



shadow rock

P R E S C H O O L

Shop the Rock

Shadow Rock Board Embraces Community Marketing Efforts

December 5th from 9 a.m. until 4 p.m. a new event named *Shop the Rock* is designed to connect with the local businesses that are owned by Shadow Rock families, employ Shadow Rock family members, or are favored by Shadow Rock families because of the great services and support these businesses offer.

During its first meetings of the year, the Board at Shadow Rock took a long look at the amazing volunteer efforts and the financial support that the families of Shadow Rock contribute year after year. Even when times are financially

challenging, it seems the parents and friends of Shadow Rock are there to assist the school, as well as others through the scholarship program.

Shadow Rock strives to support the community that supports it. 30+ vendors have already committed to showcasing their boutique clothing, hand-crafted products, and local services. *Shop the Rock* will accommodate as many vendors as possible in Smith Hall and preschool areas of Shadow Rock.

Take heart from the words of an infamous sports agent, Jerry Maguire... "Help Shadow Rock help you...Help Shadow Rock help you..." .If you

have questions as to how your business, or the business of a friend might benefit from this first time community event, please call Jodi Stanley at 602-703-8328. Come to one-stop shopping that supports Shadow Rock Preschool supporting community.



Shop til you drop.

Shadow Rock Preschool

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Special points of interest:

- ☺ No school Nov. 11 for Veteran's Day
- ☺ No after school KDO on Wednesday, Nov. 25, as we start our Thanksgiving break
- ☺ Shop the Rock Dec. 5, 9:00 AM - 4:00 PM

Cruising the Islands with Shadow Rock Preschool

Our biggest fundraiser of the year is our dinner/auction. It will be held at Moon Valley Country Club in the newly remodeled main building. We viewed the area yesterday and it is beautiful.

Each classroom makes a special project to be auctioned off. There will also be a silent auction and live auction. Blackjack tables for your pleasure will be on the patio.

More details will be going

out as the event draws closer but you can mark your calendar now for Saturday, March 6th. It is an adults only evening and has become very popular with our families as well as families from our past.

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Organized Make-Believe Play

Over the past decade there has been a raging debate in the early childhood field between those who favor accelerated academic instruction and those who favor free play for three, four and five year olds. The New York Times Magazine (September 27, 2009) joined in on this debate with an article, "The Make-Believe Solution," which described a curriculum of organized make-believe play called "Tools of the Mind." This curriculum is said to be based on those concepts proposed by Lev Vygotsky in the first quarter of the 20th century:

* At 4 or 5, a child's ability to play

creatively with other children is a better indicator of her future academic success than any other indicator, including her vocabulary, her counting skills or her knowledge of the alphabet.

* Dramatic play is the training ground where children learn to regulate themselves, to conquer their own unruly minds.

* In dramatic play children are



Pretend I'm making a parking garage. You bring the cars.

guided by the basic principles of play. Make-believe isn't as stimulating and satisfying if players don't stick to their rules. When children follow the rules of make-believe and push one another to follow those rules, they develop important habits of self control.

**ExchangeEveryDay,
Wednesday, October
28, 2009**

9,000% Increase in Licensing Fees

Your directors recently attended a rally in support of stopping the outrageous increase in licensing fees. About 300 of us met at the capitol to voice our displeasure in the legislature's actions of cutting the Department of Health Services budget and telling them to decide how to get the money they need.

Then DHS decided to fund their pro-

grams through huge increases of licensing fees for childcare programs and this is to start January 1, 2010.

The cry has gone out for the governor to stop this increase and let us all work together for reasonable changes in the fee structure. As we are considered one of the largest preschools in the valley, our three year license would go from \$150 to \$13,442. At a

time when all centers are experiencing decreased enrollment due to every family's financial losses, where could we possibly come up with the money.

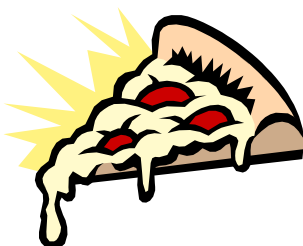
Please e-mail the governor today telling her to help early childhood education at:

www.governor.state.az.us.

We desperately need your help.

Please Help Us With KDO Lunches

Occasionally a parent calls us to ask for our help. They are going to be late picking up their child because of an appoint-



No nuts!

ment running late, a car not repaired in time and so on. We always tell them not to worry. We will fix their child a lunch and send them to KDO. We try to keep some snack lunchables on hand, (that is the kind without candy or cookies containing nuts). We also supply milk and fruit. We are happy to help.

It would be really nice if that family

could then bring in a lunchable that we might use for our next family with an emergency.

Also we have asked that sandwiches containing a spread be labeled so we know it is nut free. Recently we had a sandwich come in labeled almond butter. Almonds are nuts so we had to fix a different meal for the child. Just think before you send.

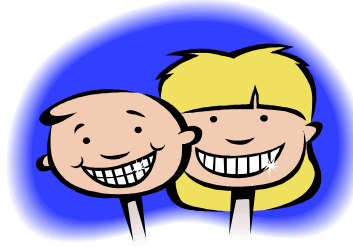
The Wisdom of Play

At a recent Teachers' Meeting we looked at an article on the wisdom of play. We want to share some of the thoughts with you.

- * To children, time is measured in units of joy.
- * Twos play forever as long as there is joy in their activity.
- * Blocks are simple but give opportunities for mathematical and spatial learning.
- * Active learning is the way we all learn.
- * Nature gives the physical room to move as well as emotional and mental

growth.

- * If children have to wait, they will get impatient or angry, not emotions you're trying to develop.
- * Play is an act of imagining. It is pretending, creating and crucial to a child's well being both in play and imagining.
- * Play is the surest way for children to fully realize all of their intellectual, emotional and social potential.



* Through board games, the children learn to read body language and verbal intonations.

* How a child sees another person react to them teaches them about themselves.

* The vital importance of play in young children's development has been shown in study after study going back more than half a century.

Article from **Community Playthings**

Did You Know

There are many things that go on in our school which might not be apparent to you.

All of our teachers attend a 12 hour workshop before school begins to learn about new ideas, to explore art and science hands-on, to hear and sing new songs, etc. Then twice monthly teachers' meetings are held to discuss concerns, to hear about a new topic or

study and to enjoy each other's company.

We have monthly fire drills for the children and can empty the building in about 90 seconds.

Our kitchen manager, Nikki Salmon, and board members provide healthy snacks in our licensed kitchen.

As the children enter the classroom,

a teacher is doing a quick health check.

We are open from 8-9 AM in KDO for those needing it. We reopen at 11:30 AM and close at 3:30 AM for an additional fee.

Heigh-ho,
heigh-ho,
We're off
to KDO.

Heard in the Halls

When the Butterfly class was asked what are stars made of, Lucy said, "Nicholas." (He is her brother.)

At snack Mirella, (a Butterfly) said, "Raisins are just like gum because they are chewy."

"This is fun! I like to be an artist! I can't wait 'til I grow up and be an artist all my myself. I can make big stuff and little stuff and big stuff.

Lots of big stuff." Taylor in Blue Birds.

Anna from Froggie Frogs wants "to be a Halloween dress, but my shirt is kinda dirty and mommy has to wash it."

Christopher, a Penguin, says about Halloween, "I'm going outside and be Mickey Mouse."

During lunch Tara said she was born in another country but forgets her name from there and will ask her dad. She turns to Jaya and asks where she was born.

Jaya threw up her hands and said, "Disneyland!"

We will keep listening and sharing with you.

Shadow Rock Preschool

12861 N. 8th Avenue
Phoenix, AZ 85029

Registrar-Mary Saunders
602-978-5259

Tax ID: 86-0279463



'Twas the Night Before Thanksgiving

Story and Pictures by Dav Pilkey

May we suggest for your Thanksgiving reading one of our favorite preschool books for the holiday.

A group of children along with their teacher take a fieldtrip to a turkey farm. They adore the plump and friendly turkeys and enjoy hugging them. Unfortunately one of the little girls discovers an ax and asks the farmer what he uses it for.

You can imagine the dismay of the children when they hear what is to happen that night. Find out the charming ending to this book with your own child.

The Volcano Effect by Elizabeth Pantley

From the moment a child wakes in the morning he is slowly using up the benefits of the previous night's sleep. He wakes up refreshed, but as the hours pass, little by little, his urge to sleep begins to build. When we catch a child at in-between stages and provide rest breaks or naps, we build up his reservoir of sleep-related benefits, allowing him a "fresh start" after each sleep period.

As children age, the length of time that they can stay "happily awake" increases. When children are pushed beyond their biological awake time span without a break, they become fatigued, fussy and unhappy.

As the day progresses, and the sleep

pressure builds, a child becomes fussier, whinier and less flexible. He has more crying spells, more tantrums and less patience. He loses concentration and the ability to learn and retain new information. I call it *The Volcano Effect*.

A child who misses naps day after day builds a sleep deprivation that launches her into the volcano stage much easier and quicker. If she is missing naps and also lacking the right quality or quantity of nighttime sleep-watch out! *The Volcano Effect* brings to light an

important point: Quality naps can make up for lost night sleep-but extra nighttime sleep does not make up for missed naps. Therefore, no matter how a child sleeps at night,-great sleeper or poor sleeper-his daily naps are critically important to release the rising sleep pressure and maintain his happy mood.



I love naps.

Adapted from *The No-Cry Nap Solution: Guaranteed Gentle*

Ways to Solve All your Naptime Problems.
(McGraw-Hill, January 2009.)