

Little Bridges News

May 2024



Calendar of Events

Teacher Appreciation
5/6 – 5/10

Muffins for Moms
Friday Morning 5/10

LB Zoo Field Trip
All Day 5/13

LB CLOSED 5/27
Memorial Day
Monday 5/27

PreK Graduation
Friday 5/31

Last Day of School Age
Wednesday 6/5

SA Teacher Work Days
School Age program only
6/6 & 6/7

Summer Camp
School Age K – 5 grades
6/17 – 8/9

Donuts for Dads
Friday 6/14

LB CLOSED 7/4
Fourth of July
Thursday 7/4

LB CLOSED 8/12 & 8/13
Teacher In-Service
8/12 & 8/13

Muffins For Moms

Calling all mommies! We want to invite you to drop off your child/ren on Friday, May 10th. Your child has made you a special gift and would like to present that to you in their classroom while you share a morning muffin.

St. Jude's Hospital Trike-A-Thon

Thank you to all the families who participated in the St. Jude Children's Hospital Trike-A-Thon. Our kids learned that they can help other children who are sick. We raised almost \$2,000.00 last year for St. Jude's which is the only National Cancer Institute devoted solely to children. Your contributions will help make it possible for patients to receive treatment regardless of a family's ability to pay.

Little Bridges Zoo Day: Monday, May 13

The Little Bridges Oakland Zoo Field Trip will take place on Monday, May 13th. Little Bridges will be covering the cost of the entry fee for our students, 1 adult chaperone per child, as well as parking (we encourage carpooling!). If you plan to bring an additional adult or child who is not a current LB student, you will be responsible for their entry fee. If you have a zoo membership, we will still pay for your entry since we support the Oakland Zoo and view this as an annual opportunity to contribute to their cause.

Our School Theme in May is "Dinos to Dolphins". Children will be learning about all the animals that God has created, and what a joy to visit the zoo with friends, teachers and parents!

Thank You Room Parents

As I write this, many room parents are organizing our 18th annual Teacher Appreciation Week. It is a special week for the staff here at Little Bridges and we would like to thank each of you for organizing, e-mailing, shopping, collecting, leading, helping and answering daily questions from your parents to make this week memorable for all of us. A special thanks to Laura Cogorno, Dorine Cohen, Christine Wong, Amanda Graham, Elise Rainey, Jamie Nho, Michelle Curtis, Diana Deknoblough, Alex Janda, Merna Nakhla, Amy Levia, Lilly Tan, Jessica Zhang, Nardeen Elmasry, Annie Su, and Brooke Farag. Thank you for thanking us 😊

LB Teacher Benevolent Fund/Auction

Collectively, our Little Bridges families donated over \$7,000 to support our Little Bridges Teacher Benevolent Fund. The LBTBF is set up to assist teachers in times of hardships and unexpected financial needs.

Thank you to all who donated or bid to donate for the class Spring Show Masterpieces. We couldn't have done it without ALL the help from Jenny Lee!

Too Many Choices?

It is considered good parenting to offer children options to help them learn good decision-making, afford them a sense of personal power, and encourage cooperation.

“Would you like an apple or pear?” “Do you want to wear your blue shirt or your red one?” “Will your homework be done before or after dinner?”

Often choices motivate children to make a decision about something they don't want to do. But giving too many choices can backfire. We all know that asking a toddler to choose between more than two things often leads to a meltdown.

I recently read an article in *Scientific American* called “The Tyranny of Choice” by Barry Schwartz, who contends, “although some choice is undoubtedly better than none, more is not always better than less.” He cites studies claiming that the increased number of choices we have, giving us more freedom to do what we want, actually brings with it more unhappiness, dissatisfaction, and even depression.

It made me think about our children and the number of choices they have today—both ones we give them and ones inherent in today's culture—and the increase in apathy, resistance to cooperation, and even depression in children. I will not argue that all of this is a direct result of too many choices, but Schwartz' theory that multiple choice leads to more dissatisfaction rather than more happiness makes me wonder.

He adds that the fallout from too many choices is the “adaptation” we make. The more choices we have, the quicker we get accustomed to having them and the quicker we feel deprived if we don't have them. Yet, the more we have to choose from, the more we miss out on. If I choose A, I lose B. What about C and D or even E? Would one of them have been a better choice?

Would we be better off and thus happier if we didn't have so many choices?

Parents want the best for their children. The temptation is to pour on more rather than ask them to be satisfied with less. Parents wanting their children to get ahead of the game push for extra learning, extra activities, extra everything.

Can too many choices interfere with the creativity and imagination required by having to “make do?”

Today's children have endless choices—think of what the internet alone brings right to their homes and classrooms. How many of us have handed our kids our \$200.00 phones to keep them busy? Back in the day, I, like every other desperate parent, downloaded apps like *Angry Birds* to keep my kids busy while waiting in line, at a restaurant, in traffic, or in other tedious situations where they actually had to, *gasp*, be patient with those times where there were no choices laid out for them.

Creative play seems to be relegated to the “old days” along with corn-cob dolls. My kids alone could choose between any sport they wished to play or any music instrument they wanted to pursue. They had choices for enrichment classes (art, chess, cooking, leggo building, dance) offered at school, the community center or private classes. These extra-curricular activities and after school activities are valued and we are told that colleges look for students who participate in several of them. Teens are bombarded and often overwhelmed by all they have to do to become a full-fledged adult in our society.

Do we ask too much of our children? Do they have too many choices of paths to follow? Could it be that our expectations are too high, not high enough, unrealistic or misguided for who our kids are and what they are capable of sorting out at each stage of their lives?

With summer upon us, think about how your children will be spending time over the next 8-10 weeks. Do they have the opportunity to just chill? Can they simply hang out? At Little Bridges, we build unstructured time into EVERY class schedule to do just that. Children need down time. They need the opportunity to come up with their own ideas of play and fun without the overbearing direction of adults. They need to be bored and figure out how to entertain themselves. Children can lose their amazing capacity for imagining, creating their own language, problem solving and rules of play when they are always told what to do and when to do it.

Remember when summers seemed endless? (Am I showing my age?) I wonder if that was because we had fewer choices and less to do? I don't think children need more to choose from; they need to relearn how to find the wonder and acceptance of what is in front of them. Couldn't we all do with a little more of that?