



# shadow rock

## P R E S C H O O L

### March 25 is Registration for 2010-2011

The doors will open at 7:30 AM on Thursday, March 25 for the coming year's registration. The registration process begins at 8:30 AM.

People currently enrolled must be in line by 9:15 AM. They will register first for preschool and KDO.

By 9:30 AM returning families from the past must be in line. This is for any family who was here in the past and now is enrolling a new child.

Any church members who have been members as of January 1, 2010 are next in line and they must be here by 9:45 AM.

The General Public will be registering after Church Members. Hopefully that group will begin by 10:30 AM.

The day of registration you will need to pay the registration fee of \$100 for your first child. Other children in the same family pay \$70.

If you are enrolling in KDO an additional registration fee of \$50 is due for the first child and \$20 for other children.

The tuition fees for the coming year are:

2-days \$166

3-days \$219

4-days \$269

5-days \$318

Good luck to you all. Hope you get just what you want. If not, waiting lists will be taken and there is a good chance you will get in.



### We Believe

That children learn by being in the midst of experiences.

In freedom and in limits and helping each child understand his/her role.

In extending the child's outlook past home, family

and city.

In developing a sense of independence and responsibility.

Each child needs to know that what they do affects the world and what the world does affects each of

them.

That fostering inquiry, problem-solving and decision-making leads to future school success.

Play is a preschoolers' mode of learning.

### Shadow Rock Preschool

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### Special points of interest:

- ☺ Spring Break starts at 11:30 AM on Friday, March 12. School resumes March 22.
- ☺ Registration is March 25.
- ☺ No school April 2.
- ☺ Ice Cream Social has a new date, Friday, April 30.

### Inside this issue:

Out of Time!	2
No Smoking	2
Wildlife of AZ	2
Heard in the Halls	3
Time for Fun	3
Dip 'N' Flip	3
Children First	4

## Don't Run Out of Time

Recently I was driving my four-year-old grandson to school when he commented that red cars are the fastest. Then he asked if I knew why they make cars go fast and I had to say I didn't. He told me that it's so "we don't run out of time."

I was impressed. As a former math teacher I couldn't help but think of the  $d=rt$  formula for distance equals rate times time. In a corner of my brain I applauded his obvious high intelligence. (OK, I'm a grandmother and of course I'm allowed to brag!)

Later I thought about his comment from another angle.

My mom has ovarian cancer. I recently visited and we talked a lot about death, medication decisions, hospice care, and

pain. She told me about how as the oldest child she administered morphine to her dying 39-year-old mom.

I also listened to stories about Aunt Rizpah and Grandma Beulah. (Didn't they have weird names "back then"?) We divided her jewelry so that all the family women have some special pieces. She told me that she has no regrets. What a gift, to be 86 and have no regrets!

And then I thought about the "running out of time" comment. How blessed I am to have quality time with my mom as she nears the end of her life. How lucky I am to be able to ask questions like "Tell me again how you met Dad."

In my own family I tell our grandchildren stories about their family members. We

tell everything—from baby stories to dying stories. We talk about the time Grampa Ray was sprayed by a skunk and the time Gramma Irene shot the head off a snake. We talk about when Mommy had the mumps for one day and Daddy hurt his ankle and almost passed out. They love hearing these and I know what I'm doing.

I'm seeing to it that they don't "run out of time". I want them to know the sturdy stock that bore them and the legacy of important values that supports them. I want them to see their forebears as human beings that made mistakes and then learned from them. I want them to know that they are prized and loved beyond all measure.

In essence, I do not want to "run out of time". *Marilyn*

## Smart News About Staying Smoke-Free

We are a smoke-free campus. Hopefully our children are being raised in a smoke-free environment.

Ready to give up cigarettes? Recent research shows two approaches are especially effective.

- Combining the nicotine patch and lozenges—In a study in the Archives of General Psychiatry, this combo doubled smokers' chances

of success for at least six months, possibly because it delivers steady nicotine replacement plus an extra boost from lozenges when craving to smoke.

- Getting techy—programs incorporating text messages, e-mails, or a dedicated Website doubled quitters' chances of staying smoke-free for up to one year

according to research from the University of Auckland, New Zealand.

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Mom & Dad,  
Please keep  
our car  
smoke free.

## Wildlife in Arizona

We want to give a special thank you to Carrie Marr and her teammate Cathy Gordan for the wonderful, hands-on exhibit they brought in for the children. Each class had time with the ladies learning about the wildlife of Arizona. The children felt pelts, studied footprints and learned a little about each of the animals. We had very positive

feedback from our teachers and really appreciate this incredible learning opportunity. Carrie, mom of Wren, a Butterfly, and Sam, a Monkey and Bee, works for the US Fish and Wildlife Service.

Thanks for visiting with us.



## Heard in the Halls

During a fire-drill the Froggie class was told they could turn around and go back to their classroom. Anna turned around and walked backwards to her room.

The Butterfly class was guessing how many candy hearts could fit on a paper heart. Maddie guessed maybe a thousand! Brody said, "You can't guess that much. Mrs. Shearer can't count THAT high!"

Owen and Wyatt from the Rainbows always use all the blocks and all the cars. They love to play but not clean up. Imagine that! The new rule is that cleaning up the blocks is their

job every day. They decide where each item needs to sit on the shelf. This day Mrs. Thurman heard one say to the other, "This is much better today than yesterday." It's good to



enjoy your work!

Mrs. Peterson was writing a story that Conner was dictating. She asked him to slow down a bit. She couldn't keep up with the writing. Ada was sitting nearby and said, "Yeah, cuz the teacher's old!"

Ms. Tammy told the Froggie class that yesterday was Presidents' Day and it was Washington's and Lincoln's birthdays. Maya said, "Ms. Tammy, Barak Obama makes presents!"

After painting at the easel, William said to Mrs. Thurman, "I bet you didn't think I could paint the whole paper."

## Children Need Time for Fun

For too many American families, life is over-scheduled. This is true for children and parents. When you start thinking that your 6-year-old could use a personal assistant, it's time to take note of a 2007 report from the American Academy of Pediatrics. In it, child-health experts praise something many families aren't getting much of: playtime.

### The meaning of playtime

- Explore the world
- Experiment with rules
- Work together
- Problem solve

Play encourages children to exercise, helps them get ready for school, improves their ability to learn and teaches them social and emotional skills.

### Help your child get balanced

- Limit your children to two activities. Make sure they are ones that they really enjoy.
- Guard family time as very valuable.
- Remember that downtime is OK. Show them you enjoy downtime also.

Aetna, *Healthy Outlook*, Fall 2009

## Putting On a Coat

Children struggle trying to put on coats until they are about 4 or 5. Here is a method we use at pre-school which is usually successful.

1. **Spread it out.** Spread your child's unzipped coat on its back on the floor, upside down, so that the collar or hood is pointing toward her feet.

2. **Bend down.** Show her how to crouch like a frog and put her hands in the armholes.
3. **Flip it over.** Tell her, "When I say 'go,' flip the coat over your head like it's a bird flying through the air. Ready, set, go!" When she lifts her arms up high, the sleeves will naturally

slip down over them, and her jacket is on.

### The Dip'n'Flip technique.

Go for it!



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Parents—Please do not let your children play on the patio or various garden levels. It is not safe and not a good idea for the children to be playing anywhere on the campus without teachers or parents with them. We do not let this happen during school hours. Please don't let it happen when they are in your care.

## Putting Our Children First

Conferences are over and parents of our 4-year-old children are wondering if their children are ready for Kindergarten. Parents ask teachers what they can do at home to help their child prepare for the big step. The important thing to remember is that each child will be ready in his/her own time and nobody can change that inborn readiness. There are things to do and those, we hope, have been occurring throughout your child's life. Read to your child every chance you get. Ask your child to repeat stories you have told. Does your child relay the story in the proper sequence? Can your child count out ten items and sort items by color and shape? Is your child able to draw pictures past the scribbling

stage? Can he/she write his/her own name and tell you the last name? Does your child enjoy playing with peers and can your child share in that environment? Is your child's speech understandable? Can your child use scissors to cut out shapes? Can your child get dressed without your help and take care of all bathroom needs?

Children entering Kindergarten should be able to succeed in each of these areas. In addition, probably one of the best ways for children to succeed is to be 5 years old when starting school and not one of the youngest children in class with children who will be turning six in the fall. Early entry to Kindergarten is not a good thing and we wish all schools would just say

"no".

**Let's put the children first every step of the way.**

