

Photo by Anya Marshall, Class Reporter



Bottom, (L-R): Dorothy and Nolan, Song and Ollie, Becca and Clara, Lala and Donovan, , Lucie and Anthony, Armella and Christopher, Armineh and Areni, Anomeh and Ella, Talin and Tho.

See page 4 for more reports on our Infants classes ! ▶▶▶▶▶▶▶▶▶▶

A Message from our Board President

Welcome back GCPEA veterans, and a warm welcome to the new families!

I am excited to be your GCPEA President again this year. I feel like last year was great and would love to continue having a positive year with this excellent program. This year my goal is to get more involvement from our Association members and to gain a real sense of community.

I hope you grabbed our information booklet to see what GCPEA is all about and what we have in store for you this year. You can read about our dedicated board and talented teachers too! There is a digital copy of it on our website, www.gcpea.org, along with a digital copy of this PEPOR newsletter.

We had our first event, Kindergarten Readiness, in September and our Association meeting October 7th. Our first **Parent Craft Night** is to make busy bags for your little ones. It's a lot of fun!

Our **Fall into Winter** event is loads of fun! How often do you get to play in snow right here in Glendale?

We also participate in the **Montrose Parade** and have additional education nights and fundraisers throughout the year. Our biggest event and fundraiser is our Spring Luncheon in May. We hope you will attend.

Be sure to check your classroom for the PEPOR. It is a great way to know what is happening with your classmates, and it provides important announcements from our school and community. You can "Like" us on Facebook and follow GCPEA on Instagram which will allow you to find out updates.

I look forward to seeing you all throughout the year. If you have any questions, suggestions, and comments, please share them at president@gcpea.org, and/or feel free to attend our Association meetings.

Jena Noyes

GCPEA President 2015-2016

Save this
date !



GLENDALE COLLEGE

ASSOCIATION

Saturday, November 14, 2015



1500 N. Verdugo Rd. Glendale (GCC Life Skills Parking Lot B)

20 Tons of Snow
Rides and Carnival Games
Prizes to Win
Food & Craft Booths

For More Information: gcpea.org or email: events@gcpea.org

Pre Sale \$15 @Door \$20

Children under 2 Free

The First Year

By Danielle Wiese, Class Reporter, Friday morning Infants class (0 -12 months), at Life Skills Bldg with Ms. Kelly

The birthday candle has barely been blown out on my daughter's first birthday cake and I sit here feeling both happy and sad about how quickly the last 12 months have gone by.

Like many first time parents, I wasn't sure what to expect after bringing home my new tiny human. Would my days fly by as feelings of pride and joy rushed through me with each new baby smile, roll, crawl, word, and step? Would I feel torn about my decision to leave a job I loved and worked hard to deserve? Would I ever stop feeling confused about breastfeeding or how to get my baby to sleep through the night?

Well, here we are, one full year later and I think I can truthfully say that I have felt (and maybe still feel) all of these things. I feel amazingly blessed to have been able to stay at home to care for my daughter each day and watch her grow into this amazing little person. But sometimes I still miss the career that used to fill my days and become over-

whelmed by the perpetual question of "Am I doing this right?"

For me, that is why these parent education classes are so important. For me, they help to bridge the gap between my current and former life by providing some structure to my otherwise unstructured day. They provide me with time to focus solely on my child (and not the piles of dirty laundry) and watch as she learns new skills each week. They allow me to meet other parents, new and veteran, who are in a similar life stage and who can relate to both the struggles and joys of parenting. And moreover, these classes give me the opportunity to gain confidence in how I am raising my child as we cover various discussion topics each week that provide guidance and best practices to help us succeed. Since these classes have been such an important part of my and my daughter's relationship over this first year of her life, I knew they must mean a lot to other parents as well. *(continued, next page...)*



Happy moms, happy babies in Ms. Kelly's Infants class.

So I asked some of the other moms in our class to share why this program is important to them and their child, and this is what they had to say:

Gohar, with her son David (11 months), says that this class is important to her because when she talks to other moms about issues with her kids and they share similar issues with their kids, that it makes her feel less crazy!

Dorothy, with her son Nolan (12 months), says that this class is important because it provides support for new parents and helps us to consciously engage our children in activities that promote their development.

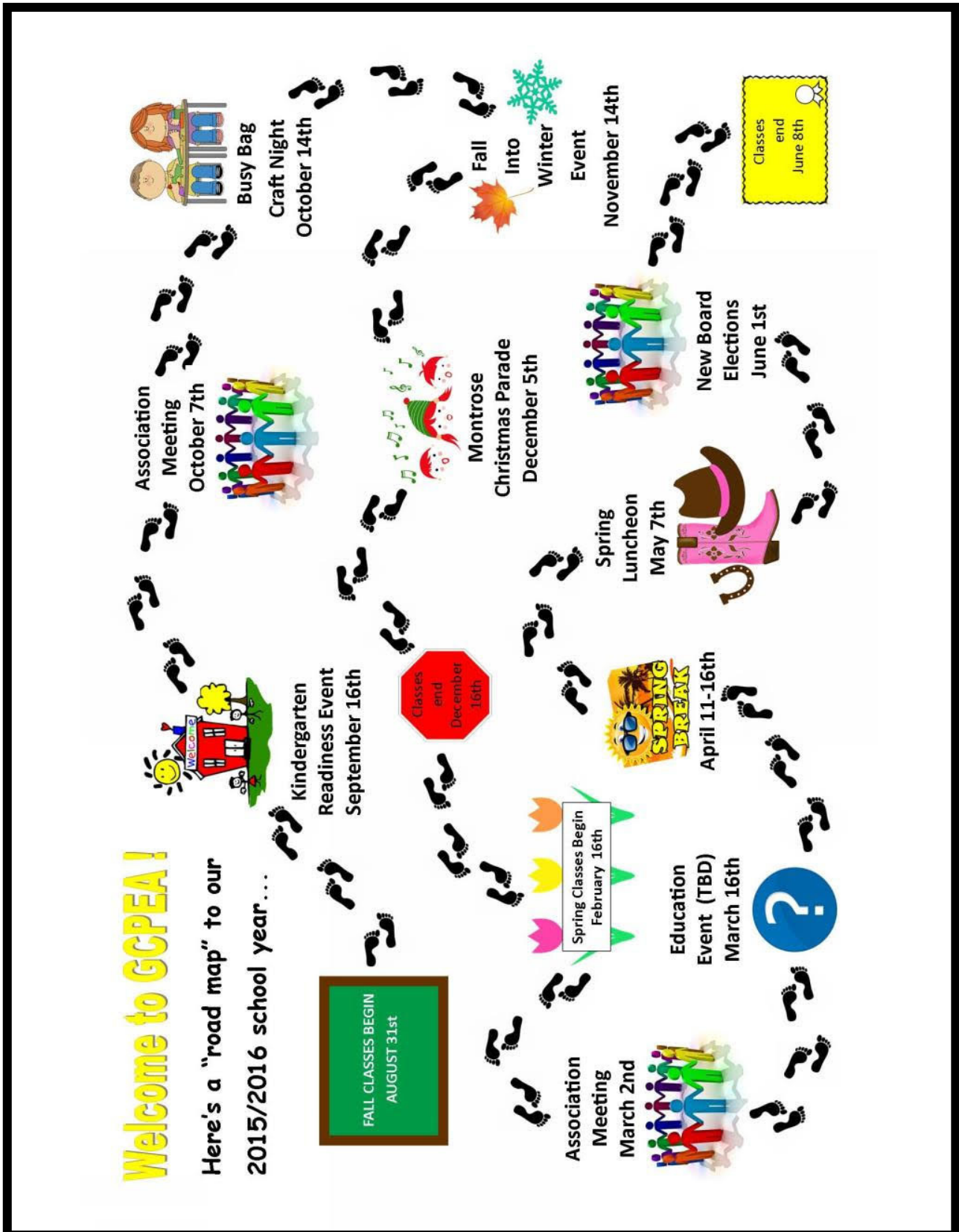
Tsolair, with her daughter Sophie (10 months), says that this class is important to her because it gives her an opportunity to socialize with her friends as well as allows Sophie an opportunity to play and interact with other infants. She also enjoys participating in the discussion topics as it reassures her that what she is experiencing with her child is similar to other moms in the group.

Anomeh, with her daughter Elila (5 months), says that she felt very alone when her daughter was experiencing severe acid reflux. This class is important to her because when she was able to talk with other moms whose babies shared the same condition; she felt relieved to know that her baby was not the only one.

So, as you can see, this class is a terrific resource for parents with infants who are looking for friendship, support, and guidance as they navigate through those first 12 months of baby's life. ~~~



Turn sideways to follow this map, and discover all the wonderful events going on for the entire school year!



Greetings from Ms. Barbara's class for 2- and 3-year-olds!

By Amy Gambell, Class Reporter, Monday mornings at Life Skills Bldg, with Teacher Barbara Flynn

Because of all the warm, sunny weather, it's hard to feel that Autumn is actually here. However, in Teacher Barbara's Monday morning class, the Fall Term has started with a large and energized group of 2 and 3 year olds.

We have jumped into some of the regular activities, such as painting, catching bubbles, and parachute play. Also, each circle time has the Little Mouse Little Mouse game, that seems to be a favorite with the children. They love taking turns to guess the color house the mouse might be hiding behind. And the SUSPENSE! Will the mouse be hiding there or not?! Teacher Barbara reminds us that for different age groups there are different challenges. The younger kids might be learning the colors and how to raise their hands for a turn. The older kids are learning to be patient and to be emotionally resilient if their color is not the chosen one that day. Everyone learns how to work together as a group to find that rascally white mouse.

A new guideline was introduced this term, mostly for the parents. Teacher Barbara requested the class to be screen-free. She reminded us that we are here to be with and learn with our children, to observe and support each other, and to connect on a personal level. As we all know, it's hard to do that with a cell phone distracting us.



Sketching hands to make a turkey centerpiece for Thanksgiving!

The last few weeks we have been discussing discipline. One big concept that Teacher Barbara really wants us to keep in mind is that "It's not personal; it's developmental". This can be difficult to keep in mind with a headstrong toddler in our lives, but is such a good reminder that our children are testing us in order to LEARN about our rules and limits (not just to make us tear our hair out). After all, the word discipline comes from the word disciple which means to teach. So, instead of jumping to punishments right away, remembering that "it's not personal, it's developmental" can help us become better parents and teachers to our little ones.

Last week we started work on a wooden turkey centerpiece. We began by sketching each child's hand on a sheet of paper. This outline will be used to personalize a wooden turkey that we will then be able to decorate and use for Thanksgiving.

Happy Autumn to everyone! Even though it still feels like Summer! ~~~

Babies and Toddlers On The Move!

By Anya Marshall, Class Reporter, Friday mornings class with Ms. Caryn at Life Skills Bldg.

Wow, are these babies and toddlers on the move, or what?! Ms. Caryn's Friday morning dual-age- level class is full of fun this semester. We have both 13-19 month age, and the 20-26 month age in the same class, and it's amazing how the ages differ, developmentally. We have some that are just testing the waters; walking and falling, while other "pros" are scaling the outdoorplay-set, keeping us all on our toes. Aria, my almost-two-year-old, is somewhere on the agile, but cautious, side of the spectrum...for now. Haha!

Weekly discussions have spanned topics from common behaviors and separation anxiety, to healthy sleep patterns, and Home/Emergency Safety. We not only have a very knowledgeable instructor in Ms. Caryn, but we are so lucky to have a such great and diverse group of moms, dads, and grandparents, many of whom are willing to share their own personal, invaluable, experiences. It's easy to see how much our kids are learning from Ms. Caryn, each other, and our fun crafts and activities! One week their patience and concentration was really put to the test while making pasta necklaces! That's us in the picture to the right: (Me, Aria, and her "old friend" Beatrice)...Thanks Miss Angie (Beatrice's mom), for the creative experience; we enjoyed it so much!



"Rug Time" is the absolute best. Personally, it's my favorite time where we corral the kids together in a circle on the rug, and sing a bunch of silly and informative songs. Its a great way to gauge what the kids have learned/have become familiar with, and many of those songs have become household staples for many of us. Some of the ones that the kids really respond to are "Round, and Round the Garden", "Tick, Tock!", and "Shake our Sillies Out!"...partly because the dances are so entertaining, I think, but also because Ms. Caryn is really great with the kids, and has a great way of engaging them! We also really like when she brings out shakers, bells and stars for our favorite dances...the kids absolutely go nuts.



A sweet song that always gives me a warm feeling, and never fails to get my daughter dancing and swaying is: "The More We Get Together"...the tune is classic, and Ms. Caryn's generous smile and open attitude always makes for a loving rendition. Many of the "older kids" have learned all the arm movements, too! Another great moment is when we sing "The Wheels on the Bus" which is always fun, and is also our cue to wash hands and eat snack! Yum!

It's true, the song and dance portions truly are the highlights of class for most of the kids (and parents), but nothing beats getting to dance and bounce beneath the parachute at "Parachute Time!" In thephoto on the left, here are some of us under the parachute! "Red, Yellow, Green, and Blue... these are the colors over you. One two, three and four, and

there are so many more!"

Last but not least, I would really like to send a GREAT BIG "Thank You" to Ms. Chake, our wonderful Class Assistant. I, along with many, have had the ultimate pleasure to have her in our class (with Ms. Kelly) last semester, and when I worked as a nanny (way back when), I had her in the classes with THOSE little ones, too! Her patience, perspective and, most of all, her Eagle Eyes are so beyond appreciated. What would we do with out our amazing Ms. Chake! Yay, GCC! ~~~

Wonderful Learning Opportunities at the Columbus Site

By Anya Marshall, Class Reporter, Monday morning multi-age class with Ms. Jane

What a great class we have this semester! Such energetic and diverse personalities in all these kiddos; ages ranging from new-borns, to three-almost-four! It's so essential to have these multiage classes available to us. At the Parent Ed Program, not only do we get to involve the whole pre-Pre-K family, but everyone has a great deal we can learn from one-another!

We are having so much fun, and we all love Ms. Jane! Her discussions are informative and interesting; we've talked about codependence/Independence, separation anxiety, and how it comes and goes in stages...about teaching our children about awareness of their surroundings, and beginning clear instructions early-on, and sleep patterns in different ages, which I found particularly interesting. I also really enjoy when moms chime-in with their own experiences, as I know that I learn just as much from my peers, as I do from my instructors.



Ms. Jane's "Story Time" and songs, are such a delight for the kids and parents, alike. We love to dance, and sing songs like "If you're Happy and You Know It," and "Open, Shut Them." We all especially love the gentle songs (that I rarely hear anywhere but Ms. Jane's class), like "Butterfly, Butterfly," and "Rainbow Song." These kids are learning so much; crafts like marker-tie-dye coffee filter butterflies, pasta necklaces, and painting pictures have really helped to focus these little jitterbugs. I'm constantly amazed at how the timespan of 'how-long-will-they-sit-there-quietly?' is stretching. But it's no wonder, because they all generally play so well together, whether it's push-cars, or play dough!

Cleaning up is another fun and educational time, as the children are learning to clean-up after themselves, and each other. My favorite memory from the first day of class, was cleaning up the chairs. Seeing all the little ones learning how to "carry" in the chairs, after snack time...seeing all the moms holding the brunt of the weight... All the really little walkers, toddling after the rest... Ha, ha! So precious!

At the Columbus School site, though the "Rug-Time" and "Parachute Time" areas are separated from the outdoor play and snack area by a little bit of a walk, the slight challenge poses a world of learning opportunities for the kids. Going from place to place brings an added awareness to the difference in surroundings. Ms. Jane spends a good deal of time, reinforcing the children's sense of focus and awareness, and is helping to guide us all in engaging our kids more in focused activity. And since the site is at an elementary school, there's also the added excitement, of seeing "big kids", and the element of preparation, in exposing our little ones to an actual school campus, very early on. I know that I always felt more comfortable going to a new school, or starting a new year, if I had been to the school before...I love leaving the school and saying to Aria "Say bye, school! One day, you're going to go to BIG school, like this!" (insert toddler clapping, here. ☺).

Lastly, I'd like to mention that I feel a great deal of the success of our Monday class, is due to having so much help! We have great parents that help out with each other's kids, (some new, but many returning), AND, we also have one of the most amazing Class Assistants, Ms. Rosa! A huge "shout-out" absolutely must go out to the amazing Ms. Rosa! Thank you, for everything you do; class preparation, heavy lifting, clean-up detail... From running up-and-down from the classroom, to the blacktop, to the tender, yet strong way you help reign in our little ones. We couldn't do it without you, you're an absolute doll! ~~~

*** Enjoy Rug Time Even More
With These 2 Simple Reminders ***

"Mary Had A Little Cold"

Mary had a little cold, but would not stay at home.
And everywhere that Mary went, the cold was sure to roam.
It wandered into Molly's eyes and filled them full of tears.
It jumped from there to Bobby's nose, and then to Jimmy's ears.
It painted Anna's throat bright red, and swelled poor Johnny's head,
Dora had a fever, and a cough put Jack in bed.
The moral of this little tale is very quickly said,
Mary could have saved a lot of pain by just one day in bed.

- Author unknown

Safety Focus

The most dangerous thing in your purse or pocket is your phone. When you are with your child your focus needs to be on them and your surroundings - NOT on your phone.

Be safe. Be involved.

Greetings from the 3s and 4s Class!

by Yvonne Johnson, Class Reporter, Monday afternoons at Life Skills Bldg. with Ms. Barbara

As we begin a new year at GCC it is amazing to see how the kids are growing socially, emotionally, intellectually, and physically. Our children have started and are enjoying skill builders with Teacher Barbara. The first week the children worked on reading skills by organizing pictures in order of what occurred in the story. The second week in skill builders the children worked with magnets. Teacher Barbara taught about the polarity of magnets and how they can push away from each other or pull together. We did many exercises with magnets including dragging a paperclip on top of a piece of paper by putting a magnet underneath. That's how to make learning fun!

I asked the children what their favorite thing was about this program and here are their responses:

- ♥ Allyson - "Playing"
- ♥ Andrew - "Kitchen Toys and Slippery Fish Song"
- ♥ Derek - "Fire Trucks"
- ♥ Ethan - "The Slides"
- ♥ Layla - "I like to play outside"
- ♥ Kevin - "Slides"
- ♥ Kimiko - "When I play and when I eat snack and play outside"
- ♥ Kloe - "Rainbow Song and Painting"
- ♥ Matthew - "Slides"
- ♥ Mia - "Playing"
- ♥ Michelle - "Craft"
- ♥ Michelle's Mommy - "Lectures"
- ♥ Nicolette - "Painting"
- ♥ Noelle - "Playing and Dress Up"
- ♥ Noelle's Mommy - "Parent/Family Support"
- ♥ Olivia - "Playing"
- ♥ Suzy - "To tell my big sister I go to college"
- ♥ Wyatt - "Craft"

Many children said playing or something associated with playing. This is great because we all have learned that kids learn best at this age through play. Our kids are so smart!

Thank you to Teacher Barbara for her enthusiasm to teach and to make the world a better place by teaching us how to be even better parents. Thank you to Ms. Genia for all her patients and care with our children.



Children learn to listen and wait during Ms. Barbara's much-anticipated game: "Little Mouse, Little Mouse."

Thank you to Ms. Sofiya, who we are all so lucky to have taking care of all our administrative needs. ~~~

Best Memories!

By Sevannah Meckailian, Class reporter, Wednesday afternoon Multi-age class with Teacher Barbara

I have been part of the Glendale Community College Parent Education Program for about three years or so. Every time I come across a parent somewhere I always start talking about the GCC Parent Education Program, and how wonderful it is for the children and their parents. It is amazing how much both the parents and children get out of this program.

I have always been curious to know how long parents have attended the program and what has been their favorite/best memory. I asked **Aline** what her best memory has been since she and her daughter **Ella** started the program two and a half years ago.

She said ***“Circle time is by far the best memory...not just one memory from circle time but all of them.”*** She loves the way Teacher Barbara makes the children interact, read books, sing, play and learn science on some occasions. Her daughter Ella enjoys playing with her friends and is always eager to learn more.

(Aline pictured right with daughter Ella, 3 years, son Mateo, 8 months, and friend Nicolette on right, 3 years.)



Paulette, Remy's mom (pictured left) has attended this program for many years. She first attended with her eldest son for about 4—5 years. She has now returned again with her youngest son Remy who is 21 months. Paulette's ***fonddest memories are the socialization with the kids and the meeting/group discussions*** which she finds very informative.

Naomi, shown right with daughters Chloe, age 3 and Elsy, age 1, has attended the program since her daughter Chloe was about six months old. She ended up taking a break from the program for about a year, but returned again with both daughters. Naomi's

most memorable moment here at the program was when her daughter Chloe learned to be independent.

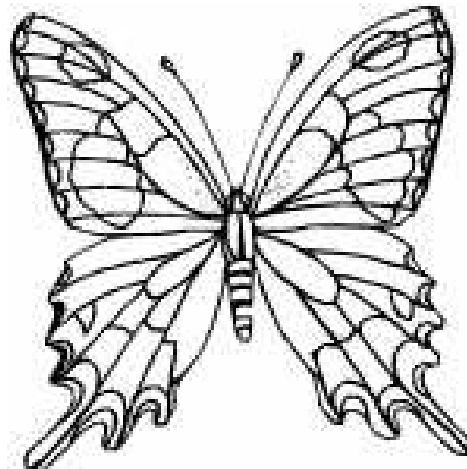
Chloe had always been social, but when she turned two years old she became more attached to Naomi and didn't want to go out and play with the other kids at the playground. This worried Naomi, however because of the teacher's guidance and encouragement they overcame that stage. She truly appreciated watching her daughter becoming independent.



Pictured below: Erica and her daughter Sophia, age 3, just joined our program this semester (Fall 2015). Erica is excited to see what they will learn and experience from the program. So far, Erica has ***enjoyed watching her daughter having a great time at school and says Sophia looks forward to coming every week.***



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**Save this  
date !**



## **Montrose Christmas Parade**

**December 5<sup>th</sup> at 6:00pm**

We will meet at 5:00 pm at  
Corner of Agner Ave & Honolulu Ave.

*Hot Chocolate & Cookies will be served*

Please R.S.V.P. to Melina Manoukian by Dec 1<sup>st</sup>

[Events@gcpea.org](mailto:Events@gcpea.org)

**For this event, we would like to have the theme “Polar Express”. Come join us with a decorated stroller, tricycle, skateboard, scooter or wagon!**

**The parade route is short and fun! The Montrose Christmas Parade is one of our community’s most special traditions. We look forward to sharing this tradition with all of you!**





**Have a Happy and Safe Halloween!**



# Some Fun (and FREE!) Things To Do Between the Fall and Winter Semester!

*The fall semester ends December 16th and the Winter session begins January 4th. Below are a just a few of the many wonderful things happening that you and your family can attend during those 3 weeks between sessions.*

## 1. LA County Holiday Celebration

The free, three-hour multi-cultural show includes more than 20 choirs, music ensembles and dance troupes at the beautiful Dorothy Chandler Pavilion (Dec. 24). Doors open at 2.30 pm and guests are welcome to come and go as they please throughout the show. *Reservations and tickets are not necessary; parking is free.*

<http://www.lacountyarts.org/holiday.html>

## 2. Music Center Holiday Sing-Along

Gather the family for traditional Christmas carols under the stars from 6.30 – 8 pm Dec. 19 at the Music Center Plaza. Lyrics sheets are provided for holiday favorites, such as "O Christmas Tree," "Silver Bells," "The Twelve Days of Christmas" and "We Wish You a Merry Christmas." *This annual, popular event is free, but tickets are required to participate. Distribution starts at 6 pm.* <http://www.musiccenter.org/Archives/Active-Arts/holidays/holiday-sing-along/>

## 3. Santa's Downtown Wonderland

From Dec. 1 through Dec. 21 each year, the city of Burbank, which is just outside Los Angeles, has 12 straight days of Christmas-related events, including the kid-friendly Santa's Downtown Wonderland.

Festivities include a tree lighting by the mayor, live music, face painting, pictures with Santa Claus, free gifts and more. Each day has a different event associated with it, such as Snow Day, where real snow is trucked in; and a trolley tour of local holiday-decorated houses. [http://www.burbank.com/story/Downtown-Burbank-Celebrates-12](http://www.burbank.com/story/Downtown-Burbank-Celebrates-12-Days-of-Holiday-Cheer/560661)

[-Days-of-Holiday-Cheer/560661](http://www.burbank.com/story/Downtown-Burbank-Celebrates-12-Days-of-Holiday-Cheer/560661)

## 4. The Bunny Museum

After you have opened your presents and eaten, hop on over to feed the bunnies their Christmas dinner. Delight in seeing a Christmas tree decorated with bunny ornaments, carrot colored lights, and carrot colored candy canes.

Christmas Open House at The Bunny Museum, December 25, 2-7pm, \$5, children 4 & under free. You are welcome to bring vegetables & fruits for the three real bunnies.

The Bunny Museum, 1933 Jefferson Drive, Pasadena, CA 91104, (626)798-8848. [www.thebunnymuseum.com](http://www.thebunnymuseum.com)

## 5. Snow! At the Americana at Brand in Glendale.

A 100-foot tree with an official Tree Lighting event **November 20**, 2015 at 7:30 pm with Cirque du Santa, a winter wonderland of magical elves, flying reindeer, dancing snowmen, plus Santa Claus and fireworks finale. The Americana at Brand brings on the snow at 7 and 8 pm every evening through Christmas Eve. They also have similar roaming musicians and singers around the tree. Santa will be on hand for photo ops. **889 Americana Way, Glendale, CA 91210**

## 6. Christmas Tree Lane Lighting Ceremony & Winter Arts & Crafts Festival

Saturday December 12, 2015, 2PM: Winter Arts & Craft Festival, 6PM: Lighting ceremony, **Location:** Altadena Christmas Tree Lane in Altadena (Santa Rosa Avenue, between Woodbury Avenue and Altadena Drive) has entertained visitors for nearly a century by decorating over 100 tall deodar trees with festive holiday lighting. The lighting ceremony includes local choirs, marching bands, solo performers, and Santa Claus. Also, nearby is the Balian Mansion (1960 Mendocino Lane) that is normally decorated for the holidays. <http://www.christmastreelane.net/>

Hello Association  
Members!

Don't forget!

Mark **Saturday,  
May 7th, 2016** on  
your calendar!

This is the day  
when we all get  
dressed up, leave  
the kids home, and  
have fun, fun, FUN!

It's our annual  
Spring Luncheon /  
Fundraiser!

Great food! Fun  
entertainment!  
Lovely prizes to be  
won in our auctions  
and raffles!

**Details Coming  
Soon!!!**

See you there!





Let's help others in need with our donations.

Non-perishable foods and personal care items are greatly appreciated!

- Canned food
- Laundry Detergents
- Baby food/Formula
- Soap
- Coffee
- Cereal
- Razors
- Pasta/Pasta Sauce
- Peanut Butter
- Shampoo
- Diapers
- Baking Supplies
- Toothbrush/paste
- Dish soap



Bring donations to  
our "Fall into Winter" Event,  
Saturday, November 14th  
to help a local food bank



Save this  
date !



GLENDALE COLLEGE PARENT ASSOCIATION

Saturday, November 14, 2015



1500 N. Verdugo Rd. Glendale (GCC Life Skills Parking Lot B)

20 Tons of Snow  
Rides and Carnival Games  
Prizes to Win  
Food & Craft Booths

For More Information: [gcpea.org](http://gcpea.org) or email: [events@gcpea.org](mailto:events@gcpea.org)

Pre Sale \$15 @Door \$20

Children under 2 Free

Don't Miss It!