



Turkey Time Again

We Give Thanks!

Each year each class at Shadow Rock Preschool prepares a food item to share with the rest of the classes at our Thanksgiving Feast. We meet in Smith Hall, roll out butcher paper for our tablecloths, make our placemats and give thanks to every class who prepared our food.

On Tuesday, November 22, the Bumble Bees, Dragonflies, Rainbows and Teddy Bears will have their feast.

On Wednesday, November 23, the Monkeys, Ladybugs, Shining Stars, Blue Birds and Unicorns will have their feast.

Each feast is scheduled to

start at about 10:30. You are all welcome to join us with cameras or helping hands as we break bread together.

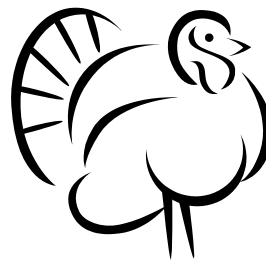
We talk in our rooms about sharing with others, some rooms may do a food drive and all understand that it takes lots of people to prepare food for so many children.

After the feast on Wednesday school will close for the Thanksgiving Week-end. There will be no after-school KDO.

This is a good season to talk with your children about hunger and how some children go to bed hungry

every night. As a family you might come up with a plan to help with that sad truth. Most of our children only think they get hungry with no idea what real hunger is.

We hope you all have a wonderful Thanksgiving.



Shadow Rock Preschool

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Special points of interest:

- ☺ Nov. 11, no school, Veteran's Day
- ☺ Nov. 11, eat at our Boston Market and bring school coupon
- ☺ Nov. 23 no afterschool KDO
- ☺ Nov. 24, 25 no school, Happy Thanksgiving
- ☺ You can still order Sally Foster on line.

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Fall Festival and Meet the Teacher Night

Thanks to all of you who took the time to meet the teachers who took the time to meet you. You are so appreciated.

The night was fun with lots of bouncy house activity, lots of pizza and lots and

lots of running around on the playground.

It is amazing how the children's eyes light up when they get to be on the playground at night. It somehow becomes a magical place totally different from

day time usage. So fun to watch. And it was great seeing all the families visiting outside. Finally we had to tell them we needed to go home and so did they so we could lock the gates. Thanks to the Board!

Community Week 2011

Rockville 2011 rolled up the sidewalks of another successful year Friday after school. What a fun time for the children. Imagination at its best is what it is all about.

Buying boxes of empty groceries didn't cause a single concern. Fixing up dolls so they might live another day, was just a matter of course. Home Depot smashed cans, sawed, painted murals with scrapers and generally was a total hands-on experience.

Cookies were frosted and sprinkled until you couldn't even see the original cookie. Flour filled the air and the halls as the children experienced baking. The restaurant gave the children outside time on the patio where they played with bubbles, washed dishes, ate pizza and listened to stories.

And never forget the importance of a town square. There was a firehouse complete with hoses, dress-up clothes

from many professions, A race track was always full of drivers and the post office filled the mail box daily. Voting was available plus puzzles and more puzzles.

It is through the hard work of the teachers with setting up and taking down that this yearly event is possible. It is also through the help of so many family volunteers that we move the children through the event.

Thank you all!

Handwashing, Again!

A quick pass under water and a cursory wipe with a towel are not enough to prevent the spread of bacteria and disease. Here are three guidelines for you and your children as flu season is upon us.

1. Use warm running water, and let the water drain away. (No water-filled basins, please.) Warm water encourages the children to

wash longer. It feels good.

2. Create friction by rubbing your hands together, both front and back and the in-betweens. Using soap helps remove visible dirt on your hands. Use liquid soap, children can't really manage bars of soap.
3. Dry your hands before turning off the water. Use a single-use

disposable towel to thoroughly dry each hand. Then turn off the faucet with the towel and throw it away in the proper container.

We wash the fronts, the backs and the in-betweens.

A Healthy Offering at Shadow Rock

You got flyers this week about the Salad-A -Day offerings which will be available right where your child goes to school.

In conjunction with Duncan Family Farms right here in the valley you can buy your produce at its freshest for \$17 weekly and pick it up when you pick up your children. It will be delivered between 11:30 and 12:30 each



Tuesday. What could be easier than that. Wait until you taste veggies right off the farm. What a dif-

ference!

For more info go to www-saladadaytheduncanway.com—623-853-9880. You can even sign up online. Maybe we can all eat a little healthier and not have to listen to the warning thunder in the produce section of our local stores to know our hands are about to get drenched with cold water!

Identity Theft

First of all, please do not leave your purse in your car. Every year during drop-off or pick-up someone gets a purse taken from the parking lot. So much more than money when that happens.

4 things you should know about identity theft:

1. **You're Only as Safe as Your Weakest Link.** Even if you shred your private documents, or use secure websites and strong passwords, what about everyone else who has your Social Security number—like your doctor, dentist or the clerk handling your applica-

tion at a store?

2. **Once Your Social Security Number is Out, It's Staying Out.** If your credit or debit card is stolen, you can replace it, but what happens when non-changing information like your SS# is stolen. Identity thieves buy, sell and trade stolen information using it over and over again for years.
3. **Anyone Can Be a Target.** 9.9 million Americans were victims of identity theft last year.
4. **How Protected Are You?** Your credit card may be safeguarded; but that won't help if thieves

open new lines of credit. Credit monitoring will only alert you once something bad has already happened.

Many companies try to sell their products to protect you but your first line of defense is your awareness of where your identification cards are at all times. Sticking them in a back pocket can be as bad as leaving them in a locked car.

Talk to organizations you trust and make sure you keep your own identity. It is who you are!

HINTS PROVIDED BY AAA

Heard in the Halls

Will in the 2s was wearing a motorcycle shirt. He asked his teacher, "Do you like my cycle mo?" Of course she did!

Teddy Bear Topher told Mrs. O'Connor, "I have a flat tire." Who would question that!

Mrs. Larsen ran into a former student in Sunflower Market the other day. Claire looked around and then asked

Mrs. Larsen, "Where's the other one?" Marci asked what she meant. "You know, the other teacher you work with." Marci explained to her that Mrs. Thurman wasn't with her but to Claire that was unconceivable. Didn't those two live together and probably didn't they live together at school!

As Harper was heading into his class-

room from the playground, he saw the mats set up for the nappers. "What are these for?" he asked. We think he was a little disappointed one didn't have his name on it.

Kids really do say the cutest things. We just must remember to listen.

Microwave Magic

When you're a busy parent, the microwave can be your best friend! Using a microwave is not only quick, it can be healthy, too. Dishes usually aren't greased, and vegetables are cooked with little liquid, so vitamins and minerals aren't lost.

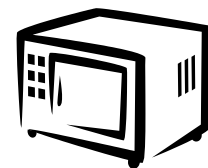
Easy nachos—Cover a plate with baked tortilla chips. Add drained canned black beans or low-fat refried

beans and top with leftover chicken or beef, shredded cheddar cheese and chopped tomatoes. Heat just until the cheese melts.

Ham and cheese wrap—Lay a slice of ham and a piece of string cheese on a whole-wheat tortilla. Roll up the tortilla, and microwave for 30 seconds.

Creole succotash—In a microwave safe bowl, combine 2 c. frozen corn

and 2 c. frozen shelled edamame. Microwave until hot. Add Creole seasoning to taste.



Nutrition Nuggets

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When you deliver your child to class each day, you sign them in. Please write the child's first and last name and a good phone number for reaching you while they are with us. Licensing does not accept first or last names only and you can imagine our distress if you gave us a number that isn't going to reach you. And then when you sign your child out, your first initial and full last name are required.

This may seem unimportant to you but the day licensing comes and looks at our paperwork it is a very big deal to us. We will be written up for incomplete paperwork every time.

We know you are very willing to help us, this is just a gentle reminder. We are so grateful for you all.

Christmas at the Outlets at Anthem

For 10 years the tallest tree in the state is delivered to the Outlets at Anthem. It can be seen clearly from I-17 and is breath-taking. This year the tree arrived on Tuesday, October 25 on a flatbed trailer. It is 114-feet tall. Many families have a tradition of watching the tree arrive. A crane hoists the tree up and then lowers it into a well.

Preparation requires 14 workers to shape the tree, stringing it with nearly 3 miles of lights and decorating it with 6,000 ornaments. It is sprayed with 220 gallons of fire retardant.

This year's tree lighting is Saturday, November 19th and lots of entertainment goes along with the lighting.

If you celebrate Christmas, Santa has his own little cottage near the tree and that area is so much calmer than taking your child to the mall. If your



little one freaks out with all the hoopla attached to Santa, drive up to

Anthem's Outlets some night and go right to the little cottage. Not much to be scared of there.

Always honor your child's wishes when dealing with any characters including Santa. For some children it is a very scary situation and if so, skip it. In the greater picture of life, you don't need a picture of your child and Santa each year. Maybe you never need one.

Children should be seen, heard and believed.

LISTEN!