LONG COD September 2010 Volume 4, Issue 9

News For The Residents of Longwood

Is My Child Ready for Preschool?

by Therese Thompson

The media's intense focus on "Back to School" makes every parent start thinking about summer coming to an end and getting kids ready to return to school. New school clothes, new school supplies and extra-curricular activities are on every mom's mind. Moms with children about to start school feel pangs of sadness as they prepare to send their child "out into the world." Even parents of very young children may start to wonder about preschool and just when to start their child in the more structured learning environment that preschool provides.

It's easy to see why parents consider preschools. In addition to serving the needs of families where both parents work, there are countless articles about the benefits of preschool for young children. A multitude of studies demonstrate that participating in a structured program prior to beginning kindergarten not only makes the transition to elementary school easier, but also makes children perform better in school. But what's not as clear is the optimal age for kids to start a preschool program. And that's mainly because that optimal age can vary a lot, depending on the child.

So how can you tell if your child is ready for preschool? To me, the most important aspect is the child's level of socialization. While preschool no doubt helps socialize children a great deal, that process is most effective when the child is ready.

There are some simple signs that your child may be ready to join the more structured learning environment that preschool provides:

- Does he enjoy playing with other kids, and easily cooperate at games and other activities?
- Is she comfortable spending time away from you, either at a Mother's Day Out program, or with a babysitter, grandparent, or other family member?
- Can he do some basic tasks on his own? For instance, can he wash his hands at the sink or put on his own coat?
- Is she able to fall asleep on her own, without being rocked or held first?
- Most preschoolers take only one nap in the afternoon. Does he have the stamina to last through the morning without a nap?
- Can she follow some basic instructions, like picking up her toys or bringing her plate to the kitchen after dinner?

 (Continued on Page 2)





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Is My Child Ready for Preschool?- (Continued from Page 10)

- Will she entertain herself for short periods by drawing or coloring, paging through books or doing other activities independently?
- Does she talk freely to other adults, or does she still depend on you to translate for her?

These are just some basic clues that your child will be able to function in a structured environment such as a preschool. Other behaviors that may indicate that your child is ready for socialization:

- Does she enjoy going to new places and having new experiences, or prefer that her days be more routine?
- Does she seem to welcome the opportunity to learn new things and be excited to meet new people?

For some children, these behaviors may be clearly evident by age three, while they may not show up until age five or even later in other children. But if you need to enroll your child in a preschool setting due to your own work situation, there are things you can do to prepare your child:

1. Start slowly – let her spend time with a family member or sitter while you're still in the home. As that becomes more comfortable, leave her alone while you run a few errands, gradually working up to a whole day or evening way.

(Continued on Page 3)



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Is My Child Ready for Preschool?- (Continued from Page 10)

- 2. Schedule regular play dates with different children and encourage them to play together - simple games, puzzles or even coloring or finger painting will encourage interaction.
- 3. Go to story time at the library to practice paying attention and sitting in a group of other children.
- 4. Try swim lessons or tumbling to familiarize him with taking direction from another adult.
- 5. Start giving your child simple tasks to complete, like stacking his books on a shelf or putting the plates on the dinner table. Encourage him to dress himself by providing easy-on outfits like sweat pants and a t'shirt.
- 6. Set up playtimes where she can entertain herself for half an hour or so. Encourage her to play independently by offering her coloring books or simple puzzles to work on alone. You may need to work up to the full 30 minutes, so start with five minutes and add time as she is successful at entertaining herself.
- 7. Visit the local children's museum or zoo and talk about the exhibits. Encourage her curiosity and further discussion by reading books about the subject or even watching Animal Planet or Mr. Science
- 8. Practice spontaneity mix up your routines by playing outside before breakfast or scheduling bath time in the afternoon or even eating breakfast for dinner.

It probably won't happen overnight, but with a little planning and encouragement, you can help your child make the transition to preschool smoothly and reasonably easily. Of course, it's a good idea to transition to the actual school environment over a few days as well. Make a visit one day together, then try leaving him for a few hours or a half day first and work your way up to a full day at school.

It's not easy to know when to start your child in preschool, but there are signs to watch for and ways to encourage the behaviors required to succeed in the environment. Knowing what to look for, and what to work toward, can go a long way in easing the transition for both of you.



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On Saturday, September 25th from 7:00-11:00 p.m. the Cy-Woods Band will be hosting their fifth annual Casino Night at Cypress Woods High School. This annual event is not only to raise funds for the band and color guard, but also to have fun with friends and family. Ages 12 and up can participate. Play to win a great prize in our Texas Hold'em Tournament! You don't want to miss the fabulous Silent Auction and grand prize drawings! Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.

Calling ALL Cy-Fair High School Senior Parents!

PROJECT PROM NEEDS YOU!

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WRAP 2011 planning has begun! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. This year WRAP will be held at ITZ on May 27, 2011, as an overnight lock-in party, it is a fun-filled evening of shows, games, activities, food, gifts and prizes! WRAP is totally dependent on donations to raise the funds necessary to host an event of this size.

REMEMBER:

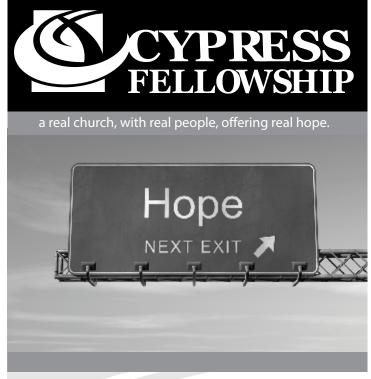
- Our next WRAP meeting is August 5th, Thursday at 7pm in the CyWoods Teaching Theater
- Wildcat Express is August 5th and 6th. WRAP Spirit items will be for sale and are for use by all students not just seniors!
- Earn 10,000 WRAP bucks by sending a check for \$20.11 to WRAP, Inc., P.O. Box 800, Cypress, TX 77410 by September 1, 2010.
- Running Wild Fun Run, Homecoming Mum Sales, and Senior Faces are our first fund raisers!

WRAP has openings for event chairs and co-chairs! Earn mega bucks by serving as a chair or co-chair!

Visit www.cywoodswrap.org and be an active parent! Seniors – become a Fan on Facebook. Refer 10 friends and receive WRAP bucks. Sign up today!







Has Christianity Failed You?

Everyone who has attended church for any length of time has been hurt, sometimes in ways that seem unforgivable, by people in the church. Join us to learn how to let go and forgive so that you can move on to have a healthy, growing relationship with God! The conference is free, childcare is provided, everyone is welcome!

Friday, September 17, 6:30 pm - 9:00 pm Saturday, September 18, 9:00 am - 3:00 pm

Register by emailing tami@cypressfellowship.org.





School is underway and so is the planning for Project Prom 2011! In April 2010, the newly elected Executive Committee was chosen and they quickly began planning what is expected to be one of the best Project Proms ever. Here's the inside skinny for what is about to unfold. Be sure to mark your calendars!

MONTHLY MEETINGS THIS FALL

Join us on September 27th, October 25th and November 29th. All general meetings are held at Cy-Fair HS Cafeteria and begin at 7pm. You'll have a chance to learn about Project Prom Points. Earn Project Prom Points just for attending!

FUNDRAISERS

Project Prom relies solely on the efforts of Senior Parents and the surrounding community for funding and resources. The Executive Committee has decided to continue to use the same methods and events that have proven to be successful in the past. We hope that you will consider joining us in our efforts to raise money for this event. There are a number of opportunities for parents, seniors, and folks from the

community to join in on!

- We will be working an Aramark concessions booth at all the Texans Football games. For more information, contact Brett Bidinger at brett@bidingerdesign.com.
- Homecoming is October 2nd. We will be selling Homecoming Mums & Garters. A limited number will be sold so be sure to submit your order! Order forms can be found at www.cyfairprojectprom.org.
- Casino Night is a fun filled night of fellowship, dancing, and best of all gambling! Mark your calendars and save the date for Nov. 14th You definitely won't want to miss out! This is a major fundraiser and we are in great need of volunteers to help make this night a success. For more information, contact Karen Geisler at cfprojectprom@yahoo.com.
- The holidays will soon be upon us. We would appreciate your support in our annual Christmas Wreath Fundraiser. For more information, contact Michelle Leech at cfprojectprom@yahoo.com.

S.I.T = STAY IN TOUCH

The best ways to keep up with the fast moving train of CF Project Prom 2011 are to subscribe to our newsletter and by visiting our website. Please complete a Parent Information Form (located on the Forms page) on our website at www. cyfairprojectprom.org or simply send an email with your name, your student's name and your telephone no. to cfprojectprom@yahoo.com.



Project Prom is not financially supported by CFISD. It is a private non-profit event run by concerned parents supported in effort by the staff of Cy-Fair HS. The purpose of Project Prom is to provide a drug and alchohol-free overnight lockparty for the graduating seniors and their guests after their prom.

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5th Annual Cy-Fair VFD Fire Fest Sat Oct 9th



The Cy-Fair Volunteer Fire Department would like to welcome the community to our fifth Annual "Fire Fest" on Saturday, October 9th, 2010 from 10:00 to 02:00 p.m. The event will be held at Cy-Fair Station 11 (18134 West Road, Cypress, TX 77433) behind Lone Star College just west of Barker Cypress. Fire Fest allows the community a glimpse into the life of a fire fighter by providing demonstrations on vehicle fires, vehicle extrications, landing the Life Flight helicopters, and even canine search and rescue. Children can get an up-close look at the fire trucks, play with an actual fire fighting hose, and help put out simulated fires. Families can see some history about each station through story boards depicting the evolution of our fire department. Want to take a picture with a firefighter? No problem, we have that too. New this year will

be demonstrations extinguishing fires using home fire sprinklers and fire extinguishers.

For those interested in joining the ranks of volunteer firefighting we will have a booth set-up to provide details and answer questions on what it takes to be a volunteer firefighter. We will also be showing a short video, providing applications, and giving directions to one of our twelve stations.

The Cy-Fair VFD provides emergency services to residents in the Harris County Emergency Services District #9 located in Northwest Harris County. We currently operate from twelve community based fire stations covering 156 square miles and over 385,000 citizens.

For more information on Fire Fest visit us online at www.cyfairfirefest.org. For more information on joining the Department please visit us at www.cyfairsbravest.org.

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Attention NW Harris County Tri Delta Alumnae

Mark your calendars to join your Tri Delta sisters for our annual "Salad Social" to kick off the year on Tuesday, September 14th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281 -855-6893 or Karen at trideltanews@yahoo.com

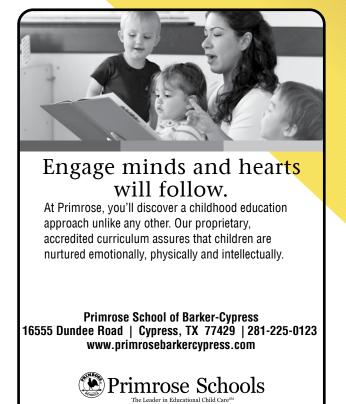
Cy-Fair Storm News Golf Tournament

Submitted by Dan LeDoux

Cy-Fair Storm 8U Softball team is holding their 1st Annual Golf Tournament at Longwood Golf Club on October 1st. We are looking for players as well as sponsors. For more information, please contact: cfstorm2002@yahoo.com.

SOFTBALL LADIES???

Cy-Fair 8U Storm Softball team is looking for girls interested in playing tournament ball. Contact cfstorm2002@yahoo.com for tryout information.



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CY-FAIR KIWANIS CLUB NEWS

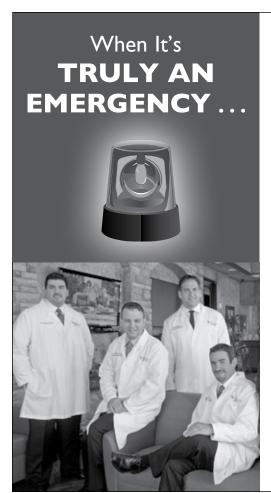
September closes out the Kiwanis year of 2010 and the Cy-Fair Kiwanis Club reflects upon some of the high notes of the year: Celebration of the 25th year of service for the Cy-Fair Club; Sponsorship of nine Key Clubs in the Cy-Fair Independent School District; provision of college scholarships to outstanding Key Club members; conduction of the first of the 2010 Kiwanis Kids Triathlons with over 100 youth participating in the event; and the donation of approximately \$4000 to worthy service projects in the community. We appreciate the support received from businesses and individuals toward these accomplishments.

The Club proudly notes the election of Megan Iselin, Cy-Ranch Key Club member, as Lieutenant Governor of District III Key Clubs. We were especially pleased to have the Cy-Ranch Key Club selected as Rookie Key Club of the Year in the District. Under the guidance of Jennifer Hydes, advisor, the club grew to a membership in excess of 400 students in its first two years as a club.

Kiwanis International adopted a new international project this year. Previously the international organization and its affiliates undertook a project aimed at eliminating iodine deficiency in the world's population. This project was so successful that this nutritional deficiency is now virtually nonexistent. The new project will be called ELIMINATE. Its aim is to work toward eliminating maternal/neonatal tetanus, a disease that kills its victims in seven days or less. It is such a devastating disease that it kills one baby every nine minutes. Kiwanis will partner

with UNICEF in targeting the poorest, most underserved women and children in the world. Implementation of this program will pave the way for other interventions that will boost maternal health and child survival. The Cy-Fair Club will make annual contributions toward the work of the project.

Kiwanians are always looking for individuals who would like to join us in service to our community and the world. Come to the CY-FAIR KIWANIS CLUB meeting; enjoy fellowship with members; hear informative speakers; and be a part of sponsoring children and youth activities in our community. Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis Club will meet at Hearthstone Country Club on SEPTEMBER 14, 20, AND 27 at 12:15 for lunch and informative programs. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. Visit our website at www.kiwanishoustoncyfair.com for more information.



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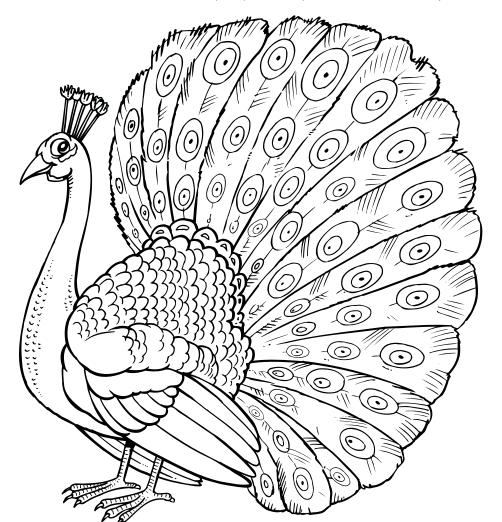
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