



Paradise Place

October News...



Flu shots @ Paradise Place October 27th

Pumpkin Party - Monday, October 31st

C.B.'s Got Talent November 12th (More info. soon)

WONDERFUL THINGS COMING UP

Paradise Place Committee: Next meeting will be on Monday, October 6th from 12:00-1:00

Public Health is offering Flu Vaccinations for Children attending Paradise Place School!!

When: Thursday, October 27, 9:30-11:00 am

Where: Paradise Place School **What:** Seasonal Flu Vaccinations (Shots and FluMist)

Please note that FluMist is only for those children 2 years of age and older without any chronic health conditions, such as asthma.

Who: Paradise Place children only

No parents or children not attending Paradise Place

Cost: TBD

Please note: Parents need to be present for administration of any flu vaccination. Please have paperwork prepared prior to clinic. There will be a clinic open to the public, including parents and those siblings who may not be attending Paradise Place, held at CB Town Hall.

Pumpkin Party: On Monday, October 31st everyone is invited to our Pumpkin Party at the school from 9:30-11:00. All Paradise Place children and their siblings are encouraged to attend wearing non-scary costumes. Special activities and special nutritious treats will be served. Parents, please look for the special Pumpkin Party sign-up sheet in your child's classroom.

F.Y.I.'S

Whales Parents: You are always welcome to join us for Whales in the World, lunch, or other times that work for you. Please give us a heads-up. Also, please bring in your child's favorite CD/Song for our "music" theme.

Prayer Box: A sub-committee of the Paradise Place Committee (school board) has committed to praying for our students, families and teachers. On a shelf in our foyer you will find our pray box. If your family or a friend needs prayers, please let the committee know by writing your concern on the paper provided.

Snacks: This year the Lambs will be bringing their own snack along with their lunch. The **Doves'**, **Lions'** and the **Whales'** snack will be on the same calendar. Parents, be aware that you will be asked to bring in **30 servings** of a nutritious snack (mostly fruits and veggies and no nuts) by 9:00a.m. Please take a minute and separate your snack into three bags for the three classes that will be sharing the snack. If you are *not able to bring* a snack on your day, please contact another parent to switch.

Birthday Snack – When bringing in a sweet snack for your child's birthday, also include a veggie or fruit for children to eat. Thanks!

GREAT PARENT IDEAS!

5 Ways to Let Your Kids Be Kids



There's a good chance that your child is, right now, making his own Harry Potter broomstick out of a stick he found in the backyard...and he might prefer it to the pricey vibrating plastic version you were thinking of buying him. Childhood experts and those who have studied the stressed-out are weighing in on the ways we can help our children reclaim simpler pleasures. Here are a few of their suggestions for slowing down and getting a little balance back into kids' lives:

1. Embrace the joy of goofing around. If you live in an area where you can let your child run amok with his friends outdoors, let him; if you don't, remember that just hanging with friends and neighbors indoors can be great too. I've recently

adopted an open-door policy with the parents and kids in my building: The result sometimes necessitates that I wear earplugs and swill wine on a Saturday afternoon when the hordes descend, but the chaos and occasional showdowns ("You cheated!" "Did *not!*"—ah, the dulcet tones of 6-year-old boys) are far preferable to the eerie silence that descends when little kids are locked for hours in the world of Noggin or Club Penguin.

2. Limit kids to one or two activities per season. For her book [*The Overachievers*](#), which chronicled the lives of hyper-competitive teens destined for prestigious colleges, Alexandra Robbins interviewed kids of all ages; she found some as young as 6 who complained of stress, and 8-year-olds who were carrying day planners. "Kids may have lots of energy, but they get as tense as adults would when they're overscheduled," Robbins says.

Some parents I know are taking the less-is-more idea a step further, at least temporarily. "One semester we took the girls out of *everything*," says Soledad O'Brien, an anchor and special correspondent for CNN and mother of four children under 8. With all the various activities of the older girls, "it was getting insane...and it was hurricane season for me, so I was traveling more than usual. I said, 'Screw it,' and took 'em out of all extracurriculars." O'Brien then substituted dates with her daughters: Once a week Mom picked up one girl, who got to do whatever she wanted—museum, bookstore, carriage ride in Central Park, lunch in the CNN cafeteria (a favorite). "One-on-one time is great, especially with four kids," says O'Brien. "And a child walking down the street telling complete strangers, 'I'm on a date with my mom!' is really sweet."

3. Encourage more human time, less screen and toy time. Our children are spending larger and larger chunks of time with *stuff* and less time with people. "Think about it," says Elkind. "Even with something as simple as a car ride...parents used to use car time to talk to their kids, and now the kids are watching DVDs in the backseat." Elkind also notes that the reason classic toys like Etch A Sketch, Mr. Potato Head, and Play-Doh are still popular is that they don't direct a child's play; they don't say, "Here's the story. Play with me like this." Instead, these simpler toys allow for more wide-ranging, creative experience. "A good toy is 90 percent child and only 10 percent toy," notes Linn.

4. Introduce computers with caution. Many childhood experts agree that the interactive quality of computers can be powerfully motivating for kids who are learning to read and write—and games can be just plain pleasurable, too. But, notes Elkind, computers are finding their ways into tinier and tinier hands. "There are these little computers and computer games for 6-month-olds now," he says. "Parents who say, 'Well, computers are part of our world' are right. But to them I say: 'Microwaves are part of our world too, and you wouldn't stick one in the crib of a 6-month-old.'"

5. Learn to trust your child. This may be the most important parenting rule of all, says Elkind. "Children are self-directed learners—they are naturally curious—and how they learn is through play." When Henry finally stopped hyperventilating about getting back to the city for his lemonade stand, he teamed up with another kid at the lake who taught him how to skip rocks. This being Henry, the rock skipping ended in some massive contest over who could find the flattest rock and

skip it the most times...and at some point, betting was involved. But in this simple, time-honored pursuit, they were learning something about the natural world, something about the physics of water and stone, and something about companionship and cooperation. At least I think they were. And heck, even if they weren't, I didn't have to listen to my 6-year-old discuss gross versus net for an hour. Now that's a blessing of play.

Church Information

Sunday Services: Union Congregational Church (UCC): 9:00 a.m.
Queen of All Saints Catholic Church: 8:30 a.m.
Oh Be Joyful Baptist Church: 9:00 a.m.
All Saints in the Mountains Church: 5:00 p.m.

Come and worship!



Birthdays –

Happy birthday to our **October** birthday kids and staff:

Miss Michelle – 3rd

Eva – 15th

Hugh -16th

Merrick – 19th

Luke W. – 23rd

Alyssa 26th

Reminders

Sunscreen! – Please apply sunscreen to your child before coming to school. It takes 15-20 minutes before the protection begins. We will do our best to apply a second coat before going outside, but it takes a good amount of time to sunscreen 8-12 squirmy little ones and our teachers would really appreciate it.

Signing in and out: Parents its imperative that you remember to sign your child in and out.

Parent Participation: All parents need to complete 10 parent hours during the year. Here are some ideas:

- Help at C.B.'s Got Talent
- Moving furniture out of the Doves' & Lambs' rooms
- *Extra snacks* to keep on hand
- *Deep clean nap cots*

When you do have some participation hours, please be sure to write them on the index card in your child's classroom. If you don't know where it is, ask your child's teacher or a director!

Diapers, Wipes & Grocery bags: If your child is still using them, we still need to make sure that there is plenty available in their classroom.

Whales Class: Whales in the World starts next week. Please make sure that your Whale student brings a water bottle, good shoes and a lunch that doesn't require any heat ups on Wednesdays. A sharing (show and tell) calendar will be emailed soon.

WISH LIST

Container/Bug Jar for spiders
AA batteries

- When donating used toys and books please make sure they go to a staff member. Please don't leave them in the room. Thanks you.

THANK YOU

- ❖ For a great first month of school & making a smooth transition into our new classrooms!
- ❖ Robin & Casey for the rabbit food.
- ❖ Laurie for the new pillow covers
- ❖ Jordan O'Neil for our Pyramid Parent Nights

KID QUOTES

Gus – "I will eat all my veggies because they make me grow bigger so I can be a clown"

Miss Amanda "Evvie are you a Lion or a Dove?"
Evvie – "I'm a princess"

Moose – "I need my chair pushed back so far so I have room for my belly."

Dayla – "Mr. Ben we have a pretty lucky life. We get to buy toys and all sorts of things."

Dayla – "In the mornings I never want to go to school and in the afternoon I never want to leave."

OCTOBER THEMES:

Lambs: "Fall Leaves & Spiders"

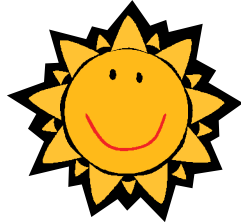
Doves: "Fall (first two weeks), Creation - Heaven & Earth"

Lions: "Fall & Pumpkins"

Whales: "Leaves, frogs & Bats and Letters b, f, a, l"



Love and Thanks, Ben, Julie, Rebecca, Gwyn, Michelle, Amanda, Sunny,
Allison, Hillary, and the Kids



Office Hours

Monday:	Ben - 8:30-5:00	
Tuesday:	Ben - 8:30-4:30	
Wednesday:	Ben - 8:30-3:30	Hillary - 10:00-12:00
Thursday:	Ben - 8:30-5:00	
Friday:	Ben - 8:30-5:00	Hillary - 10:00-12:00

Paradise Place Committee Members (school board members)

Ben Poswalk

Tim Clark

Barbra Crawford

Jenny Jeffery (New Member!)

Lindsay Oleson (New member!)

Laurel Marr

Jamie Stambaugh

Fr. Steven Murray

Jeff Engle

Leslie Walton (New Member!)