Tiny Trees Preschool at Cougar Mountain

Weekly News

"Take care of the land and the land will take care of you." – H. Bennett

This Week...

| Standards Met: | This week we worked on social emotional, cognitive, and literacy skills! We talked about safety and always being able to see and hear a teacher. We learned about black bears and grizzly bears. We practiced what to do when we see a black bear, read bear books, went on adventures to find bears, put on bear plays, and learned about bear poop! Mr. Williams from King County Parks came to talk to our class about animals found at Cougar Mountain! He brought a Douglas Squirrel that we were able to touch and learn about. Strong bonds are being formed with one another and it is wonderful to see! A lot of games involving volcanoes were being played this week so next week we will be talking about volcanoes and all of the cool volcanoes we have in Washington! |

Other Highlights

- **Our rain gear has been ordered and is scheduled to arrive mid October!**
- We are going to spruce up the porta potty! Since a number of children are scared and nervous to use the portapotty we thought it would be a good idea to make it a more inviting place to potty! If anyone has battery powered Christmas lights, a stool, or anything they think would create a more welcoming porta potty, please feel free to bring.
- October 2 – Monday. No Class (All Tiny Trees staff professional development).
- We will be having a volunteer on Tuesdays from 8:30 to 11:30. Her name is Eileen and she is starting September 26th.
• Starting on Friday September 29th, we will have a bag of dishes, a bag of art supplies, and a bag of laundry for anyone that would like to help wash over the weekend.

**Next Week...**
The rain came in fast so be sure to pack extra clothes and plastic bags.

**Resources for discounted rain gear:**
-Oakiwear from Oakiwear.com and use the discount code OUTDOORSCHOOL to receive a 20% off discount.

-Polarn O. Pyret. Sign up for a 20% discount code. [http://www.polarnopyretusa.com/outdoor_schools_form](http://www.polarnopyretusa.com/outdoor_schools_form)

We wanted to say a BIG THANK YOU to all of our families. Everyone has been so eager to help in a variety of ways and we are so appreciative! We love hearing your ideas and views, so keep them coming 🌻

**Nature Highlights**

**Black Bear:** It is the continent's smallest and most widely distributed bear species. Black bears are omnivores, with their diets varying greatly depending on season and location. They typically live in largely forested areas, but do leave forests in search of food. Sometimes they become attracted to human communities because of the immediate availability of food. The American black bear is the world's most common bear species. A black bear has better eyesight and a better sense of hearing compared to humans. Their keenest sense is the sense of smell, which is about seven times greater than a dog's.[55] Black bears are excellent and strong swimmers, doing so for pleasure and to feed (largely on fish). They regularly climb trees to feed, escape enemies, and hibernate. Half of bear species are habitually arboreal (the most arboreal species, the American and Asian black bears and the sun bear, being fairly closely related).[4] Their arboreal abilities tend to decline with age. Black bears may be active at any time of the day or night although they mainly forage by night.

**Polypodium glycyrrhiza:** Commonly known as licorice fern, many-footed fern, and sweet root, is a summer deciduous fern native to western North America, primarily in a narrow strip in southern Alaska, southwestern Yukon Territory, western British Columbia, Washington, Oregon, and California, though two highly disjunct populations are known from Idaho and Arizona. It thrives in a humid climate, prevailing in areas with cool and moist summers and warm and wet winters. P. glycyrrhiza can often be found growing on the trunks and branches of winter deciduous trees, particularly big leaf maple, but is also often found on rocks, logs, and wet, mossy humus. It takes advantage of the mild, wet winters and the substrate of deciduous trees to photosynthesize and grow during the cold season when most other temperate plants are dormant. Habitat elevation is lowlands below 600 meters.

Licorice fern acquires its name from its licorice-flavored rhizome, which was chewed for flavor by numerous Native American groups, including the Squamish, Shushalh, Comox, Nuxalk, Haida, and Kwakwaka'wakw. The rhizomes
were also usually used medicinally as a treatment for the cold and sore throats.