

The Glendale College Parent Education Association

proudly presents

Parent Education Preschool Observation Report

Fall 2018-2019



*“Happy healthy parents **make** happy healthy children.” - Dr. Stoppard*

- *Message from the GCPEA President*
- *LSB Cleanup day*
- *Class activities*
- *Articles about healthy snack and TV's influence on how children eat*
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Prepared by Matilda Sinani



Message from the GCPEA President

Dear Families,

I want to wish you all a warm welcome to this new school year! I hope you all had a great summer and a wonderful first fall semester here at Glendale Community College Parent Education Program. I am excited to be your President again and look forward to our new adventures together.

This year we look forward to a lot of new changes. We started our Fall semester with a new and improved class room at Life skills. We bought new toys, and minor equipment. We plan on continuing this throughout the year. Our first event of the year was Bubble Science and we had lots of fun! We also participated in the Montrose Christmas Parade, where we had a great turnout! Our biggest event and fundraiser this year, is our Spring Luncheon in May. You should definitely attend, if you haven't done so yet!

I hope you all had a chance to check out our website www.gcpea.org and other social media sites such as Facebook and Instagram (follow us at GCPEA).

If you have any questions, suggestions, or comments, please feel free to contact me at president@gcpea.org, and/or to attend our Association meetings.

Sincerely,

Sevannah Meckailian

FALL CLEANING

By Matilda Sinani - Photo by April Oseguera

We started the fall semester with brand new toys and carpets, nice and clean! GCPEA's volunteer parents and children gathered together in the LSB to help with the cleanup and decorations for a FRESH start of the fall 2018-2019.



It was an amazing team work, even children took part and helped in cleaning the toys. The toys with which they were playing with their friends earlier in that week. At the end of that day everything was much nicer, cleaner, and renewed. And everyone was very satisfied and happy to take care of a place that benefits them and everyone around them.

Ms. Barbara's Tuesday Morning Multi-Age Class

By Roza Baghdassarian

When class commenced this semester, parents and children were thrilled to see numerous improvements and changes to the Life Skills Building. It was delightful to observe the children engage in purposeful play with new toys and play materials.



Learning through play is a key value in Ms. Barbara's class, where children learn to make sense of the world around them. It is through Ms. Barbara's carefully selected songs and activities in which cognitive, socio-emotional and physical skills are developed. Indoor and outdoor environments with a variety of learning materials and equipment help promote self-confidence.



As the semester has progressed it has become evident that there are children ages 2.5-4 years, who are beginning to foster bonds and friendships, seeking out each other to play and interact with. Parents share that being a part of the Parent Education program has helped in forming community and socialization with other families in the program.

Wednesday multi age and Friday 10am Classes - By Vehik Nazaryan

As a first-time parent, I am always looking for ways to keep my toddler busy and happy making sure he is learning and developing while actively engaging in different activities. One way to make sure I achieve the following goal is to enroll GCC's Child Education program and benefit from many wonderful discussions, activities and events which are designed for our children to grow into successful adults. After a great summer program, we started our fall semester two weeks ago. Every week, we look forward to our classes and so far, it has been amazing couple of weeks.

This week we played with squishy water beads. It was a great soothing tactile experience and ideal to keep kids and adults busy and happy. We had so much fun playing with these rainbow mix of squishy, bouncy, slimy jelly pearls soaked in the water before we had our circle time. A group of parents who planned the activity placed the water beads in large bins and let our little ones play with them. They also placed funnels, cups, scoops, in the bin for them to



explore with. Our kids put their hands into the large bins and found little surprises and small plastic animals. It was wonderful to see how our little buds enjoyed. This great and simple sensory activity followed by a fun circle time with lots of singing and dancing. Then we had a discussion guided by Mrs. Barbara Flynn about the importance of sensory activities for kids' brain development and encouraging and praising good behavior and this was the ending to a great day at GCC's Child Education Class.

If you are interested in trying this activity at home or school, you can purchase the water beads from amazon and google fun ways to incorporate them in different activities. We look forward to our future classes.

Couple of Easy to Make Dips

For Busy Families

By Vehik Nazaryan

If you are a busy parent who likes to try nutritious yet simple recipes for your family, you should try the following dip recipes. These dips are very easy to make and both young and old will love them. They only take 3-4 simple ingredients, a bowl and a whisk and in less than 2 minutes you will enjoy these creamy and sweet treats.



Greek Yogurt Peanut Butter Dip

Ingredients

2 (5.3 oz) containers (or 1 slightly heaping cup) Greek Yogurt (vanilla or plain)
1/3 cup creamy peanut butter
1 Tbsp honey, or to taste (optional)

Instructions

1. Add all ingredients to a bowl and whisk to blend until smooth. Serve with fruit (recommended pears, apples, strawberries). Store in refrigerator in an airtight container.

For families with peanut allergy you may try making the Maple Sun butter Apple Dip.

Maple Sun butter Apple Dip

Ingredients

1/3 to 1/2 cup of sunflower seed butter (other nut butter would work too if you prefer nuts)
3-4 TB of hemp milk with vanilla for an added touch of flavor (another vegan milk works too)
1/4 tsp. of ground cinnamon or apple pie spice
2-3 Tbsp of maple syrup

Instructions

Whisk all together in a bowl to get a creamy dip, or for best results- whip up in a small food processor or magic bullet. This will result in a very creamy dip. This dip serves about 2 people with about 2 apples. Enjoy!

Bubble Science Pop Up!

By Matilda Sinani – Photo by April Oseguera

On the Bubble Science Pop Up event everyone's face was full of joy and excitement all over the LSB! It was another successful and fun experiment organized by the GCPEA Events. GCPEA children enjoyed their new experiment of making bubbles. They made small, big, huge, and even rainbow bubbles! They learned how to make geometric bubbles, like cubic and pyramids, using straws. And the big tunnel like bubbles were just fascinating!



They also learned that if you make a bubble using any shape, when it's in the air, without having any contact to any subject, it gets back to its original shape which is a circle/oval. While younger kids enjoyed playing the rubber ducks hunting! We're looking forward to more scientific and fun events!

How TV Can Influence What Your Child Eats

Reviewed By Jill Kohn, MS, RDN, LDN

Published January 4, 2018



monkeybusinessimages/Thinkstock

TV time can take a toll on your child's nutrition. Why? Many kids spend a fair amount of time in front of the television and research shows they are easily swayed to choose the foods they see advertised. Some of the foods shown in commercials don't do them any favors when it comes to feeding their growing brains and bodies. Many are high in solid fats, added sugars, sodium and/or calories and they often lack vitamins, minerals and dietary fiber.

Each day while watching TV, children typically see 10 to 13 advertisements that promote some type of food or beverage. More than ninety percent of these advertisements have been shown to be high in ingredients that are recommended for children to limit. In fact, even with the Children's Food and Beverage Advertising Initiative, an industry-based voluntary effort to improve the advertising of foodstuff targeted towards children, more than half of the advertisements that were approved in 2014 did not meet the nutrition recommendations established by several government agencies.



Ms. Barbara's Thursday class, 8:45 am – 11:45 am

By Berenice Delgadillo

Rug time is more than just fun and games



Rug time in our Thursday multi age class offers the children an opportunity to learn many school readiness skills that appear to have nothing to do with academics. In addition to having fun, the children are learning impulse control doing the freeze dance. And when Teacher Barbara does “bubble time”, the kids get a chance to develop hand-eye coordination practice, patience, waiting their turn, and self-control by using one finger to catch the bubbles instead of swinging their hands randomly and possibly hurting a classmate. Learning to transition from the playground to rug time (free time to structured activity), is practiced with book time, which also provides a nice bonding opportunity for parents and children. These are all important skills for school readiness. In a fun environment, the children are learning so much more than just the A B C's and 1 2 3's. After so much learning, it's time for a nutritious snack.



The Montrose Annual Christmas Parade Event

By Matilda Sinani

On the parade day we realized how big GCPEA family is! It was a festive mood everywhere. The theme was holiday lights, and children were excited for their colorful light balloons.



After enjoying the hot cocoa and cookies in the cold weather, parents started to walk with their children riding their decorated wagons, strollers, and scooters while waiving at the audience. When it was our group's turn to be introduced to the audience, the speaker also explained how she liked this program and benefited from some years ago, and it felt very good. It was a fun experience for both parents and children.





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