



Spring is Here

Childhood Stress: How Adults Can Help

Stress is a daily part of our lives that we all have to learn to deal with and not let it overtake us. However, do you ever stop and ask yourself, "Does my child feel stressed?" Young children can have stressful lives, after all they are people too. Carolyn Toss Tomlin's article, "Childhood Stress: How Adults Can Help" sheds light on what can put stress on children and what parents and teachers can do to help.

Sometimes as adults we might forget what it was like to be a kid, that childhood was not all fun and play. But recalling painful memories of parents fighting, loss of a loved one, or the trauma of abuse stay with us. According to Reuter Health, "Stress early in life may increase the risk

of drug abuse later in life." Parents must be in tune whether or not their child is stressed or not. Even being involved in too many activities can be harmful. The reason many parents do this is that they are so focused on their child's future they forget right now they are just kids. Psychologist David Elkind, writer of The Hurried Child shares that, "Adults hurry children to grow up too fast."

Now for some ways to help children deal with stress. Help children feel good about themselves by telling and showing them they are loved and important. As well as a healthy diet and plenty of time to be a child, (maybe not so many after-school activities.) Work with them to find a way

that helps them calm down if they are stressed. Teach your child how to ask for help while you remain calm as well. Be aware of when stress may arise such as going to the doctor or trying something new. Talk them through what will happen.

Let's face it, stress is a normal part of life but as parents and teachers we need to help our children learn how to deal with it.

By Carolyn Ross Tomlin



Registration Update

We are so thrilled with our registration for next school year. Currently we have 21 open spots which is good because we get calls all summer.

All classes are close to full. Thank you so much for believing in us, returning to us and just starting with us.

Our teachers are already pouring over

new class lists. Before you know it, mid-August will arrive and one of your child's teachers will be calling to set up a home visit.

Here we go!

Shadow Rock Preschool

April 2017

Special points of interest:

- ☺ April 14-Good Friday, NO SCHOOL
- ☺ April 21-Ice Cream Social
- ☺ April 25-28 Community Week

Inside this issue:

It's Okay	2
Heard in the Halls	2
Our Photographer	2
Self-control	3
Community Week	3
Pizza Party	3
Board News	4

It's Okay

At Shadow Rock Preschool we take great care to honor all children and all adults. Acceptance is expected. Hopefully if we start with our youngest children, they will continue to truly care for every person they meet and we can end the bullying teenagers often use to put down those not quite like themselves.

Todd Parr made a wonderful list we want to share with you.

It's Okay...

- To be missing a tooth...
- To wear glasses...
- To be a different color...
- To dance by yourself...
- To have no hair...
- To do something nice for yourself...
- To have an invisible friend...
- To be proud of yourself...
- To be different!

As we give thanks for every child who has ever come to

our school, we give thanks to all the parents who have brought them to us.

Thank you so much.
Sharon



Heard in the Halls

A teacher was walking past a classroom as a young lady came out. The girl asked if the teacher had slept well. She assured the youngster that she had slept well and asked if the little girl had slept well. She responded that she had and they both went their separate ways.

A Caterpillar said during snack time—"We're taking a break from treats at home over the weekend because we get wild and make bad choices."

A young lady in the Unicorns said during snack time, "This is NOT my lucky day. I ate my snack too early, I spilt my

milk, I had to throw away my napkin. This was not my lucky day."

"Play is the highest form of research."

Albert Einstein

Our Favorite Photographer

We want to give a big shout out to Patty Kauffman. She has been with us many, many years doing class and individual pictures. She also comes in volunteering her personal time to take class photos for our annual Auction. They are always amazing!

Years ago Patty met with

Sharon and her grandchildren to take pictures at Saguaro Park and they were wonderful. If you are thinking of family portraits, party



photos, wedding photos, etc. remember the kindnesses she has shown to Shadow Rock Preschool and check out her website at

It's U Photography.com.

Keys to self-control, EARLY YEARS MARCH 2017

How can you teach your little one to handle big emotions like anger, frustration and disappointment? Work on increasing his self-control with these strategies to help him think before he acts.

Talk it out

Give your child words to use when he is upset. For example, if you can't find your glasses, you might say, "I feel so frustrated! Where did I last have them?" Then, when he's aggravated (say, he misplaced his favorite book), en-

courage him to use similar words. ("I feel mad because I want my book. I was looking at it in the living room-maybe it's there.")

He'll learn to talk through his problems and be less likely to yell or whine.

Think ahead

Prepare for situations where self-control comes in handy. For example, you could say, "We're going to your cousin's house. Let's think about what you can do if she's playing with a toy you want."

He may ask to join her, or he could ask to play with another toy until she's finished. Having a plan can help him avoid grabbing the toy or you yelling at his techniques. He'll be able to think ahead without a reminder from you.



Community Week

A favorite week for our children is Community Week. This year it will be April 25-28.

We will need donations of band-aids, gauze, craft sticks, empty food boxes (safe, nothing that contained nuts), paper towel rolls, canned frosting, sprinkles,

mostaccioli, etc.

We will have a bakery, a hospital, a restaurant and a Home Depot.

To make this all happen we need parent volunteers to sign up for a day that week to help lead the children around on their adventures.

Sign up sheets will be outside your child's classroom door a week or two prior to the event. Please help! It is lots of fun.

I am in the world to change the world.

Muriel Rukeyser

Pizza Party

Join your child for a pizza lunch, music and games in Smith Hall April 5th or 6th.

Adults are \$3.00 and preschoolers are \$2.00. Enjoy Barro's Pizza with a group of

your child's friends.

Don't miss this fun event sponsored by our outstanding Shadow Rock Pre-school Board!



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UNIQUE & UNREPEATABLE



I CARE RULES

1. We listen to each other.
2. Hands are for helping, not hurting.
3. We use nice words.
4. We care about each other's feelings.
5. We are responsible for what we say and do.
6. We cannot say, you cannot play.

News from the Board

Mark your calendars, it's "Breakfast for Dinner" at Scramble, Wednesday, April 12th from 5-8 PM (9832 N. 7th St, Unit 1, Phoenix, AZ 85020.)

Pancakes, bacon and French toast for dinner?! Yes please! No need to "scramble" for dinner ideas 4/12, take your family, friends and neighbors to Scramble Restaurant and SRPS will earn money Yummy!!

Ice Cream Social, Friday, April 21st from 5-7PM.



Spring has sprung and our Annual Ice Cream Social is right around the corner. This will be a fun evening with a petting zoo, games and of course delicious ice cream!! We will be posting donation sign-up sheets for nut-free toppings closer to the date. Hope to see you there!

Join the SRPS Board:

We could use your help next year! Our next meeting is April 10th and we would love to see some new, smiling faces. Also, a Board Mixer party is coming up in April. This party is a fun night for returning and new board members to get to know each oth-

er! We hope to see you there! If you are interested in joining the Shadow Rock Preschool Board, please contact Amy Kerlin@amarto21@gmail.com.

Tuft and Needle has been a wonderful support to our school this year! If you're in the market for a new mattress, visit tuftandneedle.com and they will donate a portion of your on line purchase to our school!