



shadow rock

P R E S C H O O L

Two Big Events—One Free and One by Reservation



Winter Wonderland is FREE and happens Friday **February 12** from 6 - 7:30. It's a simple event with music, dancing, sweets, and children's art displayed. Siblings and grandparents are welcome.



Come dance with your child AND watch him or her pretend to ice skate.

By popular demand, Mr. Jim will be singing and leading us into Wonderland.

Cruise through the Islands is our big annual fundraising auction. This event helps keep tuitions low, pays our fabulous teachers, and provides your children with the best preschool experience available in Phoenix!

Dress for a cruise, bring your blackjack skills, eat fabulous food, mingle with other parents AND bid on absolutely incredible items.

March 6 at Moon Valley Country Club beginning at 5:30 you will receive your passport to fun and fan-



tasy. Items donated so far include Ping golf clubs, outdoor patio furniture, tickets to sports events, a grill, restaurant coupons, a puppy, and handcrafted one-of-a-kind items. Each room is decorating something for the auction and class photo books will be available to the highest bidder.

The committee will gratefully receive additional items if you want to donate. Also, advertising space can be purchased in the program.

RSVP today! Buy a table for 10! Cruise on!

Kind and Lasting Donation

Pat Killip volunteered weekly answering phones for Shadow Rock Church and Preschool. She traded Grandmother Stories and Photos with Marilyn and Sharon.

Pat became gravely ill last

June and died within a few short weeks. Her family asked that a donation be made in her name to two organizations. Shadow Rock Preschool was one.

In December we were presented with a check for

\$1,215. The money will be designated for our Scholarship Account to help those who experience temporary difficult times.

Thank you, Killip family, for letting us be a part of Pat's legacy.

Shadow Rock Preschool

Volume 7, Issue 7

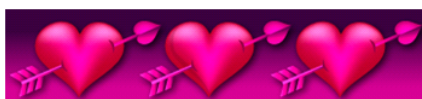
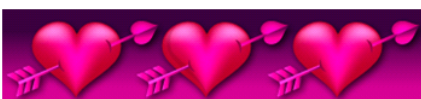
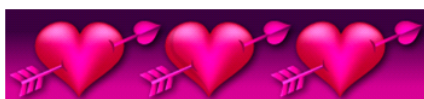
February 2010

Special points of interest:

- ☺ Successful Used Book sale brought in close to \$1,500! Thank you everyone.
- ☺ Auction is projected to make \$20,000. Everyone is strongly invited to attend. Each person present can participate at some level.
- ☺ Ice Cream Social date moved to April 30.
- ☺ All registration—reenrollee, family reenrollee, church and public—will happen March 25.

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Registration

Thursday, March 25, 2010
ONE DAY ONLY THIS YEAR—BRAND NEW

Registration is held in Smith Hall of Shadow Rock Congregational Church

Doors open at 7:30 AM and registration begins at 8:30 AM with the following the groups taken in order:

RETURNEES Must be in line by 9:15 AM. This place in line applies only to children currently enrolled in Shadow Rock Preschool who are returning for the 2010-2011 school year. Returnees may register for both Preschool and KDO.

FAMILY ENROLLEES Must be in line by 9:30 AM. This applies to a child new to Shadow Rock Preschool who has a sibling currently or previously enrolled at Shadow Rock Preschool.

Note: Anyone registering a family enrollee will be assigned a consecutive number upon arrival. Only those with both a returnee and a family enrollee will be repeating the registration process.

CHURCH MEMBERS Must be in line by 9:45 AM. This applies only to official Shadow Rock Church members as of January 1st.

GENERAL PUBLIC Registration from 10:30 AM-11:30 AM.

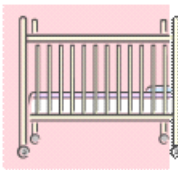
Registration closes at noon. All remaining spots will be posted on our website and at the school by 2:00 PM. After 2:00 you may register your child by calling our Registrar, Mary Saunders at 602-978-5259.

Low Production of Serotonin in the Brainstem Likely Cause for SIDS

The findings of a new study from Children's Hospital, Boston, may help identify babies at risk for SIDS, the leading cause of death for infants between 1 and 12 months old in the US.

Serotonin helps regulate some of the body's involuntary actions, such as breathing, heart rate and blood pressure during sleep. The researchers believe a low level impairs the function of the brainstem circuits that

regulate these activities. Thus the baby is at risk for sudden death from stresses such as re-breathing carbon dioxide when sleeping in the face down position.

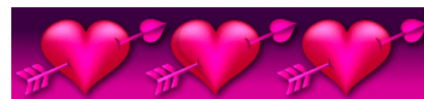
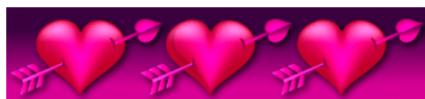
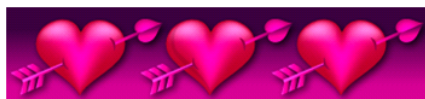


Doctors have recommended that babies sleep on their backs, but this has not completely prevented SIDS. The goal of the study is to

develop preventive treatments that will correct the serotonin deficiency.

In the meantime, remember:

- * During pregnancy, there is no safe level of alcohol for a mom and no safe level of smoking, both first- and second-hand.
- * Babies sleep on their backs on a firm mattress without toys, soft pillows, excessive blanketing or clothing.



Dragon Mom: Confessions of a Child Development Expert

In her newest book, Janet Gonzalez-Mena addresses her challenge of being a child development expert and a real parent, about the gap between what society expects from the perfect parent and what can happen in the real world. In the book she talks about the first emergence of Janet, the Dragon Mom:

I was new to my parenting career. The dragon was unknown to me. So far, parenting had been entirely positive. I felt nothing but love in my heart for this precious new child of mine. I certainly didn't feel anger. I remember thinking this was the hap-



piest time in my life.

You can imagine how surprised I felt to find myself in the living room of our small apartment screaming, "Shut up!" in the direction of the bedroom where my baby was crying. I swear those words just came out of my mouth on their own.

I had been a 'good mother' up until then—all three weeks of my life. My baby had responded by behaving like a 'good baby'. But not this time. I had

done everything right. I had changed, fed, burped, rocked, everything! But the crying continued.

That moment of frustration brought ugly, unmotherly words out of my mouth. When I heard them, I was nearly crushed by the overpowering weight of tons of guilt crashing down on me....

I don't remember what happened next, but I'm willing to bet that I went right in and smothered that poor baby in marshmallow ooze. I don't know if my sugary glop stopped the crying or not, but I probably felt better. That was the real beginning of my parenting career."

Heard in the Halls

Maddie Gambrill announced in the Unicorn class that now "I'm four and ten quarters!"

Conner Reed, after running through the labyrinth outside, said "That was too mazy!"

Kendall Kelledy in the Bluebirds ask Noah when he was on the balance beam why his hair was standing up. Noah's reply was "Because it helps me balance!"

Brayden Cummings was taking apart a broken calculator. When he saw the circuit board he told his teachers that "This is the brain, just like we have a brain here (pointing), but this is the calculator's brain!" They were impressed.

Thomas Maher in the Wiggly Worms was listening to Lisa as she described and showed the sign for "yellow". She

said you make the sign for "y" and then shake it and that means yellow. Thomas piped up, "Or hang loose!"

Claire Bixby in the Dragonflies was asked what her "friendship bread" tasted like. She answered, "Like friendship!"

When Sharon Thurman took her class to see a rainbow in the sky Emma Wytko exclaimed, "It's there just for our Rainbow class!"

Sam Kirsch-Stancliff told his Kapers teacher that is Dad's name is Michael...but that's his second name. His **first** name is Daddy."

Devon Revey was talking with Jonah



Pulver-Putney in the Penguins. Jonah said "NO!" and Devon said "YES, we ARE going on a date!"

Karen Peterson told the Unicorns that "Yesterday was Tuesday, so what is today?" They piped up, "Mr. Jim Day!"

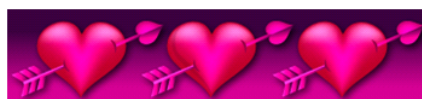
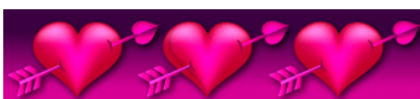
Daphne Maroney in Ladybugs said "Let's cheer" and Luke Lamers said 'I love cheering!' and Sam Kirsch-Stancliff said "Come on everybody, let's cheer!" Soon all the Ladybugs were "cheering" their homemade lemonade they made that day.

Christopher Akers has been insisting that he wear his pajamas to school. Finally his mom, Miss Heather, packed them in a suitcase and announced that "The pajamas are going on vacation!" So far, since then Christopher has worn only school clothes.

As a teacher, I want to know more about the worlds my students bring into the classroom with them...

(If) teaching is to be a creative process...I have to listen.

—Carol Sturnbo



Shadow Rock Preschool

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The child is made of one hundred.

The child has a hundred languages, a hundred hands, a hundred thoughts, a hundred ways of thinking, of playing, of speaking.

A hundred, always a hundred ways of listening, of marveling, of loving.

A hundred joys for singing and understanding.

A hundred worlds to discover, a hundred worlds to invent.

A hundred worlds to dream.

The child has a hundred languages (and a hundred hundred more), but they steal ninety-nine.

The school and the culture separate the head from the body.

They tell the child: to think without hands, to do without head, to listen and not to speak, to understand without joy, to love and to marvel only at Easter and Christmas.

They tell the child: to discover the world already there and of the hundred they steal ninety-nine.

They tell the child: that work and play, reality and fantasy, science and imagination, sky and earth, reason and dream are things that do not belong together.

And thus they tell the child that the hundred is not there.

The child says: No way. The hundred is there.

(And we at Shadow Rock agree!)

—Loris Malaguzzi

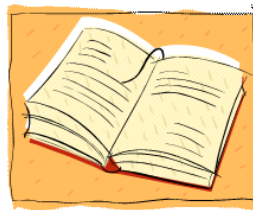
Book Review: *Nurtureshock* by Po Bronson and Ashley Merryman

I knew I had to read this book after reading an excerpt of it in a September 2009 issue of *Newsweek*. The piece pointed out that white parents often don't address race or skin color differences with young children in hopes that they will just be "colorblind"; it's the well intentioned premise that pointing out the difference will make it a difference. The authors, Po Bronson and Ashley Merryman, argue that children *can* obviously see the difference and so the fact that grownups never talk about it builds it up into a sort of taboo in their minds and actually magnifies racial differences more. The best intentions of white parents to raise "colorblind" children are actually inadvertently having the total opposite effect than intended. Scary, but it

made sense. I knew I had to get this book to see what else I was getting wrong.

Nurtureshock is like no other book about parenting. It takes common assumptions and widely held beliefs about children and parenting and turns them on their head in a way that makes you say, "Well of course! What a

fool I was to think that. It goes against common sense." Facts that we as parents have taken for granted are given a truly fresh perspective. There are chapters on fostering language acquisition skills in babies and why arguments with teenagers are actually a good thing -- really. In between those



stages, Bronson and Merryman address a broad array of conventional ideas about parenting including sibling rivalry, gifted programs, sleep deprivation (not yours, the kids) and our (over)reliance on praise. One must-read chapter focuses on preschool programs and how play focused programs (shout out to Shadow Rock!!) do the best job of promoting "executive function" or self control in young children. A child's executive function is a better predictor of school success than IQ. *Nurtureshock* is an eye opening book. Keep a pen and paper nearby so you can jot down all your epiphanies and new parenting perspectives as you read.

Review by Maria Levine