

North Shore Children & Families

FREE!

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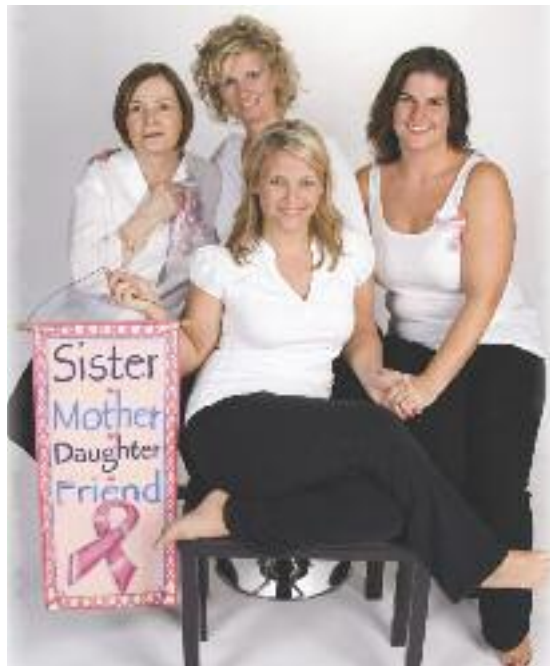
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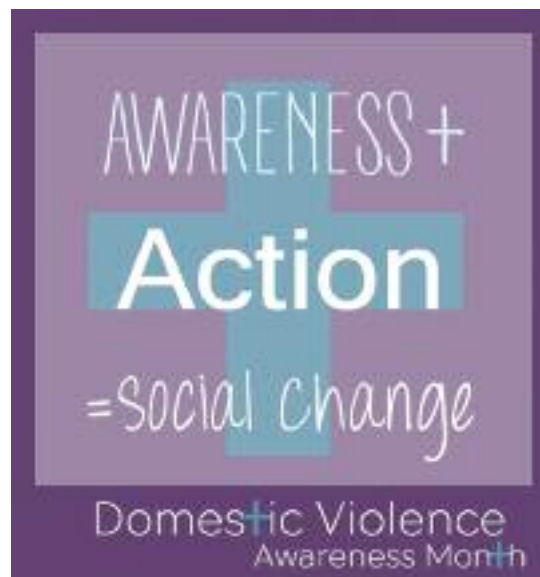
Breast Cancer Awareness Month



Bullying Prevention Awareness Month



Domestic Violence Awareness Month



Adopt A Shelter Dog Month



OCTOBER 2016

From the Publisher & Editor

October is the Month for...

by **Suzanne Provencher, Publisher/Editor**

Hello again, dear readers! I hope you are all settled in for another school year and looking forward to having some fall fun. But before we talk about fall fun, there are several very important events to focus on this month, too.

October is the National Month for the Awareness of Breast Cancer, Bullying Prevention, Black History, Cyber Security, Fire Prevention, Information Literacy, Domestic Violence, Hispanic Heritage, Work & Family, LGBTQ History, Infant Loss & Miscarriage and Adopting Shelter Dogs, to name a few. These are topics that you can further explore with your family and friends, using this national month of awareness to jump start the conversation. Do you examine your breasts and get regular mammograms? Is your child being a bully or getting bullied? Does your family have a Fire Safety Plan? Are you and your children safe online and at home? There are many ways that you can get involved with learning more, raising awareness and volunteering in your own community for the causes and cultures that interest and inspire you and your family.

Enter Our October Reader Contest! Enter our October reader contest online, where you could win tickets to see *Blue Man Group* in Boston! Please see the ad on page 3 and enter online today! *Blue Man Group* offers group and mini-group rates for schools, teams, troops and birthdays; check out their ad on page 15 and book your next special event!

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In closing, I hope you are enjoying the first weeks of fall, I hope you and your family benefit from this and every issue and I hope you find many things for which to be thankful.

Until next month...Suzanne

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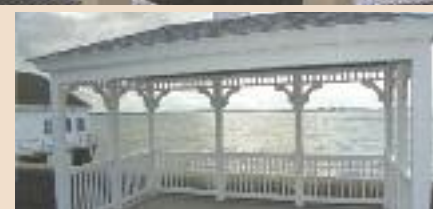
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Reasons to Celebrate October

by Dr. Kate Roberts

October is the real beginning of the change of seasons and there are many reasons to celebrate. October brings apple picking, The Hunter's Moon, hayrides, haunted houses, fall sports, beautiful foliage, corn mazes and Halloween. It also features parent teacher conferences and national awareness for the prevention of domestic violence, breast cancer and bullying, as well as national awareness for fire safety and adopting shelter dogs. How can parents make the most of October and celebrate with their children? Change is inevitable and embracing the changes of October is a sure way to help children adjust to the many changes that come with life. It's true that the beloved summer is over, but it's

replaced by our beautiful fall. Get out with your children and enjoy it. It's true the days will become shorter and the nights colder, but there is so much more to celebrate about October.

- **Enjoy the outdoors.** Families have less time together in the fall, so it's a great time for families to decide to make the most of the time they do have together. Enjoying the warm days and beautiful foliage is part of October. All kids, even rebellious and hard to please teens, will shine in the presence of apples, pumpkins and hayrides. Make it a priority to enjoy all that October offers and make family memories.
- **Corn mazes** are a great way to explore and be silly and even allow yourself to get a little lost. It's a way to challenge visual-spatial reasoning



skills while bonding with friends and having a blast.

- **Haunted houses** are a way to show your teens that you understand their need to live on the edge. It's a fun way to raise their adrenaline and no one will get hurt!
- **Hayrides and apple picking** are great ways to spend a day outdoors and be occupied with fun activities that make New England great. Reap the benefits of what New England has to offer while making family memories.
- **Leaf-peeping, hikes and enjoying the scenery** will make the rest of the weather in New England more bearable. Take a family ride or hike and enjoy the colors of the fall.
- Whether it's **football, soccer or cross country running**, embrace the sports of the season. Support

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North Shore Children & Families



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for our upcoming deadlines.

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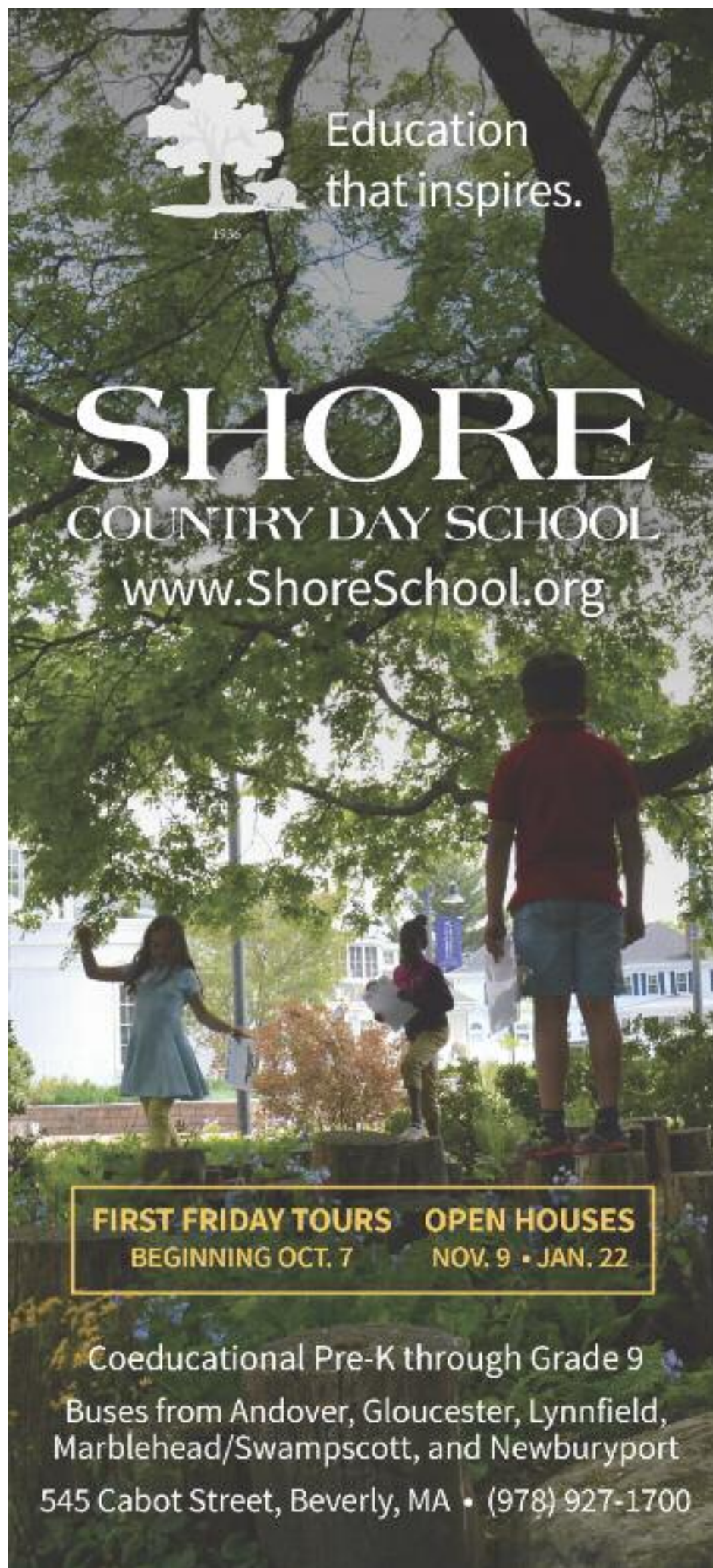


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Reasons to Celebrate October

Continued from page 3



your child's team or the team they support. Whether participating or being a spectator, sports are great ways to enjoy family time.

- Sometime mid-month, it will be time to **check in with your child's teachers**. For many, this is the first concrete sign that the school year is in full force. Embrace and get on board with doing what needs to be done for your child to have a great school year.
- Kids never outgrow **Halloween** and fun adults don't either. Make it a point to dress up as your favorite alter ego and take on the night and all the parties you can! For that one night, allow the kids to eat candy. Those who aren't deprived tend to want it less.



- October is **National Bullying Prevention Awareness Month**. Your kids don't have to be bullied for you to take part in the anti-bullying campaign. Bullying is an age-old problem, and in October, solutions come to the forefront as well as recognition that the problem needs to be addressed. Make a special effort to recognize the anti-bullying movement on October 19, Unity Day, by wearing orange to show support for those who have been bullied. Stomp out cyber-bullying, which is on the rise with teens' increasing use of technology via social media sites and apps. Have victims of cyber-bullying block bullies immediately and report cyber-bullying to school and local authorities. If your child is a victim, limit his or her use of social media as chances are it will happen again. The less he or she uses social media, the less it will happen. Cyber-bullying only works if victims know about it.
- October is **National Breast Cancer Awareness Month**. Please remember to get your mammograms, do regular self-exams and encourage the women in your life to do the same. Urge the men in your life to be aware of their own breast health, because breast cancer is not only a woman's concern. Early detection is so important, so keep aware.

Dr. Kate Roberts is a licensed child and school psychologist and family therapist with offices in Salem and Wenham. She specializes in technology management, cognitive-behavior therapy, family therapy, anxiety and learning disabilities. She can be reached at kate@drkateroberts.com and www.drkateroberts.com.

Ask Dr. Kate

Q&A for North Shore Parents

Mean Girls

Question: My daughter is in middle school. I'm noticing her tendency to be mean to other girls as a way of being accepted by the popular group. Why are girls so mean today and what can I do to help her?

Answer: Teen and preteen girls can be mean – that's not new. But in today's "anything goes" climate, meanness can get overlooked. Here's why:



- Acceptance of demands. Our indulgent culture often allows our children to be demanding of anyone at anytime. When asked about their friendships, teen girls describe their friend group as "close", and yet they also talk about backstabbing, lack of trust and a culture of treating each other very poorly. They often feel that it's not safe for them to make decisions without a group consensus, like in a gang.
- Tolerance of blatant disrespect. Teen girls don't demonstrate self-respect when they blatantly disrespect others, including adults and those in authority. Self-respect implies that a person feels enough respect for themselves to treat others with kindness and the way they would want to be treated. When teens are
- Helicopter parents. Acceptance of drama and promotion of entitlement by parents only breeds more of the same. Mothers report that they often try to mediate their teen daughter conflicts because they are fearful that without their assistance, their girls will lose their friends and have a break down. Historically, teens have wanted separation from their mothers, wanting to do things their way as they grow more independent. Parents need to allow their teen girls to fight their own battles and learn from their mistakes and choose their friends that are true friends. Teens who learn early who their true friends are and what qualities are important in friendships will be the most successful. Parents can guide them towards these friendships without drama or judgment.
- Bypassing assertiveness and going directly for aggressiveness. All of the examples above point towards an unmitigated intensity that reflects aggressive behavior much more than assertiveness. Teens today could use some basic assertiveness training that comes with acting like a mature and responsible adult.
- Social media. Social media allows for an instant audience for every impulse and angry statement. Parents can teach children that freedom of expression of opinion on the internet does not mean bashing a person, group or business.

As adults, we need to take a good hard look at what's happening to our children today and decide we want to help them to become compassionate, responsible people.

nasty to whoever isn't giving them exactly what they demand, they are letting everyone know how badly they feel about themselves and the world around them.



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Dr. Kate Roberts is a licensed child and school psychologist, parent coach and family therapist with offices on the North Shore. Questions can be directed to kate@drkateroberts.com. We may anonymously publish your question and Dr. Kate's answer in a future issue.



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Healthy Eating

Pumpkins & Squash



by Mary Higgins

Fall is the sound of crunchy dried leaves underfoot, the smell of smoky fires burning and the dazzling sight of trees in all their russets and golds when filtered by mid-afternoon sunlight. With the produce available at this time of year as plentiful as the colors of the trees, fall is a buffet for the senses. Farm stand and supermarket shelves boast bright oranges, yellows, pale greens, white and purple vegetables from the gourd family or *curcubita*.

These brightly colored vegetables are full of starch, yet low in calories. Two favorites are butternut squash and pumpkin, which, when cooked, look and taste fairly alike yet have very different appearances on the outside. Contrast bell-shaped butternut squash with its maize colored exterior to most pumpkins that are bright orange.

We can thank the Narragansett Indians for cultivating these wonderful gourds years before any Pilgrim ships arrived into American ports. The name squash is from the Indian term, *asquutasquash*, and pumpkin, *pompion*. It was from the Native American Indians that the colonists learned how to grow and use pumpkin, corn and beans, the three main foods indigenous to New England. One dish always found at an Indian gathering was *succotash*, a blend of corn and beans to which the Indians added fish, whereas the colonists preferred to



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add meat to this colorful blend.

At a time when refrigeration had not yet been invented, colonists used root cellars to store the harvest over the long cold winters. The starchier the vegetable, the longer it would survive, simply becoming sweeter with time.

With their hard flesh, squash or gourd family vegetables need to be cooked to become edible. They grow on vines throughout the hot summer months and are harvested in the fall. The *curcubita* family includes both edible and non-edible or ornamental varieties with which we decorate our tables and add to our fall flower arrangements. Small white pumpkins mingled with pinecones and red and orange fall leaves make an attractive display.

The Origin of Pumpkin Custards & Pies

Although some of us serve pumpkin as part of the entree, alongside turkey and green beans, pumpkins were commonly served as a sweet dessert. After being hollowed out of its flesh and seeds, early New Englanders filled the gourds with milk or heavy cream. Christopher Columbus, returning to the Mediterranean, loaded up his ships with pumpkins and introduced them to the European countries. It didn't take long for the women to figure out how to make desserts with them. Back in England in the 16th century, the cook removed everything from the pumpkin and filled the shell with apples. As was common to the period, no part of the gourd was wasted. An empty one would become a serving vessel. Even the leaves were used to wrap pumpkins as they baked in ovens.



In New England, pumpkin preserves were enjoyed on bread. Preparing for

pumpkin preserves involved soaking strips of pumpkin flesh overnight in a blend of sugar and lemon juice. The next day, the mixture was boiled and served when it cooled. Stewed and strained pumpkin was also added to cornmeal, along with salt and yeast, to make the earliest pumpkin bread.

Across the pond, an upper-class English family combined pumpkin slices with apples. The sliced fruit was fried along with herbs, spices, sugar and eggs – making a delicious, sweet dessert.

Just before the Revolutionary War, the well-to-do Gardiner family of Boston served layers of cooked pumpkin and apple. After the war, the recipe for pumpkin pie changed to a “paste” of flour made into a pie crust filled with pumpkin, eggs, spices and cream or milk. And unlike the British recipe, this one contained no apples. It also had two crusts, one on the top and bottom, until 1839 when the recipe books instructed cooks to make a thicker bottom crust only.

Nutrients in Gourds

We wouldn't be featuring a food in this column if it wasn't full of nutrients! A variety of squash, including acorn, buttercup, butternut, hubbard, kabocha, spaghetti and pumpkin all provide fiber and are low in sodium and calories as well as high in a host of minerals including potassium, which lowers blood pressure.

The yellow and orange fleshed varieties are full of vitamin A in the form of beta carotene, a pigment with numerous benefits to our health including vision, immune system protection and cancer prevention. How does this work? This nutrient protects cells and tissues by boosting the production of specialized immune cells, NK or natural killer cells, which ward off invading organisms. The same nutrient you found in your peaches and apricots this summer can now be found in squash and pumpkins sold throughout the

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Pumpkins & Squash

Continued from page 7



winter, keeping us healthy year long.

According to a study of children of mothers who consumed adequate beta carotene throughout pregnancy, they were less likely to develop asthma than the children of mothers who were deficient in this important nutrient. The nutrient is important for both the

development of lung tissue as well as maintaining its health. While there is no Daily Recommended Intake for beta carotene, it is best to eat food with many colors, including red, yellow and orange flesh rather than taking a supplement, which may be harmful under some circumstances.

As we head into the colder seasons, it's smart to serve foods that are starchier and likely to provide more sustenance to your active family. Serve butternut squash in chunks, sprinkled with a touch of cinnamon and nutmeg. Add a dash of brown sugar and canned pumpkin to plain yogurt. Bake cookie bars with canned pumpkin and add cooked pumpkin to your favorite hot cereal, with a swirl of cinnamon and clove.

Crunchy Pumpkin Seeds

A sharp contrast to soft custards, as well as pumpkin and squash pies, are the crunchy seeds found inside the gourds. When dried and roasted, they are a tasty source of zinc and iron, two minerals we need for our immune system to defend against the germs the child sitting next to yours launched when she sneezed. Most seeds are a great source of vitamin E and pumpkin is no

exception. Pumpkin seeds do contain some protein, making them ideal as between-meal snacks that kids love to eat. They enjoy crunching on them, without realizing the snack is high in fiber, providing regularity and a source of the energy B-vitamin, thiamin.

You can also use the seeds in baking, placing cooked, shelled seeds on top of cookies, sprinkled on salads and adding them to your granola mix. When you take the time this season to carve out your jack-o-lantern, scoop out all that beta carotene rich flesh and save the seeds. They are good to eat and good for us!



Mary Higgins, M.Ed., is a nutrition educator who writes about food for several websites. She has a Bachelor's degree in both Nutrition and Education. She studied exercise science and received her M.Ed. from the University of Massachusetts at Amherst. She has worked as a Sports Nutritionist and personal trainer at YMCAs in the greater Boston area and is certified by both the American Council on Exercise and the American Academy of Sports Dietitians and Nutritionists. Mary is also the author of Daddy Trains for the Marathon, a book written about the Boston Marathon and available on Amazon.com.



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Reader Contribution

Don't Be So Quick to Quit

by Michelle Mullet

I'm at the North Reading tennis courts, a public space with lots of playground equipment, better known as Ipswich River Park. I lob a little, buoyant, yellow ball at my 5 year old and he misses on the first try. No big deal. I'm not trying to raise a little Federer, I just want to have fun with him on a lovely, breezy Sunday.

Nope. The huffy kid stomps off in full tantrum mode, hell bent on quitting "this stupid game" before it even starts. Meanwhile, my three year old boy is chasing chipmunks around the painted surface, totally oblivious that I'm trying to play a game with him. I know better than to try and force a quick volley, much less explain the rudimentary rules of the game to either kid. They are too little to understand or even care about this bourgeois game, but something inside me says I shouldn't just let the 5 year old quit at the first whiff of a frustrating situation. I've tried lots of weathered clichés to plead with him, like, "Aw, but it's sooooo fun! It doesn't matter if you win or lose..." But all I hear are crickets and maybe a couple of fake farts thrown in for effect. I saw a book about "revolutionary strategies to nurture your child's developing mind", and I took *The Whole Brain Child* bait. Overall, it was a lot of fluff with a creamy nougat of helpful insights,

wrapped up in an apropos candy-colored cover.

So what does that mean? Potentially, it means that I love the idea of cultivating an emotional intelligence, but I fear that maybe I don't have enough of this elusive stuff to share with my little wunderkinder.

According to *Aha! Parenting* blog, if something seems too difficult or even too easy, then it stops being fun. For now, I think my older son gets overwhelmed easily and enters some kind of total shutdown mode. I wish he could see the other side of persistence, perseverance and meaningful play. However, when I'm in a situation like the tennis incident, I'm bubbly with too much optimism. As I go to pick up the ONE little ball that I actually hit that day, I realize the boys are already 20 feet away. They're enmeshed in a climbing structure shaped like an odd spider web. I see Owen climb higher than usual and then slip down to the ground. I want to say something, but I stop myself. He's not injured and so he shakes off the twigs from his elbows without a whimper, without a protest or dismissal of "this stupid spider web".

I watch him climb, fearless and confident. I sense a little notch of resilience etched into his internal circuitry that makes me happy and hopeful. Hopeful for all those who hang on when others have simply let go.

Michelle Mullet is a Mom and writer from North Reading. Her work has appeared in The Puffin Review, Haiku Journal and Three Rooms Press.



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THE FALL 2016 INDEPENDENT SCHOOL SHOWCASE

PART 2 OF 3



Schools: Join us next month for Part 3! All school ads receive an editorial bonus.

Secure your space by noon, Wed., October 19, to have your school appear in our November Showcase. Visit us online at www.northshorefamilies.com to see our online Independent School Showcase; featured ads link directly to the schools' websites.

Berwick Academy, founded in 1791 and located in South Berwick, Maine, is a Pre-Kindergarten through grade 12 independent day school educating students from nearly 70 communities in the North Shore of MA, New Hampshire and Southern Maine. Berwick develops balanced leaders through personal relationships that foster confidence and achievement. By engaging in a program distinguished by academic challenge, student-directed and skills-based learning, creative expression and performance, innovation, ethical sportsmanship, wellness and a commitment to cultural competency, Berwick graduates become resilient citizens. With nearly one-third of students receiving financial aid and eight bus routes serving MA, NH and ME, Berwick is accessible to all families. Visit us at our Open House on Sunday, October 23, at 1pm. Also offering *Berwick-in-Action* visits one Friday a month. For additional information, visit www.berwickacademy.org.

Brookwood School in Manchester, MA, is an independent, co-ed day school of approximately 380 students in grades Pre-Kindergarten through Grade Eight. In a time when many schools are cutting programming and staff, Brookwood continues its tradition of academic innovation, offering the traditional academic areas of focus and exceptionally strong creative arts and physical education programs. Brookwood's curriculum employs the most current methodologies, focusing on inquiry, experience and collaboration, and introduces age-appropriate challenges with each subsequent grade level. Art, music and physical education are all offered several times each week. Guiding Brookwood students is Head of School, Laura Caron, and a staff of teachers who have graduated from many of the country's finest colleges and universities; four out of five hold advanced degrees. Our student/teacher ratio is 8:1.

Brookwood's campus features a 17,800+ volume library; a state-of-the-art science department with four laboratory classrooms and a 1,000-square-foot science gym for experiment and study; a four-classroom world language center with a 16-station computer lab; two turf athletic fields; two

gymnasiums and 10 outdoor classrooms. There are more than 425 computers and iPads at Brookwood and three 3-D printers. In addition to the Mac computer lab, there is an *Idea Lab* space containing iPads and LED displays. All classrooms feature interactive projection technology and Brookwood has a campus-wide wireless network.

Brookwood students matriculate to the finest independent schools in the country as well as regional public and parochial schools. Annually, more than \$2.1 million is offered in financial aid. For more information, visit www.brookwood.edu or call 978.526.4500.

Heronfield Academy – A Unique Learning Community

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Heronfield offers an academically challenging curriculum, while simultaneously nurturing the Core Values of Honesty, Respect, Diligence, Celebration and Caring. The school takes a wide variety of students, not just one profile of learner - all of whom love school, love to learn and have a passion for something, be it figure skating, drawing, science or fishing. Teachers focus on all aspects of growth at this level with an eye to giving students a healthy balance in a busy world. Heronfield is truly a unique learning community because the school understands that creating a nurturing culture is of the utmost importance. When young learners feel safe, they thrive. At Heronfield, they soar!

In the words of Head of School, Martha Shepardson-Killam, "What we do here matters. This is a critical time in your children's lives. We have built a school around their academic, social, emotional and spiritual needs. We have built a school that honors student voice. We have built a school that puts an emphasis on joy: joy in learning, joy in sharing and joy in just having fun being together." www.heronfieldacademy.org

Kimball Union Academy in Meriden, NH, provides real world experiences, design opportunities and partnerships that allow students to concentrate deeply in their areas of interest. KUA faculty member, Tim Roemer, recently partnered with his alma mater's Engineering School to create a *Women-in-Engineering* program, which provides students with hands-on experience in a university setting. With the goal of increasing the number of girls involved in STEM fields, Mr. Roemer's program mimics the real world design process utilized by top engineering firms. After identifying the problem to be solved, students work through design and building processes and finish with a project review, modeling a true case study. They are encouraged to be as innovative and as creative as possible. For Caitlin, a rising junior, participating in the project ignited the desire to become more involved with Kimball Union's *Makerspace* this fall. She says the program piqued her interest and that she will be considering engineering as she applies to colleges next year.

Recognizing the positive results that learning outside a traditional classroom can produce, Kimball Union encourages and supports a hands-on-learning model in all of our classes. With a campus of over 1300 acres, a faculty committed to each individual student's growth and our integrated advising program, we know that Kimball Union is the best environment for learning. So if you're curious about how interdisciplinary courses, real-world challenges or partnerships with nearby universities like Dartmouth College can transform your high school experience, we encourage you to take a look at Kimball Union Academy!

www.kua.org

At **The Pike School** in Andover, MA, we believe positive energy makes everything possible. In fact, our school runs on it. It fuels our campus and ensures our students are happy, confident, curious children – who, not surprisingly, go on to be very successful adults.

There is a certain sort of joyful exuberance that permeates everything we do. And yes, it's contagious. We create an environment so welcoming and so filled with the thrill of risk-taking that even our youngest students think learning is

THE FALL 2016 INDEPENDENT SCHOOL SHOWCASE

PART 2 OF 3

the most natural thing in the world. That's the power of positive energy. That's Pike.

The Pike School is an independent, coeducational day school located on 35 woodland acres in Andover, MA. Its comprehensive and sequential program provides education to students from Pre-K through Grade 9. Small class size and individual attention allow for social, emotional, physical and intellectual development of the students within the context of the school community. Visit www.pikeschool.org for more information.

At **Shore Country Day School** in Beverly, MA, extraordinary teachers and a transformative approach inspire children for the rest of their lives. Deeply grounded in the liberal arts, and enhanced by curriculum-wide emphasis on inquiry and creative expression, Shore's rich program and caring community help each child find their spark. Shore faculty members are recognized by parents year after year for their ability to engage every learner in adventurous education; they are proud to see themselves as guides and coaches placing students of every age at the center of their own learning. But the Shore education emphasizes emotional growth and social responsibility just as much as academic achievement. Recess, physical education and team sports are core to Shore's program, and the school's *Community Code* exemplifies a deeply felt dedication to the well-being of the whole child. Inside the *Center for Creativity*, robust offerings in studio arts, music, drama, design and engineering prepare students to thrive in a changing world that values flexible, agile thinking which crosses old boundaries with ease. Shore's stunning *Innovation Lab* is a model that top schools come to study, and its renowned outdoor education program—from day trips in Pre-K to week-long expeditions in Grade 9—is the most extensive in the region. Whether inspired by a caring teacher or coach, inspiring an audience through the arts or finding inspiration in a risk taken or river crossed, students at Shore discover the excitement of experiencing the world with curiosity, compassion and courage. www.shoreschool.org

The Village School, Boxford, MA: *"The environment is nurturing, the teachers are caring and enthusiastic, and the curriculum is engaging, creative and fun. Your program gives kids a solid foundation for elementary school and beyond."* ~ Another Satisfied Parent

The Village School is celebrating fifty years of being part of this community. It provides a positive first school experience that encourages the joy of learning, expands friendships, builds self-confidence and appropriately prepares the children for future learning. Our developmental curriculum is child-centered. We recognize the uniqueness of each child and help them learn at their own pace. We Offer Our Families: 2, 3, 4 and 5 half-day preschool options; morning sessions; *Bridges* (Transitional Kindergarten); extended days till 1:30 or 2:30 p.m.; Family Fun Events; Financial aid available. Visit us online at www.myvillageschool.com.

Waring School's innovative *Focus-Flex* program empowers students and faculty to be responsible for their own learning, design projects, seek out co-creators and explore the depths of their deepest curiosities. During *Focus-Flex*, students and teachers use unscheduled time to enhance their own intense passions and interests in a way that is unencumbered and untouched by the limits of mainstream education. Waring is a Coeducational Day School in Beverly, MA, for Grades 6-12. Our community of 165 students from the North Shore of MA, China, Africa and Europe encourages students to develop their own unique voices through self-expression. Our innovative and progressive approach to a rigorous liberal arts curriculum challenges students to grapple with questions that will prepare them to be global citizens. We teach our students to be lifelong learners. www.waringschool.org

Westminster School, Simsbury, CT; Grades 9-12

Westminster School is an independent, coeducational boarding school that enjoys a reputation as one of the nation's finest college-preparatory schools. The close-knit community of 390 students, 70 percent boarding and 30 percent day, represent 25 states and 24 countries.

Since its founding in 1888, Westminster School has been committed to a challenging, college-preparatory experience grounded in the liberal arts tradition. Its core values — community, character, balance, involvement — and commitment to excellence are the lifeblood of the school. Its motto, *Grit & Grace*, defines and distinguishes the community, its students and alumni. Westminster School prepares students for the rigors of college

while cultivating in them a love of learning that becomes a lifelong habit.

Westminster's rigorous academic program includes 23 AP offerings; a student-to-teacher ratio of 5:1; and honors, elective and independent study courses. The academic program is comparable to those offered at much larger schools and is enhanced by an extensive afternoon program and extracurricular activities.

Westminster School has 53 interscholastic athletic teams that compete in 15 sports. All Westminster students participate in an afternoon program during each term of the school year. The emphasis is on athletics; however, the afternoon commitment can include drama, stagecraft, dance, community service or an independent study project. It's a great way to compete, to be physically active, to perform, to hone skills or try something new, and to meet different groups of people. Learn more at www.westminster-school.org, or join us for an Open House on October 6 or November 7.

Fall 2016 Open Houses:

Berwick, Oct. 23, 1pm

Brookwood, Nov. 19, 1pm

Heronfield, Oct. 13 & Nov. 9

Kimball Union, Oct. 22 & Nov. 11

Pike, Nov. 6, 1-3pm

Pingree, Oct. 15, 10am-2pm

Pomfret, Nov. 5, 10:30am-1:30pm

Shore, Nov. 9, 6-8pm

Village School, Nov. 17, 9:30-11am

Waring, Oct. 22, Nov. 11

Westminster, Oct. 6 & Nov. 7

Raising Compassionate Children



Teaching Kids to Give Brings Happiness, Healing and Purpose

Spotlight Projects: Kyle's Magic, A Flower for Cancer

by Leah Okimoto

Kyle's Magic: Last fall, I met then 5th grader, Kody, and could immediately sense his innate kindness so I told him about Aaron's Presents. We kept talking over the next few weeks, trying to zero in on what he might be excited to do that could impact someone else in a positive way. He is someone who cares deeply about people and he especially loves little kids, but he generally prefers to not be the center of attention or the performer. One day, he came in with a completed application for a unique idea to do something in support of his then 3rd grade brother Kyle's passion


for magic. Since magic is still one of the coolest hobbies in existence, we jumped at the chance to help facilitate something magical! In the end, he decided that maybe if Kyle could spend some time learning from an expert, he could put on his own show for younger kids and give them a fun experience.

We connected with Diamond's Magic, a specialty store in Peabody that carries everything related to magic that you could ever imagine. They referred us to professional illusionist, Evan Northrup, who has been amazing crowds with his talents since the age of 14. Evan immediately agreed to



mentor Kyle and give him some lessons throughout the year to help him prepare his own show. Then in June, Kyle and Kody went to the YWCA in Lawrence and Kyle performed his tricks for a preschool class of kids who sat in awe! Kody

then passed out magic trick gifts to each of the kids! We all had so much fun, and the little kids were impacted by two kind role models, who were impacted themselves by feeling firsthand the joy of giving of their talents for others.



BERWICK ACADEMY

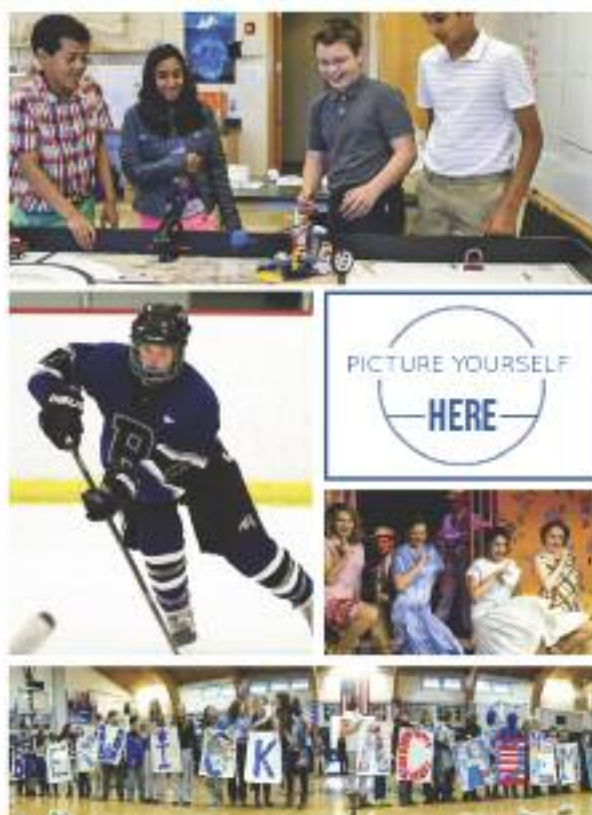
GRADES PK-12

OPEN HOUSE

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1 P.M.

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A Flower for Cancer: This month saw the exciting culmination of Dracut 6th grader Lorenzo's project, *A Flower for Cancer*. He created a flower bed in honor of cancer patients this summer at *The Holland Project* (www.thehollandproject.org), a therapeutic farm for children with

special needs. He also held a special fundraiser for Dr. David Sweetser's cancer research work at Mill No. 5 in Lowell this summer and raised \$300! Lorenzo was inspired to create this project while observing a young classmate undergoing cancer treatment a few years ago.

Lorenzo and Dr. Sweetser, from Massachusetts General Hospital's Research Institute, met at *The Holland Project*, where Dr. Sweetser accepted Lorenzo's donation to The Sweetser Lab. Dr. Sweetser clearly enjoyed talking with Lorenzo about his research efforts to find a cure, and made Lorenzo feel very comfortable asking him questions about cancer and science. We are so proud of Lorenzo and grateful to Eileen Mitchell and everyone from *The Holland Project* for their collaboration in creating and maintaining the beautiful garden.

Please visit www.aaronspresents.org to browse our *Projects Gallery*, to learn more about how a child you know can apply to participate or to get involved in some way.



Leah Okimoto is the Executive Director of Aaron's Presents, a 501(c)(3) youth development organization providing a unique child-initiated, child-led and non-competitive program that inspires and empowers children in 8th grade and below to give of themselves for the benefit of others in their own way. She founded Aaron's Presents in memory of her infant son, Aaron. Kimberly LaBonte-Kay is the North Shore Regional Director. Feel free to contact Leah at lokimoto@aaronspresents.org or (978)809-5487 or Kim at kimberly@aaronspresents.org with any questions or to schedule a presentation for your school, youth program or group.

The Village School

Preschool

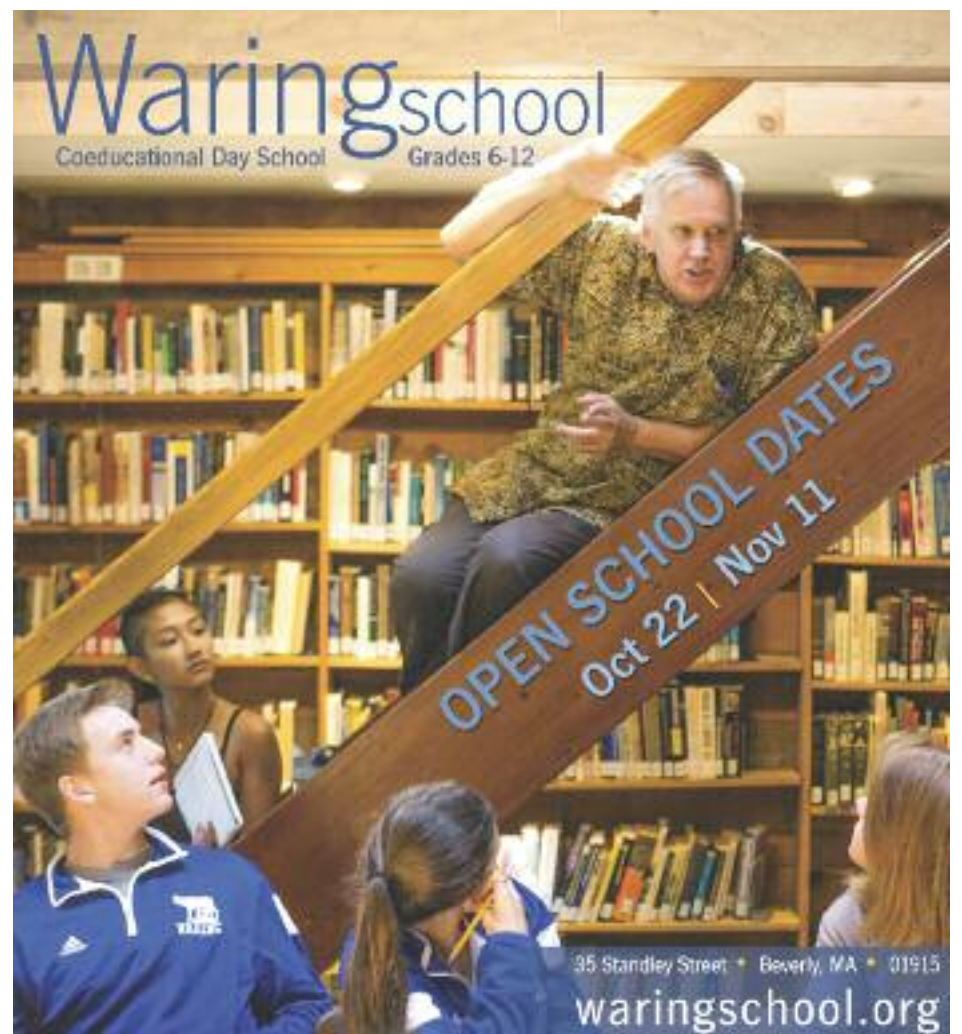


OPEN HOUSES:

Thursday, November 17

Tuesday, January 10 & Tuesday, March 21
9:30-11:00am or call to schedule a tour.

173 Washington Street, Boxford, MA
myvillageschool@gmail.com 978-352-7294
www.myvillageschool.com



Children's Book Review

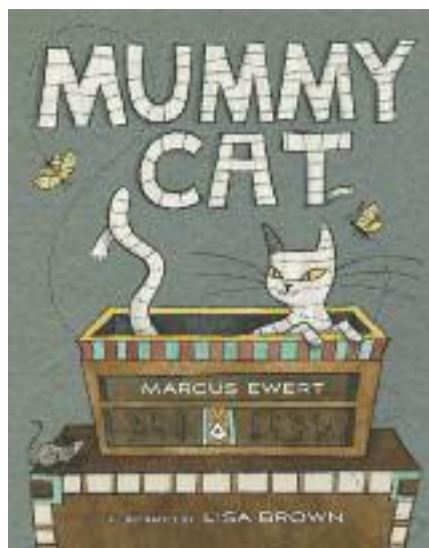
MUMMY CAT

Written by Marcis Ewert; illustrated by Lisa Brown
(Clarion/Houghton Mifflin Harcourt, \$16.99, Ages 4-8)

by **Cathy Ballou Mealey**

A loyal and loving feline searches for his owner, a young Egyptian queen, in the exotically clever picture book *MUMMY CAT*, from Marcus Ewert and Lisa Brown. The catch? Cat has just woken from one hundred years of sleep after being mummified and entombed in a royally beautiful pyramid.

For the youngest readers, this tale works on the simplest level as the devoted pet seeks to reunite with his owner. Like many cats, he is determined and inquisitive. Despite his elaborate linen wrappings, he is appealing, adorable and not one bit scary. The tomb itself is bright and colorful, filled with interesting artifacts, a swirling moth and cute little



mice. Even the handful of spiders and cobwebs dangling in the corners are so delightfully depicted that timid listeners will have nothing to fear.

As he wanders through the pyramid, the cat gazes fondly at painted murals showing his past life with the queen, Hapshupset. Indeed, the murals tell a more complex story within the story. Careful readers will uncover the tale of a jealous, scheming sibling who complicated the young queen's life. This "hidden pictures" aspect of the book will hold enormous appeal for older readers. Looking beyond the captivating murals, we slowly decode the devious actions of Hapshupset's sister and her evil lion-monkey.

An author's note explains mummies, cats, queens and hieroglyphics for readers who want to know more, and seventeen hieroglyphs featured in the illustrations are spelled out in more detail.

Ewert's rhyming text is short yet descriptive, moving the story forward at a steady pace. *Deep within this maze of stone, a creature wakes up, all alone...* Spanning the full scope of this once-a-century event, Ewert leads us from the sun setting over hot desert sands into the tomb, through the night, and closing to the final page as the sun is beginning to rise. The spare but rich narrative leaves plenty of opportunity for Brown's engaging, creative illustrations to flourish and add poignant, tender touches.

Just as Egyptian priests tucked magical amulets and symbolic treasures into a mummy's linens, Ewert and Brown have slipped countless sweet delights into the pages of *MUMMY CAT*. Turn the pages slowly and savor them one by one. I'm certain you will also be en-wrap-tured by its many charms!

Cathy Ballou Mealey is a picture book writer and mom to two great kids. She lives in Lynnfield and shares book reviews through Twitter via @CatBallouMealey. Cathy borrowed MUMMY CAT from her local library, where she discovers wonderful new stories every week.

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Issue	Ad Space Deadline
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Winter (Dec./Jan.)	Noon, Wed., 11/16
February	Noon, Wed., 1/18

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