

June



Summer Fun Days

We are excited to announce that we will again be hosting our Summer Fun Days this year!

June's dates include

Bike Day on June 7 and

Water Day on June 21.

Additional information will be sent home.



Fun With the Sun

Ridgedale's summer-long VBS kicks off this month.

This year's dates are June 12, 19, 26 & July 10, 17, 24.

Children at least 3 years old are invited to attend.

Please go to

www.ridgedale.org

to register!

Outside Play

As the weather warms up, we are so happy that our students will be playing outside on a daily basis. Please remember to pack an extra water bottle or water cup for outside play. Additionally, if you are concerned about sun exposure, please sunscreen your child before school. MDO is not allowed to apply sunscreen to your child.



PALS

Our Preschoolers Achieving Language Skills class is growing thanks to you! Thank you!!

We are still enrolling 3 & 4 year olds with Autism, Asperger Syndrome, PDD-NOS, Sensory Processing Disorder, and Down Syndrome. Please continue to spread the word about this unique program!

To ensure your child benefits the most from MDO, please be sure he/she comes to school well-rested and having had a good breakfast!

MDO HAS A NEW BROCHURE! IF YOU WOULD LIKE SOME TO PASS OUT, PLEASE LET MS. KELLEY KNOW!

NEED PRAYER???

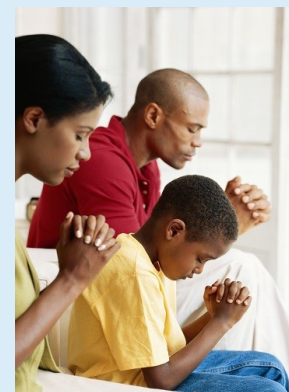
Ridgedale's Prayer Ministry meets weekly and would love to pray for you. Just send an email to prayer@ridgedale.org

Comments/Questions: Please contact Ms. Kelley (kellyjones@ridgedale.org) if you have any questions or concerns. We are always here to listen and assist in any way possible.



June 2013

The Reward in Rest



Summer break is officially here and you're likely in the middle of the great seasonal family schedule shift—what to do now that kids aren't in school all day. Amidst coordinating sports, camping weekends, and summer activities, take care to leave margins—and plenty of them—for rest. Resting doesn't have to mean sleeping or plopping on the couch in front of the TV for hours. It does, however, mean unplugging from what keeps you busiest during the week. Allowing your mind and your heart to be still and focus on things that bring you rest—such as God. Pastor Tim Keller, sums it up well:

“According to the Bible, it's about more than just taking time off. After creating the world, God looked around and saw that 'it was very good' (Genesis 1:31). God didn't just cease from his labor; he stopped and enjoyed what he'd made. What does this mean for us? We need to stop to enjoy God, enjoy his creation, enjoy the fruits of our labor. The whole point of Sabbath is joy in what God's done.” (qideas.org)

Intentionally schedule your family for a rhythm of rest and for God, and you'll all be transformed and refreshed.

Keeping Kids Well Rested

A great way to keep your kids in a healthy pattern of rest is to keep their sleep/wake routine similar to how it is during the school year. It's easy to slip into the late-night-every-night habit in the summer, and this can drain you and your kids. One late night here and there won't derail your routine, but stick to regular bedtime and morning schedules. Everyone's temperament will benefit from consistent sleep—and you'll have a *much* easier transition for the back to school routine when summer ends.

POWERSOURCE

ASK GOD:

1. For deeper understanding of your family's need for rest time set aside every week.
2. To prompt you to create healthy work/play boundaries in your life.
3. For help discovering what brings you Sabbath rest, and how to hit “repeat.”



**RIDGEDALE
BAPTIST
CHURCH**

TEACHABLE MOMENT

Quiet Times: A growing, and smart, trend in parenting is putting together *Quiet Time* or *Sensory Kits* for kids of all ages. You'll find hundreds of great ideas for these on Pinterest.com! The goal is to facilitate calm, soothing activity that brings down the noise level throughout your entire house—allowing you rest, too. Just ensure the activities engage kids' senses—or they won't stay occupied for long.

Set an example for your kids during these quiet times and turn off the TV, the radio, and any other added noise you can silence. Establishing this pattern of daily quiet will help your kids to recognize and develop a healthy need for rest. In time, they may even begin to choose *Quiet Time* on their own.

Make these daily pauses for rest most meaningful by beginning them with reading together from the Bible. Then, tell your children to pray and talk to God about what you read while they're engaged in their quiet activity. After each *Quiet Time*, ASK:

What did you talk to God about today?

What did you learn from God today?

What's one thing you're thankful for?

“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.”
Exodus 20:9-10

Burnout: Pull Over and Rest Awhile

Many of us seem to have an allergy to rest—we avoid it whenever possible. "A great number of people think they're wasting time when they rest," says Dr. Victoria Codispoti, who conducts psychiatric evaluations for a sleep disorder clinic in Akron, Ohio.

Do you operate as if work is the only virtue? Do you take to extremes the adage, "Idleness is the devil's workshop"? Are you subscribing to the more-is-better philosophy? If so, it's time to refresh your view. Here are five ways to begin:

1. Reinterpret your concept of rest. Study the Scriptures to get God's perspective on rest. Proverbs and Psalms are especially ripe with lessons of letting go and trusting God. In Mark 6:31, Jesus told his disciples to go to a "lonely place and rest awhile." Rest isn't laziness. It's regeneration.

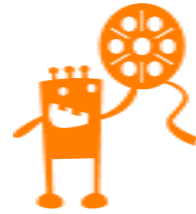
2. Discover your personal fatigue cues. For some, symptoms similar to "coming down with the flu" trigger awareness that a break is needed. Others get cranky or "touchy." Still others lose the ability to attend to more than one task at a time. If you sense fatigue cues, get rest.

3. Take a lesson from Jesus. Did Jesus hurry? Did he dash around getting things done? Did he zip across the countryside in a flurry of accomplishments? Of course not. Jesus stopped to be with people. He was never too busy to listen, to recognize people's needs, or to engage in long periods of prayer.

4. Be still. Can you really experience God when you're rushing from appointment to appointment? Can you pray while you're worrying about fitting everything into your schedule? Are you able to dwell in God's presence when you're dead tired? Being still means stopping mentally and physically. It involves spending quality time with God.

5. Create your own rest stops. Next time you unexpectedly have free time, rather than using it to do yardwork or sort laundry, take time out for you. Maybe you'd rather listen to jazz, do a crossword puzzle, or read by candlelight. Whatever it is, choose something you don't pressure yourself to do. Or, exercise mini-rest stops throughout the day by practicing the advice in 1 Thessalonians 5:16 to "always be joyful." A positive attitude is refreshment in itself. Take advantage of free moments to exit your burnout highway and thank God for the singing birds.

the
Parent
LINK



BOOKS

Title: *Psalm 23*
(Released 2/5/2013)



Illustrator: Richard Jesse Watson

Publisher: Zonderkidz

Summary: A beautifully illustrated book that gives color and imagery to the King James Version of the 23rd Psalm.

Our Take: While the King James Version may require some explanation for kids, the artwork will engage them as they read with you and learn about how God watches over us—like a loving shepherd. A great book to use as a guide into bedtime prayers and restful sleep.

MEDIA MADNESS



MOVIES

Title: *Monsters University*
(In theaters 6/21/2013)



Genre: Comedy/Family/Animated

Rating: Not yet rated at publication time; PG expected.

Cast: Billy Crystal, John Goodman, Helen Mirren, John Krasinski

Synopsis: As the prequel to 2001's popular *Monsters, Inc.*, we get to see where it all began for lovable Mike Wazowski and Sulley in their college days.

Our Take: Like *Monsters, Inc.*, some of the thematic elements could be a bit scary for younger children, but overall this should be a family-friendly film.

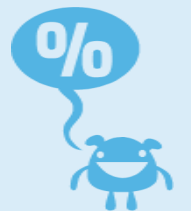
GAMES, SITES & APPS

Title	Content	Rating & Platform
Mental Blox	A fun board game that challenges players to build figures out of the provided, variously shaped blocks.	Ages 5+; \$25 to \$30. Varies by retailer. The entire family will enjoy this game!
Webkinz.com	A busy, engaging website where your kids can adopt a virtual pet (or pets) and care for their needs.	Ages 7 to 12; account sign-up is free. Parental controls and monitoring available.
Fetch	Incredible graphics enhance this highly-rated game about the adventures of a boy and his dog.	Ages 8+; \$3.99 at iTunes. For Apple mobile devices. Please preview game before buying.



CULTURE & TRENDS

Make a Splash: This summer, when your kids want to play in the water—join them. No more poolside cheerleading. You don't have to cannonball into the pool or get into a bathing suit that makes you squirm. In fact, you can have a lot of water fun in your backyard or at a park. The point is, join your kids in the refreshing activity. There's a good reason they love it so much, and they'll love it even more when you're soaked, too!



Quick Stats

"Most kids between 5 and 12 get about 9.5 hours [of sleep] per night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others."

(kidshealth.org)

"REM sleep [deep sleep] takes up half babies' sleeping time but drops to 20 to 25% of sleep time once kids are about 4 years old."

(cyh.com)