

SCPENS March 2015 Newsletter



Upcoming dates

Thursday, March 19

Parent Meeting 6:45–8:45 p.m.
Wendy's M/W Class brings snack

Thursday, March 19

2nd Annual Sip & Nibble Tickets
ON SALE

Mon-Sun, March 30–April 5

Spring Break – No School

Monday, April 6

April tuition due

Wednesday, April 8

Board Meeting 7-9 p.m.

Saturday, April 18

RUMMAGE SALE CANCELED

Sunday, April 19

2nd Annual Sip & Nibble 5–8 p.m.

Thursday, April 23

Parent Meeting 6:45–8:45 p.m.

Saturday, May 2

3rd & FINAL Yard Day 9:00 a.m. – noon

Access the [SCPENS 2014-15 Calendar](#)

Spring into action

Spring is about to be sprung!

With the impending “change in season” coming this week and Spring Break at the end of this month—Spring is officially HERE. At school the toddlers and preschoolers have been enjoying every minute of playing outside and exploring their changing surroundings.

I am sure most of you (like me) are still figuring out the time change. I know in our home “dinner time” and “bedtime,” somehow sneaks up on us like it’s a new concept. Rather than beating ourselves up over late bedtimes, we are choosing to enjoy it.

With changing seasons we are also coming into our very LAST fundraiser of the year (our Second Annual Sip & Nibble Silent Auction & Raffle) as well as rolling out registration forms for next year. Tickets for our last event as well as 2015-2016 registration forms will be available before Spring Break. So start thinking about how many tickets you’re going to buy and what class you want to be in next year!

I hope everyone has a wonderful Spring Break (March 30 - April 5) and I look forward to finishing off this wonderful school year when we all get back!

Shannon Blount
Board President



School Pictures

Picture package information available in classrooms NOW. Please arrive on time. All students are encouraged to be available for the class picture even if you are opting not to purchase an individual package. Snack and art activities will be limited to “non-messy.”

- M/W student pictures take place on Wednesday March 25th
- T/TH student pictures take place on Thursday, March 26th

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Special thanks!

A very special thanks to SCPENS parent **Chris McGilvray** who generously volunteered to film our program in action. It has been a long-standing goal of ours to create a short video to promote what our program has to offer. This video will be featured on our website and used to seek grants, crowd funding and to secure other sources of revenue.

We would like to also thank all the families that volunteered to attend our mock class on Saturday! The day was not only a pleasure, but a success because of you!



SCPENS at play—March 2015

Happy birthday to you!

Birthday wishes to our 2-year-olds!

Emre Bell 3/25/2013

Maryam Smith 3/28/2013

Birthday wishes to our 3-year-olds!

Addison Taylor 3/05/2012

Congratulations to our 4-year-olds!

Ford Willingham 4/25/2011



March Parent Meeting: **TONIGHT!!!!**

Dear Parents – we were set to have a wonderful talk on Children in Nature, but due to unforeseen circumstances our speaker had to reschedule last minute. However, our meeting will still happen TONIGHT!

Teach Maggie & Wendy will be leading a our meeting tonight and covering the Top 5 Parenting topics that tend to come up every year. Please join us tonight for uninterrupted opportunity to speak with our teachers on issues that are affecting your family. Topics open for tonight's forum may be the following:

- How do you get your child to eat healthy food or try new foods?
- How do you deal with uncooperative behavior? With negativity/contrariness? With dawdling?
- How do you get your child to sleep at night? For naps? In their own bed?
- What are your favorite activities in the car or while traveling? Favorite destinations?
- How do you balance time and energy for your children with time and energy for your self? For your couple relationship?
- How do you get and keep your child dressed? How much do you control what they wear? Why?
- What can you do when your child is aggressive towards another child? When another child is aggressive towards your child? How do you deal with the other child's parent(s)?
- What has worked in your potty training efforts? Why do you think your techniques have been effective?
- What do you do when your child or children are driving you crazy?
- How do you feel about your child watching TV? Do you set limits? If so, what are they and how are they working?
- Do you have questions about your child's "normality"? If so, what are they and how can you find out if their behavior is in the range of "normal"?

Community Calendar: Spring Break addition

March 27, 2015: **LEGO CITY BUILD EVENT – Ages 3+**

Join *Learn to Discover*, hosted in the Children's Museum of Discovery at the Capitola Mall. Event runs 6:30 – 8:00 p.m. and costs \$5 to participate. No membership required. All materials provided.

April 04, 2015: **CAPITOLA VILLAGE EASTER EGG HUNT**

Get a jump on the Easter Bunny with an egg hunt on the beach, in front of the Capitola Venetian Hotel from 11 – 11:30 a.m.

April 4-5, 2015: **EGGSTRAORDINARY EGG HUNT**

The Roaring Camp Eggspress takes children and their families to Bear Mountain to hunt for candy eggs and win prizes. Trains at 11 a.m., 12:30 and 2 p.m.

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SCPENS 2nd Annual Sip & Nibble Silent Auction & Raffle Fundraiser



TICKETS ON SALE STARTING Thursday, March 19th

Tickets are \$25 in advance and \$30 at the door.

Accepting cash, check or Visa/Master Card at Parent Meeting.

Available to purchase in class & online March 20 – April 17th.

Enjoy an evening celebrating SCPENS' 40th Anniversary with live entertainment, food & wine from Bargetto Winery as well as beer from Santa Cruz Mountain Brewing Company. Auction & Raffle items range in values of \$25 - \$500.

All proceeds from this event allow us to keep SCPENS affordable and accessible. Please make sure you show your support & attend. Event is open to the public, so please invite family, friends & alumni.

Just a Nibble...

Here is a growing list of auction offerings

Adventure Sports
Nokia
Music Together
Palace Arts
Studio Sprouts
Woodstocks Pizza
Kianti's
Oregon Shakespeare Festival
Café Cruz
Oswalds
Crow's Nest
DeLaveaga Golf & Lodge
Del Mar Theatres
Happy Hollow Park & Zoo
And many, many more!

Support SCPENS when you shop

Shop [Amazon](#) to earn money for SCPENS.



Bookmark our link & pass it on to friends and family:
http://www.amazon.com/?_encoding=UTF8&camp=1789&creative=390957&linkCode=ur2&tag=s09fd-20



[Artkive](#) allows you to take, tag, share, and store your kids' art and school work AND have it turned into products. Enter **SCPENS1** when you make a purchase and [Artkive](#) will donate 10% back to SCPENS.



Shop [pediped](#) for children's shoes. 10% of your purchase will be donated to SCPENS. Use our code at checkout: **SCHCYWH**



To place a dinner order for pick-up on your school day, go to [Fresh Prep Kitchens](#) and click on "Reserve Dinners." A percentage of your purchase will be donated to SCPENS.

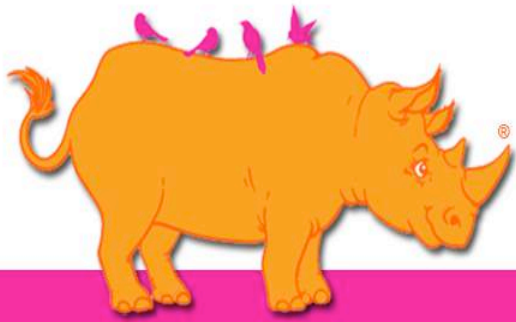
Covello & Covello photo opportunity—make memories and fundraise at the same time!

We are so excited to partner up with [Covello & Covello Photography](#) for a unique and special offer—in-studio portraiture session and one 8x10 print for \$75.

[Fill out the form](#) and SCPENS will send you an online invoice for payment. Once payment is received, SCPENS will send you a personalized \$75 gift certificate good for one in-studio session and one 8x10 print. Gift certificate must be activated within 30 days of purchase. To activate, phone Covello & Covello. You do not need to schedule your photo shoot at this time; just call and activate your certificate.

Learn more about Covello & Covello at <http://www.covellocovello.com> or call (831) 423-2922. Offer valid to SCPENS members and the wider community. **Share this offer with your friends and family and post to your social media sites!**

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the Orange Rhino challenge

A 365 Day Journey to Yell Less and Love More

Orange Rhino alternatives to yelling

Fun Alternatives:

1. Run around the house (adrenaline boost)
2. Start talking jibberish (makes kids laugh & stop pummeling each other)
3. Start blowing bubbles (reminds me of childhood & that I should CHILL OUT)
4. Get the camera (forces me to see behavior wasn't so bad)
5. Laugh. Even if you don't want to. (laughter is good for the soul)

"I look like a Fool" Alternatives

1. Yell into a Closet (clothes don't have feelings)
2. Yell into a Kitchen Cabinet (cereal boxes don't have feelings either)
3. Open up the freezer and put head in (it cools me down & makes kids laugh)
4. Raise two hands in air (gets kids attention & warns that I'm about to blow)
5. Go to the bathroom and scream into the toilet, then flush it away (um symbolic?)

For an expanded list visit Orange Rhino Website [here](#)

Take the Challenge

Do you think you could go a day? A week? A month? Or even a year without yelling? Join me in The Orange Rhino Challenge™ and follow along as we support each other in our individual goals. **Our goal was 365 days and is now another 365 days...but pick a goal that works for you!**

No goal is too small!

1. **Join** on **Facebook** to find a supportive community of parents who share your same goals. Whenever I post "**Toot your Rhino Horn**" post your progress in the comments section below (read this [blog post](#) for more info).
2. **Get Support.** Use [The Orange Rhino Facebook page](#) as a place to find support...a place to laugh...and a place to yell (politely of course)! Post when you want to yell, instead of yelling. Share about a specific trouble area, a time when you know you always yell, and ask others for advice. Ask me questions.
3. **Set a Goal and Publicly Announce it.** According to the fancy people who know about reaching goals (not me!) publicly announcing a goal is a great way to achieve it (it's worked for me!)
4. **Track your Yelling for 3-5 days.** Write down who you yelled at, when, why, how you felt, what was on your mind to determine personal triggers (tired? time of day?) and triggers that are easy to change (clothes fight in the morning). Find my tracking sheet [here](#).
5. **Get your friends involved.** If you will chronicle your journey on your blog, link your blog below and encourage your friends to join you. The more the merrier and the more support for you!
6. **Practice, Practice, Practice!** It took me some time to get into the groove. Don't be too hard on yourself if it takes a bit and please email me at theorangerhinochallenge@gmail.com if you are feeling frustrated! I started this blog for support but also to GIVE support. We are all in this together.

For even more information on getting started, read **12 Steps To Stop Yelling At Your Kids**. In this post I summarize and organize everything that I did during my first year of not yelling.

Connect: <http://www.facebook.com/TheOrangeRhino>