*, I can promise you will be intrigued and maybe even changed as you read this thought-provoking book.

This is an inspirational little book full of wit and wisdom on how to share nature with children. Joseph Cornell shares his enthusiasm for both while giving the reader some wonderful, creative ideas that will inspire you to get out there and share nature with children.



"Beautiful and sensitively written. The games and activities are delightful to read, clearly explained, fun to do, and adapted to the urban and suburban environment." ~Girl Scouts of America



New to our children's book collection is this wonderful addition of *People* by Piper Spier all about the variety of people in the world. This book, written in 1980 won the 1980 Christopher Medal and the National Conference of Christians and Jews National Mass Media Award.

"The book is charming, it is fun, and it is a delicious treat for the senses— with an inspiring and lovely message not simply about the right to be different, but about the excitement of difference." ~Davis Hyatt



Join Us For Summer School and Learn about Creation

The Story of Creation in 7 Weeks

Runs June 6—July 22

8:00—12:00
Nutritious snacks provided.
Registration is by the week:
M—F \$95.00
M/W/F \$80.00
T/TH \$65.00

If you are looking for full day placement please contact the school office

To register or for more information please call

528-2004

- Week One** Genesis 1: 3—5
6/6-10 Day and Night
*Spooner's Cove**
- Week Two** Genesis 1: 6—8
6/13-17 Sky, Air
*Morro Rock**
- Week Three** Genesis 1: 9—13
6/20-24 Land, Sea, Plants
*Avila Barn**
- Week Four** Genesis 1: 14—19
6/27-7/1 Moon, Sun, Stars
*El Chorro Park**
- Week Five** Genesis 1: 20—23
7/5-8 Fish, Sea creatures, Birds
*Tide Pools at Atascadero Beach**
- Week Six** Genesis 1: 24—31
7/11-15 Animals (Dinosaurs) and People
*Atascadero Zoo**
- Week Seven** Genesis 2: 1—3
7/18-22 Celebrating God's Love
*South Side of Morro Rock**

*field trip

"The person rises to understand, master, and enjoy whatever he is surrounded with in language, ideas, literature, and in appreciation of beauty. If you share with children the very best, carefully chosen to meet their needs, they will amaze everyone."

~Charlotte Mason

Wellspring Children's Center
 Board of Directors
 Wynona Perkins
 Jim Crook
 Carter Atkinson

Susan Crook ~ President



FEBRUARY

3rd: Wellspring Board of Director's meeting 6:30
 3rd: Pajama Day
 5th: Family Gathering 4:00
 18th: Yard Sale pricing and pizza party ☺
 19th: Yard Sale
 21st: President's Day—School Closed
 22nd: Advisory/Parent's Meeting, 7:00

MARCH

3rd: Wellspring Board of Director's meeting 6:30
 19th: Work Day, 9:00—2:00
 22nd: Advisory/Parent's Meeting, 7:00

APRIL

7th: Wellspring Board of Director's meeting 6:30
 9th: Trike-A-Thon—fundraiser
 22nd: Good Friday—School Closed
 24th: Easter/Feast of First Fruits
 26th: Advisory/Parent's Meeting, 7:00

WRITE OR VISIT:

1228 7th Street ~ Los Osos, CA 93402

EMAIL:

Info@wellspringchildrenscenter.org

CALL:

(805)528-2004

OR VISIT OUR WEB SITE:

www.wellspringchildrenscenter.org

COLOR CODE: Board and Advisory/Parent meetings
 work day Event & special days school closed

Everyday the teachers, staff, and Board members pray individually for the needs of Wellspring and Wellspring families. If you have a need or concern and would like us to pray for you please email us at susan@wellspringchildrenscenter.org. In addition to individually praying, teachers come together to pray on Wednesday afternoons and the Board devotes time to pray before each monthly board meeting. ~Blessings!

Wellspring admits students of any race, color and national or ethnic origin.

Food for Thought

Anyone who knows us at Wellspring knows that we have a passion for nutrition, especially where children are concerned. We put a lot of thought and attention into our lunch program and the snacks that we offer. By providing children with lots of fresh fruits and vegetables our hope is that they will be encouraged to try new things and develop tastes for foods they might otherwise not try, providing them with a good foundation for their rapidly growing bodies. Following is an example of a weeks snacks:

Monday= fresh blueberries, snap peas, and string cheese

Tuesday= Cashews, bananas, cherry tomatoes

Wednesday= Sliced apples, rice crackers, cheddar cubes

Thursday= Kiwi wedges, almonds, orange "moons"

Friday= watermelon, carrots, whole wheat pretzels

Sometimes we will put a bowl of hard-boiled eggs or a basket of small, whole apples out and the children gobble them up! We also keep a large basket of tangelos on the table everyday and all snacks are available for children to eat when they are hungry, rather than requiring them to eat at a certain time.

FOOD ALLERGIES: When a child is allergic to a particular food we avoid putting it out for all of the children on the days that child is in attendance. In the case of life-threatening allergies an "emergency action plan" is posted and all teachers and staff are notified.