



# A Great Night

## Fall Carnival

Our Meet the Teacher and Fall Carnival was great. It is funny watching the children enter their classrooms at a different time of day. They are excited to show off their favorite centers to their families. And of course, we so appreciate the teachers taking part of a Friday night to be here to enjoy your families.

The bouncy houses never stopped rocking, giving off the essence of sweaty kids and excited squealing.

Board members worked hard to keep everything flowing smoothly, and the fire truck always is a wonderful addition to our

event.

Did you like the pizza? Barros has always been part of Shadow Rock Preschool and we appreciate the discount they gave us.

But to me, the most excitement was found on the playground as the sun sets, the roof light comes on and the children race around like it is a whole new world to them. Parents meet and get to know one another while their children show off their skills.

This evening is always provided to you as a "fun raiser" where we just need to cover costs and

have fun.

So, thanks to all of you who came to celebrate with us. We love your dedication and hope you know we are dedicated to your children.

Fall Break is in two weeks. Hope you plan to do special things with your special children!



## Where Did the Fruit Juice Go

In an effort to reduce the amount of sugar your children intake at school the county has changed its guidelines on our ability to serve juice. This is a great thing since not only will the children be get-

ting less sugar, but it will allow more room in our budget to provide fresh fruit and vegetables. We are also reducing the times we are using dried fruit as the sugar content soars.

Obesity in our children continues to grow and we must all do our part in helping keep our children healthy.

Nikki Salmon, RN

## Shadow Rock Preschool

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### Special points of interest:

- ☺ No afterschool KDO Friday, Oct. 14th.
- ☺ Fall Break Oct. 17-21.
- ☺ Community Week Nov. 1-4.
- ☺ We can still order Sally Foster on-line.

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## Trunk or Treat

Who does your child want to be for Halloween? Children begin dreaming of their costumes months in advance of the holiday. It is such a time for pretending to be someone or something else.

Here at Shadow Rock, we have Trunk or Treat every year on the Sunday before Halloween. It is another chance to wear the costume, play some games, check out fire equipment and meet up with friends. There is a simple

meal for purchase should you choose to eat here.

Then, when it starts to get dark, people open their decorated trunks, and the children go trick or treating from vehicle to vehicle. Some people are very creative with ghostly music playing and mazes to walk through and enjoy. Occasionally someone brings a fire bowl and makes s'mores.

However you wish to participate, it is such a fun evening for you,

your friends, your family and all of us.

This year the date is Sunday, October 30th, and a flyer will go home at a later date.



## Safety First

Some safety issues have been noticed over the last few weeks.

Never, ever leave a little one in the car while you run in to pick up another child. You can call us, and we will walk out the sibling if your little one is sleeping.

Please don't allow your children to pick up or throw rocks anywhere on the campus. Not only is it dangerous

but also requires some maintenance after the fact.

Also, the north balcony area is not a play area for children after dismissal. That is a big part of why that door is locked. Some children have been running up onto the patio and climbing the tree while their parents chat in the parking lot. Please speak with them. You can imagine our concerns

about possible falls.

We all want the same thing, safe kids in a safe environment. Help us maintain that goal.

Thanks.

Your child's safety is our first concern.

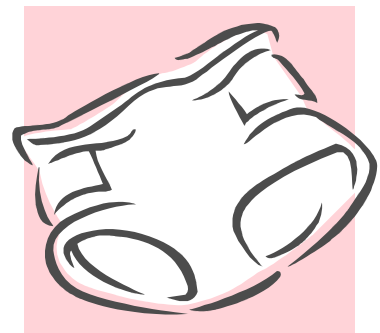
## Diaper Drive

Our diaper drive will run throughout the entire year for both the church and the preschool. Refugee families are arriving in our city with very few necessities, and this is a way we can help. With so many of our children transitioning from diapers to underwear, we are asking you, when the time is right, to donate leftovers to the cause.

We could also use extra pull-ups and wet wipes which are still in their sealed containers.

This is a good lesson for our children also, to see that giving to others, in need, is an important part of who we are.

Thank you for your continued support in this worthy cause.



# Community Week

Each year the children at our preschool have a field trip on campus. The adventure started when our insurance agent advised us to eliminate field trips because of the liability concerns.

The children love the week at "Rockville." Wide-eyed with wonder, the children become chefs, engineers, waiters, mail carriers and more. They move from the park to the bakery. They visit the hospital where they skillfully tend to the needs of sick doll babies. They check out x-rays and broken bones with care. As one child applied Band-Aid after Band-Aid

she said, "He will be better after we bandage him up."

A favorite store is the grocery where



carts are available for shopping. Parents save empty cereal boxes, milk cartons and other household items. Each child bags up a sack full of fa-

vorite foods and buys it all with Shadow Rock money. One two year old shook containers for quite some time before complaining to the cashier, "All these things are empty!"

The impact of Community Week extends far beyond the preschool. Our appeal to the community for supplies and volunteers has been well received.

We will need lots of help with the children during Community Week so look for the sign-ups outside classroom doors in late October.

## Heard in the Halls

One day, in the Shining Stars, a young lad "accidentally" bumped into a little girl playing on the floor. She was a little upset by the occurrence so the teacher asked the boy to go check her out. He folded his arms and informed his teacher that he was "NOT a doctor! OK!"

A group of three children were en-

joying the tire swing when a Bee boy said, "Hold on tight and don't let go until the ride is over!" Sounds like a Disneyland rider to us.

When one of our Teddy Bears picked up his older brother from school yesterday, he put his hand on brother's shoulder and said, "So buddy, how was your day?"

So Buddy, How was your day?

## Solutions for Picky Eaters

Do you have a picky eater in your family? Here are four strategies you can try:

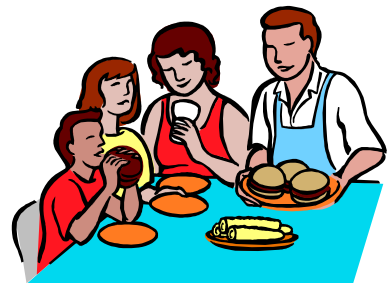
1. Serve meals at about the same time every day so your child gets used to eating then. And make sure she's hungry at mealtime by not letting her have snacks or drinks for at least an hour beforehand.
2. Give your youngster the same meal everyone else is having. Once he gets used to a no-substitutions policy, he's unlikely to go hungry for long. NOTE: If he

doesn't eat dinner, offer him a small, healthy snack later-but not a whole meal.

3. Keep the mood light at meals. Have pleasant conversations about your days, rather than focusing on what your child is or isn't eating.
4. Using dessert as a reward for eating a meal can backfire. In fact, making dessert the prize gives your child the idea that healthy food is a chore to get through rather than something to enjoy.

Instead, you might serve dessert once or twice a week as an ordinary end to a meal.

Nutrition Nuggets from *Food and Fitness for a Healthy Kid*



## Shadow Rock Preschool

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### KDO

Often I'm asked about availability in KDO. Right now we have openings every day. To reserve a spot, e-mail me at [sharon@shadowrockpreschool.org](mailto:sharon@shadowrockpreschool.org), and I will put you on the list. Then, when you sign your child into their room that day, also sign them in on the blue KDO form.

Remember to send your child with a marked lunch that day, **no nuts of any kind and no sodas**. Other than that, your job is done.

Pick up by 1:30 is \$12 a day and pick up after that until 3:30 is \$24 a day.

Very simple. Give it a try.

## Educational, Experiential Preschool

Children learn by using as many of their senses as possible. It is through "doing" that concepts are learned. We want our children to have a very good feeling about who they are and how special they are. Every teacher looks for the best in each of the children. We take time with them and never ask them to perform tasks beyond their abilities. We might give a little push when we sense they are ready for the next challenge, but it is always up to them.

If you insisted your child would never scoot or crawl, but would only walk, both of you would have a very long wait. The child's body isn't ready to walk until it is ready to walk. There are processes, which need to come first in the child's development. A child cannot read because you decide it is time, yet your child will learn to read on his/her own timetable. A child cannot read because he/she can identify the alphabet. That has



little to do with the process. Singing the ABC's is performed perfectly by some of our 2s. That makes us smile. The process does include left to right tracking, speaking in sentences, thinking in sentences, conversing logically with other children and adults and crossing the mid-line. A child also needs to be able to listen in a group setting, be able to sit for a good 15 minutes and concentrate and be able to sit in a group without bothering a neighbor. Also, finding colors and items from a field of items and colors is important. These things are being practiced all the time.

A child cannot grasp math concepts just because he/she recognizes numerals. First, a child must understand the idea of quantity, sorting by numbers, sizes, colors and shapes, measuring, pouring and mixing. From 2s through 5s these things are part of our cur-

riculum.

All of the above is done right here. That makes us an educational, experiential preschool. Before any child goes to Kindergarten he/she needs to be able to handle dressing and caring for his/her own body without adult help. We always encourage them to do so. Parents need to do the same. Pencil grasp is important and worked on to help the child get comfortable and ready to write. Upper and lower case letters should be used when writing your child's name and helping them write it. Eye-hand coordination is so important and your child should be able to carry out a series of jobs based on your giving them 3 command sentences. We want your children to be doing the best they can for the ages they are.

So, that is who we are and what we believe. Any child should be given a solid foundation in a loving and growing environment. We operate on child time here.