



Each of Us Makes A Difference

Volunteering at Shadow Rock by Jodi Stanley

More than ever, today's volunteers work online, need flexible hours, and want to play a role in defining their participation as volunteers. We are guessing you also want to feel a sense of responsibility for Shadow Rock's overall mission. The Shadow Rock team would like to harness your passion and potential. When you establish your own task(s) as a volunteer, you can be assured a sense of accomplishment rather than being overwhelmed.

The motto at Shadow Rock is "No volunteer is left behind"...If you would like to assist with serving our

snacks at Shadow Rock once or twice a year, this would be a great contribution (free food handlers permit required). Of course, each classroom has opportunities for volunteering. As events draw near, just stop by the office of the directors. The Shadow Rock team can use your assistance to set-up for events, serve food, sell tickets, etc.

If you or a family member has talents, services, expertise that you would like to share with Shadow Rock, a conversation with the directors can certainly point you in the direction of how

this might be applied to the programs and events of the school. Fundraising is an important part of our not-for-profit status. Often your services and products can be a part of donations to our Shop the Rock event, and Shadow Rock Annual Auction.

Be creative when thinking about how you might be supporting Shadow Rock as a volunteer. Whether your efforts are on-going at Shadow Rock, or a one time contribution, there is no doubt you will be greeted with excitement as to how we can fit your already busy lifestyle.

Just Ask the Children

Have you learned the name of your child's class yet? Have you learned the color of the door? If not, you are not alone. This year some of the classrooms have a different door color. Some of the classes are

known by new names. Whew! Marilyn and I can hardly keep them straight. Luckily we can always ask the children. The little ones will lead the way. That's important to remember whenever they tell you

something new. Trust that they know what they are talking about and don't downplay it. Remember, children should be seen, heard and believed!

Shadow Rock Preschool

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Special points of interest:

- **No afterschool KDO on Friday, Oct. 8th**
- **Fall Break is 10/11-10/15**
- **Gardner's Book Sale 11/29-12/4**
- **Shop the Rock 12/4**

Inside this issue:

| | |
|--------------------|---|
| KDO charges | 2 |
| Lending Library | 2 |
| Burnout | 2 |
| Screen Time | 3 |
| Heard in the Halls | 3 |
| Music | 3 |
| Prop 302 | 4 |

KDO Charges

Some of you have signed up for KDO but are not using it yet as your children get comfortable in their classrooms. We do not charge for these absences the first month.

However, October 1st marks the time charges start. If your child is on our standing reservation list you signed in March or during Open House in August, you will be charged the \$5.00 absence fee for each time missed. This is not altered by calling in and telling us of a sickness or trip.

If you don't remember what you signed up for or would like to make a change, stop by the preschool office in the back hall and we will check what you filled out.

We don't want to charge anyone because of confusion on the lists and neither do you. Most children enjoy staying longer when they can. After eating lunch, they all go out to the playground. Currently we have shortened outside play because of the high temperatures. That will soon change.

Our nappers come in about 1:00 PM and sleep in the Red Room. A teacher is always with them.

Try us out. Wednesday is our only day without additional-spots.



Lending Library

Remember the lending library in the parlor has books for adults as well as children. Even if you just sit there while reading to your child before class, that is a wonderful bonding experience. Please do remember to fill out

the card in the front if you are taking the book home. We need to keep track of the adult books especially, as parents often need to read about a phase their child is going through or what to expect of

their child at 2, 3 or 4. Enjoy and read, read, read to your child every single day.

Please, diaper changing needs to occur in the nursery, not the bathrooms.

Six Warning Signs of Burnout

With weeknight practices and weekend games, is your child getting pushed to the brink?

- She doesn't talk about the sport anymore.
- He makes excuses to skip practice.
- She shows no excitement before competition.

- He seems tired all the time and isn't sleeping well.
- She shows signs of depression—loss of appetite, nausea and headaches.
- He avoids team activities away from the field.

Parent & Child, September 2010



TV and Our Children by Maria Levine

According to the University of Michigan Health System website, "TV viewing among kids is at an eight-year high. On average, children ages 2-5 spend 32 hours a week in front of a TV.... Kids ages 6-11 spend about 28 hours a week. The vast majority of this viewing (97%) is of live TV. "WOW! That's more than a full day of screen time a week!

While those statistics are alarming and there are many questions about just how bad television viewing is for children and if and how it affects brain development, the question that means the most to me right now is the one posed on The American Academy of Pediatrics Parenting website

(HealthyChildren.org). Instead of asking what TV is doing to our kids, they ask the question: what are children *not* doing when they are watching TV?

For a while now I have been toying with severely downsizing our cable options or cancelling our service completely, but I am having a hard time pulling the trigger. While we don't really watch all that much TV, there are times when my kids do sit and veg out and there are certain shows that they enjoy. Can we survive without watching *Wordgirl* after

school? Can I miss an episode of *The Daily Show*? Surely the answer to both of those questions is yes...right? So, assuming that we follow through and

unplug our set, what to do with that extra time our families might claim back from couch-potatodom? Hmm.... I have many board games weighing down a shelf in the family room. It's still warm enough to swim but also cool enough to just let them run and play outside. My guys need to practice riding two wheelers. Maybe a new Lego set would be in order. A trip to the library will stock us with lots of fun reading material. Somewhat ironically I also found a bunch of great suggestions and resources online at www.insteadoftv.com. The bottom line is there are tons of things we can do and all of them will be full of fun.

Heard in the Halls

In the Teddy Bear room, when asked what the houses in our story, *The Big Orange Splot*, looked like, Malia said, "The Greek columns looked like a funeral."

Vivian was playing with the medical kit and did a thorough exami-

nation on Mrs. Thurman. She took her tympanic temperature and then checked her carotid artery. She even had Mrs. Thurman turn her head to the side just like medical professionals do. She advised Mrs. Thurman to do nothing for five days.

Ally Kai's mom brought in a model of lungs and a heart to the Unicorn room. Noah went up to it and said to his teacher, "I always wanted to know what a real heart looked like."

Music with Ms. Marilyn

As most of you know by now, Mr. Jim retired at the end of the last school year. He will be missed, but Marilyn Rampley is looking forward to singing, acting and much more as she meets with all the children. We know you will be happy with her program.

We would have let you say good-bye to Mr. Jim but he waited until after school on the last day to tell us his

news. He probably just didn't feel up to telling all his buddies that he wouldn't be with them this year.

Don't be surprised to see him in classrooms occasionally as he plans to sub for us. The table in the parlor seems a little bare without him sitting there watching the children arrive as he always did with his eyes peeking out from under the brim of his hat.

Good luck, Mr. Jim. We look forward to your occasional visits.



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*A Halloween Reminder-
Children do not wear
their Halloween cos-
tumes to school.*

No on 302. Children First. Not Politics.

In 2006 – just four years ago – a majority of Arizonans voted to create a tobacco tax revenue stream and dedicate those funds to early childhood education and development.

The voters sent a clear message at the polls then in establishing First Things First, just as they did in passing Proposition 100 by a landslide margin a few months ago.

In Arizona we value educa-

tion and quality early life experiences for every child in every community. We insist our kids begin school healthy and ready to learn. Sadly, the state Legislature has put politics ahead of children at every turn. Having failed to balance responsible budgets, they have created Proposition 302 to seize money set aside for our kids and eliminate First Things First, the system created by voters.

Don't let these politicians disregard the voters' will. Don't let them literally steal money from Arizona children in need. Don't let them gut a system that's working. Vote no on Proposition 302 and do what's right for our children.

www.no302.com