

What's Up?

(What's up?) מה הענינים December 9, 2010

Important Dates:

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| <i>Thursday December 9</i> | <i>Chanukah—Last Day</i> |
| <i>Friday December 10</i> | <i>Elaine & Amy's class lead Shabbat</i> |
| <i>Monday December 13</i> | <u>ECC PARENT/TEACHER CONFERENCES</u>
<u>NO SCHOOL FOR ECC STUDENTS</u>
<u>CHILD CARE PROVIDED FOR YOUR CONFERENCE</u>
<u>TIME ONLY</u> |
| <i>Thursday December 16</i> | <i>K-8 ZIMRIYAH/ARTFEST</i>
<i>(Please note, ECC Pre-K <u>will not</u> be performing this year)</i> |
| <i>Friday, December 17</i> | <i>Kathleen & Leah's class lead Shabbat</i>
<u>Last day before Winter Break</u> |
| <i>Monday December 20-
January 3, 2011</i> | <i>NO SCHOOL, OFFICES CLOSED</i> |
| <i>Tuesday January 4</i> | <i>Classes Resume</i> |
| <i>Wednesday January 5</i> | <u>"Birds and the Bees and Body Image: It begins in
Preschool."</u> <i>Don't miss this provocative discussion!</i>
<i>(see next page for details)</i> |

Reminder, please don't miss this...

Dear Parents,

On Wednesday January 5 at 7:00 p.m. the Levine Academy Early Childhood Center will present an important program that I urge all parents to attend. The program is called "Birds and the Bees and Body Image: It begins in Preschool." Dr. Mandy Golman will lead a provocative discussion including - *Age appropriate physical development; Messages we want our children to receive about their bodies and their own sexuality; What is appropriate at this age – what we expect to see in the normal range; Gender roles and answering the tough questions that your children ask.*

Mandy Golman, PhD., is a multi-faceted educator, trainer and consultant whose work has spanned the health spectrum to include women's wellness and childbirth, parenting, adolescent sexuality, eating disorder prevention and the importance of positive body image. She is currently the Director of Programs and Education for The Elisa Project and founded the program 'Girls in Motion,' a mentoring, nutrition and physical fitness program for pre-adolescent girls. In addition, she serves as an adjunct faculty member for the Wellness Department at Southern Methodist University and has also developed and supervised highly successful peer education programs for the school. Mandy has conducted workshops and consulted for major school districts, private schools and healthcare providers.

I will be there to greet you in the "Big Room." Please make every effort to attend this important event

Our ECC Counselor, Andy Blum, has provided a list of websites and a reading list you will want to check out on the following page.

Thank you,
Sheryl Feinberg

Dear Parents,

In anticipation of our upcoming speaker on Wednesday January 5, I have compiled some of the websites and book suggestions from Debra W. Haffner in her book From Diapers to Dating. I have added a few books that I also found to be useful.

Here are the websites:

www.advocatesforyouth.org

www.cfoc.org

www.drspock.com

www.familiesaretalking.org

www.plannedparenthood.org

www.talkingwithkids.org

Here are some books she recommends along with some that I have found to be very helpful.

What's the Big Secret? Talking about Sex With Girls and Boys by Laurie Krasny Brown and Marc Brown

How you were born. by Joanne Cole

Did the sun shine before you were born? by Sol and Judith Gordon

Happy Birth Day! by Robie Harris

How Was I Born? by Lennart Nilson and Lena Katarina Swanberg

See How You Grow: A Lift the Flap Body Book, by Dr. Patricia Pearse and Edwina Riddel

Where do babies come from? by Angela Royston

Belly Buttons are Navels by Mark Schoen

My Body is Private, by Linda Wolvoord

Your body belongs to you, by Cornelia Spelman

Because it's my body! by Joanne Sherman

Do you have a secret? by Jennifer Moore-Mallinos

Talking to your kids about sex. by Laura Berman

If you have any questions or concerns please don't hesitate to ask,

Andy Blum LCSW

ECC-4th grade counselor