

THE L.F.U. TIMES

FALL 2010

NOTES FROM THE OFFICE:

DROP OFFS...The social, emotional and intellectual development that preschool provides young children is incredibly important! Little Folks plans circle time and all preschool curriculum activities between 9:00am and 12 noon. In order for all children to get the most out of our program we suggest that children are dropped off by 9am. Dropping off during circle time can be disruptive to the children, so please try to avoid that if you can. This kind of structure will help maintain a good learning environment!

LABELING BELONGINGS... please label your child's belongings so that they are not misplaced or taken home by someone else!

ABSENCES...if your child is ill, please call and let us know. If your child goes to the doctor and is diagnosed with a contagious illness, please call us as we are required to post an exposure notice. Of course, confidentiality will be respected.

LUNCHES...As stated in our parent handbook, we ask that you send your child a well balanced lunch. We suggest only healthy choices in lunches. Please do not send soda & candy in lunches. These items will be sent home or disposed of. Also, we make it a habit to ask that children finish their healthy items before any treats are enjoyed. We know it is time consuming to pack kids lunches! Here are a few quick, easy & nutritious lunch ideas...

* Get out the cookie cutters – no not for cookies, but for sandwiches. Kids love food in shapes. You can make star-shaped sandwiches or even one shaped like a pumpkin. Surprise them with different shapes over the week. Serve sliced ham, chicken, tuna or egg salad sandwiches on whole wheat or whole grain breads.

* Try sliced meat rolled up into tubes and offer the bread separate or tuna salad can be offered with crackers. An alternative to bread can be whole grain bagels, tortillas, pasta or rice.

* "Make your own lunchable": squares of bread or crackers, cheese & meat. Kids love building their own sandwich. You can always add fruit, veggies, or yogurt.

* Pasta: Use mini-penne or bowtie pasta. Just throw on some pasta sauce!

* Burritos: Whole grain tortillas with beans and cheese will provide your child dairy, whole grains & protein!

* Breakfast for lunch? Make pancakes on Sunday and freeze the leftovers. You can warm them up and pack them up for a fun lunch. Scrambled eggs or a sliced boiled egg can be a hit too (remember the ice pack though).

* Fruits and veggies are always a part of a nutritious lunch. To make it more fun, include a dip, even if this means ketchup. Serve mini-carrots or celery, or slightly steamed broccoli with ranch dressing, sliced apples (use lemon juice to keep them from browning) with peanut butter. Try frozen peas and corn, usually favorites of kids.



Whooping Cough ***This Year's Health Alert***

Overview

Pertussis is a highly contagious bacterial disease that causes uncontrollable, violent coughing. The coughing can make it hard to breathe. A deep "whooping" sound is often heard when the patient tries to take a breath.

Symptoms

Initial symptoms, similar to the common cold, usually develop about a week after exposure to the bacteria. Severe episodes of coughing start about 10 to 12 days later. In children, the coughing often ends with a "whoop" noise. The sound is produced when the patient tries to take a breath. The whoop noise is rare in patients under 6 months of age and in adults.

Coughing spells may lead to vomiting or a short loss of consciousness. Pertussis should always be considered when vomiting occurs with coughing. In infants, choking spells are common.

Other pertussis symptoms include:

- Runny nose
- Slight fever (102 °F or lower)
- Diarrhea

OCTOBER EVENTS:



10/1 BACK TO SCHOOL NIGHT
EVERY CHILD PERFORMS 6:30PM

10/1: Scholastic Book Fair Begins

10/2: Charlie Brown & Snoopy's Birthday

10/4-10/8: Fire Safety Week

10/5: Visit from Local Fire Department at 10:15am

10/17: Parent's Night Out! 6-10pm

10/19: Spooky Sorting Math Day

10/20: Going Batty: Halloween fun

10/23: Pumpkin Pancake Day, yum!

10/27& 28: PICTURE DAYS!

Lil Angels Photography Fall Photos.

10/26: Pumpkin Spice Playdough Making.

FIELDTRIPS TO THE PUMPKIN FARM

SEA CRITTERS:.....Tue. 10/12 at 9am

TINY TURTLES:.....Thu. 10/14 at 9am

ZOO CREW.....Tue. 10/19 at 9am

FRIENDLY FROGS:.....Tue

. 10/19 at 9am

10/29: Family HALLOWEEN CARNIVAL

NOVEMBER EVENTS:

11/11: VETERANS DAY...WE ARE OPEN!

11/18: SCHOOL WIDE MINI FEAST
AT 11:00AM

11/17: PLACEMATS FOR RECEIVING HOME

11/22-24: SCHOOL AGE BREAK



11/25-26: SCHOOL CLOSED

Health Policy Info.

In an attempt to help our families stay well this winter, we will be strictly enforcing our health policy at all times. If a child shows the following symptoms of infectious illness, parents will be notified & will be required to pick up the child within 1 hour of phone contact.

Children may not return to school until 24 hours after the last time symptoms show; NOT 24 hours after they leave the school. Please do not cover up a fever! Returning to school with a child on medication results in exposure to other children and staff. Also, always let the school know when your child is home sick.

Symptoms:

- *Diarrhea or Vomiting
- *Fever over 100F
- *Cough w/mucous or heavy nasal discharge.
- *Rash / Skin Infection
- *Pinkeye
- *Head Lice (*must be cleared by office staff before returning.*)
- *Inconsolable irritable discomfort.
- *Contagious illness, i.e. Chicken Pox

Persistent cold / flu symptoms will require a Dr. release.

INTRODUCING...THE LITTLE FOLKS FAMILY: BABYLAND...



Hi! My name is Kristen and I am the opener in the infant room. I grew up here in Folsom, but have lived a few other places. I have always ended up back here where I feel like it is my home. I have 3 brothers and 4 sisters, which the youngest just turned 4. I have a wonderful and active 7 year old and 3 cats keeping me busy all the time. In my free time, I like to go the gym and also go running, my new found love! I

enjoy reading when I have a spare quiet moment. On the weekends my son and I play soccer together as well as have Mario Kart battles.

I do someday want to travel out of the country and see a little piece of the world, but for now the furthest I have been is Illinois. My favorite type of food is Italian and Mexican.

LFU is my first job in this field, but have loved every minute of the four years here working with the infants. I love this stage of life because their sweet little faces always make me smile!

My name is Kathy and I close the infant room each day. I grew up here in Sacramento with my parents and six siblings. I married my husband 27 years ago. For the past 21 years, I have lived in Folsom with Bob and our three daughters, Barbara, 26, Becky, 22, and Hannah, 17.



We love living in Folsom. It has been a wonderful place to raise our children. Our oldest two are living in San Francisco and our youngest is a senior at Vista Del Lago. In my spare time, I love spending time with my family and friends. I enjoy playing Bunco, listening to music, shopping, reading, and teaching.

My family and I love traveling and have had the opportunity to visit many beautiful places as a family. We have been to London, Paris, Hawaii, Mexico, Florida, and the Caribbean. Some day I would love to go to Ireland, New York, and Rome.

I have been taking care of children for 26 years. I had a licensed child care business in my home for 10 years. Later, I began teaching preschool, and have taught for 14 years. I have a Adult Ed Designated Subject Credential in Parent Education and over 60 Early Child-

My name is Darlene and I work in the infant room. I was born in San Jose and lived there until I was 12 and then moved to Lincoln. I have an older sister and younger brother. I also have 3 children, Ashley age 20, Tawny, age 14, and TJ, age 6.

I love the ocean and love to visit every chance I get. When I have some quiet time to myself I always enjoy reading a good book. I also like doing crafts with my children. I have been to every state between California and Iowa, and I would love to go to Ireland and Italy one day. My favorite food is pizza and true Italian food, although my weakness is milk chocolate.



I have been working in preschools for the past eight years. Prior to that I ran my own home day care while my girls were young. I love working with infants because they are growing, changing, and discovering everyday.

In the first couple months of the school year, the Baby Land teachers will be focusing on "Please," "Thank You," "Yes," and "No" for our Baby Signs curriculum. Your babies will be exploring with finger painting, manipulating puzzles, and listening to stories. One of our favorite activities is singing with the babies. We are teaching them the "Itsy Bitsy Spider" and "Twinkle, Twinkle Little Star" right now. Besides playing beside each other engaged in Parallel Play, we have been catching the older babies actually playing with each other. They really love playing ball together and laughing hysterically with each other. As they play each day in the baby room, they continue to strengthen the large and small muscles. We see them mastering new skills almost everyday! By October, we should be seeing a lot of our older babies walking, eating with utensils, and drinking from sippy cups. This will prepare them for their future move to the Toddler Room! Your cute little ones are turning into toddlers before our eyes!

A LITTLE BIT ABOUT YOUR BABIES.....

Alex loves to play chase with all his friends. He chases them around the chair and laughs so hard.

Joseph claps at everything. He is such a big boy and gets so excited.

Hayden loves to snuggle with all of her teachers. She loves to play with the baby dolls in the swings.

Sarah is learning to walk. She loves to spend time in the toddler room and play outside with bigger friends.

Leila loves to scoot across the room on her bottom instead of traditional crawling.

Nicholas' favorite thing is to sit up and watch the bigger babies. He has also started crawling.

Lauren loves to talk to everyone who is willing to listen to her babble. She knows what she is saying too.

Logan R. is wanting to walk like his older friends and is already taking some steps.

Logan N. loves to cruise around the room and make his friends laugh with his great big laugh.

Dominic loves to play ball. He throws the ball to anyone he can find to catch it or not. He now knows how to walk with his hands straight up in the air.

Zoe loves to sit up and play in the mirror. She will smile at anyone who smiles at her.

Morgan has a very contagious smile. She also loves to play on the floor with her friends.

BUTTERFLIES...



Hello! My name is Ms. Carrie and I am one of the Toddler/Infant Teachers. I grew up in South Lake Tahoe. I have been married to my husband Allen since October of 2006. I also have a daughter named Leila who was born in December of 2009. In my spare time I like to learn about early-mid European history especially Ancient Greece and England. I would love to travel all over Europe one day to see all the beautiful architecture. I also like to snowboard when I have time.

I have been working with Little Folks University since March of 2010. I have been working with children ages 6 weeks to 12 years since October of 2004. I have my Bachelors Degree in Psychology with a minor in Child Development. I plan on returning to school eventually to get my Master's Degree .

I love working with toddlers because everyday they are learning something new and I love to see the look on their face when they realize they are able to do something they were never able to do before. Toddlers love to get messy, and the more messy they are, the more fun they are having, and the more knowledge they gain. So don't be surprised when we send home pictures of your kids having a messy, but fun time! I look forward to this fun-filled year full of awesome learning experiences!

In September, we learned about all of our wonderful families. Each family made their own family tree that we shared with our friends and placed them on our wall to look at throughout the school year. Thank you for completing your tree! We also want to thank all of the parents who came and read to our children. The children love having people read to them. Also this month, your children learned all about themselves. We had an apple theme and you will see a variety of apple and fall projects on our boards that the kids have created themselves.

October is Safety Month, so we have the fire department coming as a special treat to show off their uniforms and fire truck. We will be incorporating a lot of fall art projects into our lessons plans over the next few weeks as well. We will be talking about our seasons changing while our weather changes with it. During circle time we will learn about the different safety baby signs. We will also be helping to develop the children's gross and fine motor skills that they will use for the rest of their lives. Welcome Butterflies families!

Hello my name is Lynne. I am a Toddler Teacher, but occasionally you may see me in the Infant room. I grew up in California and I have three children. I also have two grandchild-



dren. I enjoy photography as you can see my many photos plastered all over the classroom walls! I also love making masks and spending as much time as possible outside.

I have traveled throughout most of the United States, but would love to go to Alaska one day and go on a dog sled ride. My favorite food is Italian.

I have been in this field for at least 15 years. I taught two year olds for 13 years and three to five year olds for nearly three years. I have only been with Little Folks for a short time, but

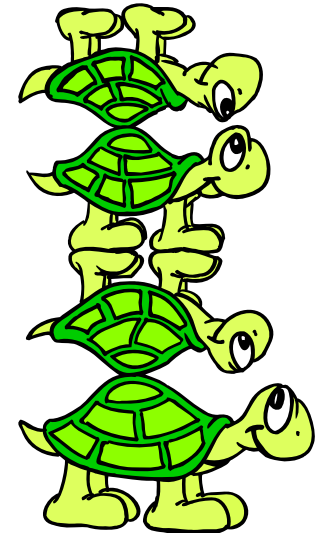


TINY TURTLES...



Hi, my name is Melanie, and I'm your two year old teacher. I grew up in Carmichael, CA. I have 1 brother, 2 grown daughters, 4 grandchildren, 3 cats, 1 dog, and 1 frog. I love gardening and reading in my spare time. I also enjoy riding motorcycles as well as exploring new roads in the mountains. I have been to Kauai, HI, Oregon, Idaho, Wyoming, and Nevada, but would love to go to Ireland one day to see those Leprechauns. My favorite type of food is Mexican, Chinese, and Vegan.

I have been in this field for 11 years and have worked with infants all the way up to school age children. I am also trained in Autistic Behavior, but I love working with 2 year olds because of how their mind works at that age.



In September, we focused on learning all about ourselves and our friends. We had a fun time doing our family tree project while making sure to include our family animals. We talked a lot about our pictures of our family. You may see your children searching for red and yellow things around the house because those are our two colors to focus on for the month. They will be learning about the shape circle as well as trying to find circles around our school. We will also be helping them say please and thank you more consistently.

Our October theme is Safe and Sound, since it is Safety Month. We will be learning about how to stay safe in our community and fire prevention. Your children will start learning about who are community helpers around our town. We will be incorporating a lot of fall projects into our lesson plans along with talking about seasonal changes and nature's colors. We will be teaching them the opposites short and tall and using a lot



of orange and black for the month.

Hi, my name is Stephanie & I'm your two's teacher in the Tiny Turtles class! I was born and raised in the Sacramento area. I am the oldest of three. My sister Julie lives in L.A. and my brother Garrett lives in Oregon. In my spare time, I enjoy painting, drawing, crocheting, watching movies, camping, going to the ocean, and being with friends. I am also a certified massage therapist. I love traveling and have been to Oregon, Nevada, Connecticut, Pennsylvania & New York. I would love to travel more & experience new things. I don't have a favorite food but I'm a huge fan of chocolate & every now and then I love BJ's pazookies!



I have worked here at Little Folks for the last two years, but have been in this field for about 11 years. I began volunteering at my brother's preschool when he was three. I have worked at Montessori, Reggio, and private preschools. I love to see the world through the two year olds eyes. Everything is so new and fun. There is always something new to learn at their age. I love hearing their new words and sentences. I also love singing and reading with them, so you may see me at the end of the night sitting down reading to them.

I look forward to the new and exciting things we will be teaching your beautiful children.

SEA CRITTERS.....



My name is Amber. I grew up in lots of different places before settling in the Sacramento area in my teens. I have a big loud goofy & fun loving family which includes ten kids ages 4 to 18 that I get to watch grow up, one of which is my own awesomely fabulous eleven year old daughter. When I'm not at work I like to do fun things with friends & family, see live music, go camping, go to the ocean, paint and draw, read a lot, write, bake & experiment in the kitchen, see lots of movies & travel as much as possible. I have visited England, Scotland, Wales, France & have been all over the US. I can't wait to travel to Africa & The Far East. I also love to grill up & I am a salad freak - the more toppings the better - so one of my favorite places to go out to eat is Jack's Urban Eats.

I've been with Little Folks University since Bonnie began it all back in 2006, but I have been involved in the Early Childhood Education field for over 12 years. I've gained experience in a variety of age groups and settings including a special needs care home, in-home preschool, college child development center and over four years here at LFU. I spend my days here with three year olds in the Sea Critters Class and my afternoons in the after school program with school agers. I enjoy working with three year olds because they display such delight in learning. I love hearing three year olds tell me ALL about how they see the world around them, each with their own unique & hilarious ways of describing things! I also love working with school agers because they share my goofy sense of humor and they love to get messy and laugh a lot! I enjoy all of their different personalities - we have such a blast together!

I'm really looking forward to fall! In September we've focused our learning around your child...our similarities & differences, what makes each child special & unique, our families and friends, our school and manners! We also explored apples, Johnny Appleseed, fall and leaves and math concepts for numbers 0 to 5 through a variety of fun activities such as dissecting apples and counting seeds! We learned several new fall songs and we spent time practicing writing our names! Personalizing a doll version of each child was particularly fun for me, they all look so cute & silly!

October will be a blast! This month our Safe & Sound theme includes fire safety education and learning all about community helpers, which will include a visit from Folsom Fire. I can not WAIT for our pumpkin patch trip, one of my favorite outings each year! I am really looking forward to exploring pumpkins & cooking up some creepy Halloween science projects, too! I also look forward to building a class scarecrow. I love Halloween & can't wait to see all the cute costumes at our Halloween carnival. This month I'll also enjoy mixing up art with math as we explore patterning. I look forward to meeting the parents of all of these wonderful children at Back to School Night.

Don't forget about our Halloween Carnival on Friday, October 29th from 4:30 until 6:00pm where we'll have



I'm Maggie & I'm a three year old teacher in the Sea Critters classroom! I grew up in San Jose, CA. I have a younger brother and have been with my boyfriend for over three years.

In my spare time, I love to play the Wii and other board games, especially with my family. I also enjoy watching movies and TV shows of all kinds. I love to color pictures of all kinds (which is my way of staying a little kid!), so you will often see a coloring table in my classroom. In addition to all that fun stuff I also love going to classic car shows with my boyfriend.

I haven't traveled much, but the places I have been to include, Washington D.C., Mexico, and Hawaii. I would love to visit Europe and definitely see Greece and Italy. I love all types of food, especially Mexican and Italian food. My favorite restaurants to go to are Casa Ramos and Italian Cottage.

I have been teaching preschool here at Little Folks for the past year. Previously I was an elementary school substitute teacher and a tutor. I have a Multiple Subject Teaching Credential and a Bachelor's Degree in Liberal Studies. I taught a 3rd and 4th grade combination and a Kindergarten class during my student teaching. What I love about three year olds is their love for learning and trying new things. They are always excited to be in class and jump right in! I look forward to this year and the many wonderful exciting things we have planned!

I am really pleased how our family tree project came out. I would like to thank all of our parents for participating in helping create our family tree book. The All About Me paper doll project is so adorable and unique. The families did a great job! Make sure you take a look at our boards and see all the different people. This month we will also be learning about how we are special and unique.

I am also excited about our field trip to the pumpkin patch in October. It is our first time going to The Pumpkin Farm, so I hope it will be fun! We also will be getting a visit from the fire department to show us their uniform and fire truck. The kids love that part. Don't miss out on the Halloween Carnival. This year it is in the late afternoon/early evening, so as many parents as possible can come and join in on the fun. Our focus points for the month will be about safety and pumpkins. We will also be exploring patterns in Math and learning how to catch and throw. I just love October because we get to do so many fun Halloween projects. Have a Happy Halloween!

~Miss Maggie



FRIENDLY FROGS...PRE-KINDERGARTEN

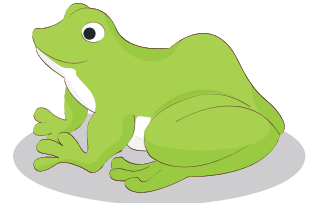


Hello, my name is Erica, and I am your spunky Pre-Kindergarten teacher in the Friendly Frogs. I was born in L.A. and have lived several places around California. I have one sister and I am married to my husband Ryan for the last 4 years. We have a two year old daughter, named Taylor. I love to draw and paint murals and nurseries, as well as make my boards in my classroom as creative as could be. I am also good at yarn crafts, but just love being productive. One day I would love to create children's books.

I have traveled to Hawaii, Colorado, Arizona, Vegas, and Lake Tahoe. My goal is to travel to each state, but also wish to go to Ireland, Scotland, and Italy as well. I am always in the mood for Mexican Food and I love fish tacos any day of the week.

I have been in this field for 9 years and am back here at LFU for almost a year. All of my continual education has been in mastering Early Childhood Education.

I started in high school in an ROP class and was hooked! "Little Folks" are my true calling and I feel lucky to be able to spend every-day doing what makes me truly happy.



In these first few months, your children will be learning the 3 finger grasp to better their handwriting skills. They will also be learning about ourselves and how we are alike and different. We will be talking a lot about apples, bumblebees, and sunflowers for September. We will begin with sorting, cutting, and matching activities during our morning time.

Even the simplest tasks in the classroom are centered around learning and bettering the many strengths of your child. Our first topics for discussion include sunflowers, apples, bumblebees, harvest, community helpers, and "All About Me". Throughout these topics your child will write his or her name, explore math and science concepts, Zoo-Phonics letters, cooking exercises, outdoor activities, art projects, and center activities.

Exercises to strengthen writing will always be available and include writing, coloring, tracing, punching, tweezing, etc. This can be achieved through things such as clothes pins, painting with paint and glue for projects and so on. Every activity is centered around mastering math, reading, writing, and improving self-esteem and a variety of abilities. Objects, activities, puzzles, and



ZOO CREW...PRE-KINDERGARTEN

Hello, my name is Kristel, and I teach the Pre-Kindergarteners in the Zoo Crew class. I grew up in Mt. Shasta City and am the youngest with three older brothers. I have been married for 15 years and have three wonderful children, two boys, ages 26 and 15, and one girl, age 14. I enjoy hiking, camping, going to the beach, or just relaxing at home and reading a good book. I spend whatever spare time I have with my family.

I have traveled on the west coast, but would like to visit Alaska and take a cruise. I also would love to see Denmark, where my Great grandparents were from. I like most types of food, but tend to eat lunch at Big Salad or El Pollo Loco the most. We do tend to eat dinner at Islands often so I can peek in on my oldest son who works there.



I began working with children when I was 12 at our church's nursery and have been teaching for about 24 years now. I have worked at a variety of schools over the years, but will always prefer the private sector. I love working with Pre-K because there is such amazing growth during the year before kindergarten. It is also great to see children you've known since they were two grow and develop.



In our class we are working hard. First thing, we will learn the rules of our classroom and all about schools and friendships. We are creating amazing art every week and having fun getting to know new friends. We will be sharing our "My Family" books and we can not wait to see how each family created their page. We are also learning all about apples and how they grow and become so many different products that are useful in our lives. Our Handwriting Without Tears program has begun. Look out for your child's developing skills, you'll be amazed!

October brings pumpkins, scarecrows, and cute Halloween costumes! This will be a fun month! We are excited for our first field trip to the pumpkin patch and to design our class scarecrow. We will be reading the book "Bats at the Library" and creating our own story about bats. Some other highlights this month include learning the difference between real and pretend and fun with the nursery rhyme "Peter Piper Pumpkin Eater". We are on the lookout for fall changes and will be incorporating what we find and see in our artwork.

Hi! My name is Alysa and I work in the Pre-Kindergarten class. I grew up in Salinas, CA and am the oldest child of four. When I am not at work I spend most of my time either reading a best-seller, going to various concerts, going to kickboxing classes at the gym, running, and paddle boarding at the lake. I also love doing anything involving arts or crafts, whether that be scrapbooking, painting, restoring old furniture or interior design. I



graduated from Azusa Pacific University in 2008 with my Bachelor's Degree in Psychology.

I love traveling and have been all over the U.S., Hawaii, Bahamas, Caribbean, England, Africa, Mexico, and Canada. Eventually I would like to travel to Mozambique, Greece, Italy, and Murren, Switzerland.

My favorite places to eat at are Chicago Fire, Panera Bread, BJ's, Chick-fil-A, and Sweetie Pies.

I have worked at LFU for the last two years with pre-kindergarteners and school-age. In addition to my experience at Little Folks, I've worked with children volunteering in elementary schools, as a tutor, and as a Sunday school teacher. I was also a summer nanny for a couple of families during college.

I look forward to help prepare your children for kindergarten!

BEACH BUNCH...AFTER SCHOOL PROGRAM

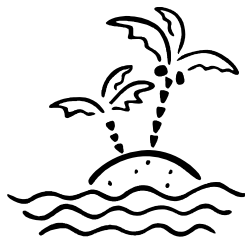


Hi! I am Tiffani and I do various jobs around LFU. I work with the school-age children, do bus runs, and help in the infant room. I grew up in Simi Valley in southern California and am the youngest of three. My immediate family is my fiancé of eight years, Ernie, and we have his older two boys along with two kids together, Katelyn and Kelan.

In my spare time, I love going camping, especially at Dillon Beach. On the weekends I love spending time with my family. I have been camping in several places throughout California and have gone to Mexico once, but other than that have never gotten to travel far. I would love to go to Alaska and Ireland someday.

I absolutely love Mexican food, especially Ernie's home cooking. My favorite restaurant is Olive Garden because Mexican food in restaurants is never the same as home cooking.

I have been at LFU for a year now. Prior to here, I worked with my mom at her private in home daycare for two years. My mom has had her own daycare since I was three years old and I was always around to help her out while growing up. I love working with the school age because they are so much fun, but I also love being able to play with babies from time to time.



My name is Amber. I grew up in lots of different places before settling in the Sacramento area in my teens. I have a big loud goofy & fun loving family which includes ten kids ages 4 to 18 that I get to watch grow up, one of which is my own awesomely fabulous eleven year old daughter. When I'm not at work I like to do fun things with friends & family, see

live music, go camping, go to the ocean, paint and draw, read a lot, write, bake & experiment in the kitchen, see lots of movies & travel as much as possible. I have visited England, Scotland, Wales, France & have been all over the US. I can't wait to travel to Africa & The Far East. I also love to grill up & I am a salad freak - the more toppings the better - so one of my favorite places to go out to eat is Jack's Urban Eats.

I've been with Little Folks University since Bonnie began it all back in 2006, but I have been involved in the Early Childhood Education field for over 12 years. I've gained experience in a variety of age groups and settings including a special needs care home, in-home preschool, college child development center and over four years here at LFU. I spend my days



here with three year olds in the Sea Critters Class and my afternoons in the after school program with school agers. I love working with school agers because they share my goofy sense of humor and they love to get messy and laugh a lot! I enjoy all of their different person-

Hi! I'm Heather, one of the school age teachers. I grew up in Orangevale with my brother and sister. I have 7, soon to be 10, nieces and nephews. I have been married to my husband Tim for 11 years and have a 6 1/2 year old son, Ryan and a 16 months old daughter, Mackenzie.



I do love to read even though I spend every minute of my spare time with my family. We love to take walks together and find exciting things to do as a family.

I have only been to Mexico twice, but would love to go to the East Coast, Hawaii, and Europe. My favorite food is steak and I love eating at Olive Garden and Fats.

I have been in this field for 9 years and have a AA in ECE. I am currently pursuing my Bachelor's Degree and Teaching Credential. I love working with school age because it is an exciting age and I would like to be an elementary school teacher one day.

Hi! My name is Alysa and I work in the Pre-Kindergarten class. I grew up in Salinas, CA and am the oldest child of four. When I am not at work I spend most of my time either reading a best-seller, going to various concerts, going to kickboxing classes at the gym, running, and paddle boarding at the lake. I also love doing anything involving arts or crafts, whether that be scrapbooking, painting, restoring old furniture or interior design. I graduated from Azusa Pacific University in 2008 with my Bachelor's Degree in Psychology.



I love traveling and have been all over the U.S., Hawaii, Bahamas, Caribbean, England, Africa, Mexico, and Canada. Eventually I would like to travel to Mozambique, Greece, Italy, and Murren, Switzerland.

My favorite places to eat at are Chicago Fire, Panera Bread, BJ's, Chick-fil-A, and Sweetie Pies.

I have worked at LFU for the last two years with pre-kindergartners and school-age. In addition to my experience at Little Folks, I've worked with children volunteering in elementary schools, as a tutor, and as a Sunday school teacher. I was also a summer nanny for a couple of families during college.

I look forward to help prepare your children for kindergarten!

LITTLE FOLKS OFFICE STAFF...

Hello families, I am the crazy lady in the corner office otherwise known as Ms. Bonnie. I grew up in Rancho Cordova and graduated from Cordova High School in???. I am the youngest of 3 girls. I met my husband, Mr. Ken, the handyman here at LFU, 17 years ago. We live in the Apple Hill area and absolutely love getting away from the city life on the weekends. We have two amazing boys, Kody, 16, a sophomore at Vista Del Lago and Sammy, 12, a 6th grader at Sutter Middle. Kody is an aspiring artist who loves drawing and painting. Sammy loves any outdoor adventure, especially his new found love of hunting. As a family, we really enjoy going to the beach, quad riding, camping, cooking and being at home. We have traveled throughout California, Washington, and Oregon (our favorite state), as well as Washington D.C. and Ocean City, Maryland. We can't wait to get our passports, so we can travel to as many countries as possible and learn about the different cultures.



I started this wonderful adventure with children 21 years ago as a high school ROP student working for elementary schools and corporate preschools. While Kody was an infant and my husband was in the military, I provided in home infant care for military families in 29 Palms, Ca. When we moved back to the Sacramento area, I started working at this campus, which I fell in love with right away. Since it was always my dream to own and operate my own preschool, I took the chance when the opportunity arose to buy this school. I changed the name back to the original name, Little Folks University, and made my dream a reality!



My name is Alisa and I assist Bonnie in the office with scheduling and the daily routine at L.F.U. You'll also see me helping out in classrooms from time to time. I always love the chance to interact with your wonderful children; it beats paperwork any day.

I was born in L.A. and lived there until I was 12, so I always love visiting when I have the chance. I have lived in the Sacramento area since and consider it my home. I have one brother and 2 nephews and 2 nieces. I have been married to my husband Sam for 7 years and have two children, Diego, 5 1/2 and Alexa, 3. I love to scrapbook even though I don't make the time for it lately. I love anything crafty and being organized. When I find a good book I can't put it down. I love traveling to new places. I have been to

Costa Rica, Florida, Canada, Europe, Australia, Mexico, England, and several of the states on the west coast. I would love to go on an Alaskan Cruise or through the Panama Canal. I would like to travel around the east coast as well, at least when my kids are older.

I have many favorite dishes, but my favorite food is Mexican. Good thing my husband knows how to cook some awesome Mexican food that tastes like his mother's.

I have a Bachelor's Degree in Child Development in hopes of being a elementary school teacher. But once I started working in preschools 12 years ago, I found this to be just as satisfying. I love being able to watch all these wonderful children grow and learn from what all of us teachers teach them. They never tire of learning new and exiting things. I mainly have taught infants through two year olds, but have experience in all the ages over the years. My favorite age to teach are the toddlers and two's because they are always changing day by day and having something new to say.

