SCHOOL ROCKS
Music, movement and math tips get students ready to learn

HANDS-ON FASHION
Children create batik book bags and add bling to tennis shoes

WHAT'S FOR LUNCH?
Parents pack earth-friendly meals Kids learn how to say it with sign

GO FLY A KITE
Environmental Education Center makes kites with kids

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The arts play an essential role in everyone’s lives from visual arts, to dance to theater to music. It is a way of expressing one’s emotions as well as understanding the world surrounding us. It is a common language that links us all together and shapes who we are as individuals.

Studies have shown that children who have the opportunity to learn music, create art or participate in dance and theater have enhanced test scores, attitudes, social skills, problem solving and critical and creative thinking skills.

The cross over between academics and the arts is tremendous.

Music to math, art to social studies, lyrics to literature and so on. Not only are there great academic rewards involved with the arts but there are also a multitude of self development attributes such as confidence building, self esteem, self expression, and social interaction traits that are highly developed.

It is quite sad that the arts are really taking a cut in the school systems today. It is now up to the parents to seek out additional programs to enhance the learning and growth process of their children and give them the gift of Music and Art.

Blackbird Music and Art Center was started by an artist and a musician who didn’t want to see the arts die in their surrounding community. Located in Queen Creek, Blackbird offers music lessons in all instruments including voice. The center also offers a variety of Rock Band Classes, Concerts, Recitals, Showcases, “Open Mic” nights, camps and much more. Blackbird also offers a full range of art classes for all ages and theater art as well.

Although studies continue to show the tremendous benefits of the arts in a child’s life, it is slowly fading away in schools today. Keep in mind the benefits and try to seek out and expose your children to the arts. It is an investment with a huge reward!

Lucas Shaw, 7, takes piano and guitar lessons, and sometimes art lessons, at Blackbird Music & Art Center in Queen Creek. He has been playing guitar for eight months. “It’s fun to play,” he says. “It’s like Rock ‘n’ Roll.” After 2 1/2 years of playing piano, Lucas says his favorite piece is Linus and Lucy. His parents, Kevin and Jessica Shaw, believe the arts are important to help him become a well-rounded person. They think the arts open his mind to different ways of interpreting and seeing things. That crosses over in school and helps him understand things. “He’s very smart,” Jessica says. “He’s a straight A student.”
Hello everyone and welcome to Persephone’s Music Adventures! Every month we will go together on a musical adventure that will be a way to experience the exciting world of music. Music is my favorite thing to do, and I look forward to sharing it with you!

With school starting up again soon, I’d like to share some special tunes with you!

I have been doing events for both children and adults Valley wide for the past 20 years. Music is my passion and it’s a privilege to share my passion with communities across Arizona. The universal language of music is a part of our everyday lives. You hear music everywhere; from the TV, to the radio, to the internet, to the natural music nature makes around us; we are always in constant contact with it. I invite you to be a part of my upcoming musical adventures!

Keep on singing,
Persephone Dimson

Music’s Alphabet is composed of notes that are letters in our alphabet. Here’s a poem to help you remember that the notes go to “G” and then back to “A”.

At school you can learn the alphabet and music too, let me share my musical alphabet poem with you.

A B C D E F G
A B C D E F G
A B C D E F G

Now you can say the musical alphabet with me.

Are you Ready?
(to the tune of Mary Had Little Lamb)
Ask each other if you are ready to go!
Fill in the blank with your activity of the day.

I am ready, yes I am, yes I am. I am ready, yes I am to go to __ today!
A day of sitting in the classroom, followed by an hour of homework, and a little relaxation time in front of the TV before bed. This is the life of a typical child in school: lots of time sitting and little time moving. But what's the big deal about moving? Movement is processed by the vestibular system. The vestibular system has its receptors in the inner ear and is responsible for processing direction and speed of movement, changes in head position, and the pull of gravity. Besides processing movement, the vestibular system has a huge impact on almost everything a child does. It affects arousal levels, attention, eye tracking, coordination, balance and language development. If the vestibular system does not get enough input in the form of movement, then children can have difficulties with sitting still, attending in class, reading and comprehension, expressive language, and emotional or behavior difficulties.

But with all the time sitting and learning, there is little time left to develop the vestibular system. This can make learning more difficult and put the child at risk for developing learning difficulties. Here are some simple activities to increase vestibular input in your home:

- **Log rolling down the hall** - circular movement; helps develop coordination and spatial reasoning.
- **Jumping over pillows** - up and down movement; helps develop coordination.
- **Passing objects over head and through legs** - This activity is all about changes in head position, so make sure the head moves not just the body. It is great to do when putting laundry or toys away.
- **Swinging** - One of the most intensive forms of vestibular input.

For more vestibular activities visit our website at www.PillerChildDevelopment.com

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**Parents, Do you have a ‘Difficult’ Child?**

- Poor Social Skills
- Poor Balance, Clumsy or Uncoordinated
- Poor Attention Span
- Reading Below Grade Level
- Sloppy Handwriting or Coloring
- Becomes Upset with Messy Play
- Bothered by Tags in Clothing
- Limited Diet/ Refusal of New Foods
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- Avoids Climbing or Swinging
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- Trouble Sitting Still
- Gets upset by Loud Noises
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Mathnasium Tips Add Up
Encouragement + Practice - Fear = Success in Math

Children don’t hate math—they hate being confused and intimidated by math

School is just around the corner. Right now, many students are dreading the thought of having to do math. They fear sitting in the classroom, not getting what the teacher is talking about, and feeling like a failure. They go home and struggle with homework they don’t understand and go back the next day to repeat the process. Some kids struggle with math until they reach a point where they “check out” and stop trying. They figure “why try? I just can’t do it.”

Kids need to be taught that math is nothing to be afraid of. With the right tools, most students can succeed in math and significantly increase their skills, their understanding of math concepts, and overall school performance. Kids need to practice and master math facts. They also need to develop problem solving and mathematical thinking skills.

These include:

Mental Math - Kids need to learn mental math shortcuts. For instance, if a problem is 99 + 99 + 99, the student should round each number to 100; 100 + 100 + 100 = 300. 300 – 3 = 297.

Verbal shortcuts are also helpful. For example, percent is taught as meaning “for each 100.” Using this definition, “7% of 300” is easily seen to be, “7 for the first 100, 7 for the second hundred, and 7 for the third hundred = 7 x 3 = 21.”

Written practice with computation (“drill”) is a necessary component of mathematics education. Students need to practice the steps they need to take to solve a problem.

When kids learn these techniques and start applying them, their grades improve. At the same time they gain self-esteem and problem solving skills that will serve them for a lifetime.

Since children can’t get away from math, it’s up to us to help them succeed in it.

They always leave a little taller.

The lessons your child learns at The Little Gym will fill you both with pride: How to reach higher. How to listen better. How to tackle challenges with confidence and a smile.

Call to schedule a free introductory class. Learn more at TheLittleGym.com.

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www.mathnasium.com
Kids will soon be returning to school, causing parents to face the daily challenge of packing lunches for their children that are healthy, inexpensive and environmentally friendly. What a task! Many parents – myself included – are tempted to save time by buying one of the many lunch box standards such as juice boxes, individually packed apple slices, or plastic water bottles. While these products are extremely convenient to use, consider the fact that a child using disposable lunch items will generate approximately 67 pounds of trash a year. Fortunately, a better solution is available—waste-free lunches. Aside from generating little to no trash, waste-free lunches have many hidden benefits. They save money because food bought in bulk is often less expensive than individually portioned and wrapped foods. Having reusable containers allows children to bring home leftovers, which allows a parent to monitor what the child has or hasn’t eaten. This doesn’t happen with disposable lunches, because everything ends up in the trash.

Packing waste-free lunches is easy. All you need are a few reusable lunch items such as a lunch bag or box, sandwich wrap, glass or plastic containers and a reusable water bottle. The Owl’s Nest Nature Store at the Environmental Education Center in Chandler offers many waste-free lunch items perfect for your child’s lunch. One of the most popular items is the Wrap ‘n’ Mat, which is a reusable sandwich wrap that doubles as a mini place mat and comes in many fun patterns for children. The store also carries items such as lunch boxes and bags for children and adults, cloth napkins, stainless steel water bottles and more.

So, when starting your back-to-school shopping this year, remember to add waste-free lunch items to your child’s school supply must-have list. Even if you’re not ready to commit to a 100 percent waste-free lunch, start slowly. Even small changes over time can make a huge difference.
When it is “Arizona summer hot” nothing tastes quite as cool and refreshing as ice cream. Storybook Kitchen’s book pick to go with a tasty ice cream recipe is The Sundae Scoop by Stuart J. Murphy. This book is an entertaining story, and teaches math concepts of combinations along with some addition and subtraction. Find out how many combinations the children in the story can make with two kinds of ice cream, two toppings and two sauces. Maybe you’ll want to try the same ice cream menu for a special family treat this summer as well.

To help you make some delicious ice cream, Storybook Kitchen has churned up this recipe just for you.

**Mint Chocolate Chip Ice Cream**

**Ingredients**
- 2 cups cream
- 1 cup whole milk
- 3/4 cup sugar
- 1/4 teaspoon peppermint extract
- 5-6 drops green food coloring
- 2/3 cup mini chocolate chips

In a large bowl, combine cream, milk, sugar, peppermint extract and green food coloring. Whisk until sugar dissolves. Pour the mixture into an electric ice cream freezer and churn for about 30 minutes. Add in mini chocolate chips and churn for 2-3 minutes to make sure the chips are blended throughout the ice cream. Serve right away. Any leftovers can be stored in an air tight container in the freezer.

Top with your favorite chocolate sauce or hot fudge or enjoy it all by itself. It is an extra treat when you put a scoop between two chocolate cookies to make an ice cream sandwich.
As kids get older their desire to define their own identity becomes very important.
A fun way to express the things they feel passionate about is by creating their own personalized “batik” book bag. This is a great project that takes a few days to complete but delivers stunning results.

personalize book bags the

**Art Rocks Way**

Mary Reid
Owner of Art Rocks Studio
82 W. Ray Road Suite 2, Gilbert
480.899.ROCK
www.artrocksstudio.net

Here is what you will need to complete this project:
- Blue or orange gel glue *(this is a clear gel glue that comes in the same bottle shape as Elmer’s white school glue)*
- Fabric book bag, pencil bag or fabric backpack
- Acrylic craft paint in your favorite colors

The first step is to place a piece of cardboard or acetate inside the bag to ensure that the painting does not seep through to the other side.

Lightly sketch your design onto your bag with #2 pencil. Make sure the design is simple with few details—some fun designs could be a sun, a heart, the earth or a peace sign.

Use your gel glue to go over your pencil lines being cautious not to use too much glue.

Let the design dry overnight.

Next, paint in your design with acrylic paints—allow several hours to dry.

When your design has set for the recommended time rinse the bag under a running faucet to allow glue to come off.

If you would like to create this or other projects, come to Art Rocks Studio at Ray and Gilbert roads in Gilbert. Art Rocks Studio offers open art studio time and private and semi-private art lessons. The studio also is available for parties.
Little Da Vinci steps up fashion with Hand-decorated Shoes

Maria Isabel Delgado
Owner Little DaVinci
602.750.9656
Little.davinci@yahoo.com

Back to school? I’m in your shoes.

Little Da Vinci wants to share a project to help kids start the new school year with confidence.

Kids, how about if you decorate your own sneakers?

You will need a pair of plain tennis shoes, permanent fabric paints and a touch of imagination.

Visualize the kind of shoes you would love to wear this year, sketch on the shoes and paint them. Be as creative as you want. Use fruit, flowers, animals and don’t forget the diamond accents. They will give you the shinny detail to glow all year.

Photos by Karie Denny Photography

Join us for our fantastic fine art program at Little Da Vinci were creativity and imagination go to the top of the line. www.little-davinci.com
Mika Dubey is a 7-year-old Bollywood dancer who has been dancing for three years.

Bollywood dancing is tied to Indian culture. Mika said Bollywood dance is really fun and very energetic.

Mika’s mom, Kriti Agarwal, teaches Bollywood dance. Bollywood dance is a combination of hip hop, jazz and cheer. Bollywood is very similar to lyrical dance. Dancers connect their hand movements, facial expressions and leg movements to the song they are dancing to.

She explained to me that while learning Bollywood dance, you learn confidence and self esteem and you learn to smile.

She also said that Bollywood dance is more about having fun and letting go.

I had the privilege to watch Mika dance and it was awesome. I could see the sparkle in her. I also learned a little Bollywood dance and it is really fun. I enjoyed it.

Mika performs at halftime shows with 21 other dancers. She is the youngest. Go to the Phoenix Mercury game on Aug. 8 and watch Mika perform. Mika has performed in other halftime shows and said one of her favorites was dancing for the Phoenix Suns. She also said her favorite part of Bollywood dancing is shaking her hips.

You can learn to Bollywood dance too. Kriti offers classes at various locations in the East Valley. You can visit her website for class schedules and more information about Bollywood dance. www.kritidance.com

Fun Facts

• Bollywood is India’s version of Hollywood.

• It was named after the city of Bombay which is now Mumbai, a city where movies are made.

• India is the largest film maker in the world.

• Bollywood is popular for its fast paced and high energy song-and-dance numbers that are weaved into Indian movies.

Information courtesy of Kriti Agarwal. www.kritidance.com
If You Go

Half-time
Bollywood Dance
at the Phoenix Mercury
Aug. 8, 2010
3 to 6 p.m.
US Airways Center
201 E. Jefferson St., Phoenix
Tickets: $10 per person while supplies last.
Contact Kriti Dance
480.241.8699
www.kritidance.com
Put your fingertips and thumb together like you’re making the bill of a duck and tap it to your mouth, saying eat or food. Some signs can mean several things depending on how they are used in context and with facial expressions. Eat/Food is one of those signs. Saying the word with the sign helps children to build their vocabulary.

Although this is a fairly easy sign that most babies learn as their first, some signs can be hard for babies. It is okay if a baby modifies a sign until they are able to complete it correctly, but the adult should always sign correctly. Think of it as when a baby learns to say “dog” or “doggie”, they may come back with something like “duh, dee”. To teach correct speech, the adult continues to say “doggie” and eventually the baby comes along with the correct pronunciation. It works the same for sign.

American Sign Language (ASL) is a real, living language so we want children to learn the proper way to use sign so they are able to communicate with people besides their family members. Children may meet deaf children on the playground or at school or they may have a family member who is deaf or becomes deaf. They will want to be able to communicate in a way that they are understood and not run the risk of embarrassment or confusion.

Always say the word with the sign and your baby will be asking for food with sign in no time!
Let’s Go Fly A Kite

Looking for an activity to engage your children both indoors and out? Consider that age-old stand-by guaranteed to provide fun for everyone – kites! The trick this time of year is to construct your kite in the cool indoors before you venture outside to watch it soar through the sky. With a few store-bought supplies and some items commonly found around the house, you could be flying in no time. Here’s what to do:

Gather the following supplies:

• Dowels, 2 1/8-inch (1 cut to 30 inches and the other to 24 inches)
• Trash bag or recycled plastic shopping bag
• Glue gun with glue sticks
• Scissors
• Kite string
• Toilet paper roll
• Ribbon (optional)

1. Place the dowels perpendicular to each other to form a cross shape. The shorter one should be about 2/3 of the way to the top of the longer one. Fasten them together by tying kite string diagonally around the point where they cross and double knot. Repeat diagonally in the other direction.
2. Cut along the seams of the trash bag so it makes a flat sheet. Lay it on the table.
3. Place the dowels on top of the trash bag. Put a small bead of glue, using the glue gun, on the end of each dowel and attach to the trash bag.
4. Cut the trash bag straight from the tip of each dowel to the tip of the next one to get a diamond shape.
5. Poke 4 small holes in the trash bag right in front of the point where the sticks cross. Thread kite string through holes and tie it around the sticks, on both diagonals. Be sure to double knot it. This string will stay attached; as it is the string your kite flies from.
6. Wind the remaining string around an empty toilet paper roll to create a handle. The bulkiness of the toilet paper roll works well for little hands.
7. Optional: Cut a 5-foot long piece of ribbon and several shorter pieces of ribbon, each about 4 inches long. Tie about 5 pieces of ribbon to the tail, spacing them evenly. Hot glue the tail on to the back of the kite.

If making your own kite sounds fun but trying it on your own takes the wind out of your sails, consider enrolling your child in the Let’s Go Fly a Kite! Class, offered at the City of Chandler’s Environmental Education Center (EEC). The EEC offers many other fun and adventure-filled classes such as Kitchen Chemistry, Goofy Garden Fun, and Meet the Creature to name a few!
ARIZONA MUSEUM FOR YOUTH
35 N. Robson, Mesa. 480.644.2468 www.arizonamuseumforyouth.com It all starts with art at this museum that boasts the best parties for little artists. Partygoers enjoy the museum’s exciting exhibitions, private room and a hosted art activity – with a T-shirt for the birthday child and goodie bags for the guests.

ARIZONA MUSEUM OF NATURAL HISTORY
53 N. Macdonald St, Mesa. 480.644.3553 www.AzMHN.org Celebrate your birthday with the dinosaurs at the Arizona Museum of Natural History. Our dino-mite party package includes one and a half hours in Exploration Station to throw the party of the prehistoric century, an awesome craft for all of your guests and admission to our museum.

ART ROCKS STUDIO
82 W. Ray Road Suite 104, Gilbert. 480.899.ROCK(7625) www.artrocksstudio.net Art Rocks Studio customizes each birthday party to reflect the interests of your young artist. On site party includes private party room, invitations, themed art project, Art Rocks party favor, personalized party apron for the birthday child and thank you notes.

DESERT BREEZE RAILROAD
660 N. Desert Breeze Blvd. East, Chandler 480.893.6652 www.desertbreezerr.com What better place is there to have a child's birthday party than an amusement park? Rides, noise, laughter, food and fun are things kids love. Let Desert Breeze Railroad provide the food and the fun! Children ages 2 to 10 will bring the noise and laughter. Packages include rides and reserved area in the Birthday Patio. Includes ice cream and favors.

ENVIRONMENTAL EDUCATION CENTER
4050 E. Chandler Heights Road, Chandler 480.782.2890 www.chandleraz.gov/veterans-oasis. If you have a kid who's interested in nature and the outdoors, then we've got the party for you. The EEC invites your children to party like an animal, enjoy an outdoor treasure hunt, explore the night sky, or participate in other fun activities. We specialize in all natural birthday parties with something for any nature lover!

FLYING DOUBLE B RANCH
3220 S. Eagle Drive, Chandler 480.229.3621 Bring your little buckeroos to Flying Double B Ranch for 2 hours of birthday fun. Guests can ride horses or ponies for an hour, then gather in the outdoor party room for cake and gifts. Hosted party includes cowboy hats and gift bags.

FREESTONE RAILROAD
1021 N. Juniper Ave. Gilbert 480.632.2702 www.freestonerr.com All Aboard! Rides, food and fun await children ages 2-10 and their families at this East Valley amusement park in Gilbert. Basic birthday party package includes rides and a reserved area in our Party Patio. Our hosted "parents-don’t-have-to-worry-about-anything" package also includes ice cream and party favors.

GREAT PLAY-CHANDLER
2855 W. Ray Road, Suite 9, Chandler. www.greatplay.com/Chandler 480.726.PLAY Great Play-Chandler’s fun-filled parties make your child the star of the show. Guests will have a blast and your child will receive All-Star treatment in an interactive arena. Themes include: Field Day (ages 3-10) Fun and Games (ages 1-6) and Multi-sport (ages 4-10). Parties are 90 minutes and include a custom photo-greeting projected on our 100+ sq. ft. scoreboard; high energy introductions; a custom selection of games and activities based on your child's age and interests; station time, including our interactive throwing wall; an awards ceremony, and time for pizza and cake. Three coaches will lead the event. Party includes invitations, setup, planning and clean-up, and paper products if you bring food/cake.

HUBBARD FAMILY SWIM SCHOOL
602.971.4044 Loop 202 & Dobson at Mesa Riverview www.hubbardswim.com Discover the excitement and ease of a party at Hubbard Family Swim School. Our beautiful indoor pools feature 90 degrees water and great weather (indoors!) is guaranteed 365 days a year. Our 4 foot water depth, long entry steps, fun atmosphere and great location make us a perfect choice for parties. You own the pool for your party time! Time flies, everyone has a good time and “you can never get them out of the pool!”

INPOCKETS BAKERY & CATERING
480.726.BAKE 40 S. San Marcos Place, Chandler. www.inpockets.com. Bring out your child’s inner baker. Experience the sweetness of celebrating your child’s birthday at InPockets. Each party is customized to meet your needs. Children spend time in the kitchen, cooking and baking, then enjoy eating their creations in a private dining room with their friends. Packages include room rental, party punch, make-your-own pizza with a pizza chef, custom birthday cake and ice cream. Additional options include cookie decorating, cake making and party coordinator.

SIGNING IN THE SUN
480.276.4706 www.SigningInTheSun.com Signing in The Sun will bring Signs, Songs, Story Time, and a Craft to the party for birthday stars of any age! We will customize the package to reflect the birthday theme.

STORYBOOK KITCHEN FOR KIDS
602.510.0959 www.storybookkitchen.com Kids learn to cook at these parties. Party starts with a story from favorite children's literature, then kids make recipes from the food themes in the story. Hands-on cooking with the kids. We come to your party place and provide the story, food, aprons to wear during the cooking, all the set up and clean up. We can customize a party to a favorite book or theme just for the guest of honor. Includes recipes and a book list for each birthday party guest to take home.

SWIMKIDS USA
480.820.9109 2725 W. Guadalupe, Mesa. www.swimkidsusa.us Kids love to swim in indoor pools. Swim, dance, or gym parties. Available Saturday afternoons.

THE LITTLE GYM
538 S. Gilbert Road #109, Gilbert, 480.855.7766; 3820 E. Ray Road #2, Ahwatukee, 480.706.0021. www.thelittlegym.com Our supervised birthday parties are held one at a time, so your child’s party has the gym to themselves. Our facilities and staff are bright, cheerful and friendly. Our staff handles everything from set-up and entertainment to clean-up - leaving no stress for you! The kids have a blast and parents rest easy. Weekend party times available. Parties typically book 6 to 8 weeks in advance.

TUMBLEWEED RECREATION CENTER
745 E. Germann Road, Chandler. 480.782.2909 www.chandleraz.gov/tumbleweed Let Tumbleweed Recreation Center take care of your next birthday. Parties are designed for ten children ages 3 to 15. Choose from sportacular fun, outdoor bounce adventures, creative arts delight and the main event.

YOUNG CHEFS ACADEMY OF CHANDLER/GILBERT
2350 E. Germann Road, Suite 33, Chandler 480.726.CHEF (2433). www.youngchefsacademy.com/chandler. Be the chef of the day at Young Chefs Academy! All-inclusive parties are filled with interactive, hands-on cooking and delicious fun. We will introduce each guest to the essentials of cooking as they make their ‘creation’ from scratch all while being entertained by our friendly staff. Your guests will love the many party favor options available.
Hi readers,

It’s time to go back to school. We all know that school is a place to learn, but did you know that you can learn in all kinds of places? Some of my favorite places to learn are the zoo, Paseo Park, museums and at home. I have listed some fun learning ideas below. Have a great school year.

Learn about Japan
Jump to Japan: Discovering Culture through Popular Art is now on exhibit at the Arizona Museum for Youth. Kids can ride the magical Cat Bus, create their own manga drawings, try on a kimono and play the ancient card game karuta. 35 N. Robson St., Mesa.
www.arizonamuseumforyouth.com

Learn about Animals
The Phoenix Zoo has lots of new babies, including Amira and Kirafiki, two new zebra foals. 455 N. Galvin Parkway, Phoenix.
www.phoenixzoo.org

Learn about the Desert
The Desert Botanical Gardens offers Flashlight Tours 7 to 9 p.m. every Thursday and Saturday through August. Children may see nighthawks, snakes, insects and night-blooming flowers. 1201 N. Galvin Parkway, Phoenix.
www.dbg.org

Many Thanks!

We want to thank everyone who donated backpacks, school supplies and clothes to help foster children start the school year with an extra boost of confidence. Together we were able to provide more than 40 backpacks and 90 outfits to Arizona Adoption & Foster Care. We want to give extra thanks to the businesses that were kind enough to get involved: The Little Gym of Gilbert, Art Rocks Studio, Young Chef's Academy, Horsing Around Toys, Little Da Vinci, Signing in the Sun, Portraits by Christina and Storybook Kitchen. We couldn’t have done it without you. Your generosity and support touched our hearts.

Thank you,

Amaya &
Kids Celebrate
**Mondays**

FREE Try it class at Young Chefs Academy
Mondays FREE Try-It Class at Young Chefs Academy, 2350 E. Germann Road Suite 33, Chandler. Reservations required. Check the website for times. 480.726.CHEF. www.youngchefsacademy.com/chandler

**Wednesdays**

Tumbleweed Family Nights at TRC
Wednesday from 5:30 to 7 p.m. Tumbleweed Recreation Center, 745 E. Germann Road, Chandler. $2 for children and $3 for teens. FREE for TRC pass holders. 480.782.2900 www.chandleraz.gov/tumbleweed

**Thursdays**

Flashlight Tours in the Desert
The Desert Botanical Gardens offers Flashlight Tours 7 to 9 p.m. every Thursday and Saturday through August. Children may see nighthawks, snakes, insects and night-blooming flowers. 1201 N. Galvin Parkway, Phoenix. www.dbg.org

**Fridays**

Parents Survival Ahwatukee
The Little Gym, 3820 E. Ray Road, Ahwatukee, hosts Parents Survival Nights Fridays from 6 to 9:30 p.m. Children 3 years and older (potty trained) enjoy games, obstacle courses, crafts and a movie, while Mom and Dad get some grown up time. 480.706.0021 www.thelittlegym.com

Hoofbeats with Heart Gymkhana
Fridays Signup begins at 5:30 p.m. Event begins at 7 p.m. Horseshoe Park & Equestrian Centre Covered Arena, 20464 E. Riggs Road, Queen Creek. Spectators FREE. 480.358.3700 www.hoofbeatswithheart.org

**Saturdays**

The Little Mermaid at Hale Theatre
Saturdays 11 a.m. through Nov. 27. See the under-the-sea musical adventure, The Little Mermaid, at Hale Theatre, 50 W. Page Ave., See calendar for details.
Calendar

Flashlight Tours in the Desert
The Desert Botanical Gardens offers Flashlight Tours 7 to 9 p.m. every Thursday and Saturday through August. Children may see nighthawks, snakes, insects and night-blooming flowers. 1201 N. Galvin Parkway, Phoenix. www.dbg.org

KidTalk for K - 12th grades
Saturdays 1 to 2 p.m. at Sunset Library, 4930 W. Ray Road, Chandler. Teen tutors to assist with general homework, as well as English grammar, reading, and speaking skills. Tutors speak primarily English, Spanish and Chinese. 480.782.2842 www.chandlerlibrary.org

Anydays
Little Gym Enrollment
Ongoing enrollment. Call today for a FREE introductory trial class. Gilbert: 538 S. Gilbert Road #109, 480.855.7766; Ahwatukee: 3820 E. Ray Road, 480.706.0021. www.thelittlegym.com

Drop In for Art at Art Rocks Studio
Ongoing 10 a.m. to 6 p.m. Tuesdays through Saturdays, Art Rocks Studio invites parents and children ages 3 and older to drop in for art projects. $10 per child. Art supplies provided. 82 W. Ray Road Suite 104, Gilbert. 480.899.ROCK(7625) www.artrocksstudio.net

Year-round Art Classes and Workshops
Ongoing. The Arizona Museum for Youth 35 N. Robson, Mesa. Open 10 a.m. to 4 p.m. Tuesday through Saturday and noon to 4 p.m. Sunday. 480.644.2468 www.arizonamuseumforyouth.com

Register for Art Classes at Art Rocks Studio
Ongoing. Art Rocks Studio is now registering children ages 2 and older and adults for art classes. Choose from drop-in classes that explore art through themed or storybook-inspired projects, or register for a series of classes to develop art skills through a variety of media. Group and school rates available. 82 W. Ray Road Suite 104, Gilbert. 480.899.ROCK(7625) www.artrocksstudio.net

Gratitude Boxes at Hubbard Family Swim
Ongoing. Hubbard Family Swim School has set up gratitude boxes to collect items for our military in Iraq. To find out what items are most needed by the troops, and for dropoff information, call 602.971.4044 www.hubbardswim.com

Little DaVinci - Art & Painting Lessons
Ongoing. Enrollment for Little DaVinci Art classes. 602.750.9656 little.davinci@yahoo.com www.little-davinci.com

Batter Up at AMY
Ongoing. Play Ball Exhibit continues at Arizona Museum for Youth, 35 N. Robson Road, Mesa. 480.644.2467 www.arizonamuseumforyouth.com

Lights, Color, Action
Ongoing. Explore the world of color at Arizona Museum of Natural History, 53 N. Macdonald, Mesa. Tuesday through Friday 10 a.m. to 5 p.m., Saturday 11 a.m. to 5 p.m. and Sunday 1 to 5 p.m. 480.644.2230. AzMNH.org

Signing in the Sun Classes
Ongoing. Register now for Signing Time Spanish Edition Play & Sign Aug. 6, 13, 20 at 10:30 a.m. for any age to learn Spanish vocabulary along with the ASL sign. Autism Play & Sign- for children 3 and younger with
Meet Amira and Kirafiki

Zookeepers at The Phoenix Zoo have named a pair of female Grevy's zebras Amira and Kirafiki. The names are derived from the Swahili language, which is African in origin. Amira means "princess", and Kirafiki means "friendly". The two female Grevy's zebras are on display to the public along the Africa Trail. They are not the only newcomers to the zoo. More than three dozen babies were born at the zoo this past spring, including a vulture, big horn sheep and prairie dogs.

455 N. Galvin Pkwy., Phoenix
www.phoenixzoo.org

Autism Spectrum Aug. 6, 13, 20 at 9:30 a.m. Baby Signing Time Play & Sign Classes ongoing, starting Mondays, September 13 at 10 a.m. at ALOHA Aquatics. More classes coming soon 480.276.4706 www.SigningInTheSun.com

Hubbard Family Swim Classes
Ongoing. Registration is ongoing for Hubbard Family Swim lessons for babies and children at Mesa Riverview, 1061 N Dobson Road Suite 101, Mesa, and two other locations. August is drowning impact awareness month. Check their website for special activities. 602.971.4044 www.hubbardswim.com

FREE Trial Class at Great Play
Come and check out Great Play, a new gym for kids. Call 480-726-7529 to schedule your FREE trial class. 2855 W. Ray Road, Chandler.
www.greatplay.com/chandler

Jump to Japan at AMY
Ongoing through Oct. 10 Arizona Museum for Youth presents Jump to Japan: Discovering Culture Through Popular Art. Kids can ride the magical Cat Bus, create their own manga drawings, try on a kimono and play the ancient card game karuta. 35 N. Robson St., Mesa. 480.644.2468 www.arizonamuseumforyouth.com

Storybook Kitchen Classes
Ongoing. Regularly scheduled Storybook Kitchen cooking classes at Tumbleweed Recreation Center Kitchen, 745 E. Germann Road, Chandler. Each class begins with a story from favorite children's literature. The themes in the books are the inspiration for the recipes kids learn to cook. It is a hands-on educational experience for kids. Preschoolers & Parents (ages 2-5) School age Kids (grades K-6th) 602.510.0959 www.storybookkitchen.com

Storybook Kitchen Cooking Club
Ongoing. Start a neighborhood cooking club. We come to you and bring all the ingredients and equipment for a fun and educational learning experience. 602.510.0959 www.storybookkitchen.com

SWIM Kids USA Registration
Ongoing. Registration is ongoing for swim lessons at SWIMKids USA. See add on this page for new student savings. 2725 W. Guadalupe, Mesa 480.820.9109 www.swimkidsusa.us

Heritage House Activities
Ongoing Wednesday through Saturday 10 a.m. to 4 p.m. Historical hands-on activities and exhibits inside the California bungalow style Stevens-Haustgen House in Phoenix. Play old fashioned games, investigate the tools of kitchen and laundry duties over 100 years ago and more. 602.534.9382

Free Golf for Kids
Ongoing through Aug. 31 Junior golfers ages 17 and younger will play for FREE every day, all day at any of the three Phoenix nine-hole courses this
Great Play - A Unique New Gym for Kids

Our fantastic coaches, amazing Interactive Arena™ and innovative curriculum make it FUN for kids to develop motor skills, sports skills, fitness and coordination.

Call 480.726.PLAY | www.GreatPlay.com

Great Play of Chandler is independently owned and operated by RB Wellness, Inc.

“What a blast!”
-Cory McCloskey, Fox 10 Phoenix

CALL US TODAY FOR YOUR FREE TRIAL CLASS!
ADVANCE REGISTRATION REQUIRED. OFFER IS FOR FIRST-TIME PLAYERS ONLY.

FREE Week of Dance
Aug. 2 through Aug. 6, Dance Studio 111, 4910 E. Chandler Blvd. Suite 111, Phoenix, will be offering a FREE week of dance including ballet, jazz, lyrical, hip hop, musical theater for ages 2 - adult. Classes are offered for the beginner dancer to the advance dancer. These classes are open to the public. You do not have to be a registered student in order to attend. Reservations required. 480.706.6040 www.kimberlylewis.com

Open House Week at Great Play of Chandler
Aug. 3 through Aug. 7 9 a.m. to 4 p.m. Check out Great Play, a new gym for kids. Your kids can try a free class during the Open House. Call to find out which class is right for your child and to register. Great Play features an Interactive Arena and innovative curriculum that makes it fun for kids to develop motor skills, sports skills, fitness, and coordination. For ages 6 months to 12 years. Must call in advance to register for free class. 2855 W. Ray Road, Chandler. 480.726.7529 www.greatplay.com/chandler

Learn and Play at Sunset Library
Aug. 3, 10 and 17 During this three-session workshop, experts will talk to parents about child development topics while children play with toys that encourage learning. For age 18 months to 3 years. Siblings up to the age of 5 are welcome. Registration required. 4930 W. Ray Road, Chandler. 480.782.2842 www.chandlerlibrary.org

Lego Club at Sunset Library
Aug. 4 3:30 to 4:30 p.m. Lego building for engineers age 5 to 12. 4930 W. Ray Road, Chandler. 480.782.2842 www.chandlerlibrary.org

Vision Gallery Vision Kidz Art Workshops
Aug. 4 9 a.m. Registration begins for Vision Kidz Art Workshops at the Vision Gallery, 80 S. San Marcos Place, Chandler. The series offers 13 new workshops for students from 6 through 14 years of age. Workshops included in this season are: Your Family Tree, Found Object Sculpture, Exploring Advertising Media, Let’s Build it out of Mud!, and Sand Painting from Across the Ocean, 480.917.6859 www.visionsgallery.org

Open Mic Night at Blackbird
Aug. 6 from 7 to 10 p.m. Bring your instrument and your amp and your groupies to open mic night at Blackbird Musica & Art Center, 18911 E. SanTan Blvd., Queen Creek. P.A. system, drums and piano provided. Family atmosphere. Snacks available. 480.677.4159 www.blackbirdcenter.com

Teen Board, Pre-teen & Children’s Board Auditions
Aug. 6 4 p.m. Chandler Fashion Center and the Ahwatukee Children’s Theatre are partnering to provide an opportunity for children and teens. They are searching for 60 boys and girls between the ages of 4-18 to be a member of the Teen Board, Pre-teen & Children's Board. Auditions will be held at the Ahwatukee Children's Theatre, 5051 E. Elliot Road, Phoenix. 602.999.7035 www.azact.org

Stone Soup Musical
Aug. 6 at 2 p.m. and Aug. 7 at 11 a.m. and 2 p.m. Stone Soup is a musical for children based on the story about a hungry young sailor and a magic stone. Performance will be held at Sovereign Grace Church, Gilbert, 1280 N. Cooper Road, Gilbert. www.commandperformersaz.com

A Tribute to The Wallace and Ladmo Show
Aug. 7 7 p.m. FREE. The museum and WallaceWatchers.com present a tribute to The Wallace and Ladmo. Special appearance by “Wallace” (Bill Thompson), videos, joke telling, door prizes, memorabilia and discussion. Tempe Historical Museum, 809 E. Southern Ave., Tempe. 480.350.5100 www.tempe.gov/museum

Messy Creations: Shape at AMY
Aug. 13 10:30 to 11:15 a.m. Children will have fun, multi-sensory experiences putting together a variety of materials to create a masterpiece. Inspired by Jump to Japan, activities may include painting, papier-mâché, sculpting with clay, and more! Smocks provided for children. Caregiver participation required. Arizona Museum for Youth, 35 N. Robson St. Mesa. $5 for members, $10 for nonmembers. 480.644.2468 www.arizonamuseumforyouth.com

Skywatch at Gilbert Riparian Preserve
Aug. 13 8 p.m. FREE. The museum and WallaceWatchers.com present a tribute to The Wallace and Ladmo. Special appearance by “Wallace” (Bill Thompson), videos, joke telling, door prizes, memorabilia and discussion. Tempe Historical Museum, 809 E. Southern Ave., Tempe. 480.350.5100 www.tempe.gov/museum
Kids Celebrate  •  August 2010 www.kidscelebratemagazine.com

Calendar

Specializing in Ages 0-18
Special Needs
Sedation Options Available

4540 E Baseline Road, Suite 102, Mesa AZ 85206
480.830.5466   |   www.AZKidsGrins.com

Mention this ad and receive 50% OFF Exam & X-Ray

concepts; $3 suggested donation. Southeast of Greenfield and Guadalupe roads.
480.503.6744 www.riparianinstitute.org

Gilbert’s Family Gymkhana
Aug. 13 5 events: Barrel Race, Obstacle Course, Key Hole, Goat Ribbon Pull, Break-Away Roping at Gilbert Rodeo Park, 1777 S. Val Vista Drive, Gilbert. www.ci.gilbert.az.us

Parents Survival Nights Gilbert
Aug. 14 The Little Gym, 538 S. Gilbert Road Ste. 109 Gilbert, hosts Parents Survival Night from 6 to 10 p.m. Children 3 years and older (potty trained) enjoy fun, games and activities while Mom and Dad get some grown up time. Pizza served. 480.855.7766 www.thelittlegym.com

Prowl and Play at the Phoenix Zoo
Aug. 14 6 to 9:30 p.m. Find out what goes on at the zoo at night. Water games, music, fun zone and more. 455 N. Galvin Pkwy., Phoenix. www.phoenixzoo.org

Downtown Chandler Artwalk
Aug. 20 5 to 9 p.m. Artwalk on Arizona Avenue south of Chandler Boulevard. www.downtownchandler.org

Phoenix Boys Choir Auditions
Aug. 21 Auditions for boys ages 7 and older will be held at the Phoenix Boys Choir building at 1131 E. Missouri Ave., Phoenix. Schedule appointment: 602.264.5328, ext. 21. www.phoenixboyschoir.org

Childsplay Preview Party
Aug. 21 10 a.m. to 2 p.m. Visit Childsplay’s Sybil B. Harrington Campus of Imagination and Wonder, 900 South Mitchell Drive, Tempe, for a preview of the upcoming season. There will be stagecraft, theater games and hands-on fun. FREE. 480-921-5700 www.childsplayaz.org

Barrel Racing at Horseshoe Park
Aug. 21 5 to 10 p.m. Barrel Racing at Horseshoe Park & Equestrian Centre 20464 E. Riggs Road, Queen Creek. 602.910.9511 www.nbhaaz02.com

Silent Sundays at South Mountain
Aug. 22 5 a.m. On Silent Sundays, bicyclists, tots in strollers, in-line skaters and wheelchair users get to call the park’s roadways their own. Starting at 5 a.m. the park’s roadways past the Central Avenue gate will be reserved for non-motorized use. South Mountain Park, 10919 S. Central Ave., Phoenix. 602 495-5811.

Build n’ Play at Sunset Library
Aug. 26 10:15 a.m. Sunset Library has DUPLO building fun for little builders. For ages 3-5. 4930 W. Ray Road, Chandler. 480.782.2842 www.chandlerlibrary.org

Gilbert’s Family Gymkhana
Aug. 27 5 events: Barrel Race, Obstacle Course, Key Hole, Goat Ribbon Pull, Break-Away Roping at Gilbert Rodeo Park, 1777 S. Val Vista Drive, Gilbert. www.ci.gilbert.az.us

Parents Survival Nights Gilbert
Aug. 28 The Little Gym, 538 S. Gilbert Road Ste. 109, Gilbert, hosts Parents Survival Night from 6 to 10 p.m. Children 3 years and older (potty trained) enjoy fun, games and activities while Mom and Dad get some grown up time.

Pizza served. 480.855.7766 www.thelittlegym.com

Dragonfly & Butterfly Walk
Aug. 28 7 a.m. Learn about insects at the Gilbert Riparian Preserve, southeast of Greenfield and Guadalupe roads. 480.503.6744 www.riparianinstitute.org

Mariachi Concert
Aug. 28 7 p.m. FREE. Mariachi Corazón de Phoenix will discuss and perform mariachi music. Tempe Historical Museum, 809 E. Southern Ave., Tempe. 480.350.5100 www.tempe.gov/museum

Queen Creek NFL Punt, Pass & Kick Competition
Aug. 28 3 to 6 p.m. Punt, Pass & Kick competition at Desert Mountain Park, 22201 S. Hawes Road, Queen Creek, during the San Tan Youth Football League (STYFL) Opening Day event. PPK is a free skills competition for boys and girls ages 6 to 15. Participants may preregister for PPK before Aug. 26 at the Queen Creek Parks & Recreation office, 22350 S. Ellsworth Road. Registration will also be accepted onsite the day of the competition. 480.358.3700 www.queencreek.org

Lego Club at Basha Library
Aug. 30 4 to 5 p.m. Lego building for engineers age 5 to 12. 5990 S. Val Vista Drive, Chandler. 480.782.2850 www.chandlerlibrary.org
As the new school year approaches, being prepared is key to your child's academic success. Below are some useful tips for starting it off right.

**Buy what you need, skip what you don’t**
Many stores post district and school-specific supply lists so you know what your child is expected to bring. You can probably find this information on your school or district's Web site. Use these lists. Don’t waste money on supplies that aren’t necessary.

**Bookmark electronic resources available for students**
- Purdue University has a free Online Writing Lab (OWL) that offers help with writing, grammar, style guides and research. http://owl.english.purdue.edu/
- The University of South Florida has a long list of math Web sites that provide lessons, interactive games and resources for parents. http://etc.usf.edu/index.htm
- The National Institutes of Health provides games and links to hundreds of Web sites about various science topics. These can be a good resource for science projects, extra homework help or just for fun! http://kids.niehs.nih.gov/

**If your kids are a little more tech savvy, consider downloading their reading list in eBook form**
Online books can be cheaper than hardcopy versions, and are easily read from a Kindle, iPad or computer.

**Consider what kind of nutrition you would like your child to have during the school year**
Read the school menus carefully and discuss with your child what the healthiest choices might be. If your child brings lunch from home, make a shopping list together and go to the grocery store to let your child choose a favorite vegetable or snack.

**Communicate with school officials about any special health or other needs your child might have**
If your child takes medication, have a plan in place to make it available at school, and be sure the school has reliable contact information for you.

*Virginia Trimble and Craig Smith are teachers at the in-hospital school at Cardon Children's Medical Center, dedicated to serving children's educational needs while they receive medical care.*
Kids Celebrate  •  August 2010  www.kidscelebratemagazine.com

Why did you grow up to be a doctor?
So I can help kids be healthy and safe.

Why?
Because you can’t go everywhere covered in bubble wrap.

Why?
Because you’d look kinda funny. That’s why.

Pediatric Neurosurgery – just one of the many specialties at Cardon Children’s Medical Center. Dr. Elton is not just a physician, he’s a parent, so he really understands how to treat kids. He’s passionate about giving his patients the kind of care he’d want for his own children. This mindful approach is just what you’ll find with the many other pediatric specialties at the new, state-of-the-art Cardon Children’s Medical Center. Our colorful world is full of child-friendly amenities designed around the unique needs of kids. More importantly, you’ll find pediatric specialists who have years of experience giving kids the individualized care they deserve. So they don’t have to go through life covered in bubble wrap.

Scott Elton, MD – Pediatric Neurosurgeon

Watch personal stories from our care giving team at BannerHealth.com/WhyCardonChildrens.

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