



## Cruise through the Islands

Do you need a vacation? If so, "Cruise through the Islands with Shadow Rock Preschool." We are hosting our annual dinner auction on March 6th at Moon Valley Country Club. In addition to a Live and Silent Auction, you can try your luck at our blackjack tables. This is a wonderful opportunity to get to know your fellow preschool parents.

The SRPS Board has been diligently working to gather items to auction that will appeal to you at all price points. Did you know that each pre-

school class will feature a project of their own? Few parents



can resist the temptation of bidding on such a special treasure.

Join us for a great evening please.

We depend on this fundraiser to bridge the gap for us financially. It enables us to keep tuition down and scholarship funds up. If you love Shadow Rock Preschool and what we're about, come join us for an evening on the ISLAND on March 6th, 2010.

Keep your eye out for the invitation in the coming days.

If you have items to donate or would like to advertise in the auction program, contact the event chair, Erica Cozby at: ECozby@cox.net or 602-368-8738.

### Special points of interest:

- *No school January 18*
- *Used book sale January 24-27*
- *No afterschool KDO Feb. 4*
- *Winter Family Event Feb. 12*
- *No school February 15*
- *No school February 18, 19, Parent/Teacher Conferences*
- *March 6, Dinner/Auction*

## WINTER WONDERLAND

Please come to our winter family event on Friday, February 12, 2010 from 6:00pm-7:30pm.

This is a fun filled winter happening for the whole family and it doesn't cost one cent. Enjoy lemonade and cookies

while you and your children listen to our singing wonder, Mr. Jim. Share a few dances with your fantastic children.

There is a rumor ice skating may occur. How is that possible? Ask your child how that might happen in Smith Hall

where the only ice will be in the drinks!

Bring those siblings, grandparents and friends to celebrate winter right here at Shadow Rock Preschool.

### Inside this issue:

Enjoy Your Children	2
Acts of Kindness	2
CPR Training	2
Poetry	3
Heard in the Halls	3
Fry's	3
Our Food?	4



## Waiting to Exhale

10 ways to grow closer to your kids.

1. Regularly schedule quality time. Make a point of going places together, even just for a walk.
2. Accept half of the blame in any disagreement. This creates common ground so you can work on the problem. If you show respect, you'll get respect.
3. Don't jump to conclusions. Give your child the benefit of the doubt so she/he won't be afraid to talk.
4. Learn to slow down and listen to what your child is saying. Don't interrupt when your child is speaking.
5. Avoid raising your voice when you talk. Make eye contact. Have con-

versations, not arguments.

6. Do something nice for your child for no reason. Offer to straighten up your child's room when he/she is having a crazy-busy week.
7. Show lots of warmth and affection. The more you touch, hug and kiss,



Listen to the children.

the easier it becomes for both of you to express your feelings.

8. Praise more and criticize less.
9. Nurture your child's independence and decision-making skills by encouraging her/him to try new things. Let your child know what he/she thinks is important to you.
10. Ask what he/she needs from you and be open to responding positively if his/her request is reasonable.

Parent Magazine 8/2009

## Acts of Kindness

Even though we don't always see it, acts of kindness are happening about us every day. Over this past holiday season I was aware of some of these acts.

During December at the Desert Ridge Marketplace there was storytelling on Wednesdays at the outside stage. Hot chocolate and cookies were donated by Paradise Bakery. And every evening from the day after Thanksgiving through

**A special thank you to everyone who gives us just a little bit of magic.**

December 24th, it "snowed" for 10 minutes from 7:00—7:10 each evening in the food court area which is down by the outdoor fireplace.

One of our teacher's sons has been working out of state for many months due to lack of work in Arizona. Right before Christmas his boss handed him a round-trip airline ticket so he could be home for the holidays.

At the Deer Valley Airport Voula Papamatheakis, owner of the restaurant, arranged for Santa and Mrs. Claus to arrive in a helicopter so the children could see their arrival. As the helicopter touched down and the sand kicked up, the children jumped up and down in joy. She wanted to give back to the community and provide an event where parents weren't pressed to buy pictures of their children with Santa.

Good things happen in our community. Share yours with us.

## CPR Training

There will be no after-school KDO on Thursday, February 4th. It is very important to us that all our teachers stay current on First Aid and CPR for children. This year we need to update our CPR cards so it will be necessary to close for that

afternoon of training.

Knowing that each classroom has trained teachers should also reassure you that we put your children first.

We have had falls from the



climber, cut fingers, broken collarbones, etc. through our many years. Know that for any serious emergency our first call is to 911 and then to the parents.



## Poetry for Children

Nothing encourages a child to become a reader more than a parent who reads. And one of the most snuggly things you can do is read to your child as you curl up together.

Remember to use lots of picture books for the very young. Looking at the pictures together and discussing what is happening is a great beginning. Move on with your 3s to books with a few words and lots of pictures. 4s and older need less pictures as they start to listen more closely.

When you are reading, never forget to have poetry books on hand too. Children love the sing song rhythm cadence of

simple poetry. Older children also hear patterning in some poems. Think of the patterns in "Twinkle, Twinkle Little Star." The AABB pattern can be heard easily.

A book we use at this time of year is Winter Poems, written by Kindergartners at Kingwood Elementary School.

After reading one of these simple poems, talk with your child about what was happening. Listen to one,

### Winter

Snow is fun.



Let's hear it for snow!

I hope it stays.  
I don't want the sun  
To melt it away.

Brianna Turner

Wouldn't it be fun for the two of you to color a picture of what was happening.

We just need to keep our children reading often and with enjoyment. There are so many temptations such as DS games, television and the Internet which suck up the time children could use enjoying reading.

## Heard in the Halls (and around)

Alex, a Teddy Bear, asked Miss Heather where her little boy was. She told him her son was a "napper". Alex's comment was, "Oh do they teach you how to nap in that class?"

**I laughed my clothes off!**

Nathan, a Teddy Bear, had been out of school for a week due to illness. Mrs. A said "We are so glad to have

you back". He replied, "I am only 90% better. I have 10% to go".

Frankie, A Teddy Bear, was pushing Ada, a Unicorn, on the tire swing. After getting off Ada told Mr. Jim, "When Frankie

was pushing the swing, I laughed my clothes off".

Brayden, a Blue Bird, called out to his

teacher, "Hey Markakis." Marilyn heard the comment and asked Debbie if that is what the children called her. She responded, "Oh yes, in our class we are known as Markakis and Marquart."

Houston, a Unicorn, was lifting shaving cream with a spatula. His comment was, "Oh this is mighty heavy!" Enjoy, they just keep saying the greatest things.

## \$500 from Fry

We recently received a \$500 check in the Kids from Fry's Program and it was literally no work at all. If each family would shop there and have our barcode in place, we could possibly get another \$1500 before the program ends April 1, 2010.

Please, please, please pick up a barcode from the preschool office to attach to your Fry's VIP card. The cash-

ier will scan it once to attach it to your card and you will be giving money back to the preschool every time you get groceries there.

As you know, the preschool has struggled the past two years with lower enrollment due to the economy and this is a way to help without any additional cost to you.

Thanks for helping.



## Shadow Rock Preschool

12861 N. 8th Avenue  
Phoenix, AZ 85029

Phone: 602-993-0050  
Fax: 602-863-7886

E-mail: srpreschool@yahoo.com, Marilyn  
srpreschool2@yahoo.com, Sharon



Registrar is Mary Saunders  
602-978-5259

## *Look What I Have in My Lunch Today*

*Many of our children stay for KDO in the afternoon. It begins with lunch from home. Many parents add something special in the lunch box which gives their child lots of pleasure. For*

*example, many have little love notes included. Teachers always read these to the child. Another special feature is the sandwich which has been cut out with a shape using a cookie cutter. Some children receive a sticker which they immediately stick on their arm, hand or shirt.*

*These simple little gestures mean so much to your child. Sometimes they are with us for many hours, but the message from home is clear, You are loved.*

*A family picture taped inside the lunchbox is also a warm fuzzy.*

*And of course, as always, no peanut butter, almond butter or nuts of any kind in our **NUT FREE SCHOOL!***

## **We Can Have a Say in What We Eat**

### **New Year's Resolution: See Food, Inc. By Maria Levine**

We all know the clichéd resolution that everyone makes (and shortly thereafter breaks) each January: Be healthy. Eat less. Exercise more. If you are serious about healthier eating, I have a suggestion (if you are looking for exercise advice you are in the wrong place -- I am about to recommend a sedentary activity.) Watch the recently released documentary *Food, Inc.* This movie will put the food you eat in an entirely different light. You'll never look at a package of ground beef the same way again. And that is not to scare away any devoted carnivores. I have enjoyed many a bacon cheeseburger since seeing the film. However, the makers and people involved in the film, including co-producer, Eric Schlosser, author of *Fast Food Nation*, and contributor Michael Pollen, author of the bestsellers *The Omnivore's Dilemma* and *In Defense of Food*, want viewers to see and question where their food comes from.

Most of us prize a bargain at the grocery store and as consumers we expect our food to be plentiful and cheap. Whether it be the inhumane way animals are treated in the factory farm system, the questionable safety of eating genetically modified foods, the destruction of the family farm, pollution from animal waste and pesticides or, perhaps most frightening of all, food contamination, there is a great hidden cost to everyone in this cheap abundant food. All those news making outbreaks of salmonella and E.coli from contaminated spinach, tomatoes, or meat are a symptom of our broken food system. Food used to be grown on family farms but now a huge majority of our food comes from just a few dozen multinational corporations and they are changing the face and content of what we eat without telling us, whether it is genetically modified animals and vegetables or processed food laden with fat and calories.

*Food, Inc* does intend to show consumers the story behind what is in their grocery aisles and that can be unsettling, but the ultimate message is not one of fear but of hope. They illustrate the power we have over making changes to the way the sys-

tem works (or doesn't work, as the film proves) by citing changes that Walmart, has made. A few years back, customers began demanding milk free of rBST, a type of synthetic growth hormone that enables cows to produce more milk. Due to this consumer demand, Wal-mart in turn demanded hormone-free milk from its suppliers. When a company the size of Wal-mart makes that change happen for them, it in turn happens for everyone simply because of the huge market share they have. Wal-mart's incentive was not based on scientific evidence or morality, but purely on consumer demand.

And that is the message of this film. We can have a say in what we eat; we "vote" each time we are at the cash register. While eye-opening and at times even a little disturbing, *Food, Inc* ultimately tells a story and asks questions that every consumer in America needs to hear and ponder. It points viewers in the direction of not only making better food choices for themselves and their families, but in making changes that will have consequences for the safety and health of our food system and, ultimately, all Americans.

