

STONE FOREST

Flyer

August 2012

Volume 2, Issue 8

President's Letter

At time of writing we are having some long awaited rain and the heat has abated a little further. Good news all round and will surely help the electricity/water bills and our yards. Hopefully the situation will not have changed much by the time you read this. Our neighbors to the north have really had the heat, similar to the weather we had last year.

Over the July 4th period the Park was used for a fireworks and the mess was pretty awful. That was as of the Friday following, but over the next weekend some very good neighbor cleared up all the mess and on behalf of the Board I want to thank the person or persons who were so public spirited as to get rid of all the debris. The Park has been in our minds and our wallet over the past year and we have had some problems but this kind of neighborly act shows that some of us care. Thank you again.

We welcome Eric Holdt as a new Director and despite some delays he was appointed to fill Cullen Thomas's position although it quickly comes up for election again at the AGM on July 19th. We are still looking for another candidate to fill Kristi Hendrickson's position as she leaves us for Seattle shortly before the AGM. Please contact Chaparral or a Director if you are interested.

A courteous note to all homeowners who have multiple cars. It is difficult to juggle the drive parking when family members leave at different times but if those that park on the street could be mindful of the traffic requirements it would be very helpful. For example, two vehicles parked opposite each other can cause difficulties and some times leads to damage or worse. Similarly cars parked across walkways are an obstruction to those who walk around the area and are in the strict sense against the deed restrictions. Homeowners cooperation would be greatly appreciated.

Finally the 2012 assessments as of the last Board Meeting on June 19 was running about \$37,000 short which is approximately 31% of our total operating budget. Those who are delinquent know who they are and we would ask you to kindly make arrangements to catch up either by direct payment, credit card or a payment plan. The assessments are the life blood of our association and if we don't make the numbers yearly we either have to cut services or put the burden on other homeowners which isn't really fair. We don't want

to penalize those who have hardship but if we don't know we can't help. We don't foreclose, we don't bully like some but we do expect communication from anyone who needs help in making the yearly payment. Please help us to help you.

Thanks.

Enjoy the rest of the summer and keep willing the storms away!

Sincerely,

Bob Wise

President, Stone Forest HOA

Build Trust and Routine to Reduce Jitters

10 WAYS TO PREPARE YOUR CHILD FOR ELEMENTARY SCHOOL

Written by Brandi Muse owner, Primrose School at Summerwood

This fall a new group of 5- and 6-year-olds will embark on a significant milestone of their educational journey – starting kindergarten or first grade. Whether you've been through years of preschool or not, the transition into "big kids' school" can cause parents and children alike some first-day jitters.

"Kindergarten and first grade are full of excitement and fun! There's no need to be nervous," says Dr. Mary Zurn, vice president of early childhood education at Primrose Schools. "If you prepare your child for the transition with a few simple adjustments to your routine, you will end up enjoying the milestone and dispel some of those natural twinges of sadness as you see your 'baby' grow up." To help ease the transition to independence, Dr. Zurn suggests the following 10 tips to help calm kindergarten jitters:

Establish a daily routine that fits your family's schedule and ask everyone to do his or her best to stick to it. Consistently begin morning activities at the same time every day. Don't wait until school begins - start at least two weeks before the first day and continue the routine throughout the year.

Nighttime routines are important, too. The whole family can help make mornings easier by taking care of tasks the night before. Try

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Build Trust - (Continued from Cover Page)

making it a habit to pack book bags, complete homework and pick out the next day's clothes in the evening to avoid morning mayhem.

Get your rest. Read a bedtime story early enough in the evening for children to get a good night's sleep. Many morning issues can be avoided if everyone is rested and ready to begin the day.

Read, read and read some more. It is often the anticipation of the unknown that makes children anxious about kindergarten. Reading about starting school gives children an opportunity to imagine their own experience and express their fears. The following books are fun to read and can help children prepare for the feelings they might experience when school starts:

When Mommy and Daddy Go to Work by Joanna Cole

First Day by Joan Rankin

The Kissing Hand by Audrey Penn

Don't Go by Jane Breskin Zalben

5. Prepare your kindergartener for longer periods of separation in increments. Before leaving your child at school for the first time, have him or her stay with a grandparent or a babysitter for increasingly longer periods of time. This will teach your child to trust that you will always return.

Tour the school with your child. Visit the classroom, meet the teacher and tour the playground so the places and faces they will see on the first day feel familiar and safe. Afterward, talk about what both of you saw and how fun the different activities looked. Refer to the teacher by name to help your child think of her as a person you know and trust. Reinforce the idea of school as a safe place to learn and play.

Set the stage. Talk to your child about kindergarten and help him or her visualize what the day's activities are likely to be. "On Monday when you go to school, you will see your friends, play on the swings and read stories. Ms. Smith will be there to help you. It will be a great day! And mommy or daddy will be there to take you home when school is over for the day."

Shop for school supplies. Children love shopping for school supplies. Give your child the opportunity to pick out a few items he or she likes (within reason, of course) to provide a sense of ownership

and responsibility in the decision-making process.

Say a quick "goodbye" and promise to come back. When dropping your child off at school, give a quick hug and kiss, cheerfully say goodbye and promise to return later. When you linger, you undermine your child's confidence that you feel good about where you are leaving her.

Establish a partnership with your child's teacher. Children look for emotional cues from mom and dad's behavior. The more comfortable you are with your child's teacher, the more comfortable your child will be. Discuss with your child's teacher how your child is adjusting over the first few weeks of school. The more visible you can make the connection between home and school, the more secure your child will feel.

These tips can help parents adjust to their child entering kindergarten just as much as they can help children.

"Starting kindergarten or first grade should be an exciting time for families, not a source of anxiety," says Dr. Zurn. "If you feel confident and prepared for the transition, your children are likely to feel the same."

For more tips and ideas from Dr. Mary Zurn, visit www.DrZandFreinds.com or www.PrimroseSchools.com. To learn more about Primrose School at Summerwood, visit www.primrosesummerwood.com or call 281.454.6000.



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Gratitude is the key

Unlocking The Doors To Treasures In Our Children

By Sugandha Jain

Gratitude is an instant mood converter. Gratefulness is the knife that melds impatience to patience, fear to love and anxiety to peace. Enveloped by the clouds of thankfulness, we can soar high in the air of optimism. Our aura is immediately cleansed when we fill our thoughts with praise. Relationships glow under the varnish of a positive expression in mutual affection.

We only have to look around us to realize how blessed we are. Being mindful of the generosity of people, beauty in our surroundings and the uniqueness of our own spirits can help us appreciate our fortunate existence.

Opening ourselves to receiving divine grace that is already a part of our lives makes us acknowledge our own sacredness. We appreciate our oneness with the universe and what we feel as a result, is gratitude on being a part of the whole. We feel love, we feel complete.

Modeling gratefulness with our families can help children open their hearts to the love and light in everything they do. Daily writing in their Gratitude Journal can gradually shift children's consciousness to a higher dimension.

Constantly reminding children to see the lessons presented by events instead of sulking on challenges can be an exercise in life-long learning. When we encourage children to make choices, evaluate them and re-choose options that help them feel grateful, we show them how to be free.

Together, we find that our interactions with each other have always been complete; the missing link in the puzzle in seeking out and seeding in the Om of smile- the symbol of thankfulness.

Sugandha Jain is a Master Registered Texas Trainer and Director of Accreditation at a local preschool.

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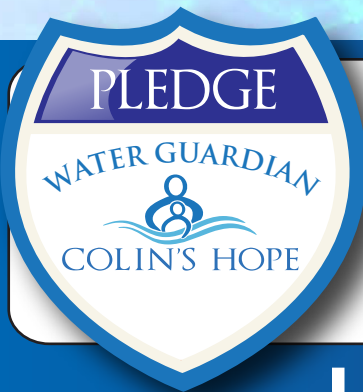
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