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Music4Kids Expands Facilities and Rebrands as **Southern Oregon School of Music**

Southern Oregon School of Music

beloved community music school located in the heart of Grants Pass has rebranded to Southern Oregon School of Music. The new name reflects its broader offerings for all ages and its continued commitment to providing premier music classes and lessons in a family atmosphere.

Founded in 1999 by Deborah Pratt, the school has evolved through several names and expansions. In 2018, it moved to its current location to accommodate growth in the Kindermusik program – a joyful music, movement, and learning program for ages 0-7. Now, with five newly added rooms the school occupies the entire top floor at 141 NW C Street and will be able to offer more lessons and classes for students ages eight to adult, while continuing to feature the award winning Kindermusik program for young families.

"We're excited to have more room to provide a dedicated space for each instructor, resulting in more options for class and lesson times," said Deborah Pratt. "Our new name reflects our passion for inspiring a love of music in students of all ages. We look forward to guiding many more students along their musical journey and continuing to build a warm, supportive, and intergenerational community."

Dedicated to helping all ages from babies to adults learn and enjoy music, Southern Oregon School of Music offers a warm and welcoming environment.

Babies, toddler, preschoolers and early elementary age children enjoy the joyful music, movement, and learning offered by our Kindermusik program. Kindermusik's carefully chosen activities for each age group are a powerful aid to early childhood development. For those who continue in music, Kindermusik graduates have a distinct advantage when beginning private lessons or group classes.

School age and older beginners as well as advancing students enjoy personalized instruction in private lessons across a wide range of instruments, including piano, guitar (acoustic and electric), bass guitar, voice, violin, cello, drums, and saxophone. Experienced, friendly, and passionate teachers are dedicated to helping each student identify and achieve their own musical goals.

In addition to private lessons, Southern Oregon School of Music offers group classes, performance opportunities, and ensembles that foster growth, confidence, and a lifelong love of music. One-day Saturday workshops for teens and adults are also being planned.

Students at Southern Oregon School of Music experience top-quality musical training in a supportive and family style environment, whether exploring music for fun, personal growth, or performance.

To contact Southern Oregon School of Music send an email to email@ soschoolofmusic.com or call/text them at 541-226-2300. You may also want to visit their website at www.soschoolofmusic.com.



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Calling All Bakers! It's the 23rd Annual Gingerbread Jubilee

Prehitects of all ages are invited to create imaginative wonders and fantastical objects using gingerbread and other edible materials for this year's Gingerbread Jubilee, a benefit for the Craterian Theater at the Collier Center for the Performing Arts in Medford. The contest is open to ALL interested bakers – individuals young and old, groups, students, businesses, nonprofit organizations, families, clubs – really anyone who loves the creative challenge of crafting with all-edible products. The deadline for submitting Baking Contest entry forms is 4:00 pm Saturday, November 1st, and all gingerbread creations must be delivered to the theater at 23 S. Central Ave., Medford Monday, November 17th.

Nearly \$4,000 in cash prizes – including \$1,000 for Best in Show – will be awarded in multiple categories (adult, student, Jr. student, and group), and all participants will be invited to attend a Baker's Reception & Award Ceremony at the Craterian. Following the reception, the gingerbread creations are sold during the Online Auction November 19th-21st, and at the Gingerbread Jubilee Gala Dinner & Auction on November 21st and are then featured in the Community Tour that follows (November 22nd-24th). Last year's Community Tour drew nearly 3,500 visitors. Admission is \$4, and all proceeds from the tour and sale of the houses benefit the nonprofit Craterian Theater. The Community Tour will also feature live

music, festive treats, people's choice voting, and a raffle!

The Gingerbread Jubilee is THE major fundraiser for the nonprofit Craterian Theater in Medford! Last year, the Gingerbread Jubilee raised over \$250,000 for the theater's programs and operations!!!! Every event that happens at the Craterian year-round happens in part because of the Gingerbread Jubilee. Want to get involved? Enter the Baking Contest, bid on amazing packages during the

online auction, attend the gala dinner and raise your paddle, or sign up to volunteer or come visit during the Community Tour! This is an amazing community holiday event.



Baking Contest Entry Forms and more information can be found at www.craterian.org. An Exhibition category (not judged for cash awards) is also available. For more information, contact Baker Coordinator, Shannon Monning, at gingerbread@craterian.org. If baking is not your thing, but you'd still like to support the theater contact aspen@craterian.org. There are countless ways to get involved as a donor, volunteer, auction attendee, event sponsor, and more!











Holiday Mental Health Tips for Families

compiled from HealthyChildren.org

by Diana Bennington, Community Resources Specialist

To make the upcoming holiday seasons enjoyable for your family, set realistic expectations and prioritize activities that matter most. Additionally, consider creating a structured schedule to help manage routines and reduce stress, especially for children who thrive on consistency.

Create a Kid-Friendly Environment:

- Prepare children for changes in routine by giving them advance notice about holiday plans.
- Host gatherings at home where children feel more comfortable.
- Discuss behavior expectations with kids before attending events.

Engage in Meaningful Activities:

- Focus on gratitude by encouraging family members to list things they are thankful for.
- Involve children in community service, such as donating toys or volunteering.
- Plan low-cost or free activities, like decorating together or viewing holiday lights.

Self-Care for Parents:

- Take breaks to recharge and avoid burnout during the busy season.
- Emphasize being present with family, enjoying simple moments together.
- Let go of the need for perfection in holiday preparations and focus on shared experiences.

The holidays can be a happy time of year for many people as we gather with family and friends, make memories, exchange gifts and celebrate traditions. But, the changes in family routines and extra demands on time can also cause some added stress, especially for children and parents. Don't feel pressured to over-spend on gifts. Consider helping your child make one or two gifts for a parent, grandparent, or other important adult. Those homemade gifts may be the most treasured ones.

Enjoy the holidays for what they are-- special time to enjoy with your family. Do things together to celebrate the holiday season like trick-ortreating, making a big family meal, sledding or playing board games. Create lasting memories and connections by spending time visiting with relatives, neighbors and friends.











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Family Art Time + No Mess + No Cost = Yes, please!

every second Saturday of the month, the Rogue Gallery & Art Center in downtown Medford hosts *Family and Friends Art Day*. This is a fun, free, hands-on art class designed for families, friends, and small groups to enjoy together. Each session lasts about an hour and features a new activity, with all supplies and instruction provided by the gallery.

The goal of *Family and Friends Art Day* is simple: to make art accessible and fun for everyone. It's often hard to find classes that welcome multiple ages and encourage parents to create alongside their kids. By offering the class at no cost and providing all materials, the gallery removes financial

barriers and ensures that anyone can join in.

Projects are seasonal and ageappropriate, ranging from collage and bookmaking to painting, printmaking, pastels, and more. Smocks and plenty of sinks are available for easy cleanup.

Two class times are offered each month, and advance online registration is encouraged. The studio is fully accessible, with an ADA-compliant sink. Adults are asked to stay with their children—and to join the fun! As one parent shared:

"I love this class. My children can

both attend the same class, I get to come, and my kitchen table is still clean when we're done."

You don't have to be part of a traditional "family" to participate. Grandparents with visiting grandkids, groups of friends, and community organizations like Living Opportunities have all enjoyed the program.

The Rogue Gallery & Art Center has been a cornerstone of the Rogue Valley arts community since 1960. You'll find the gallery and studio at 40 S. Bartlett Street, on the corner of 8th and Bartlett, with free street parking available.





When: 2nd Saturdays of the month, 12-1 pm or 1-2 pm

Where: Rogue Gallery & Art Center, 40 S Bartlett St Register: roguegallery. org, or call 541-772-8118

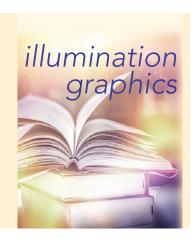


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More Treats! Less Tricks!

Fall is beginning to make its appearance in the valley. Fall means a lot of things to a lot of people but to children it means Halloween and trick or treating. Halloween can be a time for fun but can also be a challenging time to keep kids safe.

Here are a few tips to help keep the holiday fun:

- 1. Do not allow your children to go trick or treating without a responsible adult.
- 2. Make sure that your trick or treaters have either reflective gear on or carrying a flashlight. It is hard to see little people dressed up in black Halloween gear at night.
- 3. Make sure to only trick or treat at houses that have a porch light on. They are signaling they are prepared to give you a treat.
- 4. Make sure that your trick or treaters know the rules about whose house they may go inside and whose house is off limits. It is not a good idea for children to go into houses of people they do not know.
- 5. Do not allow your children to eat candy or treats that have already been opened or appear to have been tampered with in any way.

If you would like more information about keeping kids safe in today's world, take a Stewards of Children child sexual abuse prevention class through the Children's Advocacy Center. Call 541-734-5437 to sign up.









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