

Here Comes Summer

It's Time to Say Good-bye

How can this school year be coming to a close! The years truly do seem to go faster and faster.

The children have had great fun in their classrooms. We have seen painting with chicken feet, not real ones. Dragons have gone through the halls in celebrations of light and creativity. Children have made masks, space helmets and horses for a rodeo. They have painted rocks to outline the sidewalk leading into the playground. They have pitched tents, cooked with our solar cooker and walked in a caravan through the desert.

Each of these experiences is not only fun but a learning situation. Math, pre-reading, science and social studies occur when we jump into the experiences the teachers provide.

We are so lucky for this staff and their endless hours of preparation. They are lovers of children and caregivers when your children are with us. Many of them attend classes on Saturdays to further their education and we provide teachers' meetings to share with them the research and teaching styles which include some old ideas and some new ideas. We ap-

plaud them and give thanks that they are with us.

And lastly we thank you parents who trust us to care for your children and love them while they are with us. Thank you for believing in us.



In the good old summertime!

Water Days and Spirit Week

Our water days are May 12th and 13th. Children should come in their swim suits with sun screen already applied. A labeled towel is also a must.

May 17-21 is Spirit Week.
Monday—Backwards Day

Tuesday-Silly Sock Day
Wednesday-Crazy Hair Day
Thursday-Crazy Hat and Glasses Day
Friday-Painted Face Day.
Teachers will give you more details.

Spirit Week is our last week of school for the 2009-2010 school year. There will be **NO** after-school KDO on the last Thursday and Friday, May 20 and 21.

Shadow Rock Preschool

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Special points of interest:

- ☺ April 30—Ice Cream Social
- ☺ Water Days May 12, 13
- ☺ Last week of school, Spirit Week
- ☺ First Days 2010 August 26 & 27

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Summer is Racing Our Way

Do you look to the upcoming summer with fear? Do you wonder how to fill in those hours with your little ones without being on the go constantly? Do you see dollar signs when you plan activities?

Find out when story hour is at your local library.

Check out the Glendale Aquatic Center on Union Hills Drive. It's much cheaper than the water parks.

Make your back patio the place to be with a tub of water, containers, dippers, floating and sinking items, etc.

Run a sprinkler in your yard. The children love getting wet.

Set aside about 90 minutes a day for quiet time. Your children can snuggle down in bed, look at a book or listen to music. This is not TV time. They will get up re-charged even if they don't drift off.

Go roller skating. The Great Skate is still open at 43rd Ave. and Peoria.

Attend the movies (see below).

Have an art area where the children



can color, cut and glue. Send the artwork to out-of-state relatives.

Tell stories to each other. A favorite of any child is the story of the day when they were born.

Get together with classmates and use the play areas some malls have set up.

Mainly, just enjoy, enjoy, enjoy these golden days of summer.

Summer Movie Fun

10 movies for \$7. What a great cool deal to spend a couple of hours one day weekly inside a cooled building and be out of the heat.

Harkins Theatres is offering this deal. You choose your day and your theatre. Snacks are available for \$4.50 per child. The program starts at 9:45 AM.

Consider getting a group together to create even more fun. You know your children will want to see their school friends over the summer and this beats having others over to swim. Much less responsibility.

Also you have the added bonus of having others adults there for a chat.

Babies catch on to our nonverbal cues—such as smiles & wide eyes by the time they are 5 or 6 months old.

We Got to Touch Them!

Our thanks to Lisa Marquart's children Megan and Alex for bringing in some wonderful creatures to share with the children. Each child was able to touch the snake and the box turtle.

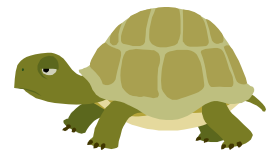
We learned that Trouble, the box turtle, lives for a long time.

He can travel quickly. Quill, the corn snake, doesn't eat corn. Farmers love to have these snakes in the corn fields because they eat the mice who eat the corn.

Harry, the AZ tarantula, was fragile so couldn't be touched. He has 8 eyes on top of his head

and when he sheds his skin, it looks like there are two snakes.

It was great fun!



Secondhand Smoke—What are We Doing to the Children?

Smoking is more than just an issue of health for smokers; it's a health issue for all Arizonans.

[Secondhand smoke facts](#)
[Report of the Surgeon General](#)
[Secondhand smoke and children's health](#)
[Smoke Free Arizona](#)

The American Lung Association says **secondhand smoke has more than 4,000 chemicals** – 200 are poisons and at least 40 cause cancer. While the [Smoke-Free Arizona Act](#) is a good start, Tobacco Free Arizona believes we can do

more as a community to further limit unnecessary exposure to secondhand smoke.

Increased risk of having lung cancer, heart disease, and asthma are just some of the health effects of secondhand smoke. **Children are the most at risk.** Babies who come into contact with secondhand smoke suffer from an increase in respiratory disease, ear infections, and sudden infant death syndrome (SIDS).

In response to these serious health concerns, we are working with community leaders across the state to increase awareness and support for stronger public policy related to secondhand smoke. This effort includes eliminating unnecessary exposure to secondhand smoke in places such as apartments, college residences, and other forms of public housing.

Heard in the Halls

Ada and Mya from the Unicorns were washing babies. Ada asked Mya what the baby's nickname was. Mya said, "Proctor." Ada asked, "Proctor?" Mya said "Proctor. P-I-O-C-L."

Cole from the Monkeys said, "It's kinda windy out. It's 50 degrees. It's gonna rain tomorrow. Then we will have to play in the church."

Ada heard a noise which lead to her comment, "Doesn't that sound like opening a

beer?"

Mrs. Peterson's son Jesse has art work displayed at ASU. Way to go Jesse! He is a former SRPS kid.

Ada told Mrs. Stangl, "I'm 5 now Mrs. Stangl. "Wow, you're big-pretty soon you will go to the big school and we won't see you anymore."

Ada replied, "Don't worry, my kid will come here and maybe sometimes I will sign him up for your class."

Robby and Joey from Blue Birds were building with blocks. It fell down when Robby blew on it. Joey says, "Robby's the best blower!"

Seriously, did I just say that!

Bring Us Your Children

While many of our classes are full for the 2010 school year, we have several openings available. So talk us up at the park, in the dentist's office and everywhere you go.

Our program is very age-appropriate as it has been for 35 years. Many former students have returned with their own children. We love that. Also we see grandmas and grandpas

bringing and picking up their grandchildren now. So many families have both parents working full time and it is nice to see other family members helping out.



If 3:30 isn't late enough for you, Tots 2 Ten Preschool picks up some of our children daily and transports them to their campus. Their facility is at 7th Street just behind the Moon Valley Nursery.

Let's all work together to get the children enrolled in the best places for them to grow.

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Summer Kids' Kapers

Registration for the summer programs is April 28 & 29.

There will be three consecutive weeks of programming starting the last week of May.

Week 1—May 25-28

Week 2—June 1-4

Week 3—June 8-11

Each week has a different theme and you can sign up for any or all weeks.

It's something fun for the children to do during our hot summer.

Is There an Allergy Epidemic?

Over the past 30 years, there's been a worldwide increase in all kinds of allergies, and everything from air pollution and climate change to the overuse of antibiotics has been implicated. Researchers don't fully understand why some substances trigger allergies and others don't, or why some people are highly allergic and others are symptom-free.

"If one parent has any type of allergy, a child has an almost 50% chance of developing allergies," says Michael Blaise,

M.D., clinical professor of pediatrics and medicine at The University of Tennessee in Memphis. "If both parents have allergies, the odds jump to 70%. But a child can develop allergies even if neither parent is allergic. What's more, though symptoms may ebb as a child gets older, you never really "outgrow" allergies. In fact, you can develop them at any age." says Dr. Blaise.

"Adults who 'suddenly' become allergic have probably had that susceptibility all along, but it

took years of repeated exposure to trigger their symptoms."

Parents, May 2010

