Ubuntu & making the world a better place

This image has made a wide circle around social media pages. The story behind the picture goes something like this:

“An anthropologist proposed a game to the kids in an African tribe. He put a basket full of fruit near a tree and told the kids that who ever got there first won the sweet fruits. When he told them to run they all took each others hands and ran together, then sat together enjoying their treats. When he asked them why they had run like that as one could have had all the fruits for himself they said: “UBUNTU, how can one of us be happy if all the other ones are sad?”

The word Ubuntu comes from the Xhosa culture from South Africa. Ubuntu means “I am because we are.”

This time of year in the US is focused on the holiday season that lasts from Thanksgiving through the New Year. Actually with the consumer fairy in full gear, it starts the day after Halloween. It is a time of year that generally focuses on family and gift giving. Many of us wish to bottle the excitement, memories and fun to sustain us when the daily grind starts to gnaw at us. Although we cannot truly bottle these feelings, there are ways that we can make the world a better place and perpetuate the Ubuntu philosophy throughout the year to stretch our supply a little longer.

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**Tuition and Program Fees**

<table>
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<tr>
<th>Program fees</th>
<th>Effective September 1, 2015</th>
<th>FSU Childcare &amp; Early Learning Programs</th>
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<td>Annual Registration Fee</td>
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<td>Grants Analyst, Bill Stacey</td>
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**Tuition Rates**

**Infant and Toddler Center**

| Alumni/Community                                | Full cost of care | $817 |
| Faculty & Staff                                 | 8% off full cost of care | $749 |
| FSU Student                                     | 18% off full cost of care | $670 |
| Military Connected student family               | 26% off full cost of care | $603 |
| Pell recipient/eligible student                 | 34% off full cost of care | $536 |

**Children’s Center**

| Alumni/Community                                | Full cost of care | $885 |
| Faculty & Staff                                 | 27% off full cost of care | $644 |
| FSU Student                                     | 39% off full cost of care | $540 |

**VPK Wrap Around Rate**

| Alumni/Community                                | $593 |
| Faculty & Staff                                 | $352 |
| FSU Student                                     | $248 |

**Withdrawal Notices**

A thirty day written notice must be given to avoid incurring tuition fees past the date you plan to have your child participate. **The notice must be submitted online or by paper form** available at the center or at FSU Childcare & Early Learning Programs Office, 157-01 Herlong Drive. Online forms are considered valid and binding once submitted. **Paper forms must be signed and time/date stamped by a program staff member to be valid.** Other notifications such as verbal communication with a staff member will not be considered valid notices. Once a withdrawal form has been submitted, changes to an earlier date will not be accepted. **Failure to give the required 30 day notice will result in monetary charges for a full month’s tuition irrespective of whether the child attends or not.** This allows the centers and families adequate time to prepare for the child’s departure from the center and new families adequate time to enroll.

The Little Noles is a monthly publication of The FSU Child Development Programs, 942 Learning Way, University Housing, Florida State University, Tallahassee, FL 32306-4174, (850) 644-7970. The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be type-written and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.
Tuition Rates. Tuition rates are assessed according to parent status. Non-refundable registration fee $10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care or 11 months. Tuition is not charged in August. Tuition is due on the first day of the month; late by the 10th day.

Student Rate
Undergraduate parents must be registered for a minimum of 6 hours and graduate student parents must be registered for a minimum of 3 semester hours. During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered at as student for the preceding spring semester and upcoming fall semester.

Pell Recipient/Eligible student (under Infant and Toddler Center CCAMPIS Grant)
To receive the Pell Grant student parent rates, the parent must be eligible to receive or be receiving Pell Grant funds.

Military Connected Family student
(under Infant and Toddler Center CCAMPIS Grant)
To receive the Military connected student parent rate, the student must be in veteran or active duty status or have a spouse in veteran or active duty status.

Faculty/Staff Rate
Parents must be employed as an FSU faculty member, OPS, SPS or A&P staff member, FSU Visiting Scholar/Researcher / Post Doc. FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate.

School Readiness Subsidies.
Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.

The NAEYC for Families website at [http://families.naeyc.org/](http://families.naeyc.org/) offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child.
The semester is winding down and we are quickly approaching Winter Break. Even though we will be spending time with our families and friends, we’ll be thinking of our young friends and their families and hope that everyone enjoys their break.

Last month we continued all things fall including Fall Holidays!! We finished up with some Halloween and we moved on to Thanksgiving. We hope everyone had a wonderful Thanksgiving Break and enjoyed the extra time spent with their families.

This month we are enjoying getting into the spirit of the holidays with the cooler weather and festivities. This month we will be working on Winter Holidays. We will learn all about the different celebrations from around the world including Christmas, Chanukah, and Kwanzaa to name a few. We will be doing art activities like snowflakes on the windows, glitter Christmas trees, handprint menorahs, and Kwanzaa candles. We will also make holly and holiday lights to decorate the room with. We will paint with silver and gold, red and green and marble paint with white and red. We will go on a nature walk to collect pinecones to take back to school to use for painting and art. We will also make ginger bread boys and girls and sugar cookies to decorate.

We will read Winter Lights by Anna Grossnickle Hines and Teddy Bears Trim the Tree by Sam Williams along with some of our other favorite books. We will sing songs like “Rudolph the Red Nosed Reindeer”, and “Frosty the Snowman.”

Read any Holiday books you may have at home. Talk about and involve your child in any Holiday traditions you and your family have. Point out Holiday things you may see around town and talk about them. (go by the Christmas Trees outside of the store, let your child smell them, touch them and talk about what color they are for example). We would also like to invite parents to come in and share family holiday traditions, stories or recipes with us, sign up with Ms. Dana for a time.

A special thank you to the families who joined us for the Homecoming Parade, it turned out great and a good time was had by all!!!

Happy Holidays from all of us here at the FSU Infant Toddler Center!

Reminder: Make sure your child has an appropriate change of clothes in his/her cubby for the changing weather. Thank you.
The end of the semester is upon us and what a great semester it has been! November was filled with Medieval Times and Fairy Tales. We made our very own crowns and fairy wands as well as created dragons and planted bean stalks. We also worked on the letters H and N.

December will be filled with learning about how we celebrate the holiday season with our families as well as how other cultures celebrate! We are very excited to get started filling our room with holiday decorations from around the world. Some of the books we will be reading will include: *Daddy Christmas and Hanukkah Mama* by Selina Alko and *The Joys of Christmas: Christmas Customs and Legends Around the World* by Kathryn Jackson.

Although our time in December is short, we be working on the letter M and continuing to count beyond 20. We will also learn how to play some special holiday games such as Dreidel. We ask that you help your child with the weekly letter bucket and practice spelling his or her name!

Happy Holidays from all of us here at the FSU Children’s Center!
After the Holidays you may be wondering what to do with **ALL** of the toys that your child got in addition to the ones that he already has. When a child has too many toys, they tend either not to play with most of them or they get over stimulated with the amount that they have out to play with. I would suggest first going through the toys and getting rid of any that are no longer age appropriate for your child. You can save them for future siblings, give them to family members or friends with younger children, donate them to a childcare center, or donate them to goodwill. Second, I would recommend separating the toys into different containers and then putting them away. Leave one container out for your child to play with. You can rotate the containers weekly or even monthly. Every time you bring out a new container, your child will feel like they are playing with brand new toys all over again. This will keep them happy and interested in their toys and will keep you from having too many toys out for your child to enjoy. Also remember to go through your child’s toys every few months and get rid of or put away the toys that your child has outgrown.

Always read labels to make sure a toy is appropriate for a child’s age. Guidelines published by the CPSC and other groups can help you make those buying decisions.

Still, use your own best judgement — and consider your child’s temperament, habits, and behavior whenever you buy a new toy. Here are some age–specific guidelines to keep in mind:

- **Toys should be large enough so that they can't be swallowed or lodged in the windpipe.**
- **Battery-operated toys should have battery cases that secure with screws so that kids cannot pry them open. Batteries and battery fluid pose serious risks, including choking, internal bleeding, and chemical burns.**
- **When checking a toy for a baby or toddler, make sure it’s unbreakable and strong enough to withstand chewing.**
- **Hand-me-down and homemade toys should be carefully evaluated. They may not have undergone testing for safety. Do not give your infant painted toys made before 1978; they may have paint that contains lead.**
Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

**Types of turkeys regulated by the USDA:**
- Natural
- Kosher
- Free-range
- Organic
- Fresh
- Frozen

**3 Ways to Thaw**
- **Refrigerator:**
  - Store the turkey for 1-2 days in the refrigerator.
  - This is the USDA recommended thawing method.
  - How to thaw:
    - Allow approximately 24 hrs. for every 4-5 lbs. of bird.

- **Cold water:**
  - Cook immediately after thawing.
  - How to thaw:
    - Submerge the bird in cold water & change every 30 mins.

- **Microwave:**
  - Cook immediately after thawing.
  - How to thaw:
    - Use defrost function based on weight

**Clean**
- Wash your hands for 20 seconds with soap and warm water.
- Utensils and cutting boards should also be washed.
- Bacteria, which can be present inside and outside a turkey, can’t be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

**So Don’t Wash Your Turkey!!**

**Separate**
- Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.
- Keep dishes that touch raw food separate, too!
- Wash items that touch raw meat with soap and warm water.

**Cook**
- Your bird is not safe until it reaches 165 °F — you cannot tell by the color.
- Remember to cook any stuffing cooked with the bird reaches 165 °F, too!
- Use three places to check the temperature.
  - Thickest part of breast
  - Innermost part of wing
  - Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

- Safe in fridge: 3-4 days
- Safe frozen, but use within 2-6 months for best quality

**Chill**
- Take your time around the dinner table, but refrigerate leftovers within 2 hours!

- Leftover turkey should be cut into smaller pieces and store items separately in smaller containers.
- Be sure to pack leftovers in a cooler if traveling.
- Reheat thoroughly to a temperature of 165 °F.

**DID YOU KNOW?**
- It’s safe to cook a frozen turkey though cooking time will be 50% longer!

**Visit foodsafety.gov**

For more information on food safety methods, visit fsis.usda.gov.

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregúnteleKaren.gov for questions in Spanish.
This charming re-telling of the classic TV special is dutifully captured in a Little Golden Book with its vibrant art and enchanting prose. Golden Books doesn't miss any of the wonderful characters in this perennial favorite, from Yukon Cornelius to Rudolph's friend Hermey to all the Misfit Toys! Put simply, this is a classic story for children during the holiday season.

A Jewish family celebrates a happy Hanukkah in the 1950s. Nora leads her four siblings off to make gifts and latkes, spin the dreidel, and they all play until supper. After dinner, the children open presents and enjoy an extended family hug. Hafner's cartoon-lined figures are softened to good effect with watercolor and colored pencil, and the nighttime setting of the story is warm with candlelight and family delight. A final note gives a short explanation of the holiday.

The Muslim holiday of Ramadan gets a vibrant, visually exciting treatment here. Yasmeen, a seven-year-old Pakistani American girl, looks out the window with her mother, watching the moon's first crescent. Mom explains how in the Islamic calendar the months follow the lunar cycle, and an excited Yasmeen realizes it's time for Ramadan. In school, she shares with her classmates details of the holiday, such as the fast. At home, she shares meals with family. The holiday moves week by week, until finally the sky is moonless. “The Night of the Moon” means Ramadan is over, and the next day is the holiday of Eid. Khan’s author’s note explains the origins of Ramadan and the reasons for fasting. The book focuses on the celebratory aspects of the holiday rather than the religious underpinnings, more of which could have been included in the text. But the upbeat tone of the writing is matched by Paschkis’ lively, jewel-like art that uses Islamic decorative stylings and has the look of enameled design work. Midnight blues and sea greens frame pictures of Muslims from many cultures and traditions, all sharing sacred days. Grades K-2. --Ilene Cooper

PreS. With bright, clear collage illustrations that focus on one young preschooler and her extended family and friends, this small picture book introduces the Kwanzaa holiday. A double-page spread for each of the seven days of the holiday shows and tells the Seven Principles, from Working Together and Creativity to Faith and Purpose. Africa is mentioned a lot (though not specific countries or nations), and a final note explains that the name Kwanzaa comes from a Swahili word for "first fruits." A useful pronunciation guide is included, as are clear explanations of the candles, gifts, crafts, fruits, and vegetables that are part of the celebration. The specifics, the simple words, and the active pictures combine to convey the wider sense of community that is the essence of the holiday. Hazel Rochman.
Winter Festival

Activities Include:
- Five stages of entertainment - Various locations throughout downtown
- Candy Cane Lane - A seasonal stroll through McCarty Park
- Youth Ornament Tree Decorating Contest Display - McCarty Park
- Food vendors - Park Avenue, Adams Street and College Avenue
- Arts, crafts and a variety of exhibitors - Ponce de Leon Park, Park Avenue and College Avenue
- Children's activity area featuring hands-on craft activities and houses - Kleman Plaza
- Tallahassee on Ice - Opening session - Location to be determined
- 6:00pm - Lighting Ceremony - Bloxham Park at Monroe Street
- 6:15pm - Jingle Bell Run - sponsored by Capital Health Plan
  Race will begin immediately following the Lighting Ceremony
  Start Location: Park Avenue at Monroe Street
  You may also register online at raceit.com - beginning date TBD
- 7:15pm - Nighttime Holiday Parade, sponsored by City of Tallahassee Your Own Utilities

For more information, call 850-891-3860 or go to http://www.talgov.com/parks/parks-winter.aspx.

Free fun for the entire family!

When: December 5th, 3pm - 10pm
Where: Downtown Tallahassee, Tallahassee, Florida

Movies in the Park

Canopy Roads Baptist Church presents Movies in the Park! This family friendly event is completely free. Two hours of your favorite Christmas cartoons on a huge outdoor movie screen plus free hot chocolate and cookies. Bring a blanket to sit on and spend a night under the stars celebrating Christmas with the family. Tekesta Park is on the corner of Deerlake South and Tekesta Drive in the Killearn Lakes Subdivision. Event sponsored by Cumulus Radio, Tallahassee 2-Way Radio Systems, Chick-fil-A, and Killearn Lakes Homeowners Association.

When: December 12, 7-9pm
Where: Tekesta Park, Killearn Lakes subdivision, Tallahassee, FL

For more information, visit http://canopyroads.org/

Spring Hill Tree Farm's Visit with Santa Claus

Santa Clause will return to the farm this year!
No charge for Christmas tree customers. All others $3.00 to sit in Santa's lap
OR purchase a $5 armband that includes Santa, two bounce houses, hayrides and two crop mazes.
A professional photographer will be available as well.

When: December 5-6, 1p-3p
Where: 795 Woodhull Road, Bainbridge, GA, 39819
For more information, visit http://www.springhilltreefarm.com/

Winter Solstice Celebration

Holiday tradition celebrating both Native American and Spanish cultures and observing the occasion of the “sun standing” at its southernmost point in the sky. Activities include a commemorative Mass, a drum circle, Muskogee stomp dancing, sun and stargazing, storytellers, arts & crafts and food.

When: Saturday, December 12 (10 am - 8 pm)
Sunday December 13 (10 am - 4 pm)
Where: 2100 West Tennessee Street, Tallahassee, Florida
For more information, http://www.missionsanluis.org/

Sources: http://fun-tallykids.com/Whats-Happening/Holiday-Events/
Hanukkah

This year, the Jewish holiday Hanukkah begins on December 6th and goes until December 14th. Since Hanukkah is based on the Jewish lunar calendar, it always starts on the 25th day of Kislev. This holiday is also known as the Festival of Lights. It continues for eight days with a candle being lit each night.

Hanukkah (pronounced HAH nu kah) is Hebrew for dedication. It honors the victory of the Jews over the Greek Syrians in 165 BC. After their victory, the Maccabees, sons of the family that led the revolt, entered the Holy Temple in Jerusalem and dedicated it to the service of God. After the Temple was rededicated, the time came to light the N’er Tamid, the Eternal Light of the temple. The Jews could only find one jar of oil, marked with the seal of the High Priest, which was only enough to last one evening. Miraculously, the oil kept the lights burning for the entire eight nights it took to get new oil.

The menorah, or Hanukiyah, holds nine candles. Eight candles represent the eight days of Hanukkah, and the ninth, the Shammash, is used to light the other candles. The candles are lit from left to right, with one candle for each day of the festival, so that as every day passes, the menorah becomes brighter and brighter.

Christmas

Christmas is a Christian holiday that celebrates the birth of Jesus Christ in Bethlehem. Christians believe Christ is the son of God. No one knows the exact date of Christ’s birth so in the 4th Century, Pope Julius I chose December 25th. Christmas is celebrated worldwide in a variety of ways:

- In Portugal, Father Christmas leaves gifts under the tree or in shoes by the fireplace. The special dinner is usually salted cod fish with boiled potatoes and is eaten at midnight on Christmas Eve.

But where did Santa come from? In the 4th century a shy bishop in Turkey named Saint Nicholas would leave goodies for children. Dutch children called him Sinter Klass and made it a tradition to put shoes by the fireplace to put gifts in. Dutch settlers told the legend of Sinter Klaas when they came to North America and he quickly became known as Santa Claus.

In North America, the Santa we know today is a grandfatherly man with a round belly, a bushy white beard and a red and white suit. Santa used to wear a lot of different colored suits but Coca-Cola popularized the red outfit that he wears today. Artist Haddon Sundblom began drawing Santa Claus for a Coca-Cola ad campaign in 1930.

Kwanzaa

Kwanzaa (pronounced KWAHN zuh) is an African-American holiday that begins on December 26 and lasts for seven days. The word Kwanzaa, sometimes spelled Kwanza, comes from the phrase matunda ya kwanza, which means first fruits in Kiswahili, an East African language.

The holiday was developed in 1966 in the United States by Maulana Karenga, a professor of Pan-African studies and a black cultural leader. The holiday centers on the Nguzo Saba, seven principles of black culture developed by Karenga. These principles are Umoja (unity), Kujichagulia (self-determination), Ujima (collective work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kuumba (creativity), and Imani (faith).

There are also seven symbols of Kwanzaa: mazao (the fruits of the harvest), mkeka (a mat on which they are arranged), kinara (a candleholder), mishumaa saba (candles), muhindi (ears of corn, one for each child in the family), and the kikombe cha unoja (the chalice of unity). Finally, families exchange zawadi (gifts), which are often homemade. Each evening, families light one of the seven candles in the kinara and discuss the day’s principle.

Near the end of the holiday, the community gathers for a feast called karamu. It features traditional foods, ceremonies honoring tors, assessments of the old year and commitments for the new, performances, music, and dancing.
Several years ago when my oldest son was in elementary school, his teacher had the children work on a “Make the World a Better Place” project. The children could do anything they wished as long as the project focused on improving another group’s day. The children had to choose a population, write out their strategy, enlist their parents help (driving them to their destination only) and follow up with a presentation to the class on their experience.

At the time, I worked as a Social Worker in crisis intervention with the elderly. Meals on Wheels was one program the company I worked for offered. My son decided that we would take a meal route one day and that he would make gifts for the meal recipients. He worked very hard on art work or decorated pencils as his gift while I arranged to sign up for a route. I explained to him that oftentimes seniors who receive Meals on Wheels do not see anyone else until the next day when their meal is delivered.

When the day finally arrived we loaded up our gifts, pick up our meals and were on our way. We decided ahead of time that I would hand off the meals and that he could give his gifts. At the first stop he was a little nervous but when he saw how happy each person was, that went away and I had to keep him from charging up to the doors and ringing the bell before I got there. What did not go away was me trying not to cry after every exchange. It was such a wonderful feeling seeing my son interact with these people and the surprise and happiness on their faces. By the end of the day my son had decided that he would do the same thing the following year.

There are so many things that you can do throughout the year with children to teach them about helping others, to practice Ubuntu and make the world a better place. Many of them are free but to the recipient they are priceless.

Making the world a better place starts with teaching our children that they can make a difference, through their words and actions. In a season that focuses on giving the perfect gift, it teaches them that not all gifts can be bought at the store. It teaches them that good feelings do not come from the store or wrapped shiny boxes. Most importantly it teaches them to see the others and the world through kinder and more compassionate eyes. It teaches them that helping others or Ubuntu, is the best gift that we can give and receive.

From our family to yours, have a safe and wonderful holiday season and go out and make the world a better place.

Tiffany Karnisky

What can you do?
1. Sign up for a route to deliver Meals on Wheels
2. Volunteer at community clean up events
3. Offer to rake an elderly neighbor’s yard
4. Read a book at a nursing home or assisted living facility
5. Give your delivery person a bottle of water
6. Donate a gift to Toy for Tots
7. Offer to pick up something at the store for a neighbor who cannot drive or is sick.
8. Leave a thank you note for your mail carrier
9. Brainstorm with your child, you will be surprised at the wonderful ideas they come up with.
### December 2015

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