



shadow rock

P R E S C H O O L

Community Week Arrives November 3 - 6

Rockville, AZ, was incorporated many years ago and arrives each year in November. Five classrooms, the parlor, Smith Hall and the patio are re-invented as a small town with a grocery store, movie theater, bakery, bookstore, hospital, town square, laundromat, firehouse, restaurant, and post office. All children travel with their class to visit all the stations of the town.

It's often hard to tell who's having more fun—the teachers or the children — OR the two volunteers from each class that we need that week Tuesday through Friday. You'll notice sign-up

sheets outside your child's class beginning the last week in October. Please plan to sign up and help keep the children busy and collected.

We also need professionals in each of our places of business.

If you bring real world experience, please help us out as an ER doc or a baking expert, a firefighter or a police officer!



Watch for a note asking you to collect items for our experience. Because we have so little storage space, these will not be collected

until the last week in October. We actually need replenishing throughout the week, so you may even bring them during Community Week that first week of November.

One type item we know we'll need is empty clean food containers, such as yogurt, small cereal boxes, granola bars, crackers, etc. Nothing toxic, please. Start collecting!

Shadow Rock Preschool

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Upcoming Dates

- ☉ No PM KDO this Friday, October 9.
- ☉ Fall Break October 12-16
- ☉ Community Week November 3-6
- ☉ No school—Veterans' Day November 11
- ☉ No PM KDO November 25

Inside this issue:

Cool Ca\$h	2
Rough and Tumble Play	2
Congratulations	2
Creativity	3
Heard in the Halls	3
Shop the Rock	4
Redundancy	4

Nut-Free School

Remember, we are a **nut-free school**. KDO lunches recently have contained peanut butter sandwiches and Nutella, a



spread which contains hazelnuts. We have children with severe allergies and Epi-Pens in the office that we hope we never ever have to use.

As a suggestion, if you send a soy butter sandwich, please use a Sharpie and identify it on its container. We have not perfected smell-testing the difference between it and the peanut variety. 😊

Cool Ca\$h for Preschool

This is the easiest fundraiser in the world! All it takes is two clicks one time only at Fry's.

Do you know why we fundraise? This year because of the economy our enrollment is down. Lucky you! Smaller class size means more individual attention for your child. It also means that we must look for funds in other ways. This



way is SOOOOO easy!

If you've misplaced your barcode, pick one up in the Parlor.

- On your next shopping trip to Fry's, present to the cashier the school barcode along with your personal V.I.P. card.
- The cashier will scan both into the computer. You only do this ONE time.
- This will automatically link your card to preschool and

from then on until April 24, 2010, Cool CA\$H will be donated to the school.

Thank you in advance for your help!

Some of you have donated to our **Scholarship Fund** to help families who have trouble with tuition payments in this difficult time. Thank you on behalf of the children that you are helping. This is a time to pull together and support each other and our school.

Rough and Tumble Play

"Children — both boys and girls — seem to love the experience of very rich big-body play," observes Francis Carlson in her **Exchange** article, "Rough and Tumble Play 101," which can be viewed on the home page of www.ChildCareExchange.com. In her article, Carlson describes how to support appropriate rough and tumble play and shares these benefits from allowing it to happen: Through the (very) physical interactions required in rough and tumble play, children are learning the give-and-take of appropriate social interactions. Successful participation in this play requires children to become adept at both signaling and detecting signals — a social skill they will need and use through-

out their lives. When detecting these signals, they are learning to read and understand the body language signifying the play should come to an end. The play also requires children to alternate and change roles. Sometimes one child chases; at another time the child is chased. Because this give-and-take mimics successful social conversations and interactions, the social roles practiced and learned in rough and tumble play provide children with the social knowledge needed for future relationships. Social and emotional domains are not the only developmental areas positively affected by this play. When children use this big-body play, the intense physical exertion of rough and tumble

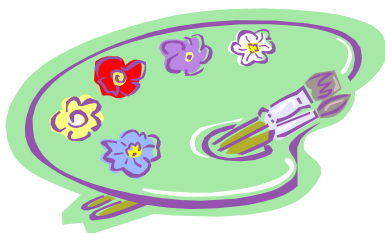
play also supports cardiovascular health. Through their involvement, young children get the moderate to vigorous physical activity needed for optimum physical health. And, because rough and tumble play is so physical, children get many of their vital touch needs met through the play. Because the preschool period is a critical period for children to develop both physically and emotionally, rough and tumble play for preschoolers is invaluable.



Rough and Tumble Play is GOOD!

Congratulations, Lookout Mountain Artists

Teacher Karen Peterson recently brought in a list of children chosen from our closest elementary school to display their art at the Arizona State



Fair October 16 through November 8. Karen's son is on the list. We also recognize a number of former students and send them our congratulations:

Jesse Peterson
Simone McManus-Sanchez
Madison Poston
Carson Basham
Quinne Talbot
Brandon Baselice
Carter Davis

Creativity, even when we are older...



"Everyone is born creative; everyone is given a box of crayons..."
Greek Proverb

When you hit a certain level of school, those crayons are taken away. Then suddenly, years later, you may hear a small wee voice telling you, "I'd like my crayons

back, please."

That voice may encourage you to change your vocation, write a play, paint a picture, organize your workroom, adopt a new hobby, or build a better mousetrap.

That voice didn't show up because you need more money or are having a mid-life crisis. That voice is talking because your creativity gene is urging you to express your unique contribution to the world. Your itch arrives uninvited on your doorstep. Until now you were quite happy holding down a real job, being a regular person.

When you hear the call to creativity whispering in your ear, pay attention.

If you don't, the voice will die and may take a piece of you with it.

Some of the greatest ideas come to us in our mid and later years, calling us to once again find our box of crayons. Grandma Moses began her painting career in her seventies. Col. Sanders started his franchise when he was in his sixties. Kurt Warner entered the NFL at the age of 28.

There's something you haven't said, something you haven't done, some light that needs to be switched on, and it needs to be taken care of. Now.

Where DID I put that spectacular box of 64?

Heard in the Halls (quotes from our precocious children)

In the Wiggly Worm class they had rubber stamps out. Lisa pointed out to Brooke Turner that she was using a stamp that means "I love you" in sign language. Madison Miller picked up another stamp and asked what it meant. Lisa told her it was a picture, but not a sign. Madison decided that it meant "potty". Then Lisa showed them the ASL sign for potty. Another little girl piped up, "But THIS is American language for potty!" as she promptly put two hands over her private parts and her knees together! Overheard on the playground: Nicholas Sanford told Mya Proctor, "We're going to have lots of babies!" (and we add—"In lots more years!")

Lily Harrison was working on a wire sculpture and asked all around her, "I think it needs a few more flowery

touches, don't you?"

"I'm growing really big, but I already grew enough today!" proclaimed Maddy Rainer.

Owen Slivka, who's in Shining Stars, is quite sure that he's in the "Shooting Star" room.

As we left the building September 21st for a fire drill, a Teddy Bear boy explained that "It is Fall now." At that moment they passed under a tree, the wind blew and he said excitedly, "And the leaves are falling!" (as several drifted down) Oh, the magic of preschoolers....

Observed in the Teddy Bear room: a child finally got his courage up to ask if he could please join the dinosaur play and Frankie Gleash said, "Well, of course you can!" and handed him a dinosaur. We love observing kindness.

On Picture Day Kyle Allen told the Rainbow teachers that he wore a shirt and tie for pictures because that's what "my daddy wears to work." He looked darling.

Finally, Maddie Gambrell asked Colette Kotha, "How do you know how to draw so many pretty things?" Colette replied, "I don't know. I just draw them."

Our children always amaze us with their humor, kindness, and insight. Record those special moments when your child says something ever so clever. They will delight at these stories when they become parents.

For Halloween we ask that the children just bring one small part of their costume instead of wearing it all. Safety is our concern. Thanks and have a great Spooky Day/Night!



Shadow Rock Preschool

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Registrar is Mary Saunders at
602-978-5259. Last day for
09-10 new students is January 30!

Tax ID: 0279463



The first Saturday in December is our inaugural Community Extravaganza. Retailers will have goods for sale and service providers will explain their businesses. This is a new fundraiser for our preschool

This is a great holiday shopping day! Mark your calendar.

If you want to be a vendor, call Stacey Proctor at 602-326-0247 for information.

Admission is \$5 with a new children's book or \$10. For this you will receive exciting giveaways and delicious food and drink, as well as an extraordinary shopping experience.



Redundancy

At Shadow Rock Preschool we know that people don't "get" all of our important messages. We try really hard through written notes, a newsletter, emails, and signs posted beside classrooms to communicate with our preschoolers' families.

In the Harvard Business Review on Point (Fall 2009), Rosabeth Moss Kanter writes that we must use the "principle of redundancy". If a message is really important, we must "send it through multiple media, in various forms, and (let others) view it a few times". Leaders cannot "assume that just because something has been said it has been heard".

Our world is noisy and filled with many distractions. How many

times have we realized that something we were told just didn't stick in our memories?

Children are the same. That's why we tell our students over and over that they are "unique and unrepeatable". We want this message to be embedded in their core. We know that when that self-esteem part of children is filled with positive and affirming messages, then they can go on to become that unique and unrepeatable human being that is their potential. We don't just say this message—we believe this message.

We also know that it is important to teach them how to be good friends and to be kind. That's why our I Care Rules are in every classroom. These are six

simple and easy-to-remember guidelines.

I CARE RULES

We listen to each other.

Hands are for helping.

We use nice words.

We care about each other's feelings.

We are responsible for what we say and do.

We'll find a way that you can play.

Redundancy can be a positive experience for all concerned if the messages are positive and affirming. Negative messages stick, too, sometimes for a lifetime. It is our job to prepare our children for the future by being **Radically and Positively Redundant**.