

# Parent Times

October 2016



nc  pg

north central parenting group



# MORE BANG FOR YOUR BUCK

Family Favorites to Feel Good About

WHOLE  
FOODS®  
MARKET



Camelback  
4701 N. 20th Street  
Phoenix, AZ 85016  
7AM - 10PM Daily

Chandler  
2955 W Ray Rd  
Chandler, AZ 85224  
7AM - 10PM Daily

Paradise Valley  
10810 N Tatum Blvd  
Phoenix, AZ 85028  
7AM - 10PM Daily

Scottsdale  
7111 E. Mayo Blvd.  
Phoenix, AZ 85054  
7AM - 10PM Daily

Tempe  
5120 S Rural Rd  
Tempe, AZ 85282  
7AM - 10PM Daily



WFMphoenix



@WFMphoenix



@WFMarizona



## President's Corner

To the entire NCPG community,

Happy fall! Thank you all for a truly remarkable first month! We are so excited to welcome a record number of members, teachers and sponsors this year. Thank you for spreading the word and inviting your friends to join NCPG, it's never too late to register and up your parenting game!

We hope you have all enjoyed our first two breakfasts and classes. For all of you that joined us at our first Mom's Night Out (MNO) at the 20 Highland Tavern at **Whole Foods Market**, thank you! It was a great time, and we are lucky to have such a great corporation supporting the continued success of NCPG. Also, a big thank you to **Grassroots kitchen + tap**, for the week-long fundraiser where they donated 20% of the proceeds back to NCPG, such a great family spot!

This month we have some really exciting things planned, so I hope you'll SAVE THE DATE for:

- **October 7th at the Valley Field Riding & Polo Club – NCPG Uncorked!** 6-8pm, join us for wine tastings and food.
- **October 22nd at All Saints Episcopal Day School – NCPG Fall Festival**, 10a-noon. Bring the kids in their Halloween costumes and enjoy food, games and fun for the entire family!

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. I am looking forward to spending this next year as your President, and am always available if you all need anything or have comments/suggestions on how to improve NCPG.

xo.

Ashley Blalock  
NCPG Board President  
[president@ncpgaz.org](mailto:president@ncpgaz.org)

ncpg

north central parenting group

## NCPG 2016-2017 Board of Directors

**President:** Ashley Blalock

**Vice President:** Lindsay Perry

**Treasurer:** Caroline Keating/Anna Petermann

**Assistant Treasurer:** Jenna Hilton

**Membership Co-Directors:**

Lindsey Bates & Rebecca Hogan

**Education Co-Directors:**

Meredith Christensen & Chelsea Kunde

**Fundraising Co-Directors:**

Pele Fischer, Tiffany Pondelik & Kendall Chester

**Sponsorship/Advertising Co-Directors:**

Sara Snyder, Sarah Wolfswinkel & Kelly Krueger

**Communications Co-Directors:**

Laura Beardsley & Laurie Ball

**Public Relations Director:**

Teana Wagner

**Childcare Co-Directors:**

Carole Anne Cook & Dana Holt

**Special Events Co-Directors:**

Nathalie Estes & Jessica Lewis

**Social Co-Directors:**

Amy Forsythe & Jessica Phipps

**Alternate Director:** Kelly Vasbinder

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 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](mailto:communications@ncpgaz.org). Thanks for your help!

**Editors –** Laura Beardsley & Laurie Ball

**Designer –** Neill Fox, [foxnoggin](mailto:foxnoggin), [neill@foxnoggin.com](mailto:neill@foxnoggin.com)

## On the Cover

Parker Ellison, photographed by Sandra Tenuto.  
See more of her work at [sandratenuto.com](http://sandratenuto.com).



# Ask the Expert

Sandey Tenuto  
Sandra Tenuto Photography  
602-692-9500

## 10 Things to Remember When Choosing Your Holiday Family Photographer

October is just around the corner, and with it come two of life's most certain facts. First, it's now socially acceptable to order that Pumpkin Spice Latte you've been craving since March, and second, it's time for you to round up the family for the annual holiday photos.

Now I'm assuming you already know how to appropriately bribe--- er, reward, your family for their valuable time they'll spend on a day when they'd rather be doing just about anything else. So we'll skip that part.

But in planning for the rest of your family photo session, well, there are a few things you should keep in mind. Here are 10 things to remember as you get prepared for your photo session.

1. Go with a photographer that you LOVE. Yes, even if that means spending a few hundred dollars more. You only do this once per year, so make sure that the photographer you choose is professional, reliable and you love their work. Bonus points if they are great with kids.
2. Have an idea for your photographer. Perhaps you have your holiday card picked out already, or a theme in mind. Share it early so your photographer can plan and help find a location that will deliver your vision.
3. Think in advance about what you'll be wearing. Don't always wait for a sale to find the best clothes. And most importantly, don't wait till the day before. Let the kids be happy in their clothes. Happy kids equal happy photos.
4. The day of the photo session can be a holiday in itself for the family. Turn the day into an event, and celebrate together. Agree on this well ahead of time, and circle the day on the family calendar. Then, make sure and have fun!

5. Are you thinking of using several photos for grandparent gifts? Select a photographer that offers you a package that includes all of the digital files taken at the photo shoot. Ten images that you'll typically get from a photographer won't fill up that photo album you want to create.
6. If you're planning to shoot your photos outside, pick a time of day that will work to your photographer's advantage. Early morning hours and the last hour of light in the day is best. Period. The lighting is the best at these times of day.
7. Come to the shoot happy and be happy. Arguing on the drive over and ordering the kids around will not make your session enjoyable. Loosen up and come ready to have a lot of fun.
8. If you like, bring a few accessories and props. Don't feel obliged, after all, your giggles and smiles is really all you need. What you are wanting to capture is a story of joy, emotion and playfulness. Not the typical "say cheese" photo.
9. Trust your photographer to pose and guide you. Let him/her be the leader for the hour. They're the professionals, and they know what will look best in the finished photos.
10. And most importantly, remember this session is about you and your family. Enjoy the time with them, love hugging on them. And put your phones away. That's why you have a photographer.

*Sandra Tenuto a professional photographer in Phoenix, AZ. She is a mom, philanthropist and yogi. To book your holiday session go to [www.sandratenuto.com](http://www.sandratenuto.com) or email [sandra@sandratenuto.com](mailto:sandra@sandratenuto.com)*



# *TAKING CARE OF YOUR FAMILY LIKE IT'S MY OWN.*

AS A LEADING RESIDENTIAL REAL ESTATE BROKER WITH A YOUNG FAMILY, I TAKE PRIDE IN HELPING FAMILIES LIKE MY OWN NAVIGATE THE REAL ESTATE MARKET. I KNOW WHAT IT IS LIKE TO MOVE WITH YOUNG ONES AND CAN RELATE TO YOUR SITUATION. WITH OVER \$50,000,000 IN REAL ESTATE SOLD OVER THE PAST 2 YEARS ALONE, MY TEAM HAS THE KNOWLEDGE AND SKILL TO MAKE SURE THAT YOU AND YOUR LOVED ONES ARE TAKEN CARE OF. CALL ME TODAY AT 602.561.0445 FOR ANY REAL ESTATE NEEDS THAT YOU MAY HAVE.



TUCKER BLALOCK  
ASSOCIATE BROKER | CO-FOUNDER  
602.561.0445 | [THESUITSAZ.COM](http://thesuitsaz.com)

---







kidtastics.com  
480-994-5437  
sofun@kidtastics.com



## Gymnastics *with* Kidtastics!

Be right alongside your 1-2 year old as they learn coordination, balance, exploration of reflexes and more in our Movin' & Groovin' Gymnastics classes!

Or, let your 2-4 year old flourish in our Preschool Gymnastics class with just peers!

## Mom & Me or Preschool Gym

### SUMC Preschool

4140 N. Miller Rd.  
Scottsdale 85251

Thursdays: 10:15\*, 11:00, 12:05  
Sept. 15th - Dec. 15th

*\*Mom & Me Class*

Save 10%\* with code:

**NCPG**

*\*Must pay in full by Sept. 9th*

### Creative Bridges Preschool

7321 N. 10th St.  
Phoenix 85020

Fridays: 10:30\*, 11:15, 12:00  
Sept. 9th - Dec. 16th

*\*Mom & Me Class*

# *"I live it. I love it. I sell it!"*

As a native of Arcadia and Paradise Valley, it's a dream come true to be raising my family in the neighborhoods I love. I'm pleased to add my 12 years of real estate experience to the The Joffe Group's talented team serving Arcadia, Paradise Valley and Scottsdale.

I look forward to giving clients the best real estate experience in the market.

LAUNCH REAL ESTATE THE JOFFE GROUP



**Meredith Lane - Realtor®**

C 602.339.1206 | F 602.595.1822 | meredith@thejoffegroup.com





# NCPG Donation Drive

DURING THE MONTH OF NOVEMBER

## Maggie's Place

This year, NCPG has partnered with Maggie's Place, a wonderful charity that offers a home and community support to expecting Mom's during their pregnancy, and through the first 6 months of their child's life. NCPG is coordinating a "Donation Drive" to provide homeless Mom's and their newborn babies with the basic necessities and support they need to live and survive on their own.



The women served by Maggie's Place come from backgrounds that often include a history of abuse, rape, mental illness, and limited education and employment experience. At Maggie's Place, pregnant women are given resources and training for the immediate physical and emotional needs of motherhood, including shelter, food, clothing, a supportive community, financial planning, counseling and parenting classes. Once their baby is born, women are provided assistance and given essentials to prepare themselves to live on their own (which is where we can help!!)

Our "Donation Drive" will provide support to our fellow parenting community and give them an opportunity to start their journey into motherhood with basic items for their family. Through your generosity, our hope is to empower Moms in need by getting them started on the right foot!

## Details:

Each class will be assigned **ONE** of the following category of donations (Detailed lists to come):

- Diaper Bag(s) full of Baby Essentials
- Work Bag(s) full of Mom Essentials
- Cleaning Bucket(s) full of Housing Essentials

***We will have a Maggie's Place truck parked in the NCPG parking lot during both classes in November (11/2 & 11/16) for collection of donations.***

***Please contact Nathalie Estes or Jessica Lewis with any questions at [specialevents@ncpgaz.org](mailto:specialevents@ncpgaz.org)***

## In Addition...

to the class donation items, the following list of **USED** items are always in need. If you are ready to part with any of these items, please bring them for donation!!

- |                                |                         |
|--------------------------------|-------------------------|
| • Strollers                    | • Rockers               |
| • Bouncers/bumbos              | • Baby Bathtubs         |
| • High Chairs                  | • Breastfeeding Pillows |
| • Cribs/Bassinets/Pack-n-Plays | • Books                 |
| • Swings                       | • Kids Toys             |



**[maggiesplace.org](http://maggiesplace.org)**

**[volunteer@maggiesplace.org](mailto:volunteer@maggiesplace.org)**

**602.262.5555 (ask for Laurel)**

# Open House Preparation

By Lona Lee, Associate Director of Admissions,  
All Saints Episcopal Day School, 602.274.4866

It is officially October! The temperature has begun to fall, football is in full swing, and visions of Halloween candy dance in the minds of children. In addition to the traditional transitions that fall brings, October marks an important season for both admissions professionals and prospective families — Open House season.

As the Associate Director of Admissions at All Saints' Episcopal Day School, I have the privilege of welcoming families to our campus through either a private tour or an Open House. All Saints' hosts three open houses: November 9, December 7, and January 11. At each event, prospective parents tour the campus with a parent ambassador. Following an introduction from the Head of School, faculty and students are ready to welcome visitors into classrooms. The morning concludes with a Q&A.

While the open house format may vary from school to school, there are a few things you can do ahead of time, to prepare for a more productive experience.

## First Impression

When you sign-up for an open house or call the office to learn more, what kind of reception do you receive? Note the level of customer service when you first inquire about a school. The front office will be your go-to for everything school related. Take note of those who provide a sincere welcome and those who may seem more scripted.

## School Website

Visit the school website the evening before you visit the school. This will help to keep the information fresh in your mind. Read the welcome from the Head of School, Principal, or other members of the leadership team. If you notice a link to a blog read a few posts. If you see a video click on it. The more you learn by clicking, viewing, and researching, the more focused your questions will be. Pay particular attention to the language in the mission statement; jot down some of the key words from the statement and look for examples of the mission in action while visiting the campus. A school website is a valuable tool as you begin your inquiry.

## A Note Taker versus an Active Observer

Google is a great resource when looking for questions to ask at an open house. A few websites also provide open house tool kits complete with a rating scale and sections for taking notes; a document that is pre-formatted and easy to download. You may also choose to spend your time actively observing seeing how the children respond to the learning environment, watching how faculty engage students during a lesson, and the overall vibe of that community. Whether you choose to take copious notes, fill out a form, actively observe (or all of the above), the key is to make sure that you have a well-rounded view.

## Follow-Up

Even though an open house has a set date and time, feel free to follow-up with the admissions office. If you find yourself with a new list of questions that have formed since the event, reach out. Often times, the excitement of an open house and your first visit will leave you seeking one more look. Never hesitate to schedule an individual tour with an Admissions professional even after the open house. A school that welcomes you back, on more than one occasion, has a commitment to making sure you gather everything you need to make a well informed decision.

While for some prospective families this process may cause a level of stress or anxiety, remain mindful of the goal: a home away from home, where your child develops a genuine love for learning in a nurturing and supportive community. Happy Fall!







# All Saints' Episcopal Day School

We invite you to visit our campus, nestled in the heart of North Central Phoenix, for a chance to meet with administrators, Parent Ambassadors, and faculty. The best way to become familiar with everything All Saints' has to offer is through a campus visit or call 602.274.4866 to schedule a private tour.

- ✓ 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  
6300 N. Central Ave., Phoenix, AZ 85012  
9 a.m. – 11 a.m.

# OPEN HOUSE

For Prospective Parents

November 09  
December 07  
January 11

## KEY DATES

Application  
Opens

OCT 03

Pre-K & Kindergarten  
Application Deadline

JAN 20

First - Eighth Grades  
Application Deadline

JAN 27

Kindergarten  
Group Screening

JAN 27

Pre-K  
Play Date

JAN 28

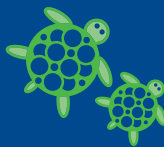
First - Eighth Grades  
Group Assessment

FEB 04

For more information call the Admissions Office  
602.274.4866

All Faiths Welcome | Pre-K through Eighth Grade | Indexed Tuition Available

All Saints' Episcopal Day School  
[www.aseds.org](http://www.aseds.org)



## Hubbard

Family Swim School

HUBBARDSWIM.COM  
602.971.4044



Our programs are internationally-recognized stop in and find out why!

**SPLASH, PLAY & LEARN!** **FREE BABY SPLASH** 8 wks - 5 mos  
**LITTLE SNAPPERS** 6 mos - 35 mos **GROUP LESSONS** 3 yrs - 12 yrs

# HOW TO KEEP KIDS SAFE ONLINE

SOURCE: WWW.PARENTING.COM



As with the real world, the Internet has its seamy side - and it's all too easy for kids to stray into it. Click-click and a Peter Cottontail fan's search for "bunnies" turns up raunchy pictures of women wearing fuzzy white ears and not much else. Porn, questionable characters, hate groups, and misinformation flourish online. To preserve the best of what's online for your kids and avoid the garbage :

## 1. STEP INTO THEIR CYBERWORLD

"Parents have to get involved. Just as they know every detail of the playground around the corner -- the jungle gym, the swings -- they need to know their kids' online playground as well," says Tim Lordan, staff director of the Internet Education Foundation, a nonprofit group that produces the online safety guide GetNetWise. It may be hard to keep your eyes open after visiting what seems like the 100th website devoted to Barbie, but playing copilot to your child is the best way to make sure she gets a smooth ride. By the time she's 7, you won't need to be glued to her side, but you should be somewhere in the room or checking in frequently.

## 2. SET HOUSE RULES

Decide how much time you're comfortable with your children being online and which sites they may go to. You might post a short list or even a signed contract (like the free ones at [www.SafeKids.com](http://www.SafeKids.com)) next to the computer. So there's no confusion, talk about the rules -- and the consequences for breaking them. "Our house rules say the kids are allowed half an hour of computer time on 'their days.' One child has Mondays and Wednesdays, and the other has Tuesdays and Thursdays. Then they get one hour each on the weekend," says Jamie Smith of Mount Pleasant, Michigan, mom of Hailey, 12, and Kody, 9. "They have certain sites they can visit without special permission. Any others have to be approved by me or my husband."

## 3. TEACH THEM TO PROTECT THEIR PRIVACY

While they won't fully understand the consequences of revealing personal information online, you should still make sure your children know:

- > Never to give their name, phone number, e-mail address, password, postal address, school, or picture without your permission
- > Not to open e-mail from people they don't know
- > Not to respond to hurtful or disturbing messages
- > Not to get together with anyone they "meet" online.

## 4. KNOW THAT LOCATION IS KEY

Keep the computer in a central spot, where it's easy to monitor its use. "We have five computers in our house, but only two -- mine and the PC in the family room -- are hooked up to the Internet. That way, I can frequently check up on what they're looking at," says Cecilia Mitchell, a mom of three in Teaneck, New Jersey.

## 5. BE THEIR GO-TO GIRL

Instruct your child to come straight to you when she sees anything that makes her uncomfortable, and assure her that you won't overreact, blame her, or immediately rescind her online privileges.

## 6. TURN YOUR ISP INTO YOUR ALLY

Before buying a safety product, experts recommend that you work with what you've got, starting with your Internet service provider (ISP). America Online, MSN, SBC Yahoo!, EarthLink, and others have reliable, free parental controls that can limit children's access to websites and communication features (e-mail, instant messaging, chat) by age, content categories, time, and other choices.



## 7. MAKE YOUR BROWSER WORK DOUBLE-TIME

If your ISP lacks that capability, you still have some safe-surfing options at hand on your browser (the program that enables you to view web pages). Internet Explorer has Content Advisor (under Tools/Internet Options/Content), which filters out language, nudity, sex, and violence on a 0 to 4 scale. Netscape and Safari (for Mac users) have parental controls like filtering as well. Using your browser won't get you the comprehensive results that a safety product or your ISP would yield, but it can be suitable for the times you're sitting next to your little one surfing the net.

## 8. TUNE UP YOUR SEARCH ENGINE

Your search engine can be pressed into service for free. (But be aware: A savvy child could switch the settings back.) Once you set restrictions, Google will block sites with explicit sexual material (Preferences/SafeSearch Filtering). AltaVista puts several types of offensive content off-limits with its Family Filter (Settings/Family Filter setup).

## 9. STAY IN A KID-FRIENDLY ZONE

For beginners as young as 4, consider confining online exploration to web addresses that list child-safe sites on everything from TV, movies, music, and games to world history, science, and trivia. Some good choices:

- > Web directory Yahoo!igans
- > Answer supplier Ask Jeeves for Kids
- > The American Library Association's Great Web Sites for Kids
- > The U.S. government's "Dot Kids" domain

## 10. CALL ON SOFTWARE FOR ASSISTANCE

While no technology is fail-safe, it does add another layer of protection. "The key is to make sure you have something that reflects your values and is just technological help, as opposed to trying to take over your role as a parent," says Parry Aftab, executive director of WiredSafety.org, a nonprofit Internet safety and education organization with several websites. So make sure you can make changes to fit your family's needs. Though these six tools will cost you, most offer a free trial period, and all are champs at doing your bidding. Just ask yourself, what's your primary goal?

### >>> Shutting out the smut (and other undesirables)

Best for parents who want maximum protection with minimal effort, **CyberPatrol 6.2** deflects objectionable web content with a twofold filtering technique. It blocks sites on its comprehensive list of restricted web addresses, then does keyword pattern searches for offensive material on non-blacklisted sites that may have slipped through the cracks.

**You decide:** How much to customize. You can allow certain categories (Sex Education but not Adult/Sex, for instance); add your own blocked or allowed sites or keywords; and more.

**What your child sees:** Varies from a bold "Access Restricted" notice (with the CyberPatrol "To Surf & Protect" shield) to a discreet "This page cannot be displayed" message.

**Cost:** \$40 for one year/\$60 for two; Windows, [www.cyberpatrol.com](http://www.cyberpatrol.com)

### >>> Keep the Internet under lock and key

**ControlKey 2.0** is The Enforcer. No key means no Internet access. The small blue device (part of the company's SecuriKey product line) plugs into a USB port and also serves as a watchdog for you. Children can do homework-related research but not waste time IM'ing; they can open their own documents but not your desktop check register. Setup is a little tricky and time-consuming. But once installed and configured (according to what you want to control or protect), it's easy to use and a good choice

for parents who want stronger restrictions or are dealing with kids who broke the rules. You'll just need to guard it like your car key. Register so the ControlKey "token" can be replaced (\$45) if lost.

**You decide:** What to lock up: access to files you'd like to keep private? A particular computer game? Certain sites?

**What your child sees:** "Access Denied" message (when the computer is restricted) or "This page cannot be displayed" (Internet restricted).

**Cost:** \$60; Windows, 800-986-6578 or [www.controlkey.com](http://www.controlkey.com)

### >>> A pristine site for young surfers

Instead of keeping out what's bad, **Kidsnet** keeps in what's good, and only that. Every website on its vast "white list" has been vetted and classified according to Internet Content Rating Association and Kidsnet standards. Home page Hazoo is well stocked with web offerings (even a Google search box), ranging from [pbskids.org](http://pbskids.org) to [hilarityduff.com](http://hilarityduff.com).

**You decide:** What to exclude and include and how subtly to draw the distinction. What your child sees: "Ahoy mate!" A pirate or another cartoon appears on a "redirect" page, telling kids why they can't go to an off-limits site and offering two alternatives.

**Cost:** \$30/year; Windows, [www.kidsnet.com](http://www.kidsnet.com)

### >>> Something to keep you safe online, too

**Norton Internet Security 2006** provides everything: parental control over web content and Internet access, virus defense, spam blocking, privacy preservation, and firewall fortification. That makes it a good choice for families with general security concerns and less commitment to content-oriented parental controls (a small part of the protection package) and for those with older children plagued by spam and other system interlopers.

While setup takes a while -- you'll need to uninstall conflicting software, and it's best to back up your computer before you start -- it's easy to customize and manage all five programs included from a main "System Status" screen.

**You decide:** When to turn on parental controls; which of 31 content categories are blocked; whether to restrict programs that access the Internet; how high to set controls over sending private information.

**What your child sees:** Message that Norton "blocked access to this restricted site" and why.

**Cost:** \$70/\$90; Windows/Macintosh, [www.symantec.com](http://www.symantec.com)

### >>> Knowing exactly what they've been up to online

When a child is using the computer, **Spector 2.2** takes snapshots of what's onscreen at intervals and stores them in a hidden file to record all they do. You then view the file like a video (play, pause, fast-forward, rewind).

It's best for parents who have reason to believe a child is breaking the rules or is being victimized (or who want to keep a record, just in case). Just be aware that a program like this can erode trust if you use it to spy on kids without cause or on the sly.

**You decide:** Degree of sneakiness, between stealth mode and visible (a tiny red box in the system tray); whether to record everything or only activities involving Internet access; how often to capture images and when to delete them.

**What your child sees:** In stealth mode, the program is invisible.

**Cost:** \$100; Windows/Macintosh, 888-598-2788 or [www.spectorsoft.com](http://www.spectorsoft.com)

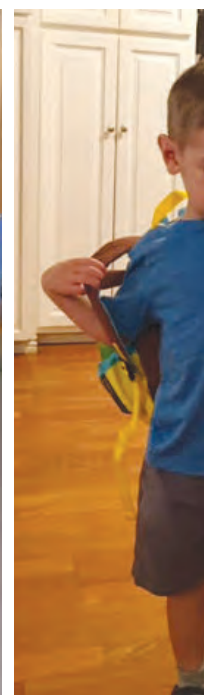
"PARENTS HAVE  
TO GET INVOLVED!"

TIM LORDAN, STAFF DIRECTOR OF THE INTERNET EDUCATION FOUNDATION





# BACK TO







# SCHOOL







## Classes & Board Meetings

### Class Schedule

**8:30 a.m.**

Nursery opens

**9:00 – 9:40 a.m.**

Breakfast and refreshments served in Nelson Hall

**9:45\*-11:30 a.m.**

Classes are held

**\*Teachers will start promptly at 9:45!**

**11:45 a.m.**

Nursery closes

**11:45 – 1:45 p.m.**

Pre-Infant Class

### Location

The Church of the Beatitudes

555 W. Glendale Ave.

Phoenix 85021

### Class Dates

October 19

February 8

November 2\*

February 22\*

November 16

March 22

December 7\*

April 5\*

January 11

April 19

January 25 \*

May 3\*

\*Monthly *Parent Times* magazine distributed.

### Board Meeting Dates

October 3

February 6

November 1

March 6

December 5

April 3

January 9

May 1

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

# Special Events

## NCPG Uncorked!

Friday, October 7, 6:00 - 8:00 pm

Valley Field Riding & Polo Club

2530 N. 64th St., Scottsdale 85257



Featuring wines from Arizona Stronghold, Workman/Ayer, and hand picked selections from Arcadia Premium. Enjoy an evening in Scottsdale tasting these fabulous wines with delicious bites from Vincent's on Camelback. There will be a raffle with amazing prizes and all proceeds will support NCPG's programs. Great for a date night or ladies' night out. Book your babysitters and get your tickets now!

Visit [www.NCPGAZ.org](http://www.NCPGAZ.org) to purchase tickets.

Tickets may also be purchased night of at the door!!

Tickets: \$40 Individual / \$80 Couple.

Raffle Tickets: \$40 for 5 tickets, or \$10 each.

## Fall Family Festival

Saturday, October 22, 10:00 am – 12:00 pm

All Saints' Episcopal Day School

6300 N. Central Ave., Phoenix 85012

Bring your kids dressed in their adorable Halloween costumes for all to see and join us for lots of Halloween fun! There will be a bounce house, kids' crafts, bubbles and a trackless space train. Lunch and ice cream will be provided for all!





# NCPG Play Dates



## NEXT WEEK!

**October 12 • The Orchard Splash Pad • 3:30-5:00 pm**

7120 N. 12th St., Phoenix 85020

Pack your kids' swimsuits and sunscreen and let them play in the splash pad while spending the afternoon with NCPG. Hosted by NCPG with light appetizers provided, and an additional discounted menu with food and beverage options will be available.

## FUTURE DATES

**November 30 • Arcadia Park • 3:30-5:00 pm**

3402 N. 56th St., Phoenix 85018

The weather will be amazing and the company even better. Join us for an afternoon of family fun at one of our favorite neighborhood parks!

**February 1 • Kachina Park • 3:30-5:00 pm**

4304 E. Campbell Ave., Phoenix 85018

Come play with us underneath the shaded jungle gym for a fun-filled afternoon. Bonus tip: LGO is just down the street making it a super convenient night to not cook dinner!

**March 29 • Ready, Set, Play • 10:00 am-12:00 pm**

Paradise Valley Mall, near Chompies & Dillard's, 4568 E. Cactus Rd., Phoenix 85032

Ready, Set, Play will be closed for all non-NCPG members during these 2 hours. NCPG will be pay all entrance fees and provide snacks for the kids. Invitations will be sent out closer to the date. We hope to see all your kids there!

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

## Mom's Night Out!

"Mom's Night Out" is a time for NCPG members of all classes to get together casually and unwind without their little ones in tow. Please feel free to attend any event that works for you, however, no event is mandatory.

**January 18, 6-8 pm**

Artistic Impressions by Mara  
3120 N. 44th St., Phoenix, AZ 85018

**April 26, 6-8 pm**

20 Highland Tavern – Whole Foods Market  
4701 N. 20th St., Phoenix, AZ 85016

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



## SAVE THE DATE!

**Saturday, April 1, 2017**

## Spring Gala!

32nd Anniversary Celebration and Fundraiser

PHOENIX COUNTRY CLUB

Join us for an evening full of food, fun, and a fabulous silent auction. This event helps fund NCPG activities, facilities, and instructors. Member tuition covers only a portion of our operating costs and we rely on members participation for this fundraiser. Save the date now!

Contact us at [fundraising@ncpgaz.org](mailto:fundraising@ncpgaz.org)  
if you have auction items or would like to join our committee to help with preparations.

# NCPG Member to Meet

## Christa McFarland Preschool 1

**Spouse:** Dustin McFarland

**Children:** Adelyn (2) and Baby #2, Mac (due in December)

**Years married:** Dustin and I celebrated our 5 year wedding anniversary in June.

**Spouse/partners favorite date night spot:** Our favorite date night consists of starting at Hiro Sushi and ending at Sweet Republic or at least I've convinced myself that Dustin enjoys it just as much as I do.

**Career or previous career:** Before we had Adelyn, I earned my masters degree in Curriculum & Instruction at NAU and taught elementary education in the Chandler Unified School District for 7 years. The majority of that time I taught 6th grade and loved it! I still enjoy substitute teaching at my old school.

**Favorite children's book to read:** "Pete the Cat and His Four Groovy Buttons." Adelyn loves this book right now! She loves to say "Goodness no!"

**Where were you born and raised:** I was born and raised in a small town (Jewell) in Iowa—no stop lights small! I loved growing up in a small town in the Midwest, but I wanted to venture away from it after college so I decided to complete my student teaching in Arizona. I had no intention of making it my home, but shortly after I moved here, I met Dustin and the rest is history!

**What do you miss most about being a kid:** What is there not to miss about being a kid? I loved my childhood. I would have to say that I miss "playing" with my friends the most. Growing up in a small town you are forced to create your own fun. The imagination is an amazing thing, especially when you are a kid. My friends and I could play outside for hours, doing what, I'm not exactly sure, but we had fun! My childhood friends are still my closest friends to this day.

**When you have 30 minutes of free time what do you do:** When given 30 minutes of free time, I wish I could say that I enjoy meditating or catching up on an intellectual read, but in reality when given 30 minutes, I enjoy catching up on some good TV. Is that bad? Oh well!



**What's your favorite thing to do with your child/children:** There are so many things I enjoy doing with Adelyn, but I'd have to say trying something new with her is my absolute favorite! I love her seeing her face and watching the wheels turn when exploring something new for the first time. I think it's the teacher in me that enjoys observing her discover something on her own and guiding her along the way.

**Most meaningful moment as a parent:** The night we brought Adelyn home from the hospital was the most meaningful to me, because it was the first time I felt like a parent. No one can prepare you for the overwhelming feeling of love and responsibility for this tiny human. That moment when you become a parent, it is no longer about you, but its the best thing in the world!

**Best parenting advice given to you:** Make time for yourself! Be sure to always take care of yourself mentally and physically so you can be the best mom that you can be to your child. Although I feel there is definite room for improvement for me at this, I do feel it is very important!

**Who introduced you to NCPG and for how many years have you been a part of the group:** I had heard about this group from many people, but Kelly Krueger and Laurie Ball informed me of what NCPG is all about last fall and I joined in January.

**Best thing learned in NCPG:** I would have to say that the best thing that I've learned since I joined NCPG would be that we are all doing the best that we can and its comforting being able to collaborate with other moms that are being challenged with similar struggles with our children. I love learning about new products, books, activities, and a variety of strategies that have worked for other moms.



# Alternatives to Halloween Candy

Source: The Freshly Inc.

It's getting close to fright night, when all the trick-or-treaters will fill the streets. Are you tired of sugar-loaded sweets and want to pass out something non-candy yet fun? Or do you need to provide for a classroom party but there are allergens to avoid? Here is a list of alternatives to candy that we love.



Mini Play-Doh



Mini stamps



Hot Wheels or Matchbox cars



Bubbles



Character Band-Aids



Mini crayon packs



Temporary tattoos



Fake/plastic bugs



Mini coloring books



Glow stick necklaces, wands and glasses



Mini nail polish



Asian folding fans



Stickers



Bouncy balls



Pirate eye patches

## We Want Your Pictures!

Please send all birth announcements, cute pictures of NCPG kids and parents, and professional photos to be considered for the front cover to: [communications@ncpgaz.org](mailto:communications@ncpgaz.org) (hi-res please!)





# NEW ARRIVALS!



**Natalia Good Vero**

April 13, 2016

7 lbs, 9 oz.

Parents: Michael and Devon, Brother: MJ (2 1/2)



**Olivia Stewart**

April 17, 2016

8 lbs 4 oz

Parents: Amy & Drew, Brother: Merik (7), Sister: Sophie (5)



**Hannah Grayson**

July 25, 2016

7 lbs. 11 oz

Parents: Julia and Marc, Brother: Bennett (1.5)




**Asher and Casey Martin**


August 12, 2016

Asher – 7 lbs, 5 oz., Casey – 6 lbs, 2 oz.


Parents: Colleen and Brad, Brother: Campbell (3)




**Time to get  
#SunraysStrong!**  
Ongoing Classes for  
boys & girls, babies-adults!  
Join us in Phoenix or Arcadia



**DANCE CENTER:** 13832 N. 32nd St. #162, Phx  
**GYM:** 3110 E. Thunderbird Rd., Phx  
**arizonasunrays.com**  
**602-992-5790**





**Preschool and Kindergarten Open House**

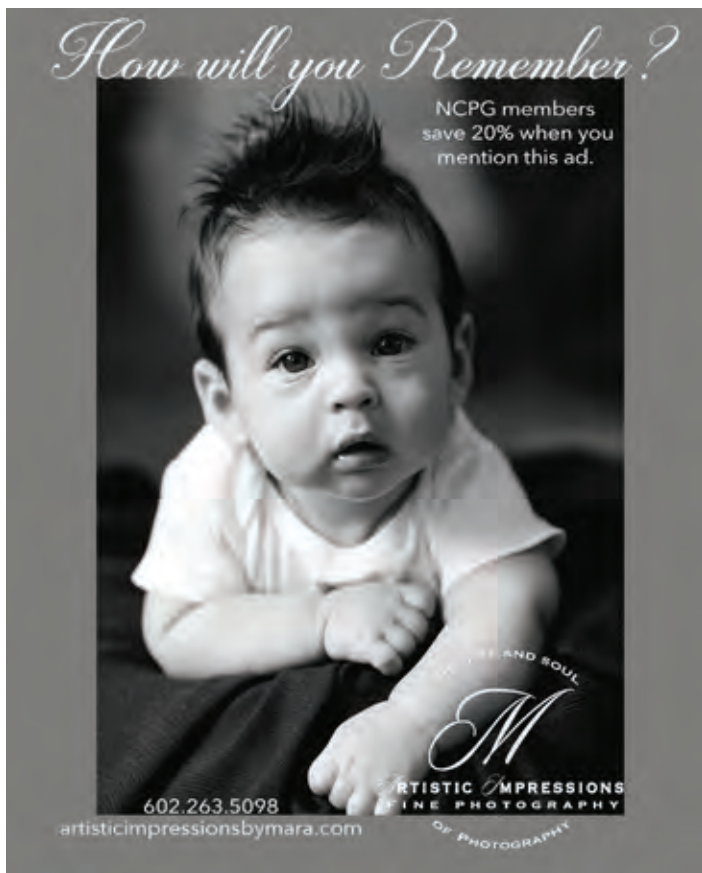
**Please join us on  
Tuesday, October 25th  
8:00 am to 9:30 am**

Parent Ambassadors will give tours; parents will visit classrooms, and listen to a presentation given by our Principal and Teachers.

**Visit our website at  
school.sfxphx.org to register.**

Applications can be found on our website at [school.sfxphx.org](http://school.sfxphx.org)  
[www.facebook.com/sfxphx](https://www.facebook.com/sfxphx)  
 4715 North Central Avenue | Phoenix, AZ 85012 | 602.266.5364





## NCPG is on amazon**smile**

You shop. Amazon gives.

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](https://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!*



**COME ONE, got carnival? COME ALL!**  
STA...like no udder.

**MARK YOUR CALENDAR FOR CARNIVAL!**  
**SATURDAY, NOVEMBER 12TH**  
**10AM - 3PM**

**FREE ADMISSION**  
**ENJOY FOOD, FRIENDS & FUN**





**Gingerbread Open House**

**Highlighting our Preschool through 2nd Grade Programs**

**Tuesday, December 6th**  
**8:45am Check-In / 9:00am Program Begins**

Parents Enjoy a Special Presentation & Tour.  
Attending Children will Enjoy Christmas Entertainment & Craft Time!

To Make Your Reservations  
Visit [www.staphxschool.org/RSVP](http://www.staphxschool.org/RSVP) or Call (602) 954-9089



**SAINT THOMAS  
THE APOSTLE**  
ROMAN CATHOLIC SCHOOL



SAINT THOMAS THE APOSTLE  
PRESCHOOL

4510 N 24th Street, Phoenix, AZ 85016  
(602) 954-9088

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



# Tiny Little Chef Ranch Chicken Tenders

## Ingredients

- 8 chicken tenders
- ½ c. milk
- 1 packet ranch seasoning mix
- ½ c. Greek yogurt
- ¾ c. bread crumbs
- 2 T. Parmesan cheese

## Directions

1. Whisk together yogurt, milk, and ½ of the packet of ranch seasoning.
2. Combine with chicken tenders until well coated, and let marinate in an airtight container for at least 2 hours in the refrigerator.
3. Mix together bread crumbs, the other half of the ranch seasoning, and parmesan cheese.
4. Sprinkle evenly along the bottom of a small pan.
5. Press chicken tenders into bread crumb evenly on all sides and transfer to a foil lined pan.
6. Distribute extra bread crumbs evenly over top of the chicken tenders.
7. Bake at 350 degrees for 20-25 minutes.

*TIP: These can be made ahead of time and held in the refrigerator for a few hours.*



**Christy Harp**

*Tiny Little Chef Seasoning Master & Owner,  
Professional Chef & Certified Nutritionist*

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

[www.instagram.com/tinylittlechef](https://www.instagram.com/tinylittlechef)

[www.pinterest.com/tinylittlechef](https://www.pinterest.com/tinylittlechef)

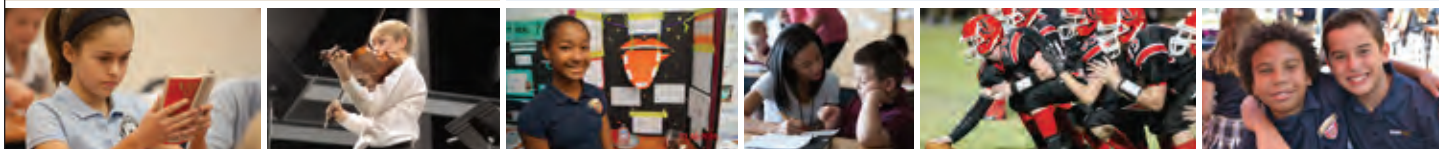
[info@tinylittlechef.com](mailto:info@tinylittlechef.com)

## Discover Great Hearts!

A tuition-free K-12 preparatory education  
is closer than you think!

Great Hearts  
transforms students  
into leaders who are  
prepared for the  
21st century.

- Classical, liberal arts curriculum from kindergarten through 12th grade
- Well-rounded program includes fine arts, PE and foreign language for all students **grades K-5**
- Six Great Hearts academies were listed among the **Top 20 Charter Schools** in Metro Phoenix based on AZ Merit results of 5th graders, as reported by the Phoenix Business Journal
- SAT Average over last five years = **1210** (+200 pts vs. national average)
- The Class of 2016 (340 students) has been admitted to **327 colleges in 46 states and 7 counties** and were offered an estimated **\$50M in scholarships**, an average of \$147,000 per student!



**GreatHearts®**

To learn more about our 23 academies in the Phoenix metro area, please visit [GreatHeartsAmerica.org](http://GreatHeartsAmerica.org)  
3102 North 56th Street, Phoenix AZ 85018 • 602.438.7045



# Pine Cone Creations

Source: [www.NotedList.com](http://www.NotedList.com)

As the holidays approach there are so many fun things that you can do with the pine cones that will soon be dropping onto the ground. Pine cones come in so many shapes and sizes, and there are lots of ways to use them to make nature crafts. Kids can turn them into so many different and adorable things as well!



Check out this website for several fun and easy pine cone crafts:  
[www.notedlist.com/most-creative-and-adorable-pine-cone-crafts](http://www.notedlist.com/most-creative-and-adorable-pine-cone-crafts)

## Handprint Spiders in a DIY Lacing Card Web

Source: [www.MomEndeavors.com](http://www.MomEndeavors.com)

This craft is fun for Halloween plus it works on your child's fine motor skills as they weave the twine through the holes in the plate. To make your own handprint spiders and DIY lacing card-style webs, here's what you'll need...

### SUPPLIES

- Paper plates
- Paint colors of your choice
- Black paint
- Paintbrush(es)
- Stick-on googly eyes or white paint
- Hole punch
- White twine (about 36 inches or so for each plate)

### DIRECTIONS

1. Let the child completely cover their paper plate in paint (just make sure it doesn't go on too thick). Let dry.
2. Paint the palm of the child's hand & 4 fingers (don't paint the thumb) with black paint! Press down on dry painted plate, being careful to not move the fingers too much. Then, repeat process with other



hand. When pressing the 2nd hand down, overlap on the other palm print. That is what forms the spider's body. Let dry.

3. Attach googly eyes or paint on eyes with white & black paint.
4. Punch 16 holes around the inside edge of the plate.
5. Secure the twine with a large knot on the back side of the plate (you may want to add a little glue to make sure it doesn't come through the hole). Then, let the child create a web with the twine, using the

plate as a lacing card.

6. End the twine in back & secure it by tying it off or gluing it down.
7. Hang up & enjoy!

**ARIZONA CHILDPROOFERS**  
*Arizona's Family Home Safety Experts*

480.634.7366 • [www.azchildproofers.com](http://www.azchildproofers.com)



**In-home Safety Assessments • Pool Fencing  
 Safety Gates • Cabinet Locks • ...and more!**

*With Arizona's only Certified Professional Childproofer!*

  [www.facebook.com/azchildproofers](https://www.facebook.com/azchildproofers) 

Licensed - Bonded - Insured - ROC #269159 - ROC #269160



**SAY  
BOO  
AND  
SCARY  
ON**



**CHILDREN'S DENTAL**  
 SPECIALTY GROUP

**\$49 NEW PATIENT SPECIAL**  
 NEW PATIENT EXAM INCLUDES CLEANING, X-RAYS AND FLUORIDE TREATMENT\*  
\*RESTRICTIONS APPLY - NO CASH VALUE - CALL OFFICE FOR DETAILS

[CHILDRENS-DENTAL.COM](http://CHILDRENS-DENTAL.COM)  
 SCOTTSDALE 480.282.6746 | N. PHOENIX 480.448.1461

**EXCEPTIONAL QUALITY, COMPASSION AND KINDNESS**

**4-to-1**  
 Student/Teacher Ratio



**Waiting List Now Forming!**

Advanced over years of research and a proven combination of developmental curriculums, the Community School's innovative model actively develops young minds far beyond a typical preschool setting.

**Tour Today: 602-478-7610**



Phoenix Campus | 300 N. 18th St., Phoenix, AZ 85006  
[www.autismcenter.org/community-school](http://www.autismcenter.org/community-school)



THE ONLY ONES WHO  
WILL HAVE MORE FUN  
THAN YOU ARE  
**YOUR KIDS.**

FOR MEMBERSHIP INFORMATION,  
PLEASE CONTACT:

Mary Grass  
602.636.9823 or [mgrass@phoenixcountryclub.com](mailto:mgrass@phoenixcountryclub.com)

[PHOENIXCOUNTRYCLUB.COM](http://PHOENIXCOUNTRYCLUB.COM)



PHOENIX COUNTRY CLUB  
SEVENTH STREET & THOMAS ROAD



JOIN OUR DYNAMIC COMMUNITY

CCS

DISCOVER MORE AT [CCSAZ.ORG](http://CCSAZ.ORG)



Christ Church School  
develops the whole child  
by providing challenging and  
creative academic, spiritual,  
and social experiences.

EXTENDED PROGRAMS • PERSONALIZED LEARNING  
ACADEMIC EXCELLENCE ENRICHED BY FAITH



CHRIST  
CHURCH  
SCHOOL  
PRESCHOOL - ELEMENTARY



602.381.9906 • [info@ccsaz.org](mailto:info@ccsaz.org) • 4015 East Lincoln Drive, Paradise Valley, Arizona 85253 • [ccsaz.org](http://ccsaz.org)



# Thank You to Our 2016-2017 Sponsors

## PLATINUM



## SILVER



## BRONZE

