

North Shore **&** Children & Families

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www.northshorefamilies.com

The LARGEST distribution local publication for parents on the North Shore – since 2007!



SEPTEMBER 2016

From the Publisher & Editor

Welcome Back to School! Upcoming Secondary School Fairs!

The Fall 2016 Independent School Showcase – Part 1 of 3

by **Suzanne Provencher,**
Publisher/Editor

Welcome back to school! I wish all students, teachers, school staffs and parents the very best as another school year begins.

This month, we have 2 major **Secondary School Fairs** – a great way for parents to meet with many Secondary Schools in one or two evenings. On Mon., **Sept. 19,** 6-8:30pm, you can meet with over 80 independent Secondary Schools at Tower School in Marblehead (see ad on back cover). And on Wed., **Sept. 21,** 5-7pm, you can meet with more than 70 independent Secondary Schools at The Pike School in Andover (see ad on this page). Both fairs are free and open to the public. These events are great opportunities to meet with the representatives of

close to 200 Secondary Schools. It's never too early to start exploring your child's Secondary School options!

The Fall 2016 Independent School Showcase (begins on page 8 in this issue) continues in our October and November issues. All school ads include an editorial bonus. To participate in the October issue Showcase and editorial feature, please contact me by noon, Wed., Sept. 21, the latest. Visit our online Independent School Showcase and link directly from our site to our participating schools' sites!

It's almost Open House Season! Advertise your fall Open Houses and reach over 50,000 parent readers throughout the North Shore/North of Boston region! North Shore

Children & Families is the **LARGEST DISTRIBUTION** publication for parents throughout the North Shore – since 2007! We've got the North Shore covered! One new enrollment will cover the cost of a year or more of advertising in North Shore Children & Families, so join us with a regular presence this year and make a solid impact for a reasonable cost. The more our parent readers see your school on a regular basis – the more awareness and response you'll earn. Schools save more in North Shore Children & Families – so check out our rates and available annual frequency discounts at www.northshorefamilies.com/advertise.

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If you like reading North Shore Children & Families each month, please support our advertisers whenever you can so we can keep sharing our free publication with you each month. Tell our advertisers that you saw them in North Shore Children & Families, which will enable us to spend some time with you and your family each month. Thank you!

Reader Contest: Check back next month in our October issue for our Reader Contest, where you have a chance to win tickets to see *Blue Man Group* in Boston! They offer group rates for schools, teams and troops – see their ad on page 15 and get your tickets today!

In closing, thanks so very much for spending some time with us again this month. We are here for you and your family. Best wishes as you start another school year. We hope you enjoy this issue.

Until Next Time ~
Suzanne

Secondary School Fair

Wednesday, September 21
 5:00 - 7:00 p.m.
The Pike School
 34 Sunset Rock Road, Andover
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Meet admission officers from more than 70 secondary schools—day, boarding, girls, boys, and coed.

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Bishop Guertin High School	Kimball Union Academy	Salisbury School
Boston University Academy	Lawrence Academy	Sparhawk School
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Brooks School	Marianapolis Preparatory School	Tilton School
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Directions: From Route 28 in Andover to Ballardvale Road, take first right onto Sunset Rock Road



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Back to School Tips for Getting through the Transitions

by Dr. Kate Roberts

More often than ever, parents are apprehensive about the upcoming start of the new school year. Mostly it's the homework, overly packed schedules and the pace of life during the school year, in contrast to summer, that concern parents. Whether or not back to school time is something that one hopes for or dreads, it's a time of adjustment. It's not just the transition from summer to school year that can be overwhelming. School is challenging during a transition year when a child is entering a new environment such as kindergarten, first grade, middle school or high school.

Here are some tips for starting off a great new school year:

- **Stay positive and solution-focused.** Reassure your child that he or she is truly ready for the next grade and work with them to get used to a routine by insisting on consistency.
- **Make sure you get the lay of the land.** If your child will be going to a new school, tour the building with him or her in advance. This will help ease both your and your child's anxiety.
- **Prepare them for "what if".** They might ask, "How am I going to get from one class to the other?" if they're entering a big middle or high school building. Provide specific examples from your own experiences and those of others you know.

- **Calm your own fears.** Surviving the beginning of the new school year is your child's milestone. Take a backseat, but be supportive in helping your child have the best school year ever.

Here are some specific tips and thoughts for each transition year:

Preschool to Kindergarten ~ Social-emotional development: Despite today's emphasis on academics, many experts believe that social-emotional development is the essential developmental task of kindergarten-age kids. Important achievements include sharing, taking responsibility for cleaning up after themselves, learning to be members of a larger group, understanding and communicating their needs and tolerating differences in others.

Academics: Parents are often concerned about the academic challenges of kindergarten. The curriculum tends to focus on the fundamentals of reading and math. Kids learn the ABC's, how to write their names and how to count – all primary steps to higher learning. Encourage learning and curiosity and don't focus on performance.

Kindergarten to First Grade: A more demanding curriculum and a longer day are typical of this transition. All kids learn in their own way. Be aware of your child's emerging learning style without overreacting if they are behind in certain areas.

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North Shore Children & Families



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Nahant, MA 01908-0150
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Designed by Group One Graphics
Printed by Seacoast Media Group

Please see page 19
for our upcoming deadlines.

Published and distributed monthly throughout the
North Shore, 10x per year, and always online.

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Schools:

**Join Us in Part 2
of The Fall 2016
Independent School Showcase Series
in our October issue!**

**See Part 1 in This Issue & Online at
www.northshorefamilies.com.**

**Contact Suzanne@northshorefamilies.com
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to advertise in our October issue Showcase.**

Ask about the editorial bonus for schools!

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(see article on page 2)

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(see article on page 2
and ad on page 18)

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pikeschool.org • 978-475-1197 • admission@pikeschool.org

Transitions

Continued from page 3



Self-image: Kids begin to choose their own friends during later elementary school years. Girls can become cliquy and boys tend to define themselves on performance. Attempt to be aware of these tendencies, driven by peer pressure, and break these stereotypes with your own children.

Elementary to Middle School ~ Focus on positives: Middle Schoolers have more independence and freedom. Remind your child that teachers won't be hovering, following him or her around the school, or making lunch room seating decisions.

Highlight the changes in responsibilities: Highlight specific changes such as managing lockers, organizing belongings, getting to classes in allocated minutes, having more homework and staying after school for extra help. Discuss strategies and rehearse scenarios to reduce anxiety.

Prepare to have a hands-on role: When schools step back, parents need to move forward. Many experts – including myself – believe that the older a child gets, the more he or she needs. The school backs off on monitoring homework, but parents should not. Oversee your child's whole process without micromanaging. This may take skill, but practice makes perfect.

Middle School to High School ~ Entering high schoolers: Eighth graders were the older kids in middle school, but freshmen are back to being the youngest again in schools that are often bigger than middle schools.

High school as college prep time: Students become very aware that in high school, performance finally counts. The MCAS actually means something in the tenth grade and all grades factor into an overall GPA presented to colleges. Be supportive without adding unnecessary academic pressure.

Experimentation and choice: High school is a time for students to experiment and develop a sense of who they are, but the decisions they make and the actions they take have consequences. Discuss things like cheating, lying and skipping school. When possible, support them by letting them know that you have faith in their decision-making abilities.

A successful back to school transition happens through focusing on the positives, managing anxiety and helping children develop strategies for responding to "what if" situations. Allow time for your child to get acclimated to the new school year and try not to expect him or her to be comfortable overnight. Good luck this year!

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

Bullying

Question: Dr. Kate, my 12 year old son has had a vacation from being bullied this summer. Can you give me some advice on how to help him when he returns to school?

Answer: Although bullying has existed for centuries, today it is as prevalent, if not more so, than ever before. Today, in addition to face-to-face bullying, there is cyber bullying.

Bullying can be defined as a form of intimidation or an attempt to have power over someone who's perceived as weaker. Although it is essential to inform and involve supervising personnel at schools and other adults in helping the victim of a bully situation, often the most important technique to help the target child is developing his sense of self, and specifically, focusing on building his confidence. As children get older, bullying often occurs with no adults present and therefore it's best not to rely on adults for prevention.

Here are some techniques parents can share with their children to help boost confidence and increase feelings of empowerment:

Practice confidence. Nonverbal communication speaks volumes. Practice with your son holding his head high, standing up straight, looking the bully in the eye and being able to walk around the bully, nod at him and not avoid him. Avoidance, cowering and quivering all indicate fear and bullies love this in their targets. Part of practicing involves role-playing such as parents playing the bully and the child using the nonverbal techniques mentioned, which will allow your child to retrain the brain to react differently during fearful situations.

Speak up and speak out. If the bully follows him, confronts him or

pokes him, coach your child to say, with a firm voice, "STOP!" or "Knock it off!" Find opportunities in your home or with friends to have your son practice these skills in real life.

Use technology to help practice sessions. There's a difference between commanding the word "STOP!" and whining or pleading. Practice using a recording so he can hear the strength of his voice and get used to it. In addition, you can video record the role play simulations so he can view his posture and positive stance and make improvements.

Educate your child on name-calling. Name calling is not something that needs to devastate him or make him afraid.

Get rid of old negativity. Have your child rid themselves of old negativity by writing down the names of the bullies, then flushing them down the toilet or burning them in the fireplace. This will empower him to feel control.

Encourage your child to walk in groups of peers. Bullies are less likely to confront a victim in a group setting. It's helpful for your child to be with others, even if they are not necessarily close friends. Whenever possible, it's helpful to educate your child's peers and friends about how to handle a bully situation, even if they're not the target or the victim.

Always inform the school of the bullying. However, the most important factor is your child's ability to be self-reliant and independent when it comes to facing bullies.

Educate your child about the bullies. Framing a bully as someone who is desperately trying to gain power by picking on others should make it easier for your child to not be intimidated.

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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.

Children & Technology

Children & Smart Phones – Parents Are Making A Mistake

by Doug Fodeman, Director of Technology at Brookwood School

The value of technology as a tool for teaching and learning is tremendous! Children use these tools in remarkable ways that can seem like science fiction in action. Students at my school learn programming and problem-solving through the use of nine different types of robotics, including drones. They use CAD software and 3D printers to design and print solutions to real world problems, including solutions to common inconveniences such as marker holders for walls, or printing and assembling robotic hands for children born without hands. They engage in scientific collaborations with students in countries around the world. However, today's immensely powerful technologies can also have serious negative consequences for children as well. More research is emerging to identify the negative impact and more child psychologists and other experts are speaking out about their concerns. The greatest negative impact of technology on children's socio-emotional intelligence and age-appropriate development comes from the unsupervised use of smart phones and amount of screen time, especially the use of social media apps. Unfortunately, parents seem unaware of the risks or concerns they enable when they give their children these powerful tools.

The most critical questions parents should be asking are "what technology is *not* developmentally healthy or appropriate for my child to use?" And "what are the risks associated with this technology?" The answers are not always clear. Parents may be surprised to learn that there are now multiple studies comparing the impact on learning from note-taking by hand versus keyboarding. Note-taking by hand wins. Pam Mueller and Daniel



Oppenheimer (of Princeton and UCal) published the article *The Pen is Mightier Than the Keyboard: Advantages of Long Hand Over Laptop Note Taking* in the journal *Psychological Science* to summarize the key points. It is worth reading.

Another critical concern about the use of technology, not just restricted to smart phones, concerns the impact on socio-emotional development of children as well as their communication skills. It is now crystal clear how important positive healthy social and emotional growth is for *all aspects* of a child's learning. But some social media smart phone apps (and websites) encourage and enable anonymous communication. Anonymous

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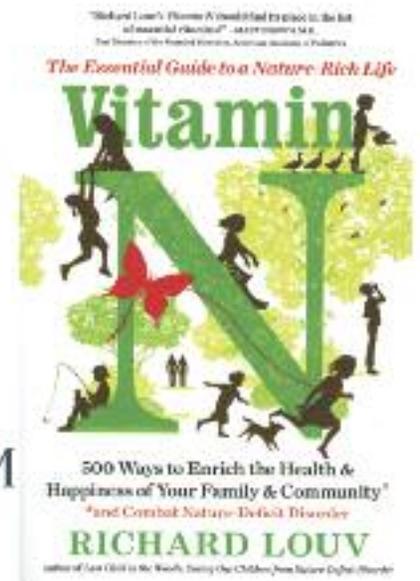
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communication between children and others has a history of very negative consequences on the emotional health of children. More than a dozen popular apps allow for anonymous communication between participants and some even use GPS data so that participants can locate each other. Anonymous communication has enabled, and perhaps encouraged, harassment, cyber-bullying, use of foul language and vulgar sexual comments from those who feel that they can hide behind a screen or fake account name. Two of the worst offending apps in 2015 were *Burnbook* and *Backchat*. Both were eventually removed from the Apple iTunes app store but may still be available on other websites.

Just because an app is rated 17+ doesn't mean that children cannot easily download and install it. And don't assume that an app rated 12+ is truly age appropriate for your 12 year old to use. One such app gaining popularity with children as young as eleven is called **YouNow**. It enables real-time streaming video chat from any camera-enabled device including iPads, iPhones, android phones and laptops. This means your child will be video-chatting with strangers from around the world. Though the iTunes store rates this app 12+, Apple completely misses the point about the appropriateness to connect a child via video to anyone in the world. Here are two links expressing concerns about this app:

www.cbsnews.com/news/is-the-younow-live-stream-app-a-parents-nightmare
www.mobile-spy.com/blog/younow-a-parents-worst-nightmare

Another growing concern about children's use of social media is that their socializing is very disinhibited by the very nature of using the device. There is less civility when communicating via text, posts and chat rooms than when communicating in person or even by voice. Children (and some adults) find it much easier to be less respectful or considerate of each other, to be more harsh and critical using telecommunications, because they don't have to look at someone's face. Communicating through characters on a small screen is

dehumanizing. This has resulted in very negative consequences for many. Missing from these communications are the nuances of facial expression, body language and inflection of voice. The casually tossed phrase "you're such a jerk" between friends in a joking manner can suddenly create serious drama in the online world. In fact, social drama between friends has become a very real problem amongst teens and tweens and was the topic of a 2015 report conducted by CNN. Their report, *Being 13 – Inside the Secret World of Teens*, describes the social drama produced through disinhibited communication where there is no expectation for good behavior and no adult supervision.
www.cnn.com/specials/us/being13

Compounding these concerns is the fact that more children are using these telecommunications tools, and at younger ages than ever. Many are specifically using texting, posting or online chatting to avoid difficult face-to-face conversations that they should be having in real life. In a recent survey I conducted on a group of seventh graders, 67% reported saying something online that they didn't want to say in person. 71% reported using texting for the same purpose. 43% said that they had done something anonymously, or pretended to be someone else, because they wanted to hide their identity. And when asked "have you ever done something online or through a smart phone that you later wished you had not", 76% said "yes". These numbers have been increasing over the few years I have conducted these surveys. As smart phones are getting into the hands of younger children, and screen time is increasing annually, children are using technology to avoid the difficult day-to-day conversations that are so important to developing healthy communication skills. I have had conversations with sixteen year olds who say that he or she would rather break up with a girlfriend or boyfriend via text or a Facebook post because it's easier. They don't want to "deal with all the drama". This is sad, and a real problem as our children lose out on the opportunities to muddle through tough conversations and develop life skills.

Continued on page 12

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THE FALL 2016 INDEPENDENT SCHOOL SHOWCASE

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Schools: Join us next month for Part 2! All school ads receive an editorial bonus.

Secure your space by noon, Wed., September 21, to have your school appear in our October Showcase. Visit us online at www.northshorefamilies.com to see our online Independent School Showcase; featured ads link directly to the schools' websites.

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.

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 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.

Pingree School in So. Hamilton, MA, is an independent coeducational day school for grades nine through twelve. Dedicated to academic excellence and development of high personal standards, Pingree believes that a love of learning flourishes best in a diverse community that respects truth, curiosity, creativity, humor and independent and imaginative thinking. Above all, Pingree strives to instill in its students integrity, decency, compassion, self-esteem and commitment to one another and to the world at large.

We invite you to consider the many advantages of a Pingree School education. Our community values the life of the mind and fosters an ambitious, nimble and innovative learning culture that keeps all doors of possibility open. At Pingree, students are encouraged to explore new areas, take risks and thereby discover new interests. Our dedicated and skilled faculty challenges and inspires students to grow and lead as scholars and global citizens with kindness, confidence and a sense of purpose. Through a demanding and balanced course of studies — enriched by our *H Block* elective courses and *Senior Project* program — students develop the ability to think critically, creatively and compassionately, to take intellectual risks and to examine their assumptions and underlying values.

What do you seek to achieve? How will you get there? Let us help you forge your path. We look forward to sharing our community with you.

www.pingree.org

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THE FALL 2016 INDEPENDENT SCHOOL SHOWCASE

PART 1 OF 3



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How We Make It Fun: And because Real Learning is about more than academics, the day is just beginning when classes end. If you love athletics, we have plenty to choose from — 47 teams spread across 15 different sports. We also offer drama, outdoor adventure, yoga and community service. The choice is yours. As afternoon turns to evening, you'll look forward to stir fry in the dining hall and hanging with friends back in the dorms. And because we like to keep things interesting, you never know when we might surprise you with a late-night movie or s'mores on the Quad.

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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 Thacher School, a coeducational boarding high school perched at the foot of the Topa Topa Mountains in Ojai, California, is anything but typical. Here, students encounter a combination they won't find anywhere else: demanding academics, tough character-building challenges and a healthy, authentic community culture that supports them every step of the way. It's how Thacher succeeds in shaping resilient, compassionate and ambitious young men and women who are prepared to take on the challenges of today's world. We invite you to dive in and see for yourself what makes Thacher, Thacher.

Thacher's mission is one of the many things that makes the School unique among top tier boarding schools: Thacher trains young men and women in the art of living for their own greatest good and for the greatest good of their fellow citizens in a diverse and changing world. To that end, the School

augments its highly challenging academic program with profound lessons learned from the care of a horse, regular chores around the School, teamwork on playing fields, outstanding instruction in the arts, the give and take of everyday life with schoolmates and teachers and adventures shared in the wilderness. The aim is to inspire and encourage hard work, integrity, self-reliance, a lifelong love of learning and truth, self-knowledge and a deep concern for the world in which we live.

www.thacher.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



THE FALL 2016 INDEPENDENT SCHOOL SHOWCASE

PART 1 OF 3



Independent School Showcase

Continued from page 9

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:

Brookwood, Nov. 19, 1pm

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, Sept. 21, Oct. 22, Nov. 11

Westminster, Oct. 6 & Nov. 7



**KIMBALL
UNION**
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Saturday, October 22

Friday, November 11

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To RSVP:

admission@kua.org

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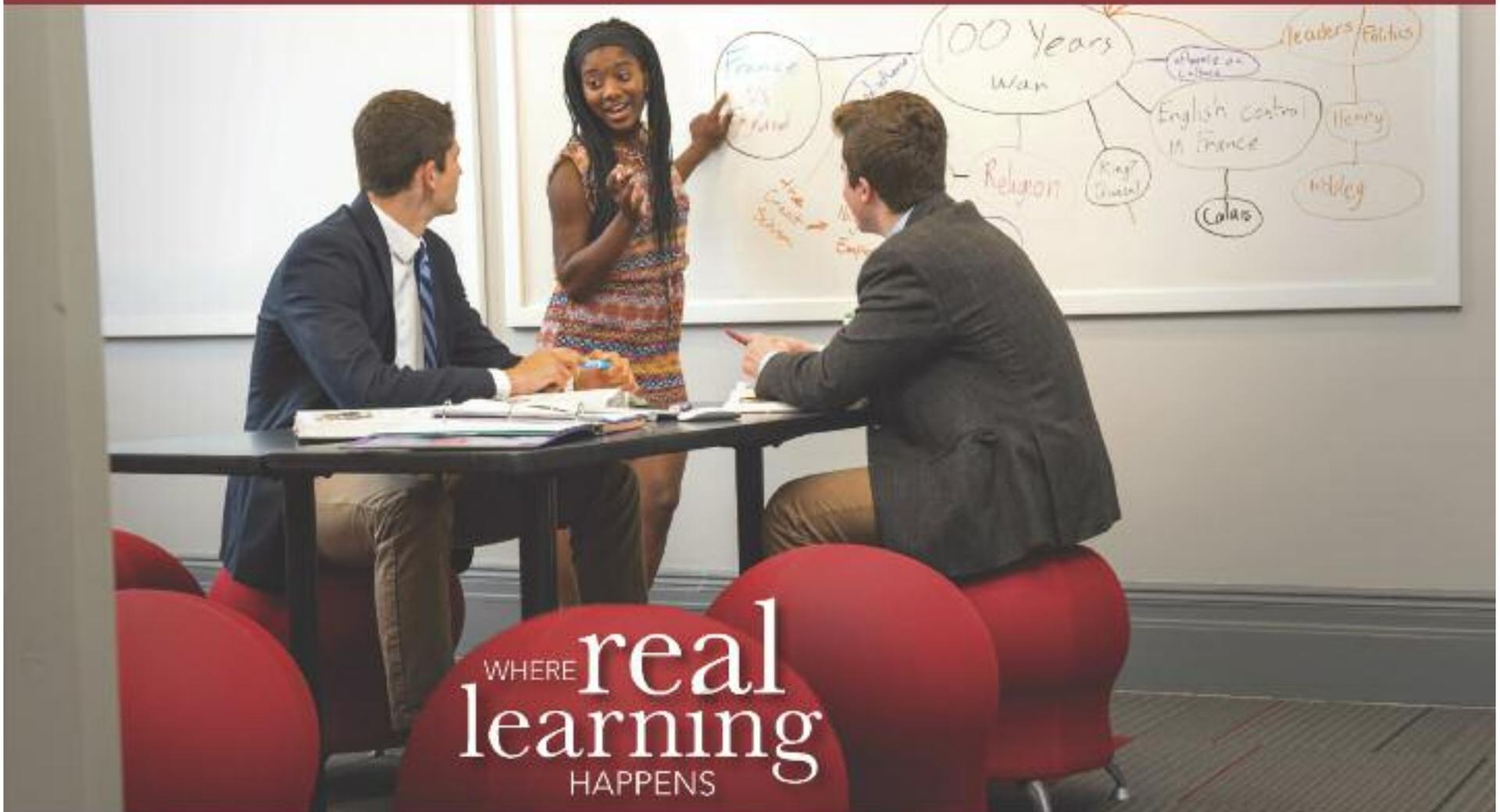
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November 5, 2016

10:30 AM - 1:30 PM

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www.pomfretschool.org

Pomfret is an independent college preparatory boarding and day school for 355 students in grades 9 through 12 and postgraduates, set on a 500-acre campus in Northeastern Connecticut.

Children and Smart Phones

Continued from page 7

Like any skill, we get better by practice. Our children *need* to practice having tough, uncomfortable conversations so they can learn from and improve their communication skills!

If you want my advice, I urge parents to hold off on giving a smart phone to your child until age fourteen or fifteen. And when you do, set very specific expectations and guidelines in a contract for him or her to sign. Let them know you'll be monitoring their use, their apps and their activities on the phone and then follow through with that monitoring. Sample contracts can be found online. When parents set clear boundaries and expectations for their children's behavior and monitor what their children are doing, kids rise with more success to meet those expectations.

Many parenting resources can be found on Brookwood's website at: www.brookwood.edu/guidelines-parents-regarding-technology-and-children

Doug Fodeman is the Director of Technology at Brookwood School in Manchester, MA. He is also a nationally recognized expert on internet safety education and the developmentally healthy use of technology by children. Formerly Co-Director of a children's internet safety organization from 1997 to 2014, Doug co-authored three books and many articles on the topic of internet safety including A Parent's Guide to Online Safety published in 2013. Doug has also conducted research on the internet behavior of thousands of children across the United States. He has spoken about internet and cell phone safety issues on the CBS Evening News, ABC's World News Tonight and many radio stations such as WBZ Radio, to name just a few appearances. Doug has given workshops to parents, students, teachers and administrators at dozens of schools across the United States for nearly twenty years on this important topic. In addition, Doug is the Executive Director of The Daily Scam (www.thedailyscam.com), a website devoted to educating users of all ages how to recognize and avoid online fraud and reduce their online risks.

A SAMPLING OF RISKY APPS FOR CHILDREN:

After School (17+): After School is an anonymous and private message board for your school.

Ask (Ask.fm) (12+): Ask.fm is a social networking app (and website) set up in a question and answer format. Allows for anonymous messages that no one monitors.

Chance (17+): This app will introduce you to random strangers. You then decide to chat and/or exchange pictures.

Hot or Not (17+): Allows you to check out people in your area and chat with new people.

Kik (17+): Chat with strangers by username; up to a group of 50.

Meow Chat (17+): This app is designed for strangers around the world to chat and connect for dating; similar to Tinder.

People (Rated 17+): This app enables and encourages you to rate other people. There are a lot of concerns expressed online about the harassing comments this app seems to encourage.

Spayce (12+): Share photos and videos with people around you. Allows users to chat with each other.

Swipe (12+): Swipe is the place to share all those camera roll photos you can't share on Snapchat, Instagram and Facebook.

Tinder (17+): Used as a blind-dating and sexual hook up app to connect to people in your area.

Vine (17+): Watch, create and share short looping videos. Some vines contain very adult content and offensive videos.

Whisper (17+): Anonymous secret sharing and messaging. See secrets posted by people near you or from your school.

Yik Yak (17+): Allows anyone to connect and share information without having to know them. Enables anonymous conversation based on location; rate people's posts.

Join us for an Open House!
October 6 and November 7
 More info at www.westminster-school.org/oh

Westminster School

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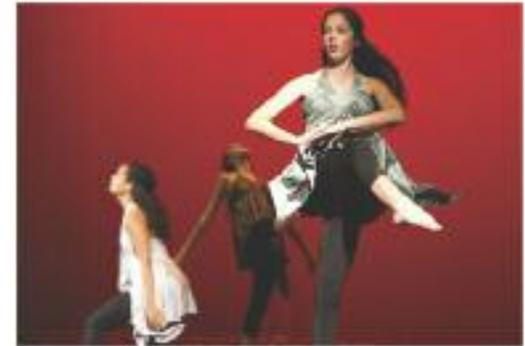
Co-ed | Boarding & Day | Grades 9-12 | 200-acre campus
 Simsbury, Connecticut | www.westminster-school.org

Westminster School welcomes students of every race, religion, color, nationality and ethnic origin.

THE THACHER SCHOOL



The Thacher School, a coeducational boarding high school perched at the foot of the Topa Topa Mountains in Ojai, California, is anything but typical. Here, students encounter a combination they won't find anywhere else: demanding academics, tough character-building challenges and a healthy, authentic community culture that supports them every step of the way. It's how Thacher succeeds in shaping resilient, compassionate, and ambitious young men and women who are prepared to take on the challenges of today's world. We invite you to dive in and see for yourself what makes Thacher, Thacher.



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Visit us at www.thacher.org
For more information 805-640-3210 or admission@thacher.org

Childcare

Childcare, School + You!

How an extra set of hands can make your family's back-to-school transition smoother this year.

All good things must end — and that is inevitably true for summer break as well! The back-to-school transition is upon us. Many North Shore area parents are looking forward to a break from the chaos of juggling camp schedules, vacation schedules, work schedules and finding childcare to make it all work. But the reality for many families with school-aged kids is that the school year is even more hectic than the summer. Many families find that the right childcare provides the “extra set of hands” they need to make their busy schedules work for everyone. Here are some thoughts on how an au pair can make your busy family life easier this school year:

Whoever designed the school day didn't consider the work day. If you are a family with working parents, it doesn't take long to realize that the school day and the work day do not match up—not even close! Some schools start hours after you need to be in the office, while others end hours before you could be home from work. Even stay-at-home parents or part-time working parents need assistance with the busy after school hours.

You have more than one child. Somehow each additional child you have more than doubles the complexity of dealing with the family's scheduling and logistics. Sometimes kids go to different schools from their siblings, making the drop-off and pick-up management even more of a challenge, especially when the schools are not near each other and it's the middle of rush hour. Even if your kids attend the same school, you probably have different before or after school activities to deal with.

Activities, activities and more activities. School-aged children have full calendars these days, between sports, music lessons, arts programs and clubs. Every day of the week is full, and the weekends are even more packed. If you don't want to spend your entire afternoon and evening driving from one activity to another, you need help.

It's not just the childcare, it's the house and the meals and the laundry... During the school year, there seems to be a never-ending pile of school clothes and sports uniforms to wash, fold and put away. There are lunches and snacks to pack and dinners to plan and prepare. There are beds to be made and homework to help with. If you want to stay on top of it all, you probably need to call in reinforcements.

You need a life, too. Remember when you used to have time for a chat with friends, a date night with your spouse and even time to focus on your own hobbies? Well, with some strategic childcare and household help, you might be able to take back some time for your own interests. When you can do that, you are also likely to be a better parent to your kids, a better partner to your spouse and even a better employee at work.

While there are many ways to piece together household and childcare help, lots of families with school-aged children are choosing the *au pair* program as a solution to their needs. For more information about *Cultural Care Au Pair* and how we can help you find the right “extra set of hands,” please visit www.culturalcare.com.

Patricia Pinto is a Local Development Director with Cultural Care Au Pair, the leading provider of intercultural childcare in the United States. Headquartered in Cambridge, MA, Cultural Care Au Pair recently celebrated 25 years of bringing families and au pairs together. A U.S. Department of State designated program, Cultural Care has an extensive network of recruitment, screening and orientation offices worldwide and local childcare consultants supporting au pairs and host families across the U.S.

Waring School
Coeducational Day School Grades 6-12

OPEN SCHOOL DATES
Sep 21 | Oct 22 | Nov 11

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waringschool.org

The Village School

Preschool



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Healthy Eating

Watermelon

by Mary Higgins

Ahhh, September – with its still warm days and cooler nights. The children return to school and the hectic schedule of shuttling the young ones to after-school sports and music lessons begins. Once the day is over, it's a great time to relax with a dish of cool watermelon.

Known by its Latin name, *Citrullus lanatus*, watermelon is both a fruit and vegetable being closely related to the squash, pumpkins and cucumbers. Growing on vines that trail the ground, watermelons grow in tropical as well as sub-tropical regions. Usually we don't think of watermelons growing in Massachusetts, but I've been to organic farms in the western part of the state and picked them off the vine.

The watermelon plant grows yellow

flowers that need pollination during the long, hot days required for the plant's growth. The fruit part starts to develop behind the flower, becoming larger as the months elapse. When you choose your watermelon, look for a dense, heavy melon with a pale yellow spot at one end. The rind should be smooth and may be striped. Some shoppers like to tap the watermelon, listening for a hollow sound.

Although watermelon season runs from summer to winter, it peaks in August and September. This is when you'll find the sweetest, best-tasting, locally-grown watermelon. This fruit/vegetable originated over 5000 years ago in Africa. In Egyptian tombs, the seeds of watermelon and paintings depicting watermelon have been found inside caves even in the tomb of King Tutankhamun.

You are probably most familiar with watermelons that are green on the

outside, with their pink flesh inside. But did you know watermelon is available in yellow and orange fleshed varieties as well?

This fruit is high in an anti-oxidant that also fights inflammation called *lycopene*, which keeps both ovarian cancer in women and prostate cancer in men from developing. This pigment is also found in tomatoes, although you would need to eat cooked tomato products to release the benefits. Not so with watermelon. In fact, the pink-fleshed variety of watermelon supplies one and a half times more lycopene than a serving of tomato.



Sweet Pain Relief

Similar in sound to the first part of watermelon's Latin name is the amino acid, *L-citrulline*, found in watermelon, which relieves pain. Through a series of chemical reactions, this compound is turned into another amino acid, arginine.

Even more exciting is the effect of arginine once it is converted to nitric oxide in our bodies. It increases blood flow to sore, achy muscles. Nitric oxide, not to be confused with the dental anesthetic, nitrous oxide, is a potent dilator of blood vessels and is one of the reasons why we use heat on our achy backs. Increased blood flow also benefits blood pressure. So if you have high blood pressure and eat watermelon on a regular basis, you get a one-two punch at knocking those numbers down, both from the potassium and the *L-citrulline* in watermelon.

A third substance found in watermelon is terpene, with pain relieving properties equal to that of the NSAID pain relievers to knock out

prostaglandins. Prostaglandins are substances derived from fats that cause pain and inflammation. Watermelon extracts are a natural COX-2 inhibitor that combats inflammation without any of the kidney-damaging side effects that medicinal COX inhibitors can create.

Nutrients We Need from Watermelon

Watermelons contain only 46 calories a cup, composed of over 90% water and no fat, making them a dieter's friend. Owing to such a high water content, they make a most refreshing way to hydrate as well as supply an electrolyte, potassium, lost during heavy periods of sweating. This is a nutrient easily lost by young, helmeted football players underneath all those heavy pads. Potassium keeps our hearts strong and blood pressures low.

The vitamin B6, Pyridoxine, found in watermelon acts as a diuretic allowing excess fluid to leave and rids the body of water retention. This is a boon for women who tend to get water-logged and suffer from premenstrual tension and headaches. B6 is a vitamin integral to a healthy nervous system. Often given to women suffering from morning sickness, as it quells nausea, this vitamin also slows the onset of dementia and keeps us from becoming anemic.

Like the other family members of *Cucurbitaceae*, such as squash and pumpkin, watermelon is a source of Beta-carotene, good for all membranes and skin. This form of vitamin A in the form of retinol is powerful at preventing many cancers, delaying the looks of aging skin and is a component of the retina of our eyes. Since Beta-carotene is fat-soluble, it is best absorbed with a little fat. Combine your watermelon with a slice of aged cheddar cheese or a few almonds, which have plenty of monounsaturated fat (the good kind) to aid the absorption of this important substance.

Other Parts of the Watermelon

Most of us discard the watermelon

Continued on page 19

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www.einsteinsworkshop.com/bcm

Children's Book Review

Wolf Camp

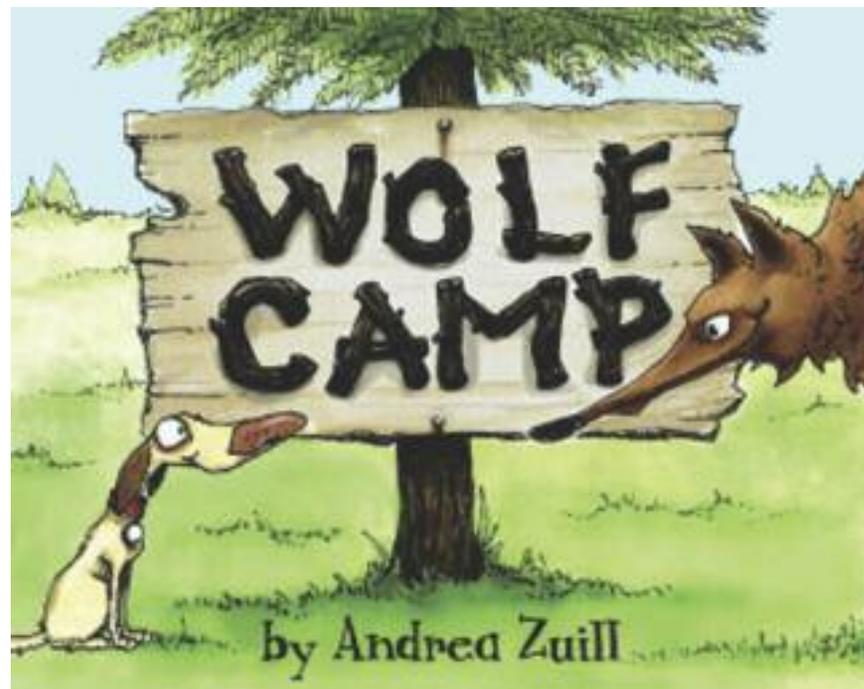
Written & Illustrated by Andrea Zuill
(Schwartz & Wade Books, \$16.99, Ages 4-8)

by **Cathy Ballou Mealey**

The shelves at the library and bookstore may be spilling over with “back-to-school” titles, but let’s hold on to summer, silliness and camp-themes for just a bit longer. Truly, there is no *one* season for learning about how to tackle new experiences, face your fears and make new friends. **Wolf Camp** is a hilarious and heart-warming picture book that will encourage young listeners and little learners to be brave and have fun, howl in harmony and become one of the pack.

Our hero is Homer, a hound dog with scrawny neck and legs, big nose and a tail that wags frantically when he’s excited. Sometimes he acts “wolfish”, pouncing playfully on his pink stuffed toy moose from behind the sofa. Homer believes all dogs have a bit of inner wolf, and fantasizes about living like one of the pack, racing through the wilderness with purpose. It seems like a dream come true when an invitation to *Wolf Camp* (“Where every dog can live as a wolf – for an entire week!”) falls into his kibble bowl.

Homer really wants to go to *Wolf Camp*. He pesters his human family, bringing the invitation to their attention over and over, until they relent and agree that he can go. “I’m going to be a wolf!”, thinks Homer excitedly as he heads off on



a big yellow bus. The camp counselors, Fang and Grrr, are actual wolves, sharp-nosed, pointy-eared, shaggy giants. Homer’s fellow campers are a bumbling, fuzzy golden retriever named Rex and Pixie, a teeny tiny gray Chihuahua. Homer thinks the counselors seem nice, but the wolves appear slightly skeptical about the well-hidden potential in their new recruits.

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distribution local publication for parents
throughout the North Shore - since 2007!**

Interested candidates, please email suzanne@northshorefamilies.com with your note of interest. Please use "ADVERTISING SALES" in your email's subject line. No phone calls, please and thank you.

Nonetheless, after a detailed safety talk, the *Wolf Camp* lessons begin.

Zuill's pen and ink drawings with watercolor wash are zany, charming and unbelievably expressive. She masterfully contrasts wolf and dog postures and body language, perfectly positioning their poised or clumsy bodies for stalking, howling, tracking and sleeping. The animals' eye rolls, ear tilts and tail movements convey oodles of meaning and emotion that enrich the wry, witty text and funny speech bubbles. It's a guaranteed giggle when Homer pens a classic camp letter to his "people" at home, complaining about the food and bugs.

Wolf Camp is filled with loopy, lupine humor and heart. Readers will root for Homer, Rex and Pixie as they bond, persevere and slowly master the skills necessary for wolf-y, woody living. The new pack members succeed in earning *Honorary Wolf* certificates by the end of the week, but perhaps Homer has been changed forever by his wild experience. You'll be howling with laughter throughout this silly, sweet and smart story for campers and canine lovers alike.

*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 **Wolf Camp** from her local library, where she discovers wonderful new stories every week.*

Schools:

Join Us in Part 2 of The Fall 2016 Independent School Showcase Series in our October issue!

**See Part 1 in This Issue & Online at
www.northshorefamilies.com.**

**Contact Suzanne@northshorefamilies.com
by noon, Wed., Sept. 21
to advertise in our October issue Showcase.**

Ask about the editorial bonus for schools!

We've Got the North Shore Covered ~ Since 2007!

Watermelon

Continued from page 16

rinds. But if you purchase an organic watermelon, free of pesticides and the chemical fertilizers used on them that conventional farms may use, you can cut the rind and pickle it. The rind is edible and full of fiber. In fact, a cookbook published the illustrious year our country first signed the Declaration of Independence (1776) has a recipe for pickling watermelon rind.

Even though watermelon seed-spitting contests are part of childhood and figure prominently in the books our children read, the seeds are edible. But anyone diagnosed with diverticulosis may wish to avoid eating the seeds as they can get caught in the little pouches that develop

(diverticulum) in people with this intestinal disorder.

Eat watermelon at any time of day. For breakfast have a wedge alongside your bowl of cereal. Slice it into strips and pack it in small covered plastic containers for the children to enjoy at school. A fun way to serve watermelon at the family dinner table is to thread chunks of watermelon alternating with grapes, onto thin wooden skewers. Watermelon sprinkled with fresh mint leaves is delicious and its sweetness is well balanced by the salty taste of crumbled feta cheese. Let your imagination run wild and invite your friends over for a watermelon mojito. Make a watermelon slush for the kids. There are plenty of warm days ahead to enjoy this juicy treat.

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.

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2016 PUBLISHING SCHEDULE

Issue	Ad Space Deadline* (for ads that need production help)	Ad Space Deadline (for completed ads**)
October	noon, 9/21	noon, 9/23
November	noon, 10/19	noon, 10/21
Winter (Dec./Jan.)	noon, 11/16	noon, 11/18

*Also the due date for ad materials/ad copy changes for ads that we produce or revise.

** Completed ads are due the Tuesday following the final, Friday, ad space deadline.

**To explore your advertising options or to secure your space,
please contact Suzanne at 781.584.4569 or
suzanne@northshorefamilies.com.**

**To learn more, please visit
www.northshorefamilies.com.**



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Episcopal High School
Ethel Walker School
Fryeburg Academy
Garrison Forest School
Gould Academy
Groton School
Hebron Academy
Hebron Academy
Holderness School
Hyde School at Woodstock
Kent School
Kents Hill School
Kimball Union Academy
Landmark School
Lawrence Academy
Léman Manhattan Preparatory School
Lexington Christian Academy
Loomis Chaffee School
Marianapolis Preparatory School
Marvelwood School
Middlesex School
Millbrook School
Milton Academy
Miss Hall's School
Miss Porter's School
New Hampton School
Noble and Greenough School
Northfield Mount Hermon School
Peddie School
Phillips Academy
Phillips Exeter Academy
Pingree School
Pomfret School
Portsmouth Abbey School
Proctor Academy
Ridley College
Saint Mary's School
Salisbury School
Shady Side Academy
South Kent School
Sparhawk School
St. Andrew's School
St. George's School
St. John's Preparatory School
St. Mark's School
St. Paul's School
St. Timothy's School
Stoneleigh-Burnham School
Suffield Academy
Tabar Academy
Taft School
The Academy at Penguin Hall
The Cambridge School of Weston
The Clark School
The Governor's Academy
The Gunnery
The Hotchkiss School
The Newman School
The Putney School
The Stony Brook School
The Thacher School
Tilton School
Trinity-Pawling School
Vermont Academy
Walnut Hill School
Waring School
Westminster School
Westover School
White Mountain School
Wilbraham & Manson Academy
Williston Northampton School

Co-sponsored by Tower School and these North Shore independent elementary/middle schools: Brookwood School, Manchester; Shore Country Day School, Beverly; Waldorf School at Marine Farm, Beverly; Cohen Hillel Academy, Marblehead; Glen Urquhart School, Beverly Farms; Harborlight-Stoneridge Montessori School, Beverly; Phoenix School, Salem.