

North Shore **&** Children & Families

FREE!

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

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School Showcase – Part I**



www.northshorefamilies.com

SEPTEMBER 2017

From the Publisher & Editor

Welcome Back to School! Upcoming Secondary School Fairs! The Fall 2017 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 **Tues., Sept. 26, 6-8:30pm**, you can meet with over 90 independent Secondary Schools at **Brookwood School in Manchester** (see ad on back cover). And on **Wed., Sept. 27, 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 over 100 Secondary Schools. It's never too early to start exploring your child's Secondary School options!

The Fall 2017 Independent School Showcase (kicks off on page 14 in this issue) continues in our October and November issues. Visit our online Independent School Showcase and link directly from our site to our participating schools' sites! SCHOOLS: All school ads include an editorial bonus. To participate in the October issue Showcase and editorial feature, please contact me by noon, Wed., Sept.

20, the latest.

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 (see *The Annual Planner* on page 12!) – so check out our reasonable rates and

available annual frequency discounts at www.northshorefamilies.com/advertise.

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. Tell our advertisers that you saw them in North Shore Children & Families, which will enable us to continue to spend some time with you and your family each month. Thank you!

In closing, thanks so very much for spending some time with us again this month. We are here for you and your family and because of 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

Meet admission officers from more than 70 secondary schools—day, boarding, girls, boys, and coed.

Wednesday, September 27
5:00 - 7:00 p.m.
The Pike School
34 Sunset Rock Road, Andover
978-475-1197



Academy at Penguin Hall	Emma Willard School	Phillips Exeter Academy
Academy of Notre Dame	Ethel Walker School	Pingree School
Austin Preparatory School	Fryeburg Academy	Pomfret School
Avon Old Farms	Gould Academy	Portsmouth Abbey School
Belmont Hill School	Governor's Academy	Presentation of Mary Academy
Berkshire School	Groton School	Proctor Academy
Berwick Academy	Hebron Academy	Putney School
Bishop Fenwick High School	High Mowing School	St. John's Preparatory
Bishop Guertin High School	Holderness School	St. Mark's School
Boston University Academy	Hotchkiss School	St. Paul's School
Bradford Christian Academy	Kent School	Salisbury School
Brewster Academy	Kents Hill School	Sparhawk School
Brooks School	Kimball Union Academy	Stoneleigh Burnham School
Cambridge School of Weston	Lawrence Academy	Suffield Academy
Canterbury School	Lexington Christian Academy	Tabor Academy
CATS Academy	Loomis Chaffee School	Taft School
Central Catholic High School	Lowell Catholic High School	Tilton School
Chapel Hill/Chauncy Hall	Middlesex School	Vermont Academy
Choate Rosemary Hall	Millbrook School	Walnut Hill School for the Arts
Clark School	Milton Academy	Waring School
Commonwealth School	Miss Hall's School	Westminster School
Concord Academy	Miss Porter's School	White Mountain School
Cushing Academy	New Hampton School	Wilbraham & Monson Academy
Dana Hall School	Noble and Greenough	Winchendon School
Deerfield Academy	Northfield Mount Hermon	Worcester Academy
Derryfield School	Phillips Academy	

Directions: From Route 28 in Andover to Ballardvale Road, take first right onto Sunset Rock Road

Schools:

Join Us in Part 2
of The Fall 2017
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. 20
to advertise in our October issue Showcase.

Ask about the editorial bonus for schools!

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

13 Tips for a Great Start to the School Year!

by Dr. Kate Roberts, PhD

No matter how well adjusted parents and children are, the start of the school year is a time of high stress. Families have been operating in a slower gear all summer and now the pace will change dramatically. Parents may feel surprised and even a bit overwhelmed when the first homework assignments, sports schedules and social calendars emerge, but try not to overreact. Take the transition in stride and you and your children will have a much easier time with it.

Here are 13 tips to help parents and their children ease into high gear:

1. Embrace uncertainty. Chances are things will not be perfect or completely settled before the first day of school. Maybe you forgot a certain binder that your child needs or your babysitting schedule isn't completely set, or you don't have all the rides to your son's soccer practices arranged. It won't help to react to every uncertainty with urgency and it will make you and the rest of the family stressed.
2. Focus on your family. When parents are stressed they can compare themselves to others without even realizing it. What's important is how you and your children are faring. Don't worry if someone else



seems happier or is in a higher math group or has the teacher you wanted for your child. Comparing yourself and your children to others is unfair to everyone and leaves you feeling bad.

Continued on page 4

North Shore Children & Families



www.northshorefamilies.com
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Please see page 3
for our upcoming deadlines.

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- ... The Annual Planner for Schools program
- ... Annual Summer Camps & Programs
Showcase Series
- ... Annual Independent School Showcase Series

Target your message to 50K+ North Shore parents.

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PUBLISHING SCHEDULE

Issue	Ad Space Deadline
October	Noon, Wed., 9/20
November	Noon, Wed., 10/18
Winter (Dec./Jan.)	Noon, Wed., 11/15

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
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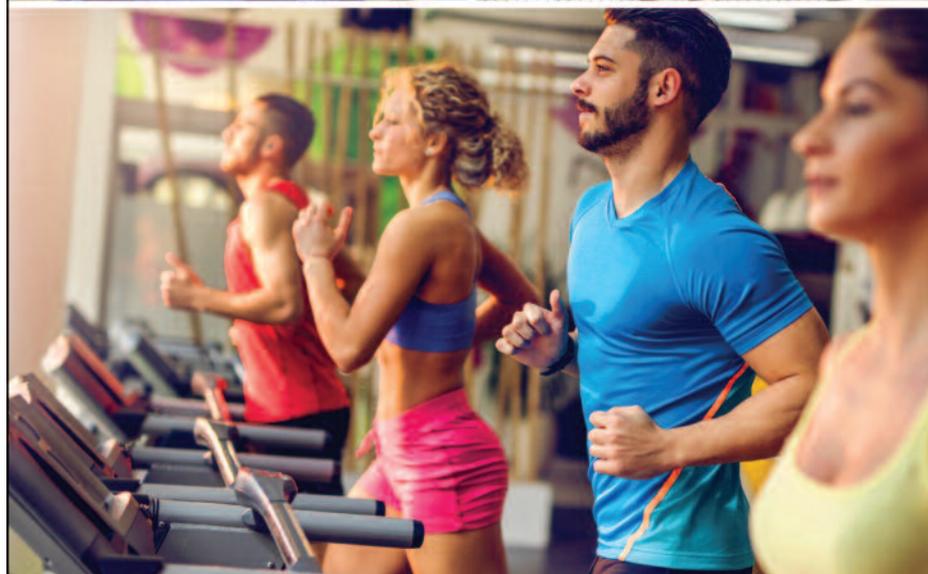


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Series!

See page 2

RSVP by Sep. 20!



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13 Tips for a Great Start to the School Year

Continued from page 3

3. Be calm. Allow your children to react to school and you can be the rock solid parent. The less you react, the more quickly they will understand their reactions and problem solve their challenges.
4. Be realistic. The schedule will change. Those evenings of watching television or long family dinners aren't as abundant after the school year begins. Kids have to get to bed earlier, which often means more work for you regarding keeping them on schedule and in a set routine. Accept the reality and see it as one aspect of this phase of life.
5. Plan family time. Set aside weekend or long weekend family time so that you have family connection time to look forward to despite the demands of the busy school year.
6. Connect with others. Many families have been away or have had different schedules this summer and now most people are on a similar schedule. Use the start of the school year to connect with other parents. See this as an opportunity to share, listen and learn without comparing yourself to others.
7. Practice relaxation. It's very important to know how to de-stress. Have some tricks in your pocket to use when you feel your heart rate rise, your palms sweat or your breath becoming shallow. Deep breathing, visualizing yourself in control and choosing to step out of the stress are examples of relaxation that parents can use to de-stress.
8. Get sleep. Research indicates that less than seven hours of sleep each night increases stress and even decreases life expectancy. With longer days, making sure that you have enough sleep even though more is thrown on your plate is essential.
9. Have *you* time. Ten minutes each day of solitary time does wonders for clearing the clutter out of your head and getting in a positive mindset for starting the day.
10. Practice affirmations. Affirmations help us believe in ourselves. Affirmations are positive thoughts that change our brain chemistry to allow us to believe that anything is possible. If we believe anything is possible, we will act accordingly because our actions follow our thoughts. Affirmations raise the level of hormones and break negative thought cycles by overriding them with positive thoughts.
11. Be affectionate. Children love being told they're loved and even if they are tweens and teens and push you away, find moments where hugs and kisses are acceptable and relish them together!
12. Be active at end of school day transitions. For elementary school age kids in particular, the transition from sitting in a class for 6 plus hours to going home is tough. Instead of watching your kids shovel food into their mouths for their "afternoon snack", take a walk. Walk home from school or pick up the kids and drive to a local trail, beach, park or other walking area.
13. Say "No". Don't over schedule by agreeing to more than you can handle. Know your limits.

Dr. Kate Roberts is a licensed child and school psychologist and family therapist with offices in Salem and Wenham. She can be reached at kate@drkateroberts.com and www.drkateroberts.com.

The IEP (Individual Education Program)

by Mark Tuttle, Esq.

Does my child need an individual education program (IEP)?

This has been the topic of multiple backyard barbecue conversations over the summer. While I no longer practice special education law, the start of the school year is a perfect time to address this topic. When a child has a disability that is apparent, most schools are estopped from making an argument that an IEP is not necessary. But what about the child with attention deficit hyperactivity disorder (ADHD) or the child that has no physical attributes of Down's Syndrome, but possesses the intellectual and developmental attributes? All too often, school administration will classify such children as "lazy" or "attitude problems". Good teachers can tell such children have deficits, but individual teachers can not mandate IEPs. What do you do?

Do not believe anything the school tells you. Many school districts have a mandate to deny requests for an IEP under the false belief that IEPs cost the district money. The reality is that IEPs and special education are net neutral to a school district's budget, but most do not see it this way. An example: A relative is a teacher in a neighboring school district from where her child attends school. Her child's school district denied her request for an IEP, stating that the school psychologist did a diagnostic and that there was no evidence that her child had any deficit. My relative asked for a copy of the report produced by the school psychologist, received it

from a member at the meeting, and it stated that, indeed, a deficit existed and that an IEP was in order. If this is what they do to their own, what do you think they will do for you and your child?

Try to remain calm and neutral in all communications. Getting flustered can hurt your cause. This can be difficult when it is your child's well being in question. However, try to find friends in this process who can help you get your child what he or she needs to bridge the gap in their education. There will always be "No!" people, so find the "Yes!" people. If no "Yes!" people exist, find the "Maybe" people or anyone who seems capable of using logic and reasoning to come to a decision. Try to get these people on your side. Even if they do not advocate on your and your child's behalf, they can become helpful, if not invaluable, resources.

Get an Independent Evaluation. Insurance will usually cover the cost of such evaluations. Hopefully, the co-pay and deductible are affordable, but what is your child's development worth to you? Having a reputable children's hospital perform a diagnostic will provide you with evidence of your child's deficit, which will, in turn, give you a basis for requesting an IEP and may entitle your child to further insurance benefits.

Do not run out and hire a special education attorney. I know this sounds odd coming from an attorney, but in special education cases, attorneys can slow down progress to a crawl. Schools may have arduous procedures to follow

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Ask Dr. Kate

Q&A for North Shore Parents

Are Smart Phones Smart for My 6th Grader?

Question: Dr. Kate, my son is entering 6th grade and insists on having a smart phone. What are your thoughts on this?

Answer: Middle school does serve as a rite of passage for many 'tweens'. It is the age where puberty hits hard, and it's the beginning of independent decision making and new levels of freedom.

Start your child with a traditional flip phone to determine how well he can manage that responsibility of having a phone. This is a good strategy, even if it's for a short time. You can buy a pay-as-you-go phone so that you don't have to

make a major investment in a phone that he may not use for long.

Things to monitor with a flip phone include: Can he keep track of it, does he answer it when you call, does he use it responsibly, does he keep it charged and how often does he use it? If it appears that he is able to manage a flip phone responsibly, then you could consider a smart phone. You would do this not because a flip phone won't do the job, but rather because its



commonplace for 'tweens' to have a smart phone that serves many purposes. A smart phone will allow him to send texts to his friends, which in moderation may be a good way to form new friendships in a new middle school. He will also be able to conduct online homework searches, listen to audible books, read books, take pictures and videos and use educational apps. It may be as cost efficient and practical to get him a smart phone as any other mobile device and it can be used as a phone as well. It's just the way 'tweens' and teens operate today,

with smaller screens and more options.

Here are some things to consider before investing in a smart phone:

1. How has your child handled a flip phone?
2. Does he understand the concept of wireless use versus using data and a data plan?
3. Can he be trusted to use the phone in the manner you decide?



Prepare for what's Possible

OPEN HOUSE

Saturday, October 21
10:00 a.m. - 2:00 p.m.

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4. Can he be trusted not to use the phone in school for texting or pictures or other inappropriate uses?
5. Can he accept the idea of tech free times and zones and accept he will not have the phone in his room at night?

Parents need to know that technology keeps kids up at night and should be taken away an hour before bedtime. Having a portable phone is the same as having a hand held computer. Because kids will feel that it's more accessible, parents need to proactively set firm limits about usage.

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.

The IEP

Continued from page 5

as soon as an attorney is involved and it may take an inordinate amount of time to get to a resolution. This is not to say that hiring an attorney is a bad thing, but before you hire an attorney, consider hiring a child advocate. A child advocate well versed in developmental deficits and IEPs could be the most effective way to a positive and speedy resolution.

Know that the law is on your side. Special education law is based in two federal statutes, the Individuals with Disabilities Education Act of 1975 and the Rehabilitation Act of 1973, and one state statute, Massachusetts General Laws, chapter 71B, Children with Special Needs. These statutes are powerful tools in obtaining what is best for your child. Not only do they outline what a school district must provide to an individual with a disability, they provide

The reason to get your son a smart phone is not because others have one. It is because it's a practical way to be technologically up to speed for responsible children. Parents need to be prepared to take it away should a 'tween' misuse it and consequences should be agreed upon upfront. A terms of usage smart phone contract is a good idea as part of the initial purchase. There are many examples online if you conduct a search. Regardless of your child's age, don't get him a smart phone until he can responsibly follow the steps outlined here.

antidiscrimination provisions which come with dire consequences. In short, if schools want to accept federal and state funds, they must abide by federal and state laws or risk losing those funds.

Fear not. Great achievements have been made by students with disabilities. Charles Schwab is one such individual. He claimed that his disability made him work harder than the average person, which directly contributed to his success. Many similar stories exist. Your child could be the next great success story for the 19 percent of Americans with disabilities.

Good luck to all the parents of students in the 2017-2018 academic year. As a parent, you are the best advocate for your child. Never hesitate to ask for help in getting the help your child is legally entitled to, including an IEP.

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.**



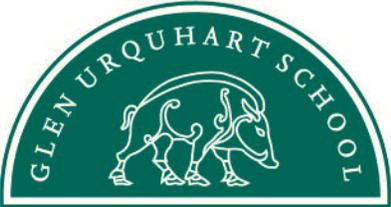
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October 18, 7:00 p.m.

Open Houses and Campus Tours
November 5+16

Lynn Lyons, Anxiety Expert/Author
November 28, 6:30 p.m.



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Raising Compassionate Children



Teaching Kids to Give Brings Happiness, Healing and Purpose

by Leah Okimoto

Back to school already? Wasn't it just yesterday that we were all talking about how we couldn't wait for summer to be here, and now another one has passed? We at Aaron's Presents had a very fun summer touching base with many of our now high school aged Alumni and helping them to develop themselves in various ways, through visits to companies, other nonprofit organizations and colleges, and partnerships with summer programs and camps to enable several of them to learn and experience something brand new. All of this is in line with our belief that *"the more you learn, the more you can do, the more you experience, the more you can give"*.

For those of you who are not familiar with our program, this is a good opportunity to get acquainted as we will start presenting to new groups of kids at schools and after-school programs in a few weeks. Aaron's Presents is a youth development organization that provides the mentoring, resources (up to \$500 worth of supplies) and logistical help needed by young children (8th grade and below) to carry out an idea of their own that positively impacts at least one other person or animal, or the environment. We provide a unique opportunity for kids to **practice, feel and experience** our core values of **Generosity, Human Connection, Caring and Empowerment** in a safe, non-competitive, child-initiated and age-appropriate way. Our process is designed to be accessible to any child, regardless of individual circumstances, skill and knowledge levels, available resources or other adult support.



Kindness Rocks: 6th grader Ryan, of Peabody, created inspirational rocks that he will leave at parks and beaches around the North Shore to give hope and cheer to those who find them.

Since 2014, we have mentored 754 children on the North Shore and in the Merrimack Valley who have come up with 298 creative, simple and



Smiles All Around: 8th grader Daniella, of Dracut, and her 4th grade cousin Alexia, of Salem, NH, purchased groceries and gifts for a 9-year-old girl with a serious illness and spent an afternoon playing and laughing with her and her mom.

fun ways to use their unique personalities, interests and youthful enthusiasm to help, encourage and serve over 25,000 people and animals in our communities! Contrary to their reputation for being

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FALL 2017 OPEN HOUSES

October 12 & November 14, check-in 6:20 p.m.

RSVP or for more information contact Director of Admissions, Ann Reis, at admissions@heronfield.org or 603.777.1336.

www.heronfieldacademy.org

Aaron's Presents

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Pleasant Pals: 7th grader Jacob and 8th grader Joshua, of Lynn, volunteered at Sweet Paws Dog Rescue, cleaning cages, feeding and exercising dogs, and prepping for the vet's visit.

self-absorbed and attached to their devices, kids are actually clamoring to do things for others, connect with people in person and see their ideas come to life. They want to know that they are needed and that they can make a difference, and they are doing just that.

We are excited to have received a Cummings Foundation 100k for 100 grant to expand our work in Lynn and Lawrence this year, and will also continue our work with schools and after-school programs in Danvers, Peabody, Beverly, Lowell, Andover and Haverhill. We are also always happy to hear from kids from other towns and schools who contact us directly. And we are always excited to present our program to new schools, so please contact us to secure your date.

Please visit www.aaronspresents.org to learn more about what our organization offers and how a child you know can apply to participate. We would also like to hear from people on the North Shore or Merrimack Valley who are interested in serving on our board (an amazing, collaborative group of community members) and helping us reach even more kids. We also welcome donations and adult volunteers who wish to further help our kids and programs. Thank you for your kind interest and consideration. Here's wishing all a wonderful school year!

Leah Okimoto is the Executive Director of Aaron's Presents, a 501(c)(3) nonprofit organization that she founded in 2014 in memory of her infant son, Aaron. 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.

Children's Book Review

The Map of Good Memories or *El Mapa de Los Buenos Momentos*

Written by Fran Nuno;
Illustrated by Zuzanna Celej
by Michelle Mullett

Zoe had lived in the city since she was born. But now, because of the war, she had to flee with her family and take refuge in another country.

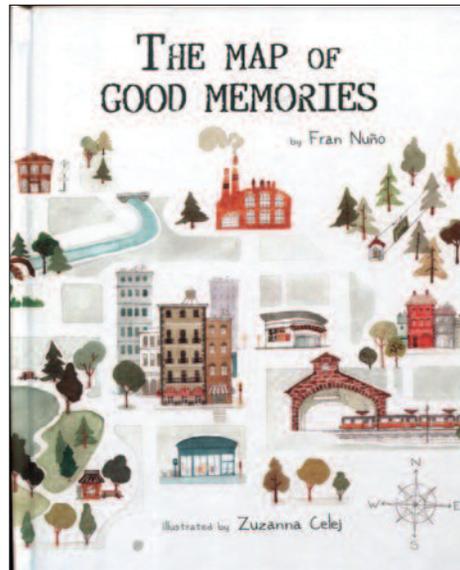
It's difficult to answer some questions from youngsters when they're worried about current events. One such question is: "What is a refugee?"

A new, beautiful picture book written by Fran Nuno and published by Calle Claveles, offers some pictorial insights alongside a quiet and simplistic explanation.

A thoughtful ten year old draws a map of her city before she flees from ongoing war and destruction. It's an evocative, creative and timely story for American kids interested in faraway places.

The paper in this book is made of a young parent's dreams: water and tear-resistant paper that is super environmentally friendly and just as resilient as your little readers. The book itself offers young readers a chance to ramble down their short, memory lanes and gives caretakers an incredibly unique opportunity to reinforce early childhood memories by revisiting them and tracing a memorable finger over the outlines of those fresh new details.

The Map of Good Memories exists because of exquisitely illustrated, earth toned watercolors. The actual two-page map of Zoe's unnamed hometown offers a flat, matter of fact perspective with fun locations to read aloud like "The Funicular" and "The Old Factory" [perhaps a pun on "olfactory"?].



The scenes of Zoe drawing and reminiscing are slightly blended with subtle depth in tones and shadows that are playful with gray scales. Storybook characters fondly remembered are tenderly defined with slight pencil outline definitions. Zuzanna Celej is an extraordinary artist and many of the scenes from this book could easily jump onto an art gallery wall with just a quiet frame.

Occasional, real world photographs are framed nicely in the realm of watercolors. The artist renders a lovely movie theatre entryway with fun, unexpected details of cinematic classics like *The Wizard of Oz* and Gregory Peck in *Moby Dick*. The entire book is full of wistful, cherished memories combined with old world charm. Scenes of peaceful parks and empty rooms give a soft foreboding of the aftermath to come.

The final scene of a tattered war zone that has replaced Zoe's beloved home town offers a poignant turning point for readers. The tough conversation that

Continued on page 12

Discover Clark School



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ATTENTION SCHOOLS!

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See page 2

RSVP by Sep. 20!

Book Review

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follows is bound to be memorable for the ability to talk about faraway places and how they compare to where you and your children live and thrive. This unique book offers parents an opportunity to teach kids that not everyone lives a similar kind of life. Varied circumstances and geopolitical climates shape our collective experiences.

Answering the question of “What is a refugee?” isn’t easy, but it is necessary. *The Map of Good Memories* gives parents and caregivers a beautiful answer to that complicated question.

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.



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Q&A for North Shore Parents

Screen Time Limits

Question: I have two children, a girl age 10 and a boy age 12, and they are constantly on screens. How can I set limits without seeming like I want to take away all their fun? They insist all their friends use digital devices whenever they want.

Answer: Children will always push for more of what they want, whether or not it is good for them. But most children will respond positively when parents act authoritatively and set appropriate limits. Do not be afraid to say “no” to screen time. First, you need to find your own comfort level with technology and try not to be overly influenced by the culture we live in. You, not society, decide how to manage the devices in your home.

Second, realize that what children really want is to connect with friends and significant adults in a meaningful way. Look at your schedule and routine; how much downtime is there after school? If your children are not involved in positive activities after school, they are more at risk for overuse of technology.

Children are in school until 2 or 3pm and most arrive home by 3:30pm. Most will be in bed by 7:30pm, meaning you have 5 hours to fill on a daily basis. It's not like it used to be when kids played outside for hours. Kids today rely on structure and we need to meet them where they are at. Put together a routine that will allow you to control their schedule and provide them with a structure for their after school time.

- Put away belongings, have a snack and school debrief 3:30-4pm
- Semi-structured activity with or without friends 4-5pm
- Homework 5-6:30pm
- Dinner 6:30-7pm
- Showers 7-7:30pm
- Screen or Television 7:30-8:30pm

How parents structure their children's time will directly influence screen time. Know that children who use technology for extended periods (an hour or more) have more difficulty disengaging from it, since the interactive nature of technology makes it addictive.

Both parents and children report tremendous improvement in their children's attitudes when they limit screen time. Parents' greatest fear in



setting screen limits is backlash from children. Typical children do not respond negatively to limiting (not eliminating) screen time. Follow your gut. *If you feel screens are taking over the climate of your house, they probably are, but they do not have to.*

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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PART 1 OF 3



Visit us online at www.northshorefamilies.com to see our online Independent School Showcase; featured ads link directly to the schools' websites.

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

Secure your ad space by noon, Wed., September 20, to have your school appear in our October Showcase.

Cairn Hill Nature Preschool, near Spring Pond on the Lynn-Salem border, offers a rich program with Nature as the focal point. In our surrounding woodland and gardens, children experience science and math content and build literacy skills while interacting daily with nature's wonders. With a Waldorf-inspired curriculum of story, music and healthy rhythm, we incorporate academics with a hands-on approach that will engage children and lead to Kindergarten readiness. With our unique Nature curriculum, we strive to develop the love of learning in every child.

Cairn Hill Preschool is for children between 2.9 and 5 years old. We offer a

flexible schedule of 2, 3 or 5 days per week, with full-day or half-day options. Financial aid available. Contact us for a visit and see what you can discover. Visit us online at www.cairnhillpreschool.org or contact us at 781.584.6474.

Clark School, based in Rowley, offers a stimulating learning environment for children in grades Kindergarten through Grade 12, through its strong academic curriculum, which emphasizes each student's strengths and combines skill-based and peer-based learning. Small classes allow for personal attention

to every child, and students are encouraged to excel at their own pace in each subject area. Clark is an educational think-tank where students are challenged to develop their full academic and social potential.

At Clark, we get to know our students as learners and as people. We instill a love of learning and challenge them individually every day. We teach character and core values intentionally, because we know students need more than the common core to be successful in life. We go beyond the typical curriculum, offering courses such as our innovative *FutureLab*, which exposes students to the latest maker tools as well as cutting edge technology. Courses in virtual reality, video production, digital citizenship, and 3D printing prepare students for success in a rapidly evolving world. We also offer *Project Based Learning* in our lower school, learner-led, week-long intensive projects that allow students to decide what they want to study and how. Visit clarkschool.com, schedule a tour or join us at our open house on November 4th and discover everything Clark School has to offer!

"Clark School encourages students to develop their talents fully, in and out of the classroom. The school emphasizes positive values, personal achievement, and meaningful participation in the community." ~ Jeff Clark, Head of School

Glen Urquhart School is an independent, coeducational, K-8 day school located in Beverly Farms. With a commitment to knowledge, creativity and character, teachers at GUS focus on an interdisciplinary curriculum that incorporates place-based learning, thematic study, community service and integration of the arts. Our program is built on posing questions, making meaning and solving problems creatively. How does one discipline inform another? Where do literature, science, mathematics, language, music, art and history intersect? This integration is the very essence of the GUS interdisciplinary curriculum. Once students learn, they are encouraged to express their knowledge creatively and apply it to issues in the community and the world. Proprietary math curriculum,



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hands-on STEM projects, comprehensive language arts and deep exploration of social studies and history provide a rigorous and engaging academic offering. The GUS approach, enhanced by a 7:1 student:faculty ratio, prepares young people to be the thinkers and doers who can make our world a better place. The 23-acre GUS campus is designed to promote environmental awareness and appreciation and features winding nature trails through woodland, vernal ponds and open classrooms, a 7,000 square-foot greenhouse and historical architecture. GUS offers before and after care, afternoon enrichment programs and bus transportation to surrounding communities. Fall Open Houses will be held on Sunday afternoon, November 5 and Wednesday morning, November 16. Contact Director of Admission, Kristie Gonzalez, at kgonzalez@gus.org or 978.927.1064 x115 for more information or to schedule a campus tour. Learn more about our school community at gus.org.

The Gordon-Conwell Nursery School is a preschool guided by the philosophy that *all children can learn*. Located on the Gordon-Conwell Theological Seminary campus in South Hamilton, our program provides a child-centered learning environment which enables children to learn and develop actively at their own pace and in their own ways. This preschool is a play-based program which seeks to promote a developing awareness of God. Each member of the staff acts as a model in helping each child understand God's love.

The staff at the Nursery School is concerned with the total and unique growth

and development of each child. The integrated curriculum is designed to enhance the spiritual, cognitive, social, emotional, physical and educational development of each child. Your child will be in a stimulating learning environment encouraging independence and socializing. GCNS is still accepting registrations for 2017-2018.

If you would like to tour our facility or have questions regarding our program, please contact Priscilla Sellers at 978.646.4158 or gcnurseryschool@gordonconwell.edu.

www.gordonconwell.edu/hamilton/current/Nursery-School.cfm

The Governor's Academy, in Byfield, is the oldest continuously operated boarding school in the U.S., where young men and women in grades 9 through 12 prepare to become the citizen leaders of tomorrow. More than 400 students from 23 states and 18 countries create a vibrant, fascinating global community. Two-thirds board and one-third are day students. The Academy sits on a beautiful 450-acre campus with extensive facilities for academics, athletics and visual and performing arts.

Innovation and a forward focus are as much a part of Governor's as our 255-year-old history. Students flourish in a diverse community distinguished by enduring relationships with teachers and defined by a commitment to learning and a thoughtful balance of academics, athletics, arts and service to others.

Continued on page 16



Join us for our Open House on
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Academy graduates are life-long learners who embrace their civic duty and global responsibility. The Academy offers a full range of visual and performing arts, more than 50 interscholastic athletics teams and dozens of service, leadership, cultural and recreational activities.

What does this mean? Academic rigor and a commitment to best practices in teaching – a co-curriculum that stretches and develops the character of students – a community that values the arts and encourages students to explore and take risks – a commitment to a motto of service that has real meaning in the daily lives of students.

We encourage you to join us at our annual Open House on Saturday, October 28, at 8:30 a.m. or 10:30 a.m. To learn more, please visit our online view book: www.alwaysgovernors.org

Heronfield Academy - A Unique Learning Community

Heronfield Academy, located in Hampton Falls, NH, is an independent middle school for grades 6, 7 and 8, and is devoted to the intellectual, spiritual, social and emotional life of middle school students. A major part of what makes this school so special is what lies at the heart of any excellent school: the teachers. They are seasoned, confident, skilled and blessed with a love of learning that they impart to their students.

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

Hyde School, Bath, ME: As the first school founded to put character first, Hyde School’s approach to a 9-12/PG college preparatory education puts the focus on helping students develop their character and gain the confidence and inner leadership they need for future success and fulfillment. Based on a set of five principles – courage, integrity, leadership, curiosity and concern – students test themselves against these ideas, learning who they are and what



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they believe. We involve parents and the entire school community in the discovery process. As a result, Hyde students are uniquely prepared to navigate the tough choices they face in everyday life. Ninety eight percent of Hyde graduates are accepted to four-year colleges. Register to join our next "Is Your Teenager Reaching His or Her Potential?" webinar at www.hyde.edu

Kimball Union Academy, Meriden, NH: While watching Anthony Bourdain's *Parts Unknown*, I was intrigued by the following question: is free press a people's, a nation's, undeniable right? In an ordinary American high school classroom, this question would be met with nods of perplexed unanimity. How could anyone question the central role played by a free press? Indeed, I have taught in such classrooms. In my KUA classroom, six hail from the US. Others from across the globe: Pakistan, Zimbabwe, Azerbaijan, Croatia, Lithuania, Vietnam, South Korea, Canada, Kazakhstan, Saudi Arabia, Turkey. For this group, such a question is infused with complexity. "Raise your hand if you have a free press in your country? Raise your hand if you believe you should have a free press in your country?" Hands up, hands down – such nuance; a conversation informed by young people with unique perspectives and life experiences. What an extraordinary exchange ensued. I cherish each day with this class – the ideal learning community. That's KUA; the best environment for learning. www.kua.org

Written by Dan Weintraub, History Department Chair and Girls Varsity Soccer Coach

(whose team picked up the NEPSAC Championship last fall). A graduate of Brandeis University and Tufts University School of Education, Dan has taught in Massachusetts, Texas and California. Dan's interests stretch far beyond the classroom and the soccer pitch. He has worked as an actor in professional theater, is a singer-songwriter and has published on the importance of compassionate youth sports coaches in America. Dan is also a former storm-chaser and college meteorology teacher.

The Learning Zone – Day Care and Preschool – with convenient locations in Beverly, Woburn, Weston, Waltham, Framingham and Belmont to fit your needs as a working family. No matter which location you choose, or the age of your child, there's something you'll find in common with all of our centers: we LOVE children! We will love your infant while we make sure she's stimulated and well-taken care of; we will love your toddler and provide him with thoughtful teaching tools; and your preschooler will be loved and given the basic building blocks for a solid foundation for her to begin her school years. Our loving and safe environment is the perfect place for your child, aged one month to 5 years + 11 months, to laugh and learn.

When children are in a safe and nurturing childcare environment, they are able to explore, build strong emotional bonds and build the foundations for their future education. Research shows that when children learn best through

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Visit our webpage at www.gordonconwell.edu/hamilton/current/Nursery-School.cfm
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educational stimulated play, and as such, The Learning Zone affords children play that gives children the opportunity to make individual choices among developmentally appropriate activities in a structured setting.

We are sometimes asked if parents are welcome to visit the center throughout the day – of course they are! Stop in any time – no need to call and let us know. After all, these are your children and you are welcome and encouraged to see them whenever you wish. Remember, at The Learning Zone, we are in the business of children.

www.thelearningzoneonline.com

Middlesex: On the edge of Concord, MA, just 20 miles outside Boston, beyond an entry column of overhanging maples, you'll find the sprawling green campus of Middlesex, an independent secondary school for boarding and day students in grades 9-12. When you come to Middlesex, you'll find a place full of opportunity, challenge and friendship. A place to take risks and become a leader. A place to discover passions, talents and yourself. A place, as our founder so aptly put it, to find your promise. Middlesex seeks motivated students of strong character who are eager to seek to engage with all aspects of the community. Over \$6 million of financial aid supports 35 percent of the student body. www.mxschool.edu

At **The Pike School** in Andover, 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.

Your kid can do anything. That's what you believe. And the beauty is, at Pike, we believe it, too. That's why we surround every child with positive energy – including a team of teachers dedicated to providing encouragement, support and endless opportunities for developing strength and overcoming weaknesses.

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.

Join us at our Open House on Sunday, November 5, from 1:00 - 3:00 p.m.

The Pike School is an independent, coeducational day school located on 35 woodland acres in Andover, Massachusetts. 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 or more information.

Pingree School in So. Hamilton 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

At **Shore Country Day School** in Beverly, 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



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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

St. John's Prep shows boys how to live, be, do and stand for good. It starts in small classes led by dynamic and caring teachers who encourage students to go for the deeper understanding – of themselves and the world. Every experience and every interaction is an opportunity for students to grow and discover all they are capable of being and doing. As one of our seventh graders puts it, "The teachers don't lecture. They make you think."

A focus on wellness infuses every part of school life because we believe that wellness engages the mind, energizes the spirit and strengthens the body. You see it in courses from ethics and neuroscience to robotics and playwriting, where students learn to innovate, collaborate and think across disciplines. And you see it after school, when the campus is alive with endless opportunities for students to learn and lead. The opening this fall of our new 88,000 square-foot *Wellness Center*, with an eight-lane pool and four-court field house, expands opportunities for students in athletics, recreational sports and fitness.

Students come to St. John's from 80 different communities and go on to top colleges and universities. Located on a 175-acre campus in Danvers, we offer tuition assistance and transportation is available on six convenient routes.

St. John's was founded on the five core values of the Xaverian Brothers – compassion, humility, simplicity, trust and zeal. Those values continue to guide and inspire young men to become forces for good. Come for a visit and you'll see! www.stjohnsprep.org

Waring School is a Coeducational Day School in Beverly for Grades 6-12. Waring offers a full program of intellectual, aesthetic and physical activities for its students. The program balances academic rigor with breadth and asks all students to work not only in Humanities, Math, Science, French, Art and Writing, but also in Theater, Athletics, Music, Travel and short-term intensives like Camping Trip and the Endterm program. In Convocation and Graduation speeches, Waring students often describe the growth they experienced when the program asked them to take risks and engage with subjects and activities outside their comfort zone, from an art assignment or writing piece to a physics project, and this speaks to the school's commitment to helping students find their voices and build their skills in many different ways. www.waringschool.org

Fall 2017 Open Houses:

Clark School, Nov. 4, 9-11am

Glen Urquhart School, Nov. 5 & 16

The Governor's Academy, Oct. 28, 8:30 & 10:30am

Heronfield Academy, Oct. 12 & Nov. 14

Kimball Union Academy, Oct. 9 & Nov. 4

Middlesex, Oct. 7

Pike School, Nov. 5, 1-3pm

Pingree School, Oct. 21, 10am-2pm

Shore Country Day School, Drop-In Tours Every 1st Friday

St. John's Prep, Sept. 23 & Oct. 29

Waring School, Oct. 21 & Nov. 10

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- Phillips Exeter Academy
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- Salisbury School
- Shore Country Day School
- Sparhawk School
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- St. John's Preparatory School
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