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please join us for an open House

November 11 December 09 January 13

Open House Begins at 9 a.m. RSVP at www.aseds.org

Educating Children Head to Soul



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President's Corner

November is always one of my favorite months out of the year!

Not only is it finally starting to cool down, but also it kicks off a wonderful season surounded by family and friends! I hope that you find time during this busy season of the year to take it all in and enjoy!

It is also a month of thanksgiving and that being said, I would like to thank each one of you for making NCPG a part of your life.

We could not have the success and reputation we do without the members, teachers and sponsors that make up our group — I am truly thankful for you all!

Happy Thanksgiving!

Sara Snyder



nc&pg

north central parenting group

NCPG 2015-2016 Board of Directors

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

ncpgaz.org

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Parent Times

Members, this monthly newsletter 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 - Laura Beardsley & Kelly Krueger

Designer - Neill Fox, foxnoggin, thinking@foxnoggin.com

On the Cover

Matthew, Andrew and Patrick Polachek, photographed by Gretchen Schubert. See more of her work at **gretchenprints.com**.

Ask the Expert

Family Involvement Plays a Role in Academic Success

By Brenda Lyle, NCPG Past Director and Saint Thomas the Apostle PTO President

In the past 30 years many studies have been published on the effects of parent involvement on children's academic achievement and performance in schools.

"In fact, evidence suggests that active parental involvement in schools is a critical factor in a child's educational success at all grade levels. Good parent-school links also have a positive effect on parents and teachers." (*Teachers College Record Volume 94, Number 3*)

I have been fortunate to have first hand experience with two wonderful organizations that value parent involvement. I served as NCPG Director in 2010 and am currently the PTO President at Saint Thomas the Apostle School. I thought the toddler years were a whirlwind of changes, but adolescence is an equally fascinating period of development with rapid change. I don't want to miss a thing! I want to partner with my children's teachers during this exciting transition from childhood into adulthood.

Family involvement can take on a variety of roles. During the early childhood years taking Parent Education classes, attending library time, participating in music classes, and providing crafts at home to build fine motor skills are ways to be involved in your child's education. In the elementary years involvement can include assisting in the classroom, collaborating with teachers, and volunteering around campus. School and parent partnerships are important. Not only do they lead to a better educational environment for all of the students, it creates a stronger relationship within the larger community.

When teachers, parents, and staff work together they can create an educational environment that meets the needs of each student. "The meaningful involvement of parents in children's schooling can enhance the educational process. Parents can contribute insights and knowledge that complement the professional skills of schools' staffs in ways that strengthen academic and social programs." (The Elementary School Journal Volume 91, Issue 3) At Saint Thomas the Apostle, parent volunteers assist the teachers in small



Brenda Lyle (center), with Mrs. Schurman (Kindergarten Teacher), Mrs. Brecheisen (4th Grade Teacher), her son, Jack (4th grade), and daughter, Savannah (Kindergarten),

group settings, listening to our youngest students practice reading out loud. Beginning in 3rd grade, parents host advanced readers' book club before the school day in addition to the differentiated learning that students receive in the classroom. We are gifted with a number of parents with varied professional careers and experiences who enjoy working with teachers to sponsor many events on campus and who find new opportunities and challenges for our students from community service programs to the Honeywell Aerospace Challenges.

Finding a tight-knit community of parents and educators is a blessing. Every school has their own personality, flow, and spirit. Just like all of our children are different and special in their own way, the same goes for elementary schools. There is no one "best" school, but there is likely a best school community for you and your child that matches your level of involvement.

So, stay open minded. Embrace the journey. You will know when you have arrived.



First day of Kindergarten for two little boys with Principal Mary Coffman.





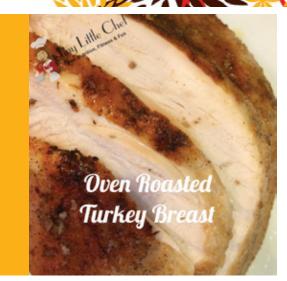


Eating Healthy Through the Holidays

Source: NCPG Mom, Christy Harp, Tiny Little Chef

Professional Chef of 16 years Creator of the 1 Week Food Fix™ NCCPT Weight Management Specialist www.tlcfoodies.com • info@tinylittlechef.com





Oven Roasted Turkey Breast

• 1 whole turkey breast • ¼ t. cayenne pepper

• 4 T. poultry seasoning • 5 cloves garlic

• 3 bay leaves • 1 c. chicken stock

DIRECTIONS

- 1. Thaw turkey in fridge for at least 2 days, if frozen.
- 2. Set oven to 325F degrees.
- 3. Place whole turkey in shallow roasting pan.
- 4. Pour chicken stock over turkey. Let pool in the bottom of the pan. Add bay leaves and garlic cloves to the stock.
- 5. Sprinkle turkey with poultry seasoning and cayenne.
- 6. Cook according to package instructions and until the internal temperature reaches 165F degrees.
- 7. Baste turkey often. When finished cooking, change over to BROIL and drizzle turkey with olive oil. Broil until the skin is golden brown and crispy.
- 8. Let the turkey rest at least 30 minutes before cutting.

TIP: Use the broth from cooking to make a delicious gravy. Enjoy!



- 5 large Golden Delicious apples
- ½ c. craisins • 1/4 c. sugar

- 1 lemon, juiced
- 2 T. all-purpose flour

• 1 T. olive oil

• ½ t. ground cinnamon

TOPPING:

- 1 cup all-purpose flour or all-purpose gluten free flour
- 1 1/4 c. rolled or old fashioned oats
- ½ c. packed brown sugar
- 1 t. ground cinnamon
- Pinch of salt
- 8 T. (1 stick) cold butter, cut into small pieces

DIRECTIONS

- 1. Heat oven to 350F degrees.
- 2. Peel, core and rough chop apples. Place apples in a mixing bowl and toss with sugar, lemon juice, flour, craisins and cinnamon. Pour into a lightly greased 8x8 inch baking dash and spread out into an even layer. Set aside.
- 3. In a different bowl, mix together the flour, oats, sugar, cinnamon and salt for topping. Using your fingers, gently work in the cold butter until pea-sized lumps are formed.
- 4. Top apples with the butter mixture and bake for approximately 45 minutes, until apples are bubbling and oat topping is golden brown. Rotate the pan once during baking. Let cool before serving. Enjoy.

Butternut Squash Soup • 40 oz. prepackaged butternut squash, or one extra-large squash, peeled and diced • 1 red bell pepper, rough chop

- 1 yellow onion, rough chop
- 3 cloves garlic, smashed • 5 c. water
- 2 c. chicken stock
- 1 T. salt
- 2 T. white sugar
- ½ c. − ¾ c. whole milk
- Fresh thyme sprigs

DIRECTIONS

- 1. Put all ingredients, except milk, into a large pot. Bring to a boil, then reduce to a simmer for 40 minutes.
- 2. In small batches, blend until creamy. PLEASE leave room in the blender for the liquid to expand and steam to escape. 34 full or less.
- 3. Return to pot and add milk.
- 4. Ladle into bowls, garnish with thyme and enjoy.

Cauliflower Mash

- 2 heads of cauliflower or 3 bags of cauliflower florets
- 6 T. butter
- ¼ c. grated parmesan cheese
- ½ T. garlic powder
- 1 t. nutmeg
- Salt and pepper to taste

DIRECTIONS

- 1. Chop of the florets from the heads of cauliflower.
- 2. Boil for 20 minutes, until very tender.



Butternut Squash Soup







NCPG Mom to Meet

Colleen Martin

Spouse:

Brad Martin

Children:

Campbell Martin (2)

Born, Raised & Lived:

Phoenix, Phoenix, Phoenix!

Years married: 5

Career or previous career:

Currently a marketing manager for Aetna

5 words to describe yourself:

Creative, emotional, sarcastic, house cleaner

Favorite vacation spot:

I'm a homebody at my core, but drag me to Maui and I'd be pretty happy.

Favorite adult spot to dine in town:

That's funny.

Favorite children's book to read:

I Love You Through and Through. Gets me every time.

Favorite family hangout:

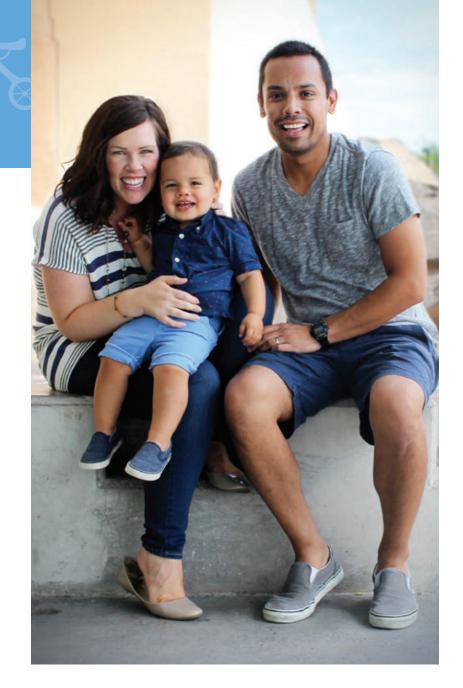
Splash pad junkies.

Rules to mother by:

Prepare your child for the road – not the road for your child.

Most meaningful mom moment:

Seeing my hopeless attempts at baby sign language finally pay off. It's made such a



difference in helping him communicate his needs. Don't knock it til you try it!

Best mothering advice given to you:

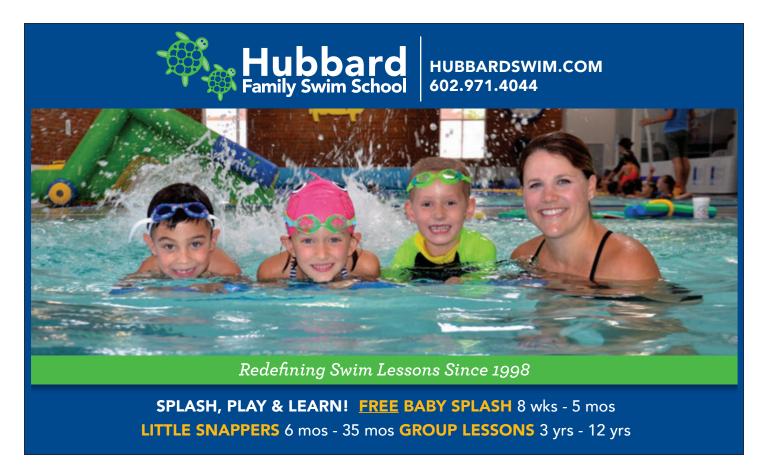
Buy a Nose Frida.

Who introduced you to NCPG?

Carlie Garcia. God bless her.

Best thing learned in NCPG?

Learning about sleep training, sleep schedules and getting our little guy to sleep through the night. Some people are opposed to it, but for our family it was a game changer. He became a happier kid once he was well rested.





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Ask the Expert

Movement IS Learning!

By Kim Westfall, Christ Church School, Director of Education

Movement is an integral part of our lives and should be incorporated in all we do. Educational, cognitive, medical, and behavioral research has repeatedly demonstrated that movement is one of the best ways to reach and teach students. Christ Church School (CCS) effectively uses a variety of movement techniques in the classroom to successfully optimize attention, release energy, and facilitate retention.

What does movement in the classroom look like? Christ Church School teachers facilitate learning for students beyond their desks. CCS students are encouraged to get out of their seats and take part in a vibrant learning environment. In an active classroom, students might be tasked to:

- create alphabet letters with their bodies
- dance to a song about how the heart works
- imitate Solar System orbits
- march in place and count by twos, fives, tens
- line up by height to create a human number line
- sing and dance to the Macarena to learn the months of the year!

Teachers also utilize Brain Breaks, brief activities designed to give our brains a break and inspire active movement in the classroom. The ties between movement and success at school are well-documented. Engaging students physically and creatively with subject material fosters improved retention and understanding. And additional benefits from movement in the classroom include better focus, behavior, retention, participation, and understanding of concepts. Happy and dynamic classrooms inspire, motivate, and expand each student's learning process.

With the addition of movement, lessons become more engaging and memorable. The classroom becomes a healthy and cheerful place to learn and teach. Keeping students active, involved, and engaged – in the environment where they spend a large portion of their day – is a priority at Christ Church School!











New Arrivals!







Grace Madeline Fitzgerald

May 23, 2015 8 lbs, 5oz, 20.5 inches Big sister: Emma (3), Proud parents: Stephanie and Jeff









7 lbs, 4 oz, 20 inches Proud parents: Jocelyn and Michael



Preston Arlee Tenney June 29, 2015 8 lbs 14 oz, 21 inches Proud parents: Katie and Mike



Zachary Edward Zook August 13, 2015 7 lbs, 21 inches Proud parents: Courtney and Joe



Heidi Grace Pondelik October 2, 2015 7 lbs, 3 oz, 21 inches

Big sister: Cassie (3 1/2), Proud parents: Tiffany and Miles





News & Events



NCPG Backpack Drive ENTIRE MONTH OF NOVEMBER!

This year NCPG has partnered with the Phoenix Children's Hospital Child Protection Team and Childhelp in a backpack drive for children who are victims of neglect, along with physical and sexual abuse. Many children come through the PCH/Childhelp center with nothing but the clothes on their backs, often times being removed for abusive situations quickly and have nothing of their own. Our Backpack Drive will provide these children with something they can call their own and provide a "bright spot" in an otherwise awful life experience for these children. The backpacks that NCPG provides can be filled with items such as; clothes, pajamas, underwear, socks, shoes, toiletries, books, toys and school supplies. We encourage every NCPG Member to participate. **DETAILS:**

- Backpacks can be filled with new or used items
- Backpacks can range in age from newborn to 17 years old
- All backpacks must be labeled with gender, age range and "new" or "used"
- There will be a backpack collection table at the Nov. 4th and 18th meetings
- Contact Megan Livengood or Kelly Ellison with any questions at special events@ncpgaz.org.









Save the Dates!



Family Night at Chipotle FRIDAY DECEMBER 4, 2015

5:00 pm - 9:00 pm Chipotle (44th and Thomas) 4423 E. Thomas Road

Support NCPG by doing dinner with the whole family Friday, December 4th between 5:00 pm and 9:00 pm. 50% of all sales will go to NCPG!

NCPG Spring Gala **SATURDAY FEBRUARY 20, 2016**Phoenix Country Club

2901 N. 7th Street

Plan on joining us for an evening full of food, drinks, live music and a fabulous silent auction! Details are still in the works, so please contact

us at **fundraising@ncpgaz.org** if you have silent auction items or would like to join our committee.

THANK YOU TO ALL WHO ATTENDED OUR FALL FAMILY FESTIVAL!

WE LOOK FORWARD TO SEEING EVERYONE AT OUR SPRING EVENT SCHEDULED ON APRIL 2, 2016!

Monthly Meet Ups!

*NCPG is not "hosting" the Mom's Night Outs.

The "NCPG Monthly Meet Ups" are a time for NCPG members of all classes to get together casually. Please feel free to attend any event that works for you, however, no event is mandatory.

Date	Time	Event	Location
November 11	6:30 p.m.	Mom's Night Out*	Rita's
December 9	9:30-11 a.m.	Playdate	Granada Park
January 13	3:30-5 p.m.	Playdate	Kachina Park
January 27	6:30 p.m.	Mom's Night Out*	The Yard
Feb. 10	9:30-11 a.m.	Playdate	Arcadia Park
Feb 24:	3:30-5 p.m.	Playdate	Railroad Park
March 9	6:30 p.m.	Mom's Night Out*	The Vig
March 16	9:30-11 a.m.	Playdate	Kachina Park
April 6	3:30-5 p.m.	Playdate	Granada Park
May 4	6:30 p.m.	Mom's Night Out*	El Chorro

NCPG Member Fair!

March "Parent Times" issue

Do you provide a service or sell a product that NCPG Members would love? Tell us about it! The March issue of NCPG Parent Times magazine will feature an entire section devoted to promoting our members' businesses.

Please provide the following to **communications@ncpgaz.org** by February 12:

- Your name
- Your business name
- A 1-2 sentence description of your service/product
- One photo
- Your contact info (URL or email address)
- * There is no cost to be listed but we do require a donation (value of \$150 or more) to the 2016 Spring Gala silent auction. Donations can include items from your business, a restaurant gift card, a gift certificate, etc. For more donation ideas, contact fundraising@ncpgaz.org.

Deadline for donations is February 1, 2016.



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NCPG Welcomes New Teacher: Krystn Dale (Pre-K)



Krystn Dale was raised in North Central Phoenix and began her teaching career while still in high school teaching dance classes to preschoolers. She earned a Bachelor of Arts and an elementary teaching certificate while attending the University of San Francisco. After teaching Kindergarten in San Francisco for three years and Pre-K in New York for a year, she returned home and taught in the

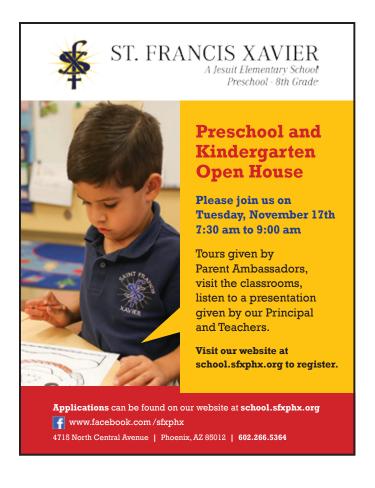
Washington Elementary School District for fifteen years holding positions as a K-1 and second grade teacher as well as Librarian and Reading Specialist. She also worked for several years at Creative Bridges Cooperative Preschool as a Pre-K teacher.

Krystn has been married to her husband, Chris, for twenty years and has 3 beautiful girls, Alexis, Avery and Zoe. When she has some free time she enjoys CrossFit, reading, meditation, gardening and raising backyard chickens.

Paradise Valley

Estate Sales, Auctions & Consignment





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 newsletter 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**.



10810 N. Scottsdale Rd, Scottsdale, AZ 85254
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This is a simple and automatic way for us to support NCPG every time you shop, at no cost to you. When you shop at **smile.amazon.com**, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to North Central Parenting Group.

You use the same account on Amazon.com and Amazon Smile. Your shopping cart, Wish List, or baby registry, and other account settings are also the same.

On your first visit to AmazonSmile, you need to select North Central Parenting Group as your charitable organization to receive donations from eligible purchases before you begin shopping. Amazon Smile will remember your selection, and then every eligible purchase you make will result in a donation.

Please let all your friends and family members know about it too!



Proud supporter of North Central Parenting Group

Paradise Valley United Methodist Church Preschool

4455 East Lincoln Drive, Paradise Valley, AZ 85253

602.840.8265

pvumcpreschool.org

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Thanksgiving Arts & Crafts

Hunt for Turkey Feathers parenting.com

Buy a bunch of colorful feathers at a crafts store (or Walmart!) and hide them around the yard or house, then do a T-Day version of an Easter-egg hunt. Kids can use the feathers they collect to design a Native American headdress. (see below)



Native Necklace parenting.com

Remove the top ring of a paper cup. Punch 2 holes in the top of the ring and 1 hole in the bottom center. Paint the ring.

Cut a 20-inch piece of cord. String 1 bead on each end. Make a loop and place one end through each top hole. String a few wooden beads onto the cord, creating a "Y" shape. Push 2 cords through the center hole. Add a single bead to keep in place.

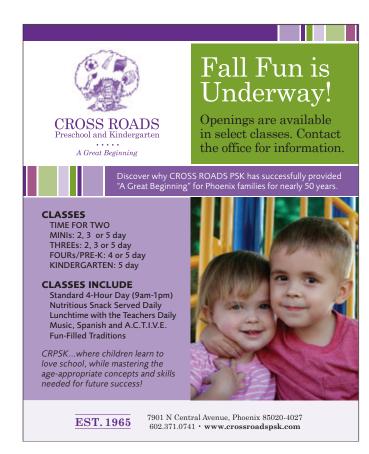
Attach a feather and bead to each end of the cord to finish.

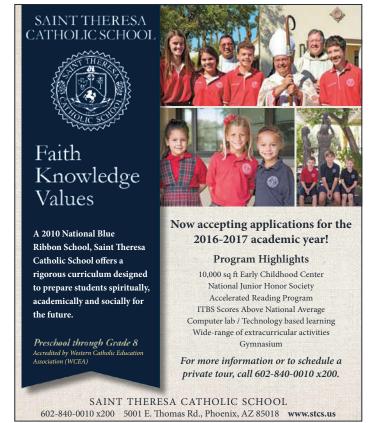












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