



Parent Education Preschool Observatory Report

Brought to you by the GCPEA (Glendale College Parent Education Association)

## HAPPY 65th ANNIVERSARY



Glendale College Parent Education!

**\*Pics from the HARVEST HOEDOWN \***

**\*Playground Transformation at Lifeskills Bldg!\***

**\*Articles from YOUR Class Reporters!\***

## TABLE of CONTENTS

"65th Sapphire Celebration" save-the-date.....	page 1
Harvest Hoedown Photos.....	pages 2-5
Class Reporter Reports.....	pages 6-19
Eagle Scout playground renovation.....	page 20
6-Week GCC Anger Management Flyer.....	Inside Back Cover
Leek and Butternut Quiche Recipe.....	Back Cover

## ART SUBMISSIONS WELCOME!

### SUBMISSION GUIDELINES

Please include a **photo** or **scanned copy** of your child's original artwork, your child's name and age (how you want it published), and the class you are enrolled in. Please email to [newsletter@gcpea.org](mailto:newsletter@gcpea.org) and title your email: PEPOR ART SUBMISSION. Thanks so much, and looking forward!

Please send all submissions to:  
[newsletter@gcpea.org](mailto:newsletter@gcpea.org)



OUR 65TH  
SAPPHIRE  
CELEBRATION

SAVE THE  
DATE!!

MAY 6TH 2017

10:30 AM

\$45

OAKMONT COUNTRY CLUB

For more info contact  
[Fundraising@gcpea.org](mailto:Fundraising@gcpea.org)

\*GRAND PRIZE - 50/50 DRAWING - SILENT AUCTION\*

PLEASE JOIN US AS WE CELEBRATE 65 YEARS OF PROVIDING  
EDUCATION AND DEVELOPMENTAL OPPORTUNITIES TO  
PARENTS AND THEIR CHILDREN IN OUR COMMUNITY.

*Thank You, GCPEA for putting on a Fantastic...*

# HARVEST



**ART BUS!**



**Our GCPEA Board,  
who make all  
events possible!**

# HOEDOWN!

**PUMP 'N SPLASH!**



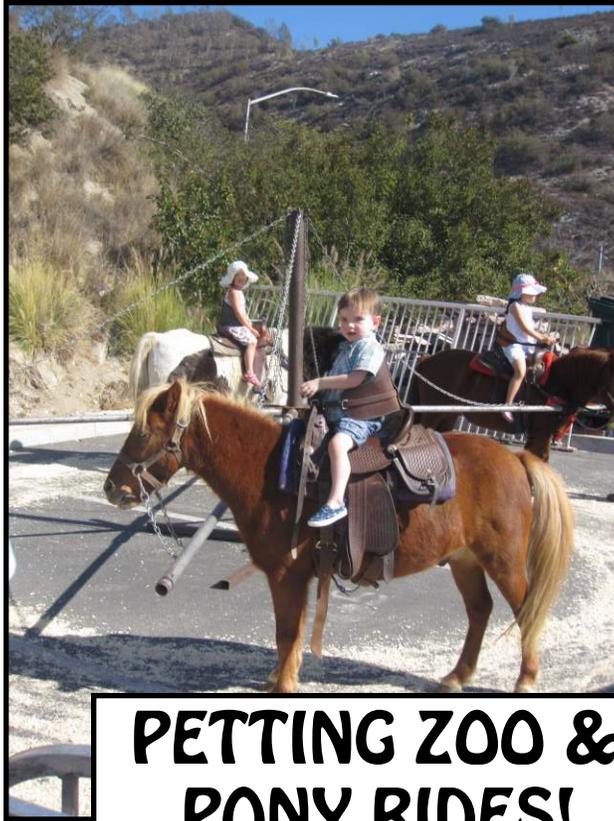
**GLENDALE COLLEGE P.D.**



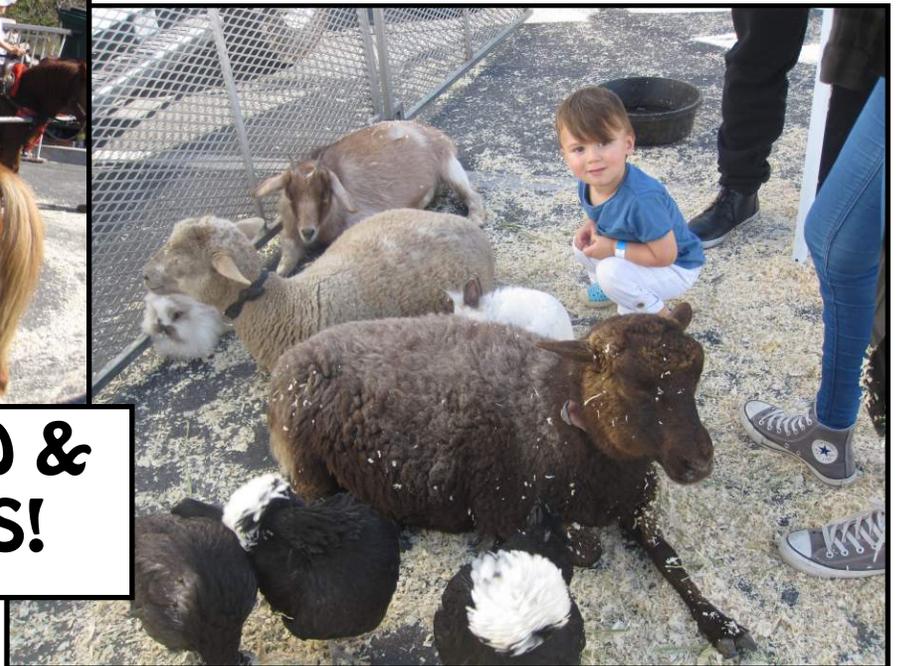
# More Scenes from our HOEDOWN...



**BOUNCE  
HOUSES!**



**PETTING ZOO &  
PONY RIDES!**





**TODDLER PLAY AREA  
FACE PAINTING  
& BALLOONS**



**OUR BOARD  
MEMBERS IN  
ACTION!**



# Sharing Traditions

- By Katrina Boghouzian Manookian.

- Katrina attends our Monday night class with Ms. Sarah Atin at Life Skills Bldg.

Whether you celebrate Thanksgiving, Christmas, Hanukah, Kwanza or any other holiday, most people will agree that the holidays are a special time of year. Families strive to make their celebrations unique with special traditions and customs. Some of these traditions and customs are rooted in cultural history, while others are modern adaptations. Presents and over consumption of good food is at the top of many people's lists, but the most important thing to the families in our class is the love of family and togetherness.

Having lived in the United States for over 35 years, my family has embraced all things American, including holidays such as Thanksgiving, but we still find ways of honoring our Armenian traditions and weaving them into our American celebrations. Ever since I became a parent, the joy of the holidays has only magnified. I treasure watching the spirit of Christmas through the eyes of my little girls.

One thing is certain, traditions need not be elaborate. One mom shared the touching act of telling one other what each of them is thankful for at the Thanksgiving table. Another mom shared the unique tradition of baking a birthday cake for Jesus with her children. One parent shared the not so traditional tradition of the family participating in the La Canada, 5k, Turkey Trot. Not only is that a fantastic way of spending time together but you also burn off some extra calories, in order to make room for that extra piece of pumpkin pie. Another parent stressed the all-important family tradition of giving and kindness. Each family member buys a toy for children in hospitals and homeless shelters. Sometimes it is truly better to give than to receive.

Food, food and more food; the parents in our class were clear that food is an integral part of the holiday season. While a table filled with tasty dishes is pretty awesome, it's not just about eating together; many of the parents shared the joy of cooking and baking together. This process not only brings families together, but it also helps to bridge the gap between the young and old. Families take pride in making scrumptious dishes, using recipes rooted in family history.

Soon my girls and I will be sipping hot chocolate as we read "The Polar Express" and as I read the following line... *"Though I've grown old, the bell still rings for me, as it does for all who truly believe."* I will shed a few tears. Although I know my girls probably won't believe in Santa much longer, I will do my best to continue our tradition for years to come. Happy Holidays to you all!

# Dear Fellow Parents...

A letter from Yvonne Johnson,  
of Miss Barbara's Monday 3 & 4-year-old class at the Lifeskills Building.

Greetings! It is so fun to see the kids growing and developing in Teacher Barbara's class. As a parent of Glendale College's Parent Education program for over 10 years, I am so happy that we have this program.

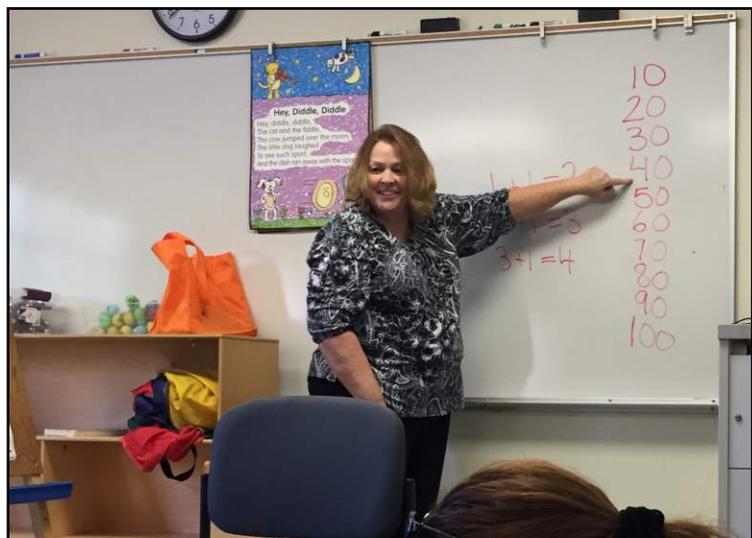
Miss Barbara's class is full of informative discussions with lessons that really "stick" with me. One of many is, "Picture your kids at Twenty-three-years-old." She advises that we write down our "top six Core Values/Wants for our children," and post them. These core values/wants for our children (whatever they are), will guide us day-to-day on how to discipline (teach) our children. These core values/wants remind us which behaviors in our children we want to address, and which behaviors to rather not fret over.

Parent Education classes teach how to be better parents; to express empathy with our children, and to have FUN with them. Our children are learning through play and having fun doing it! One of my goals as a parent is to make learning fun with the hope that my children will be passionate, lifelong learners. Parent Education and Teacher Barbara's class is a great start!

Looking forward to another fun-filled year of learning with you all at GCC Parent Education! Thank you, Teacher Barbara, all our teachers, and Ms. Sofiya.

Sincerely,

*Yvonne Johnson*  
(Nicole and Noelle's Mom)



# A Day In the (Parent Ed) Life

-- By Darryl Blood.

Darryl is in Miss Jane's Monday Morning Multi-Age class at the Columbus Elementary campus.



“Woke up, fell out of bed, dragged a comb across my head.” Well, this is more or less how my day starts. Sometimes I wake up with a small elbow wedged into my spine, with my face pressed up against the night stand. Sometimes I awake blurry eyed at 5 am to find a beaming, smiling face say in the most adorable tiny voice, "Good morning! Is it a school day?" This would be my younger son, Charlie, who is enrolled 2 days a week in the Parent Ed. program through Glendale College. He absolutely loves school.

I have been a stay-at-home dad for almost 9 years now. I am a musician and a visual artist, living in Glendale with my wife and two sons. Henry, the oldest, is about to turn 9 years old, and Charlie, just turned 4. Henry was homeschooled until Kindergarten, so his “preschool” years were not typical. I began teaching an art series for children, aged 2-5, so socialization and enrichment seemed a bit more natural back then. Once Charlie came, I knew that I needed to change things up. He assumed a tag-along role to many of Henry’s activities and I was finding it difficult to meet a new circle of friends for him. As Charlie grew older and he watched Henry go off to school, I could see that he was very interested in this new world that his brother was experiencing.



It was around then that I decided to go back to school to earn some basic ECE units through GCC. I learned of the Parent Ed program and by sheer luck there were some openings. It was love at first sight for Charlie. He couldn't have been more thrilled! We were hooked.



It has now been our 2nd year in the program with Charlie, and I can see how much he's thrived in this environment. Having regular friends that he plays with and the routine of school days has really satisfied his curiosity. It's been a great match.

Having to share so many things with his brother, this is something he can really call his own. I am such a huge advocate for play-based learning, which is a big part of his day here, during free play inside or outside. There are art activities at every class, and many opportunities to choose between play and art, with ample time allowed to do both.

Finding ways to play, interact, socialize and resolve conflicts with his peers has been invaluable. He has enjoyed his rug time with his teachers over these past years with Ms. Kelly, Ms. Barbara and Ms. Jane, singing songs and having fun learning. It has also given me a deeper understanding of what really goes on inside the classroom and has provided a rich resource for me as I look towards my own future as a Preschool teacher. Connecting with other parents has been a great way to share ideas, as well as participating in the informative discussions on Parent Education in each class. It has been such a great opportunity to enrich Charlie and myself. I am so grateful that this program exists and I hope it continues well into the future.

# Watching Our Children Thrive

-by Alisa Muradyan.

Alisa is enrolled in Miss Barbara's 2 & 3-year-old class, Mondays at Glendale College's Lifeskills Building.

The Fall 2016 Semester at Mrs. Barbara Flynn's 2-3 year old class has been nothing but full of new learning experiences and fun times. I have attended the Mommy and Me courses at GCC since my son Michael was 6 months old and I have seen the children grow, transform and thrive in these classes. They have build relationships with their peers and had many learning experiences. This semester the 2 to 3 year olds are learning colors, they are learning how to sit still and listen to story time. They still have the free play, snack, the



arts and crafts and the patio but they are learning to be more independent. Mrs. Barbara is teaching them how to be more independent. During outside playtime the children are not accompanied by their parents. Rather, we have parents assigned to assist the kids outside.

Then there is my favorite part of the class when the children are playing outside the parents stay inside Mrs. Barbara has the discussion/lecture topics. This is very important because she discusses the many important topics and questions that concern the parents. Some of the



tropics include; potty training, when to start preschool, speech fluency and delays, etc. The class on its own is very important and offers enrichment to the parent and the child as well.

This year Halloween 2016 was the most fun for the 2 year olds. They are finally able to understand and experience holidays better and have more fun. In Mrs



Flynn's class we had a very nice Halloween festivity. The children all dressed up in their wonderful and darling costumes. Each child brought treats to pass around to the other children. They loved it so much because not only they were able to give or pass out treats but to receive them from their fellow classmates as well. Then, they had a fun day playing outside, and story time appropriate to the occasion. Parents love this as well because they are able to

provide the experiences of the different holidays in variety of settings.

The great thing about all of this is the children as well as the parents have made lifelong friendships from these classes. For instance Michael and Dalita are such great friends in and outside of class. Their older or younger siblings also meet and form friendships. In a nutshell it is a very cozy, fun, safe and enriching atmosphere for our toddlers and preschoolers to be in. I am a big fan of the program and will do my part to make sure that the program continues to enrich our children lives.



# Is She “Being Difficult?”

-by Anya Marshall, PEPOR Editor.

Anya is enrolled in Jane’s Monday multi-age class (Columbus site), Valerie’s Thursday multi-age class (John Muir site), and Amity’s Tuesday night Positive Parenting class.

“You get what you get, and you don’t get upset.” It’s a great saying with a snazzy ring to it, and in my experience as a former nanny, you can train a kid, and more easily groups of kids, to be “ok” with this statement in *certain* circumstances, and when they are of a *certain* age...like when your mom is handing out popsicles to the neighborhood, or your teacher is handing out stickers. But for the typical day-to-day of toddler and preschool-hood, this is the time when they’re still learning about what they want and what they get, and what they *can* get. And if they don’t get what they want, they get upset. And rightfully so. I mean...heck, you’re supposed to know exactly what they want, at every moment, of every day...right? HAha! I joke.

But seriously. We ask our kids what they want, and we expect them to know, every time. Most *adults* don’t know what they want, so how can we expect our *children* to know what they want?

I hear the term “difficult” or “being difficult” applied to a child’s behavior and I cringe inwardly, meanwhile reminding myself that had I not had the experience, or the influence of Parent Ed, I might have used the same verbiage, or at least thought the same thoughts.

“Why are you being so difficult?” I hear being asked of our 3-year-old, and I fight the urge to interject in the moment with a “how would YOU like to be called ‘difficult???’ ” No...that wouldn't be constructive. So.

Instead of getting defensive, I get curious about this commonly posed question: “Why is she being so difficult,” I repeat the question in my head...well. That’s a silly question. Let’s tear it apart...shall we? If you look at the meaning behind it, you’re asking your kid why he or she is being (acting in a manner) that is difficult (for you, as the adult, to physically, emotionally, or mentally handle.)

So where my child might be able to be coaxed into telling me the source of her upset...I don’t think she’ll have an answer as to why her upset is difficult for anyone to absorb, and positively



Aria helping take in a chair after snack time, at the Columbus Elementary site.

react to. Not anytime soon. And know what? She's three. That's not her job. That's my job: To be there when she wants to communicate, to help her find and use her words, to be patient while the thoughts spin and the feelings whirl, eventually leading to the right words surfacing, perhaps in correct order. These sentences emerge slowly, then boldly, and hold within them the organic wants and needs of this little person that we made. To the untrained ear it may sound nonsensical, but the development that I am witnessing is profound.

How many times have we seen that disgruntled face of our young, and we want to know what the matter is...? Most of the time it's pretty simple to figure out what's wrong, but it's not an easy question for them to answer, always. And once you have that answer, it can be like placing that final jigsaw puzzle piece! But even more rewarding, because instead of just you accomplishing something, you helped your child accomplish something, too. And finding out the source of your upset, and then working through that is a very big something.

Our children have so much personality and preference, already. Without putting words in their mouths, we want to help them find the words they want. We ask questions and yeah...it may seem like an endless game of 20-questions from the next room, and yeah, I'll bet over-hearing what may sound like a "wild goose chase" of words may get annoying...and usually, yes, a conversation with a child can just keep circling around and around like a wild goose may...but that's part of the process. The very miraculous, beautiful, full-filling, and sometimes tedious process of our children growing, learning, trying and eventually flying away.

So if you pass by me and it sounds like I'm on round 3 of the same 5 questions...I probably am. And it may not be your style of parenting, which is totally cool...I'm just sharing what works for me. For me, as a mom, it's a blessing every day to chase that wild goose while she's still just a gosling.



# The Evolution of Friendships

-by Amy Gambell.

Amy is in Miss Barbara's Thursday Morning 2-year-old class at the Lifeskills Building.



On our first day back at GCC this autumn, my three year old walked right in and started playing. She wanted to play “dress up” and soon found another friend that was doing the same thing. The two remember each other from semesters past and quickly found a fun game to play. This, in of itself, is nothing too remarkable; usually kids love to play at this age and are happy to engage with each other. However, it did make me think about how my child's ability to be a friend has grown over the few years we've been coming to Teacher Barbara's class.



In the early years, kids were mostly interested in “parallel play,” meaning they would play alongside each other, but not exactly with each other. Slowly, they have all learned how much fun it is to play with one-another, to find games together, to talk about what they want to do, and even joke around.

It's been amazing for me to see this evolution, from completely self-absorbed babies to preschoolers with real friendships. Sometimes feelings are hurt, sometimes friends disappoint, or there are misunderstandings. However, instead of seeing this as a negative, I'm realizing how important having those emotions are. Those feelings get hurt because these people have become important in their lives. They are not alone, completely self-absorbed in their toddler universes any more. These children have become a part of this community and the world. These are the beginnings of empathy and being able to truly relate to the people in our lives with compassion, and sensitivity. And that makes me hopeful for the future.



# Friendships



# Interview With a Parent Ed Veteran

Stacy responds from Miss Valerie's Thursday Multi Age class at our John Muir campus. Interview and Pictures by Anya Marshall, PEPOR Editor.



In my hunt for a PEPOR reporter from our Thursday class at the John Muir site, I realized that in honor of our 65th Anniversary, I would really like the input from one of our students who has been taking classes the longest! Stacy is an extremely busy mom of 6, but I was able to get in a quick interview, while we rode the 10 FWY back from Riley Farms in her super useful and usually very full mini van, with her youngest two (the twins, Andelin and Ryder) and my daughter (Aria).

***Stacy, How did you first hear about Parent Ed, and when did you begin taking classes?***

STACY: I started 9 years ago in Fall of 2007, when my 3rd child Troy was 8 days old. We had just moved back to California with our 3 year old and 18-month-old and my sisters who had already been doing the program signed me up, and we all did it together.

***What keeps you coming?***

We keep having more kids...Ha! I thought I'd have a gap between the kids ages, but just as Gunner was aging out of Parent Ed., I had the twins. Also, some of my closest friends I've met through parent Ed! Every year that I go through I think I'm done making friends, and I'm totally not! Even if our kids don't really get together, I still keep in close contact with my mommy friends through the program.

***What do you truly enjoy about the program? What would you tell a new mom about these classes?***

I love the structure and the multiple activities, the shifts of focus and the length of class. I've chosen not to put my kids in preschool because I preferred to be more involved in their schooling. At Parent Ed., I can arrive with my kids and then they

do their thing while I get a bit of a break! Haha! I mean...this is my 9th year...

It's the whole "class thing" that I really enjoy; not just like a Library story time followed by an activity... It's a whole real class, but we get to be involved! I also feel separation is important; the socializing, the sitting and listening to an instructor, the working together with others...and with Parent Ed. I can be there, too.



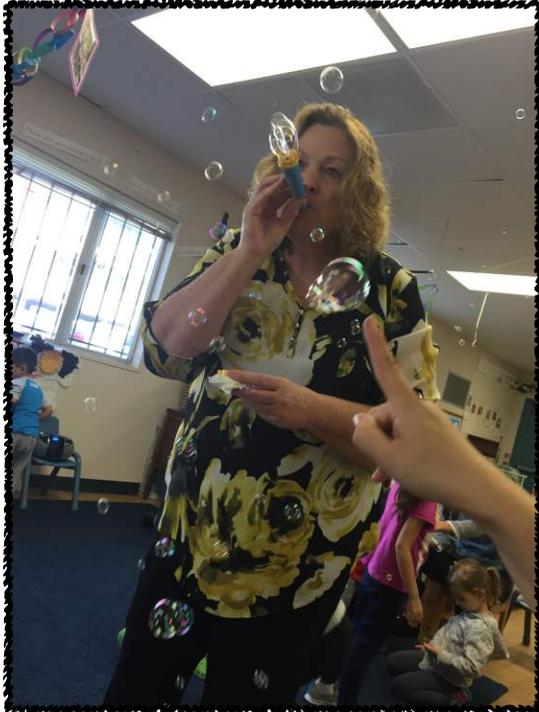
Sometimes it's a hassle to get out of the house...it really is. Sometimes it's just hard to Mom, in general...I mean, no one's perfect. But getting out there, in class...Just DOING IT, makes all the hard stuff feel better. It gets easier when you just push yourself to get to class, the rewards come later... When they're singing circle time songs, when they're sitting quietly listening to a book...when you're frustrated and remember something that a teacher or another parent said, in class that makes that single life moment easier...those are the reasons you wanna get to Parent Ed.



# Our Children Grow Together

-by Mary Lee Behar.

Mary attends Miss Barbara's Friday Multi-age class at our Garfield campus.



It's a pretty magical moment in the room when Miss Barbara calls all the kids to the rug with a sweet song and bubbles; the older kids pop the bubbles with one finger while the younger ones reach up with awe. It's moments like that, that we will all take away when our kids are all grown.

These classes hover between magical and fun, informative and satisfying. The children learn important lessons about independence, hygiene and sharing while parents practice the ever-challenging "letting go" as the children play outside under the supervision of other adults in the class and our teacher's aide Maricel. The parents also practice leadership as they take turns leading the children in crafts and bringing health-conscious and age-appropriate snacks. It seems that

everything we do with the kids in these classes has a lesson built-in about child-development and parenting.

At rug-time Miss Barbara rotates the familiar songs with new songs so that both parent and child can stay engaged. Some of our favorites at rug-time are the flannel board song about hand-washing and the interactive song called "Jack-in-the-Box." (I wish there were another flannel-board song for brushing teeth and taking baths.) And we always end the day with a parachute song and a stamp on the hand.





As for the snacks, we are so lucky that every week parents bring awesome adult snacks like fresh cut watermelon and berries, salad, chips and

salsa, baguettes with awesome cheese and smoked salmon, home-made quiche, rose-hips tea with honey, sticky buns, piroshkis and pastries from our local Armenian bakeries. Our kids have also had some amazing and creative crafts like making flowers with pre-cut leaves and stems and polka-dot muffin wrappers and putting stickers on cute little foam pumpkins.

Another perk of being in this class is the Garfield Campus location: For those of us closer to Adams Hill and South Glendale, this place is very conveniently located. And even so, some people trek from up to an hour away with two kids because they love it so much. The classroom is always radiating with the photos, artwork, experiments and creativity of the awesome preschool children and instructional staff whose facility hosts our programs on Friday mornings. Here, our kids can play trains, big Legos, dress-up or even bicycles and toy cars. We are lucky, indeed!



# Our "New" Playground, Thanks to the Eagle Scouts!



Have you noticed some cool new changes on our Life Skills playground? Awesome, right? Thanks so much to our local Eagle Scout troop for our great new sandbox and for kick-starting this epic project! The GCPEA is hard at work brainstorming some other creative DIY playground renovations in the new year!

# Anger Management @GCC :) Tuesday Nights 7pm-9pm



## **FREE 6-Week Anger Management class!**

This Winter Session, Glendale Community College is offering a 6-Week FREE Anger Management class!

This Tuesday Evening Class is taught by Amity Grimes PhD! Please join us for this positively refreshing course. ;D

**Classes Begin: Tues. 1/10/17**

**Last Class: Tues. 2/14/17**

Tuesdays 7pm-9pm  
To register call: (818) 243-5196

# Leek and Butternut Squash Quiche **RECIPE**

Recipe found and translated by Olga Subbotina of Miss Barbara's Friday Morning Class

## **Crust:**

Flour - 110 g  
Cold unsalted butter - 50 g  
Finely grated Parmesan cheese - 20 g  
Dry or fresh thyme  
Cold water - 2 tbsp

## **Filling:**

2 leeks (white part)  
Olive oil - 2 tbsp  
Butter - 20 g  
White wine - 50 ml  
Butternut squash (or pumpkin) - 300 g  
Ricotta cheese (or goat cheese or feta)

**Mix butter and flour in a processor or quickly mix with hands. I used a dough blender. Add Parmesan cheese and thyme, mix, gradually add water. Leave dough in the refrigerator for 30 min.**

**Clean and peel butternut/pumpkin, cut into small cubes, drizzle with olive oil, add spices and bake for 15 mins or until soft.**

**Cut leeks into thin rings, sauté in a mix of olive oil (2 tbsp) and butter. Make sure leeks don't burn. When the leeks are almost ready, add white wine and sauté until all the liquid is evaporated. Add salt and pepper. Taste.**

**Roll out dough approximately 25cm in diameter. Spread filling on top of the dough, leaving 2cm around the edge. First leeks, then butternut, fill in the gaps with ricotta cheese. Fold the sides of the dough to form the borders. Brush the dough with a beaten egg. Add whipping cream to the remaining egg and pour over filling.**

**Bake for approximately 30-40 min or until the quiche**