

# Parent Times

November 2017



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- ✓ Tour the campus with a Parent Ambassador
- ✓ Learn about the application process
- ✓ Meet with administrators and faculty
- ✓ Enjoy a light breakfast

Open Houses will be held at All Saints' Episcopal Day School  
602.274.4866  
9 a.m. - 11 a.m.

# OPEN HOUSE

For Prospective Parents

November 08  
December 06  
January 10

### KEY DATES

Application  
Opens

OCT 02

Pre-K - Eighth Grade  
Application Deadline

JAN 19

Kindergarten  
Group Screening

JAN 26

Pre-K  
Play Date

JAN 27

First - Eighth Grades  
Group Assessment

FEB 03

Admissions Decisions  
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MARCH

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# President's Corner

To the entire NCPG Community,

A huge thank you to all of you who've joined us at our recent social events, including **Uncorked**, which was a huge success! We loved seeing all of your adorable kiddos in costume at the **Fall Festival** as well.

Your support and commitment to the continuation of NCPG is very appreciated! Please join us at our next **MDO Namaste + Brunch** at Postino's Arcadia on November 19th starting at 9am.

As Phoenixians we might not experience the stereotypical moments of Fall, but these slightly cooler temperatures and the stores full of holiday decorations are helping to get me in the holiday spirit.

Growing up some of my fondest memories starting with the Thanksgiving season are the ones of being in service of others. I am beyond pleased this year that the NCPG board has partnered with **The Salvation Army** to create opportunities to get your whole family involved in our yearly philanthropic effort. We will be participating in the **Christmas Angels Tree** and **Bell Ringing**, both excellent ways to give back and get your kids involved — no matter the age. After all, "we can't help everyone, but everyone can help someone." — Ronald Reagan.

There are so many ways to get involved with NCPG, one of which is joining one of our committees, so if you are interested please reach out to me, and I'll happily get you connected. As always, I am available if you all need anything or have comments/suggestions on how to improve NCPG.

xo.

Ashley Blalock  
NCPG Board President  
president@ncpgaz.org



*My son, age 2, enjoying collecting "monies" and eating a gaggle of candy canes at Nordstrom's Fashion Square, 2016.*



ncpg

north central parenting group



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NCPG is a non-profit, non-denominational organization providing classes to parents of infant to elementary school age children.

[www.ncpgaz.org](http://www.ncpgaz.org)



Like us on Facebook: NCPGAZ

## Parent Times

Members, this monthly magazine is for your benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at **communications@ncpgaz.org**. Thanks for your help!

**Editors** – Laurie Ball & Chandra Petelin

**Designer** – Neill Fox, foxnoggin, neill@foxnoggin.com

## On the Cover

Kennedy and Royce Hilton, photographed by Sandra Tenuto.  
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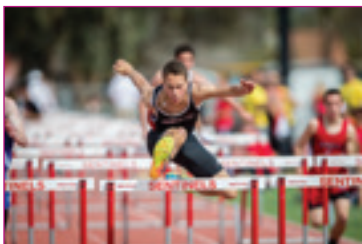
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# Helping our Youngest Learners Become Innovators of Today and Leaders of Tomorrow

By Tracey Williams,  
Lower School Design Thinking and iPad Specialist



Today we are teaching a generation unlike any other — a generation where students have solutions at their fingertips as well as the confidence and tools to unlock great power. As educators, it is important we allow our students to explore and unlock this potential. Jaime Casap, Chief Education Evangelist at Google, often speaks about the mindset of the next generation who is influenced by the rapid change in technology and the potential and power the web has in today's society. Casap shares, "Instead of asking students what they want to be when they grow up, I ask them what problem do they want to solve?" At **All Saints' Episcopal Day School**, our goal is to provide students with the tools, the confidence, and the expertise to change and influence the world not only today but in the future.

Two years ago, All Saints' decided to take a chance and try something new—something progressive and different from what you will find in most Independent schools in Arizona. We decided to create a space for makers—our **DREAMlab**. This space is where students take the Design Thinking process, a framework introduced by the d.school

at Stanford, and use it to solve problems, collaborate, and learn 21st-century skills. What started out as a new curriculum program for the Middle School has developed into a K–8 program for innovators, builders, and thinkers. With students coding; creating 3D designs; learning circuitry; building with LEGOS; programming robots; filming green screen creations and more, there truly is a mindset that these students can and will one day do anything.

There are five steps in the Design Thinking process: empathize, define, ideate, prototype, and test. This process enables students in the Lower School DREAMlab to explore technology well beyond keyboarding and PowerPoint.

One prime example of this is through our partnership with **Level Up Village (LUV)**. LUV partners schools like All Saints' with schools in developing countries which often lack reliable access to electricity. Through the partnership, students learn about the power of 3D printing to engineer solutions to real-world issues. They collaborate with their global partners in India using Computer Aided Design



(CAD) software to create and modify a series of designs, ultimately creating a solar-powered light source. Throughout the project, the students exchange video messages about their projects and daily life in each of their countries. Students become digital pen pals as well as collaborators in a community service project. The students in India keep the solar light box for their community, and our students donate their solar boxes to our sister school in Haiti.



Not only does this partnership demonstrate the skills 21st-century learners are being introduced to in elementary school, but it also gives the students at All Saints' a chance to dive into the design thinking process. Students empathize with their partners in India, and to work together to think of real-world solutions for real-world problems. We learned that our students take away more from this one project than could ever be taught from a textbook. So, we have committed to a partnership with LUV throughout the 2017-18 school year. The students at All Saints' Episcopal Day School are figuring out solutions every day to problems they never thought they could solve. They are doing it by learning from their mistakes, by helping others, by discovering what it means to empathize, all while playing, laughing, and creating in their DREAMlab.



## New Arrivals



### Magnolia Louise Gail Garvey

June 9, 2017



8 lbs, 3.4 oz, 19.2 inches

Welcomed by Megan & Sean Garvey,  
and Big Brother Anderson



### Emma Grace Kennedy

August 31, 2017



6lbs, 19 1/2 inches

Welcomed by Rusty and Alyson Kennedy,  
and Big Sister Avery



### Clyde Feinstein

September 20, 2017



7 lbs, 9 oz, 21 inches

Welcomed by Ara & Iris Feinstein,  
and Big Brother Eli





# Member to Meet

## Lucia Rassenti

### Where are you from?

Hermosillo, Sonora, Mexico.

### Kid's name and age, current class:

Leo Luca, 23 months, Class 2A

### What drew you to NCPG?

My friend Sara Snyder recommended I join when I was pregnant. I loved my first pre infant/newborn class with Monique Nelson. It helped me both better prepare and relax about my new journey.

### Tell us about an area where you struggled as a parent that your NCPG class has helped you with.

It's hard to choose one topic. As a new mom I struggled with second guessing and questioning every decision. The frankness and compassion you receive from both the instructors and moms was reassuring and comforting. I especially appreciated Monique being so responsive by phone during the first months!

### What has been the biggest surprise about being an NCPG member?

I guess the biggest surprise is how quickly you connect with the moms. Especially listening to the other moms going through similar struggles with their babies. Sometimes you feel like this is ONLY happening to you.

### What has been most surprising about being a parent?

How much you love your child; the depth is unfathomable until it happens.

### Name your spirit animal, and why?

A horse. I'm loyal, a little wild, stubborn and have endurance.

### If you could have dinner with anyone, living or dead, who would it be?

My grandparents when they were young and raising their family.

### If your favorite celebrity sat next to you on a plane, what would you do?

Act normal! No, if I saw Oprah, I'd love to have a conversation with her.

### What item of your partner's (that s/he refuses to part with) drives you most crazy in your home? What about it drives you crazy?

My husband is in the habit of cutting old pants and making them "shorts". Not cute. I mean, why doesn't he just get rid of the pants and buy new shorts? I refuse to go out with him in public when he's wearing them.

### Would you rather be able to teleport anywhere, or read minds for a day?

Teleport, reading minds sounds dangerous.

### What would you do with that power?

I'd go to Paris for a croissant, have dinner in Florence. (Can you tell I'm prego?)



# Student Success: It's All in the Details!

By Katie Jillette

Is homework a nightly battle with your child? Students often struggle to complete independent work at home due to a variety of factors. Sustaining attention, avoiding distractions and mastering the material are all examples of possible struggles that students may experience. The good news is that there are strategies that can help all students increase their understanding and reach their homework goals. At New Way, we use a variety of methods to eliminate distractions that can be easily adapted for the home.

- **Avoid the Pinterest Effect** - We all want our spaces to be decorated with flair and cute accessories, but these items are the most disruptive to learning. Painting the walls of your study space in a muted tone, such as beige or light blue, has been shown to calm the brain. Busy patterns have the opposite effect.
- **Clear the Clutter** - Items as innocuous as a family vacation photo can derail progress on homework, as a student daydreams about the fun she had meeting Mickey at Disney World. This doesn't mean you need to hide all mementos or dedicate one room to bare walls. Choose a wall in your homework space as the "focus wall" and orient the furniture to face that wall during homework time.
- **Keep Supplies Handy** - The optimal learning environment keeps all necessary supplies out of sight but within reach. For example, you may use your dining room table as the homework spot, so keeping a container with scissors, glue, pencils, a sharpener, and calculator nearby will ensure your student has access to everything they need. This also helps to eliminate wasted time, as students often get "lost" searching out school supplies, as they find a toy they forgot about or a game they want to play, and a power struggle to get back to work soon ensues.
- **Consider Alternative Seating Options** - Your learner now has a great space to get to work, but what are they actually sitting on? Anyone who has gone to school for any length of time knows how challenging it can be to sit in one spot and maintain attention. We know that our students benefit greatly from alternative seating options. Hokki Stools, Zynergy Ball Chairs, and under-desk elliptical machines are some of the options used at New Way that you can incorporate into your learning space at home. All of these options are available on Amazon for under \$200.



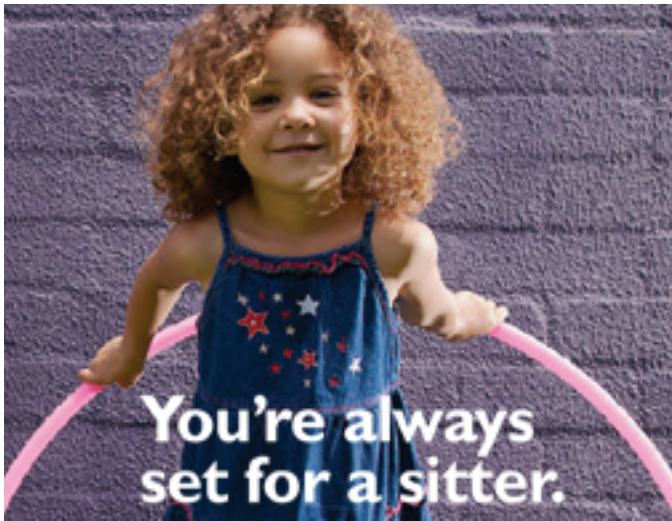
- **Create a Schedule** - Equally important is the way in which homework is accomplished. Students with attention needs benefit greatly from a schedule that includes frequent breaks. Spending the first 15 minutes of homework time creating a task list and schedule for completion saves a lot of time in the long run. Students can check off items as they are completed. Older students can also track the time they spend on each assignment to help build executive functioning skills like time management and prioritizing/planning. Using [freeonlinetimer.com](http://freeonlinetimer.com) is an effective option. Review your student's schedule and discuss acceptable break activities. For example, electronics should not be used during breaks, as this often results in a power struggle to get back on task. No one wants to leave Princess Peach in the castle or abandon Pikachu in the middle of a battle! Instead, play a short game like Tic-Tac-Toe or Simon Says, or use this opportunity for a snack or to help prepare dinner.

Although these adjustments take time and energy to implement, the payoff of increased student success will pay dividends for years.

*New Way Academy is a private, K-12 school for students with learning differences. If your child thinks differently and has struggled in their current school, we may be able to help. Learn more at [www.newwayacademy.org](http://www.newwayacademy.org).*



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# A Gymboree Kid

How play helped our child learn and grow in ways we never expected.

Our two-year-old son was shy, so shy that he hid behind me whenever we talked to someone outside our immediate family. He didn't even like family events with cousins playing and grandmas laughing.

So, when our daughter started kindergarten, I signed my son and I up for Gymboree Play & Music. Bright colors, kiddos laughing, parents playing, teachers singing (at the top of their voices) seemed overwhelming at first. He hid behind me. He didn't want to go.

I persisted.

And, after a few classes (a few LOOONG classes of cajoling him into sinking a basketball in the mini-hoop and sliding down the slide before another kiddo wanted a turn) he liked it. He actually liked it. He even asked me in his tiny voice, "We go to Gymboree this day?"

Wow.

That began an amazing journey that ended with his kindergarten teacher telling me "he sure talks a lot; he makes friends with EVERYONE." Others described him as playful. Even outgoing. WHAT? Our little guy who used to hide behind me?

We credit it to our time at Gymboree Play & Music from age two to five.

We played there. And played some more. And he learned. He learned how to socialize with other children, even to talk with other parents. He learned it was okay to take risks, to explore, to be creative. He climbed the tall steps to catch a bubble. He took a turn on the slide. When he grabbed a ball and tossed it onto the ramp, he learned the effect of up and down. He hid under the parachute, pretending to be a kitty cat as he sprang out. He "cooked" us dinner with scarves as ingredients and buckets as bowls.

He thrived.

We went to playgrounds and he ran up the slide and jumped off the fire pole. He ran, yelling "catch me, catch me! Tag me, I wanna be it!" Who was this kid? He was a Gymboree-kid.

A grandma once told me she could spot a "Gymboree-kid" on the playground. "They are so social, so confident, so willing to take on life," she told me. It made sense; I had a Gymboree-kid.



## What makes a Gymboree-kid?

It's the parents. Gymboree Play & Music is unique because of the parents and care givers who participate in the classes. The community of families who believe in Gymboree and its impact on their children's lives, not just as little ones, but as grade schoolers, middle-schoolers, high-schoolers. Our shy, two year old, is now one of those middle-schoolers you can spot as a Gymboree-kid. He is confident, willing to try new things and not shy about voicing his opinion. (Another article on that someday!)

When our Gymboree-kid was five, we decided to jump in and be a Gymboree Play & Music family for good. We purchased the Scottsdale and Glendale franchises to share this experience with new groups of families. Now, we see this amazing community of multi-cultural families playing together, sharing the same experience we did. It makes our hearts happy.

Now, when I am at Gymboree Play & Music, I see a dozen little ones and their care givers, sitting in a circle chasing bubbles and singing the bubble song. They play maracas and dance to the music. They swing on the inner tube swing and climb a tall incline to toss a ball over the edge. They make art. They share. They are happy. Playing. Learning. Thriving.

Gymboree Play & Music class curriculum is developed by experienced child development program directors and incorporates a balanced whole-child approach with activities to support what your child is mastering right now and what he or she will aspire to later. Classes are designed in 6-month increments to continue to meet a child's grow-

ing interests and abilities. From birth to age 5, we provide an environment where children are free to move, play and explore safely.

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[www.gymboreeclasses.com](http://www.gymboreeclasses.com)

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# 5 WAYS TO MANAGE MOM BURNOUT WHEN YOU CAN'T MAKE A SPA DAY

By Sonja Haller, *AllTheMoms.com*

## MOM BURNOUT IS A THING. A REAL THING.

It happens to some parents — dads too — more than others. Perfectionists, for sure. A study published this year in *Frontiers of Psychology* found that about 13 percent of mothers and 12 percent of fathers experienced “high burnout.” Researchers noted a correlation between this level of burnout and health problems, addiction and depression. Keep in mind, this is a Belgian study of more than 2,000 parents in a country where they get 15 weeks of paid maternity leave and childcare is subsidized.

Not that a study is needed to know there's normal sleep deprivation and kid-crazy and next-level burnout. Stephanie O'Leary, clinical psychologist and author of “Parenting in the Real World,” said the signs of parental burnout and work burnout are similar, with one exception: Guilt.

At work, you can blame your burnout on a boss. A heavier than normal workload. The unfairness of the workplace culture. “But being a parent, it's all on you,” O'Leary said. “And at the end of the day, being a mom is the most important job you have. And when it goes off track, you fear making a big mistake and that impact that's going to have is going to be something that messes up your kids for the rest of their life.”

Gah. No wonder burnout comes with a heaping side of guilt.

## HOW TO RECOGNIZE BURNOUT

O'Leary said the signs of burnout are:

- Fatigue. (Beyond the usual I-have-kids fatigue.)
- Irritability and losing patience more often.
- Low productivity.
- Oversensitivity to light and sound. Your kids run up and down the stairs all day. But for some reason, now it seems particularly loud.
- Failure to follow through. Giving in or overcompensating because you have low energy.
- Withdrawing from family and friends. Not returning phone calls, etc.
- Forgetfulness.

## WHAT IF YOU HAVE ALL THE SIGNS?

First, O'Leary said, congratulate yourself on acknowledging where you are.

Second, stop judging yourself. You see that mom laughing it up on Facebook at the zoo with her kids and think she never faces parent burnout? Maybe. Maybe not. Stop comparing and despairing.

It's impossible to say whether every parent faces burnout, she said. But some are more susceptible, especially parents who are perfectionists, lack a support system, or won't ask for help. If you can drop everything



— meaning drop the kids with Grandma or another relative and take a spa day, maybe two — then by all means. But most parents can't.

## 5 WAYS TO DOUSE THE BURNOUT

No spa day? No problem. Besides, O'Leary said, parenting is a 24/7 gig, so preventing burnout is really about taking small moments every day. Her top tips are:

### 1. AVOID ENGAGING IN SOCIAL MEDIA

It's not self-care, O'Leary said. It's a depleting distraction that feeds our need to feel valued and validated but does neither. “It's more valuable to sit across from someone or pick up the phone and talk to someone.”

### 2. SAY NO

Cancel, delegate and leave it for later.

### 3. SAY YES TO FEEL-GOOD MOMENTS

When you're in burnout, you may feel nothing less than a month with Tibetan monks will do. But O'Leary said choosing to say yes to small pleasurable moments can prevent mom and dad burnout. “Even if you tell the kids, ‘we're going to sit in the driveway and listen to mommy's favorite song before we get out of the car.’”

### 4. SCHEDULE DOWNTIME OR PICK-ME-UP TIME

Waiting for the perfect time to relax or fit in some me time? Never. Going. To. Happen. You have to schedule it, O'Leary said. Even if scheduling it means texting hubby to say, “I'm going to Target BY MYSELF for 30 minutes.” Or it could mean scheduling a lunch date with a friend on Saturday or arranging a play-date swap with a friend while you run to the gym or the movies.

### 5. LOWER YOUR EXPECTATIONS

Sometimes it's OK to pop in a video, set the kids in front of it and “go and lay on the bathroom floor,” O'Leary said. Is it what we aspired to do when we clutched the first sonogram photo of our progeny and imagined what motherhood would be like? Heck to the no. But sometimes, we need to press the pause button and take time to recharge wherever and however that may look in the moment. That won't mess up our kids for the rest of their lives, which is what we fear.

## WHEN IT'S MORE THAN BURNOUT

Sometimes, what you're feeling is anxiety or depression, which may require medical or professional intervention. Burnout is often situational, brought on by a confluence of happenings. But while parents dealing with burnout can pretend everything is A-OK, people with more serious issues can't.

“They are really struggling to function,” O'Leary said. “Their sleep is impacted, their appetite, their health, their ability to do the things they used to be able to do without difficulty.” That's when it's time to see a doctor and get professional help.





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# Fall





# Fun



# 17





# 2017-2018 Calendar

## Class Schedule

<b>8:30 am</b>	Nursery opens
<b>9:00-9:40 am</b>	Refreshments served in Hutton Hall
<b>9:45*-11:30 am</b>	Classes are held <i>*Teachers will start promptly at 9:45!</i>
<b>11:45 am</b>	Nursery closes
<b>11:45-1:45 pm</b>	Pre-Infant Class

## Location

### Saint Barnabas on the Desert Episcopal Church

6715 N Mockingbird Lane  
Paradise Valley, AZ 85253

## Class Dates

November 8\*  
December 6\* & 20  
January 10 & 24  
February 7\* & 21  
March 28\* (slate vote)  
April 11 & 25\*  
May 9\*

*\*Monthly Parent Times magazine distributed.*

## Board Meetings

December 4th	March 5th
January 8th	April 2nd
February 5th	May 7th

*Meetings are at 6:30 p.m.*

# Special Events

## Mom's Night Out

**Sunday, November 19th, 9:00-11:30 am**  
**Namaste and Brunch @ Postino Arcadia**

Take some time out of your weekend for you! Join us for a feel-good morning yoga flow, followed by delicious brunch on the patio. More details coming soon!

**Saturday, January 20th, 12:30 pm @ Barre 3**

Jump start your New Year's Resolutions and enjoy a morning out with fellow NCPG moms! Join us for an invigorating Barre 3 workout, followed by complimentary mini facial peels, cupping, shopping and more! Barre 3 provides a full body workout inspired by ballet barre, yoga, and Pilates, which tones and lengthens all major muscle groups, revs your heart rate, and strengthens your body. It's perfect for all fitness levels and a fun way to spend a morning with girlfriends! Childcare will be provided.

**Thursday, March 22nd, 6:00-8:00 pm @ Artistic Impressions by Mara, Fine Photography**

Please join us for hosted small bites and wine, with a short presentation by Mara on how to organize your family photos and create beautiful photo walls & photo books on any type of budget. More details to come!

**Thursday, May 17th, 6:00-8:00 pm**  
**Happy Hour End of Year Celebration**  
Location TBD

## NCPG Play Dates

**Wednesday, December 13th 4:30-6:00 pm**  
**@ Childrens Museum of Phoenix**

Join us for an exclusive after-hours party only for NCPG members! We'll take over the museum for an afternoon of hands-on fun, perfect for tiny tots and big kids alike!

**Wednesday, February 28th, 3:30-5:30 pm**  
**@ McCormick Stillman Railroad Park**

Choo-choo! Join us for an afternoon at one of the Valley's favorite kid-friendly attractions! Train rides, snacks, and an extra set of hands from the ladies at Busy Bee's Babysitting will be provided.

**Saturday, April 21st, 10:00am-12:00 pm**  
**Spring Festival @ All Saints Episcopal School**  
More details coming soon!

If you have any questions regarding the play dates, please contact [specialevents@ncpgaz.org](mailto:specialevents@ncpgaz.org).





## ANNOUNCEMENTS

### Scholarships

Our Treasurers would like to let our members know that NCPG continues to offer scholarship opportunities. We are now on a waitlist for membership but if you, or someone you know, is interested in assistance this year or in the future, please email [treasurer@ncpgaz.org](mailto:treasurer@ncpgaz.org) for more information.

### Shirts & Hats!

Did you know NCPG has new Children's Shirts & Mom Hats.

NCPG T-shirts ranging in sizes 2T through 6T and for Mom we have NCPG baseball hats. We will sell them during breakfast in Hutton Hall.

**\$20 - shirt \$15 - hat**



### Membership Info

We have had such an amazing response with our membership this year we are now currently placing people on a waitlist. For us to maintain the integrity of NCPG and stay within a safe and comfortable ratio we put a cap on our membership for the year. While St. Barnabas is a fabulous location for us and we are grateful for all our accommodations, we have already maxed out all available rooms for both our classes and the nursery. Please email [membership@ncpgaz.org](mailto:membership@ncpgaz.org) for more information or to have your friends placed on the waitlist.



### Facebook News

After some deliberation, we have decided to migrate this Facebook page to become a closed group. We take the privacy of our members and their kiddos seriously, and we want to make sure we are posting in the safest way we can online.

The closed group will be a benefit to members and we are encouraging you all to become more actively engaged with our page. We are now opening the closed group up to members to be able to share advice, articles, deals, events and there is even a classifieds section. We just ask that we keep everything respectful and positive on the page.

All registered NCPG members will get an invite to the page sent via email. If for some reason it doesn't come through, you can simply request to join the group and you will be approved.

## SAVE THE DATE!

**Saturday, March 10, 2018**



NCPG will hold its  
annual fundraiser (Spring Gala)  
at its new location,  
Arizona Country Club, from 7-11 pm.



### New Nursery

With our new website up and running and the amazing work of our Busy Bee's, NCPG nursery is off to a fantastic start this year. We couldn't thank you enough for trusting us with your children! With ALL of our classes completely filling up within hours of opening registration, we want to remind you that space is extremely limited. Registration begins **Thursday at 8 am**, immediately following Wednesday's class.

Please remember that the NCPG nursery continues to operate on a first-come, first-served system and as much as we would like, we cannot accommodate everyone. While we wish we had space for all of our NCPG kiddos, we have to maintain specific ratios as dictated by the state and our facility.

Another important reminder when using the online nursery website is if you already registered your child in our system you **DO NOT** need to do that step again. Please click on the log-in link underneath Childcare on our [ncpgaz.org](http://ncpgaz.org) website to register for the next upcoming class. If you do not see your child's appropriate nursery room listed, the room is already filled, and we cannot accept any more children. Please do not register for a different room. We are trying our best to keep everyone safe and happy!

Please don't hesitate to contact us with any questions at [childcare@ncpgaz.org](mailto:childcare@ncpgaz.org).



## NCPG Uncorked 2017







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# We Want Your Pictures!

Please send all birth announcements, cute pictures of NCPG kids and parents and professional photos to be considered for publication in the magazine and your child may even end up on the front cover.



Please submit high resolution images at a minimum size of 5 x 7 at 300 dpi.

[communications@ncpgaz.org](mailto:communications@ncpgaz.org).

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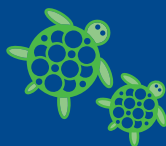
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Do you know someone in our organization that could use a little helping hand?



These are just a few examples of the issues we deal with each and every day, and there are so many more!

**NCPG wants to HELP...**

with meals, babysitting hours, toys, and more importantly, kindness.

If you know someone who could use a hand,  
please send nominations to [outreach@ncpgaz.org](mailto:outreach@ncpgaz.org)  
or stop by the submission box that can be found near the  
breakfast table and nominate anonymously.

NCPG  CARES





## OUR ANNUAL PHILANTHROPY!

*Make a **BIG** difference in the life of a child this Christmas!*



This year we have partnered with **The Salvation Army Christmas Angel Program** to provide Christmas gifts to children in need throughout the Valley. This great Phoenix tradition has been providing children in need with Christmas smiles for over 30 years. The Salvation Army believes that every child deserves to know the joy of a new toy at Christmas. Through this program, we hope to help make the holidays brighter for the less fortunate.

### Taking part is easy to do:

1. Stop by the Christmas Angel tree at breakfast on **November 8**.
2. Take a tag off the tree (ages Infant - 12 years).
3. Find the gift.
4. Then return it to us on **December 6th**.  
(We will have a Salvation Army truck in the parking lot from 8:45am-10am).



## Want To Do More?

Please join us as we support the **Salvation Army's Red Kettle initiative** during the holidays!

On **December 9 and 16** we will have volunteer opportunities available for you and your family at two locations in Arcadia and Scottsdale. Be on the lookout for an email with more details and sign up instructions within the month — we look forward to spreading the love with you this holiday season!!



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# CRAFT

## Orange Pumpkin Spice Fluffy Slime

Adapted from [littlebinsforlittlehands.com](http://littlebinsforlittlehands.com)

Do you know what we love about slime? The versatility! You can make it all year round and give it super cool themes whenever you want with holiday or seasonal inspiration. So of course we had to make a homemade orange pumpkin spice fluffy slime recipe for fall.

This fluffy slime recipe is definitely a different texture than regular slimes. Both are made with saline solution, but to make it extra fluffy, we add shaving cream. Big mounds of it!

Kids love this texture because it's thick and squishy, so it makes for amazing sensory play. Once its completely mixed, it's barely sticky and shouldn't leave a mess on the hands. Though mixing can get a little messy. It still oozes and stretches and does all the other cool slime-like things that slime does, but it's just a little thicker. Makes quite a handful too.

### Supplies

- 3-4 Cups Shaving Cream {Foamy Kind}
- 1/2 Cup White Elmer's Washable School Glue
- 1 TSP Baking Soda
- Orange Food Coloring {Red + Yellow food coloring works too. Teachable moment on color theory!}
- 1 TSP Pumpkin Spice Seasoning {optional, but FESTIVE!}
- Large Bowl, Spoon, Measuring Cups
- 1 TBSP Saline Solution {NCPG Editors Note: Your saline solution must contain sodium borate or boric acid as an ingredient – major slime fail in the test kitchen. We also recommend adding this ingredient last.}

Your fluffy slime will come together in a minute or less. Make sure to whip really well until it has pulled away from the sides and starts to form a ball or blob shape. A good trick is to put a few drops of solution onto your hands before you pick up the slime to knead it. That way it will be less sticky as you start out. Make sure to knead your fluffy slime well, and it will form a smooth texture that is nice and stretchy. It shouldn't be sticky after its well kneaded.

You can store your slime in a container with lid. We didn't find this slime lasts as long as original slime recipes do, but it's still tons of fun to play with just the same.

### NCPG Pro Tips

- Don't worry about exact measurements with the glue and shaving cream. As long as you're in the ballpark, you're good.
- Each can of shaving cream can make about 4 fluffy slime recipes.
- Any food coloring will do (drops, gel, etc.). You'll just need a lot to get much color.

### The Science Behind The Homemade Slime Recipe

What's the science behind the slime? The borate ions in the saline solution {sodium borate, borax powder, or boric acid} mix with the PVA {polyvinyl-acetate} glue and form this cool stretchy substance. This is called cross-linking!

The glue is a polymer and is made up of long, repeating, and identical strands or molecules. These molecules flow past one another keeping the glue in a liquid state.

When you add the borate ions to the mixture, it starts to connect these long strands together. They begin to tangle and mix until the substance is less like the liquid you started with and becomes thicker and rubbery.







# FALL FESTIVAL

All Saints Episcopal School

*by Kate Henry of Kate Curated*





# RECIPE

Author: Angela @ Vegangela.com

## Puffed Quinoa Peanut Butter Balls



These puffed quinoa peanut butter balls don't require any cooking — just roll 'em and eat 'em!

**Vegan / Gluten-Free • Prep time: 15 mins • Total time: 15 mins • Makes: 12 balls • Serves: 12**

### Ingredients:

- 1 cup puffed quinoa
- ½ cup peanut butter
- 3-4 tbsp agave nectar
- 1 tbsp crushed peanuts (optional, for extra crunch if using smooth PB)
- 1 tsp vanilla extract
- vegan dark chocolate (optional)

### Instructions:

1. Place half of each cereal into two large bowls.
2. Melt butter in a large pot; add Karo syrup and sugar. Heat together over medium and bring to a boil.
3. Boil for two minutes then pour evenly over the cereal in each bowl. Stir together then add pretzel sticks, M&M's, and candy corn.
4. Spread over two greased cookie sheets and place candy eyeballs throughout. Cool, and place in a large bowl to serve.

### Notes:

- The natural peanut butter that I used is not very sweet, so I used 4 tbsp of agave nectar. Adjust this depending on your taste.
- I decided to add a tablespoon of crushed peanuts to the mixture since I was using smooth peanut butter.
- The peanut butter I used is very runny, but if yours is on the thick/dry side, you may want to heat it up slightly beforehand.
- I found the mixture to be too sticky to roll into balls right away, so I placed it in the fridge for 15 minutes, and it firmed-up just enough to easily roll into balls.





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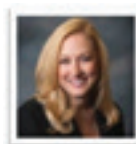
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