

North Shore & Children Families

FREE!

IN THIS ISSUE

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



Happy Summer!

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See page 9.



Happy Father's Day!



www.northshorefamilies.com

SUMMER ISSUE • JUNE/JULY 2017

From the Publisher & Editor

It's Almost Summer! Congratulations Grads! Happy Father's Day to **All North Shore Dads!**

by Suzanne Provencher, Publisher/Editor

Hello again, dear readers! Can you believe that summer is finally here?

I'd like to congratulate all grads and wish all Dads a very Happy Father's Day!

You are reading our 2-month Summer issue, which covers June AND July. After this issue, we'll be back with our August issue – just in time for *Back to School Season!* **To advertise in our August issue, please contact suzanne@northshorefamilies.com by noon, Wed., July 19. Check out our *Back to School Season Advertising Special* on page 9!**

In this issue, we have our **final installment in our 10th Annual Summer Camps & Programs Showcase Series.** If you still need to make plans for your kids' summer – the time is now! Visit our **online Camp Directory**, too, at www.northshorefamilies.com/camp-directory-2017/ – click on a camp – and you'll be connected to their website. And please tell our camps that you saw them in **North Shore Children & Families** when you register.

In this issue, Salem Attorney Mark Tuttle continues his Family Law series with a column about choosing a guardian for your children – see page 6. Contact Mark for a free estate planning or elder law consultation – see ad on page 6. Mark has over 20 years of legal and financial experience and is accepting new clients at his practice.

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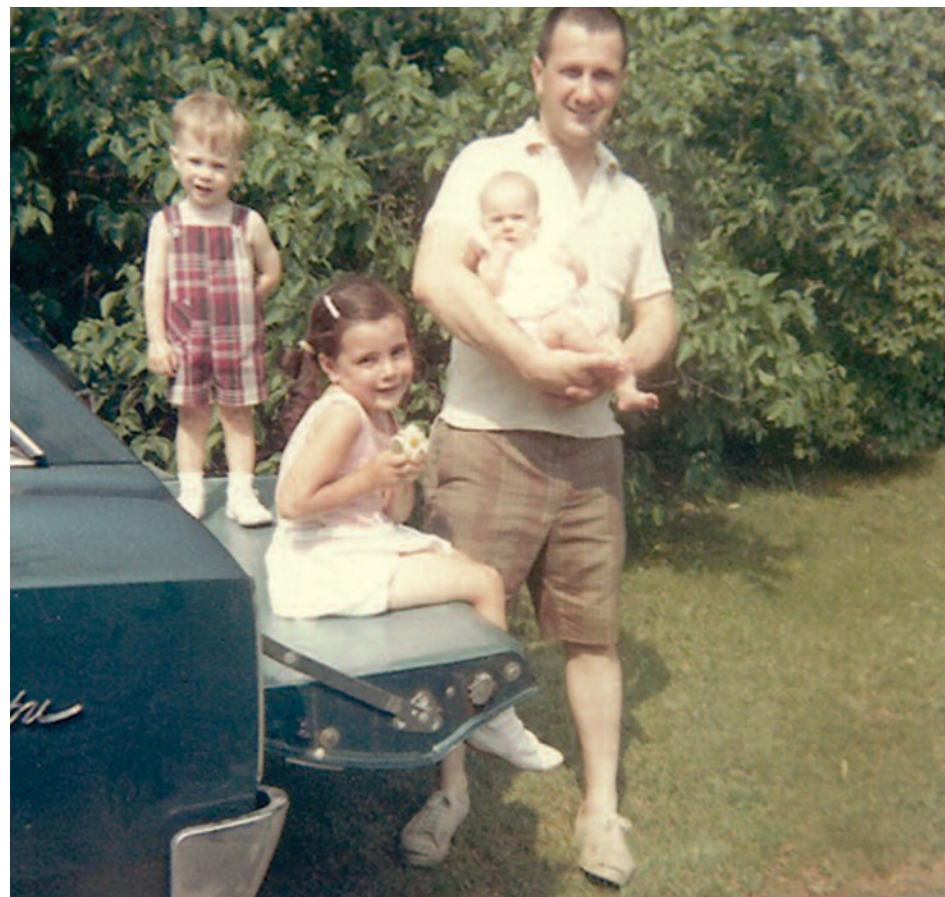
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June 1967

Happy Father's Day, Dad!

In honor of Father's Day, I wanted to tell you a little bit about my Dad, Joe. I am the oldest of three and a true Daddy's Girl. As far back as I can remember, my Dad was always involved and hands-on. He was and is a true team player – always ready, willing and able to lend the best advice or a capable hand. He taught me about stars and science and history and yard work. He showed me how to fix things and use tools. He is a smart man and a great leader. He always has sound advice when I ask for it. And he loves my Mother completely – perhaps his greatest gift to his children. He is a good man, a quiet man, a kind man and a family-first man. His family is his greatest treasure. When I went away to camp for two weeks as a 10 year old, he sent me a poem that he wrote. It has been written in my memory for almost 45 years and I can recite it at will verbatim. It is one of my greatest treasures – and perhaps his only poem. I am certain that my love of rhymed verse comes from him – from this hand-written poem – sent by snail mail to a 10 year old me one summer in Alfred, Maine. He is always here for us – any of us – at any time. We are all very blessed to call him Dad. So, Daddy, I wish you the Happiest Father's Day – surrounded by those you love most. I love you, Dad.

In closing, I am looking forward to taking a little break from the day to day operations of **North Shore Children & Families** for some summer fun. I wish the same for you and your family. May your summer be healthy and safe, and filled with family, friends and fun.

Until August ~ Suzanne

Helping Your Tweens & Teens Have A Fun and Productive Summer

by Dr. Kate Roberts

Many parents ask me for help figuring out what to do about their tweens and younger teens who have no plans for the summer. Kids in this age group want freedom and independence during their summer break, but they need help finding a balance that includes productive ways to use their unstructured time. What can these in-between age children do? Here are some suggestions:

- Help your child use the web to get the word out that he or she can do odd jobs. With your supervision, they can post their availability to work within the community. For example, they can, through you, post their availability to babysit, walk dogs, do yard work, be a mother's helper, etc. Know the people before they go alone into their homes, etc.
- Get them involved in the community. Service opportunities on the North Shore include the Open Door Food Pantry and Beverly Bootstraps. Boston Cares has statewide volunteer opportunities listed on their website (bostoncares.org).
- If you belong to a local church or synagogue, ask the minister or rabbi if there are volunteer projects that your child can engage in.
- Have them get creative using software programs for graphics, music videos, photos, etc.
- Encourage them to start an exercise routine. If they are hesitant, set them up with a couple of training sessions through the local YMCA or a gym to get them going.
- With some instruction, guidance and monitoring, they may even be able to take on an odd job at your house. Who couldn't use some help reorganizing the kitchen or painting the deck? Share



pictures of what you want the end product to look like so that they have a model to refer back to.

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North Shore Children & Families



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Please see page 3
for our upcoming deadlines.

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PUBLISHING SCHEDULE

| Issue | Ad Space Deadline |
|-----------|-------------------|
| August | Noon, Wed., 7/19 |
| September | Noon, Wed., 8/23 |
| October | Noon, Wed., 9/20 |

**To explore your advertising options or to secure your space,
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suzanne@northshorefamilies.com.**

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**This is our
2-month
Summer issue,
which covers
June *AND* July.**

**Our next issue is
our August issue.**

Contact
Suzanne@northshorefamilies.com
by noon, Wed., July 19
to advertise in our August issue.

**See page 9 for our
Back to School
Advertising Special!**

Helping Your Tweens & Teens Have A Fun & Productive Summer

Continued from page 3



A simple daily structure for children this age looks like the following: nine o'clock A.M. wake up; structured activity until midday; afternoon of social time or planned family/friend activity.

Parents of tweens and teens should consider summer a perfect time to emphasize that with greater independence comes more responsibility. If your children are itching for more freedom and want more beach time, insist that they demonstrate their maturity and commitment by willingly engaging in additional chores at home. It is not unreasonable to expect them to help out by doing the laundry once in a while or having dinner ready when you get home.

If you consider your child old enough and responsible enough to be unsupervised at home during the day while you're at work, here are some guidelines for parents of kids up to age 18:

- Know who is in your house at all times.
- Do not allow your child to have friends of the opposite sex over



when you're not home.

- If your child does have a friend over, make sure the friend's parents know you're not home.

Use the summer as a time for your

children to learn and grow. Help them develop life skills to get them ready for the next phase of their life and teach them skills towards a lifetime of independence and responsibility.

Dr. Kate Roberts is a licensed child and school psychologist and family therapist with offices in Salem and Hamilton. She welcomes newcomers to her private practice. She specializes in cognitive-behavior therapy, family therapy, ADHD, anxiety and learning disabilities. She can be reached at kate@drkateroberts.com and www.drkateroberts.com.

Pediatric Associates

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Dr. Mandell
June 28th Tips on Managing Screen Time
Dr. Jalali
July 19th The Strong-Willed Toddler
Dr. Morgan

May 17th Eating Disorders & Body Images
Dr. D’Souza
June 14th Depression & Anxiety
Dr. Angel
July 12th Health Effects of Drugs & Alcohol
Dr. McAuliffe

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Kids & Technology

Tips for Managing Your Kids' Tech Use This Summer

by Dr. Kate Roberts

With summer near and more free time for kids, many parents are concerned that they have little or no control over technology use in their children. Does it feel like technology is taking over your family? Many parents fear they don't have the skills and strategies required to take charge and change this. Parents may benefit from reading these *Guidelines for non TV Tech*:



- Expect resistance as kids tend to verbally oppose structure while they really want it in the end.
- Try to limit use to 1-hour per day as longer amounts of time make it difficult to break the addictive cycle.
- Avoid using screens and technology as rewards. First, you can't increase use (good behavior does not earn more than one hour), and second, technology is so addictive that using it as part of a reward system is asking for a battle if you have to take it away.
- Using video games as a substitute for supervision is something most parents have done; remember that doing this undermines your management plan and it's very difficult to transition away from excessive time spent gaming.
- Establish "screen-free" locations and "screen-free" times of day. Kids don't need devices to run errands, they need to learn to deal with boredom or talk, or do something else constructive.
- No screens in the A.M. as nothing that comes after compares to that adrenaline, which can result in negativity.
- Antidotes to kids wanting excessive screen use is a busy schedule of fun summer activities.
- Summer is *the* time to focus on social emotional development for kids, and too much screen time interferes.
- No kids left alone in their room or in their basement with friends online for hours.
- For safety guidelines, follow *Common Sense Media* because kids, preteens and teens need close supervision. www.commonsensemedia.org
- Promote positive technology such as books, making videos, taking pictures, art projects and avoid long periods of passive, mindless gaming. Use technology to promote learning and creativity.

Continued on page 9

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Family Law

Choosing A Guardian for Your Children

by Mark Tuttle, Esq.

Deciding who should be the guardian of your children is a difficult undertaking. Who wants to contemplate their own death? The thought of leaving your children behind is difficult enough, and deciding who will raise them is even more difficult. However, making the decision and putting the plan in writing will provide you with a sense of relief. So how does one go about deciding who should be the guardian of their children?

When I speak with clients I often hear, “we have told our friends and family what we would like..., more or less,” which is followed by an uncomfortable silence. I respond, “should the police arrive at your home to find a caregiver you selected but who has no legal

authority, the police must call the Department of Children and Families.” What person wants their children to be wards of the state, even for a few days? The state will recognize family, but which one? If no family exists in the immediate area, would you want your children to have the state appoint a guardian until the family can be present? The message is clear: verbal communication is not sufficient. Put your wishes in writing!

In my last article, I discussed the need to have a health care proxy should you lack the capacity to make health care decisions. Similar to the health care proxy, you need something in writing so that a legally recognized guardian has the power to make decisions about the well being of your children when you cannot. Guardians can be named in



your will. For privacy and flexibility, it is commonly recommended that such designations are placed in a revocable trust. At least one guardian should be listed. If such a guardian is a couple, one person should be designated as the primary guardian to avoid potential future problems. In the event that a chosen guardian should be unavailable, secondary and tertiary guardians should be listed in your will or revocable trust.

Who is going to be the guardian of your children is a question of your comfort of the right person for the job. What if, like many people, you determine that there is no one best person. Your sibling might be an excellent nurturer but a complete disaster with finances. Your other sibling could be an ace with finances, but his belief in unfettered capitalism goes against your beliefs as shown by your Prius, emblazoned with Bernie & Liz 2020 stickers. In that case, establishing a trust for the benefit of your children will help. How? You design the trust instrument and you select the trustee. The trust will be carefully written according to your wishes and the trustee is bound to carry out his/her duties according to your wishes, as contained in the trust document, for the benefit of the trust's beneficiaries, (i.e., your children).

Here is an example: Dad has terminal cancer and has been long divorced from his wife who is the mother of his only child, Jane. Jane's mother can provide food, clothing and shelter, and the more important emotional care that often only families can provide. Dad knows his ex-wife is a train wreck when it comes to finances. Jane is incredibly bright and, while almost emancipated, is too young to be trusted with a large sum of money at her disposal. Dad's friend is a shrewd man of the world, but not the best person to impart emotional well-being on a young girl. Solution: Dad, while not an affluent individual, puts his savings, life insurance and property in trust for the benefit of Jane with his friend as trustee. After Dad's death, Dad's friend is now entrusted to use Dad's assets for the benefit of Jane according to Dad's wishes. When Jane asks for money to go to spring break, Dad's friend says no. Jane gets mad. Dad's friend points to the trust document which states that assets are only to be used for health, education and shelter of Jane. Eventually, Jane stops making frivolous requests and realizes her father put this money in a trust with her best interests at heart and that the trustee, Dad's friend, is simply carrying out those wishes.

Continued on page 8

Who will be there to catch them when you're gone?

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Mark Tuttle is a practicing attorney with offices in Salem, MA – Tuttle Trust & Fiduciary Services, LLC. Mark is a member of the Massachusetts Bar and the Federal Court Bar. **You can contact Mark to set up a free estate planning or elder law consultation at mark@tuttletfs.com.**

Raising Compassionate Children



Teaching Kids to Give Brings Happiness, Healing and Purpose

by Leah Okimoto

It's hard to believe that we are getting geared up for our **4th Annual Aaron's Presents Celebration**, which will take place at Phillips Academy in Andover on **June 17th, 1:30-3:30pm!** We are excited to honor the 319 kids who have positively impacted the lives of others through their kindness, creativity and unique qualities. All are welcome to this FREE, truly joyful event featuring inspiring speeches by many of our kids who take the initiative to write one. We love giving kids this age a rare opportunity to try public speaking!

This event is not a fundraiser itself, so our goal is to cover the cost of the event with program ads. Please let us know if your business or one you know would be interested in supporting this Celebration in this way. More details are available at www.aaronspresents.org (on our page, see blue tab on the bottom, right of your screen), or email lokimoto@aaronspresents.org. Thank you for supporting kids like these:

- 6th grader Henry wanted to bring some gifts to and play with homeless children. At first he envisioned doing this over the holidays, but then he realized that other times of the year might be even better, because so many more gifts are given at that time of year. So he decided to wait until the spring, and we found an ideal partner in the *Justice Resource Institute's Little Heroes* group home for foster children. He brought his older sister and younger brother, and together the kids played dodge ball, decorated cookies and painted. Eight of his classmates also had a similar idea and went to *Little Heroes* on a different day, and also brought a lot of joy in their own unique style! Briannah, Britney, Israel, Stacey, Catherine, Wanjiru, Grace and Janluis played basketball, made slime, did nails and face paint, played bingo and *Pictionary*, and held a raffle. Kids this age have such a powerful ability to break down barriers, make people feel comfortable, and accept new and different people as equals, and this special quality was on full display with all of these kids – our participants and the foster children. Since then,



they have been begging us to go back again, so we're planning on another visit in June!

- 3rd grader Hannah wanted to play games and do crafts with elderly veterans at a VA hospital, inspired by a relative who is in the military. The *Edith Nourse Rogers Memorial Veterans' Hospital* in Bedford was thrilled to have her come. It was amazing to see how comfortable and compassionate she and her sister were to everyone they met. Hannah came up with a cool Earth Day craft idea, and they also brought flowers and smiles to many other patients who were excited to have their youthful energy around! As we were leaving, Hannah said, "That was the best day of my year!"

It's amazing and wonderful to see how excited the kids are to do these things. People don't always believe us until they see it for themselves! Experiencing and feeling the enormously

Continued on page 9

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Children's Book Review

Hilda and The Stone Forest

**Written & Illustrated
by Luke Pearson**

Flying Eye Books 2017

by Michelle Mullet

Graphic novels dwell in a deep, imaginary space somewhere between picture books and illustrated chapter books. Since my two little boys are still in the early stages of learning to read, it's tricky to find books that will occupy them even though they can't read yet. Graphic novels bring excitement, adventure and colorful characters that jump off the page. The graphic novel format lends itself to multiple readings, with a different experience every time for young readers. Each time they pick up the book, they will notice something different.

Luke Pearson's series of oversized, full color books give kids a giant version of comic book delight. I've been a dilettante about graphic novels since the 90s and I'm always interested in unusual formats or unique styles. As a big fan of introverted heroes like *Jimmy Corrigan: Smartest Kid on Earth* and the angst ridden world of Daniel Clowes, I was immediately drawn to this new series called *Hildafolk*.

Luke Pearson gives us a blue haired heroine named Hilda and plunks her down into a diminutive, mountainside village called Trolberg. Hilda swiftly finds trouble around every turn and gets her mom embroiled in the bizarro antics as well.

One thing I love about graphic novels and comic books in general is the format's ability to change perspective



quickly and definitively. This is fun to point out to your child as you read together. Zooming in and zooming out or looking at things from different angles makes for entertainment and offers kids new ways of looking at things. Pearson plays with perspective with sweeping views of troll-infested landscapes and then zooms in on cute little close-ups of friendly elves and their tiny, fully furnished houses.

Though a story about trolls may sound scary for kids, the way they are drawn as anthropomorphic boulders seems only slightly menacing and mostly acceptable for the pre-school imagination or older.

There are a few wonderfully strange creatures called Woffs that seem like floating, limbless wolves or bears. Mother and daughter take turns saving each other from different trolls, but the end is a great big surprise! It is a total cliffhanger and makes you want to read the next book. I'm not sure when the next one will be published, but maybe sometime later this year. Other books in the series include *Hilda and the Troll*, *Hilda and the Midnight Giant*, *Hilda and the Bird Parade* and *Hilda and the Black Hound*.

The book itself is beautifully made with a cloth bound spine and silky smooth paper cover with spot varnish flourishes. Although your local library might offer a copy, it's so beautiful that you might want to just own it as an art object or coffee table book. It's certainly sturdy enough to handle wear and tear over the years.

Michelle Mullet is a North Shore mom of 2 young boys whose work has been published in Haiku Journal, The Puffin Review and the New England Seacoast Writers' Association Journal. She has a degree in journalism and is working on her first children's chapter book. You can follow Michelle for book reviews, essays and blog updates @bunnycones.



Choosing A Guardian

Continued from page 6

Do not think that estate planning is only for the very wealthy. Remember, having an estate plan is not solely for those with money, possessions and estate tax to worry about. Estate planning is for the benefit of your family. If you have children, you need a plan. Deciding who should be the guardian of your children can be made easier if, regardless of the proclivities of the named guardian, you put your wishes about how your children should be raised in writing. Direct how religion, education and finances should be handled. You can leave life's lessons with the guardian to bestow upon your children, the timing of which is decided

by you. If you want your wishes to have more impact, you can establish a trust and name a trustee to carry out these wishes. The trustee can be a "financial guardian" and the guardian you selected for your children can focus on nurturing them into adulthood.

Still not sure what to do? Sit down, think about it, put it in writing and talk to an estate planning attorney. Most estate planning attorneys in our area will not charge for an initial consultation. This is a great first step towards ensuring your children's needs are met if you are not around to care for them.

Aaron's Presents

Continued from page 7



positive impact that they can have on the lives of others is so fulfilling and makes them feel needed and important to the world, and they just can't get enough. It is a privilege to give them that experience and opportunity.

Please visit www.aaronspresents.org to learn more about how a child you know can apply to participate or to get involved in some way. We would also like to hear from people on the North Shore who are interested in serving on our board (an amazing, collaborative group of community members!) and helping us plan strategically for the future. Thank you for your generosity and for helping us reach more kids!

Managing Tech Use

Continued from page 5

For Children Under Age 7

No devices, period. Don't allow others to dictate whether your kids do what most parents know is wrong but often don't know how to stop. Some *Leapster* education devices in short doses are ok, but only after age 5. No screens or portable devices as a way of managing behavior during busy times or trips in the car. Instead, create alternatives such as a bag of toys, word games, and transportable creative projects.

For Children Ages 7- 11

No online, interactive gaming. No social media.

For Children Ages 11-13

Parents need to be educated about interactive gaming and not allow online use unless their kids are heavily supervised **with chat off**. Social media with significant oversight – parents following, knowing passwords and monitoring daily.

For Teens Ages 13 to 18

Know all their passwords. Random checking and access to all their technological pages like *Instagram*, *Snap Chat*, *Facebook*, *Tumblr*, etc. Get a list of who they're interacting with and do not permit interacting with strangers. Have updates using programmed online parental controls for blocking and monitoring. No photos of body parts or sexuality, or vaping or alcohol – nothing that is controversial.

Television: TV does not compete with gaming and online use especially for those kids who have already tried technology. Allow TV in 1-2 hour blocks with no more than 3-4 hours a day and use *Common Sense Media* guidelines: www.common sense media.org.



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, and is based in the Merrimack Valley area of the North Shore. Kimberly LaBonte-Kay is the North Shore Regional Director. Feel free to contact either 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.

Back To School Advertising Special!

Advertise in our August issue at open rate –
Save 15% off
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Ads must be the same size in both issues
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We've Got the North Shore Covered – Since 2007!

Dr. Kate Roberts is a psychologist and parent coach on the North Shore. kate@drkateroberts.com
– twitter.com/DrKateParenting – www.facebook.com/Dr.KateRoberts **Please visit Dr. Kate's**
website to sign up for her email list to download a complete Tech Management
Guide for this Summer.



10 North Shore Children & Families

Summer Camps & Programs Showcase Series

10th Annual - Part 5 of 5

Series concludes in this Summer issue.



Yellow Jackets

Olympic Gymnastics & Cheerleading

Summer Camps in Middleton

Full & Half Day options all Summer!

Week 1 – Around The World

June 26 - June 30

Grab your passport
and let's go visit different countries!



Week 2 – Under The Sea

July 10 - July 14

Let's dive into the ocean and explore!



Week 3 – Super Heroes

July 17 - July 21

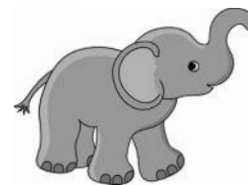
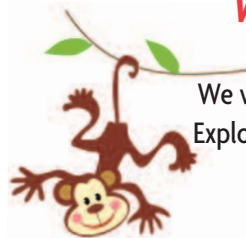
Come create your
own super hero
and choose
your super power!



Week 4 – Jungle Week

July 24 - July 28

We venture into the jungle this week.
Explore the animals and their habitats.



Week 5 – Holiday Week

July 31 - August 4

All the major holidays in one fun-filled week!

Week 6 – Wacky Week

August 7 - August 11

Funny Games. Silly Costumes. Crazy Activities.



Week 7 – Olympic Week

August 14 - August 18

(Week 7 in Danvers Gym)

Learn about the history of the Olympics,
the different sports, meet our Olympians and
learn about their experiences.
Olympic crafts, Olympic games and more!

Week 8 – Animal Planet

August 21 - August 25

Week 9 – Pirate Week

August 28 - September 1

Come on an adventure, explore the seas
and search for hidden treasures.



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YJ Full Day Camp

Weekly, starting June 26-Sept 1

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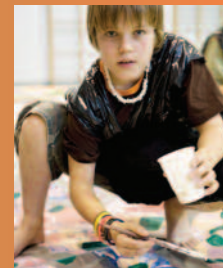


North Shore Children & Families ||

Summer Camps & Programs Showcase Series

10th Annual - Part 5 of 5

Series concludes in this Summer issue.



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SPORTS
Eagle Skills Camp: Weeklong sports-specific sessions led by St. John's Prep coaching staff. Half day, ages 8 - 11. Full day, grades 7 - 12.

FITNESS
Strength and Speed Camp: High intensity core strength and conditioning program that delivers results. For grades 7 - 12.

Waring Summer Writing Workshop: *Developing the Personal Essay*

This intensive workshop helps high school students to develop and fine-tune their writing using the personal essay as the main medium of study.

When:
August 7-11, 2017
Monday-Friday
10:00am-1:00pm

Where:
Waring School

Who:
High School students, Grades 9-12

**WARING
WORKS**
& WaringWorks Jr.

35 Standley Street • Beverly, MA • 01915
waringschool.org/summer



WaringWorks at Waring is a long-established summer experience combining learning and fun. Children work in depth in majors such as Theater, Visual Arts, and Video.

When:
July 5-28, 2017
Monday-Friday
9:00am-4:00pm

Where:
Waring School

Who:
Students age 7-14
(5-7 for Waring Works Jr.)

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Child, Family & Community Studies

24 MONTHS TO YOUR BACHELOR OF SCIENCE DEGREE

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CONCENTRATIONS:

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- Licensure: Elementary Education (Gr 1-8)
- Licensure: Moderate Disabilities (PreK-8)

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