

March News Touchstone School

Spring Break Camp

March 23rd to
March 27th

Hours:
7am-5pm



Please Remember

- Bring in plastic grocery bags
- Old pot and pans for the playground
- No Nuts (nut free school)

Sign-up for Soccer Page 2

Soccer Shots

March 19th to May
28th

No Soccer
March 26th (Spring Break)

Picture Day

Monday, March 9th Rooms:
Ms. Ari, Ms. Shelby, Ms. Maria,
Ms. Honiwell

Tuesday, March 10th Rooms:
Ms. Mely, Ms. Daisy, Ms.
Becky, Ms. Holly



You're invited!!

DR. SEUSS'S BIRTHDAY CELEBRATION WEEK!

March 2nd to March 6th

Parents Invited March 6th

Tree Planting @ 11:15am

Important Information

Page 2: Soccer Shots

Page 3: Dr. Seuss Celebration

Page 4: Art to Remember

Orders Due **March 23rd**

Page 5: Mindfulness Parenting Class

Saturday **March 7th**





ENROLL IN SPRING SOCCER!

Who: Touchstone Beaverton Students, ages 3-5 years old.

Where: On-site at Touchstone Preschool

Cost: \$170.00

When: Thursdays, 3/19-5/28 (no classes on 3/26) from 3:00PM-4:15PM *classes will be divided by age

Child's Name: _____ (Male/Female) Age: _____ Date of Birth: _____

Special Needs _____ Allergies, medical conditions, etc. _____

School/Day Care Location: _____ Classroom: _____

Parent/Guardian: _____ Phone #: _____

Address: _____ City/State/Zip _____

Email (Required for cancellation updates): _____

SIGNATURE (Required): _____ Date: _____

Waiver and Release

Participation in all sports can be inherently dangerous and it is impossible to ensure the safety of all participating individuals. Soccer demands cardiovascular fitness, coordination, and agility. Although many risks can be avoided, I understand that not all risks can be and release Soccer Shots from responsibility for any injury that my child might incur during the course of normal play. I further understand that in the event of a medical emergency, Soccer Shots will call EMS to render assistance and that I will be financially responsible for any expenses involved. I do hereby consent and agree that Soccer Shots has the right to take photographs of my child and to use these photos on the company website (www.soccershots.org), company Facebook pages, and promotional material without compensation. I understand that my child's name and identity will not be revealed. If you would prefer we not photograph your child, please notify us via e-mail.

Policies and Procedures

There will be a \$10.00 LATE FEE for enrollment after the second class. Soccer Shots is not responsible for lost or stolen checks. Please note there is a \$25.00 returned check fee. Whenever possible, we will use indoor space during inclement weather. If there is no indoor space available, there will be a maximum of two make-up weeks due to inclement weather (extreme cold, heat or rain). Soccer Shots reserves the right to cancel any program due to insufficient enrollment. Upon cancellation, a full refund will be made. Refunds will not be issued for non-attendance at a scheduled class. Refunds apply when the withdrawal of a student is received in writing one week prior to the start of any season. Should Soccer Shots find it necessary to de-enroll a child, a refund will be issued after deduction for classes already attended. A \$15.00 administration fee will be applied to any refund issued.

Visit us at soccershots.org/pdx
Questions? 503.913.4542 | coach@soccershots.org



You're Invited!!

Monday: Cat in Hat, Wear your Favorite Hat!

Tuesday: Fox in Socks, Wear Crazy Socks!

Wednesday: Wacky Wednesday, Wear your clothes backwards, inside out, or mismatched!

Thursday: Green Eggs and Ham, Wear something green!

Friday: The Lorax, wear a mustache or dress up as your favorite Dr. Seuss character.

Tree Planting

When: Friday March 6th 2020

Where: Small Playground, Touchstone School

Time: 11:15 AM

Parents are Welcome to Join!!

Art to Remember

Orders Due: Monday, March 23

Look for the flyer below in your child's file!!



Personalized Order Forms

New tri-fold design

Thanks for helping our school fundraise by ordering custom keepsakes featuring your child's art!

"I really enjoy this fundraiser because it is for the kids, about the kids, and the money raised goes back to the children to create more art...so thoughtful!" - Arty K

Fundraise for **Example Elementary** by turning **Sam's** artwork into keepsakes

Sam's Artwork

GET YOUR CHILD'S ART ON **OVER 50 PRODUCTS**

Free Shipping To School If You Order By: 5/31/20

ORDER ONLINE TODAY:
ArtToRemember.com
Online Order Code: JMCPN3VX

Two Ways to Order

ONLINE:
ArtToRemember.com
Using Online Order Code JMCPN3VX
Share this code with the whole family!

OR PAPER ORDER:
Complete the form to the left, attach payment and return to school.
Make checks payable to Example Elementary.

Thank you for your order! Proceeds from this fundraiser will support our art program.

FREE SHIPPING TO SCHOOL IF YOU ORDER BY: 5/31/20

QUESTIONS? CONTACT:
Art to Remember
800.895.8777
info@arttoremember.com

Jewelry
#1 Necklaces
#15 Bracelets

#6 Matted Print
2" x 7" print with 2" x 10" black mat.

#7 Canvas Print
8" x 10" mounted canvas with finished sides and back. Ready to hang.

#8 Bookmarks
500" long, 2.5" x 4" - laminated

#9 Magnet
#10 Mug

#11 Garden Flag
12" x 18" flag. Stand not included.

#12 Mouse Pad
10 1/2" long. Rubber backing.

#13 Coasters
Set of four, 3.5" x 3.5" absorbent foam.

#14 Note Cards
Set of six. Pocket cards with envelopes.

#15 Stickers
Sheet of 16. Each sticker is 2" x 1"

#16 Water Bottle
16 oz. expansion about. Insulated and vacuum sealed. BPA and Phthalate free.

#17 Button
1.5" round button with pin back.

#18 Travel Mug - Tall
16 oz. stainless steel and BPA-free. with spill-resistant lid.

#19 Ruler
12" hard plastic ruler. Includes 102 dual color-coded markings.

#20 T-Shirt
50% cotton/50% polyester blend.

"This is the **CUTEST** thing I've ever seen for a fundraiser and such a special way to preserve my daughter's artwork!" - Meredith A

Front

Student: Sam Carson
Teacher: Taylor
School: Example Elementary
Parent: _____
Email: _____
Phone: () _____

QUESTIONS? CONTACT:
Art to Remember
800.895.8777
info@arttoremember.com

Back

"I LOVE this program and have always been extremely satisfied with the wonderful concept, order form, online order process, and all items I've received! Great program for fundraising and items I will save forever!!!" - Stacey

Inside

PRESCHOOLERS MINDFULNESS TECHNIQUES



INTRODUCTORY WORKSHOP

Introduction to:

**Location: 16180
SW Regatta Lane
Beaverton, OR
97006**

**Time: 10:00am to
11:30 am**

**When: Saturday
March 7th 2020**

- Neuroscience of emotions
- Age appropriate expectations
- No drama discipline
- Time in (no more Time-outs)
- Exercises to help young children in a distracted world

Parents often feel that they're just too busy to fit mindfulness/meditation into their busy lives. Too many distractions! Too little time! Too many demands! Impossible to relax!

Learn how to integrate meditation and mindfulness practices into your life with children. Experience increased calm and peacefulness which is transmitted to your children.

Numerous studies show that mindfulness techniques help children learn better, develop a sense of competency, and manage emotions more effectively. Children who become familiar with these techniques early in life, naturally incorporate them into their day to day living and are more resilient.

Most discipline techniques attempt to control children's behavior with reward and punishment. Mindfulness strategies are designed to teach children the tools they need to manage their own emotions and behaviors.

"If every 8 year old in the world was taught meditation, we will eliminate violence from the world within one generation"

-Dali Lama

Instructor:

Marcia Kahn, MD

Name: _____

Email: _____

Phone number: _____

School Location:

Tigard Beaverton Hillsboro

\$25.00 one time workshop for parents. This is a parenting class for parents only.

