

# Back to SCHOOL



Supplement to  
**MONITOR**  
August 28, 1990  
ISSUES: **WEEKLY POST** **COURIER**  
August 30, 1990

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*Jim Heywood, Principal*

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# Preparation helps avert first-day-of-school jitters

No matter what your age, chances are your memories of starting a new school — whether preschool, high school or college — are as vivid as the colors of autumn leaves.

Perhaps you were afraid of the unknown: new friends, teachers, challenges.

Now you're a parent, and the cycle begins again this fall with your own kids. The trauma, however, needn't be repeated. There's much you can do to help ease your children's back-to-school experience — even if you work full-time.

If your child is younger than 3, he or she might be better off at home or in a day-care setting rather than the more structured environment of preschool. Two-year-olds normally aren't toilet trained, get tired easily, tend to have separation anxiety and are selfish about toys.

But 3-year-olds are more social and adaptable. Many benefit from the preschool experience by gaining greater self-reliance, better language skills and improved motor abilities.

Nearly all enjoy making friends and playing with toys different from those at home.

As you prepare your children for nursery care or preschool, teach them about separation: you always come back? Play peek-a-boo with infants, use sitters from time to time.

Give your child solid information about school so that it is no longer unknown and frightening. Walk or drive by the school. On a weekend morning, let your child help pack a lunch to eat later, as he will at school.

Let your child help pick out equipment — a lunch box, backpack, pencil case. If he has a say in the items, chances are he'll be more excited about using them.

Have him select new clothes "just for school" or "just for day care" — as well as favorite toy or blanket to take along.

If possible, arrange for your child to see the classroom before the first day. Many schools have a set visiting hour or day when children come and meet the teachers; if not, try to arrange a special visit, even if the classroom is empty.

Nursery school and kindergarten teachers go through children's adjustments to school every year and can give you tips for your own child's first day.

Home and mommy mean safety and security. *Of course* your child doesn't want to leave. Be firm. Going to school isn't a matter for discussion; it's a matter of fact.

And it can actually be something to look forward to — especially if your kids make friends beforehand.

Canvas your immediate neighborhood (or your apartment building) to see if there are other kids who will be in your children's classes. Meet the parents, then invite the children to your home for a simple lunch, perhaps followed by games or a video.

Another way to make friends and meet classmates is through extracurricular activities: soccer, T-ball, ballet class, gymnastics, roller skating and more. Ask your child's school for recommendations and check with your local fitness center, YMCA or community recreation centre.

If you work, explain to your child that going to school means he is going to "work," too, just like you do. And just like you, he's expected to be clean, neatly dressed and on time. When you're leaving for work in the morning, point out that this is the same time your child will be going to school.

If you have made arrangements for your children to stay with a babysitter or go to day care after school, be sure they understand what is expected of them.

You might want to warn your boss that your child is starting school in case you need time off the first week. Some schools request that a parent be available, in the classroom or at home, during this adjustment period.

To develop listening skills, ask your child to sit quietly during a story. Give her simple directions with several steps ("First, please brush your hair. Then put your shoes on.")

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Children are small sponges; they absorb information from whatever they come in contact with.

That's why it's so important for parents, teachers and care-givers to provide kids with the best possible toys and study aids.

New products designed for children are not only innovative and stimulating, they encourage learning in a way that's painless — and fun.

Help your child look forward to starting school by providing can't-wait-to-use school supplies.

Gone are the days of yellow pencils and plain pencil cases. Today's writing implements glow in the dark, sparkle in the sunlight and are striped and starred in neon colors.

Erasers, too, come in a multitude of shapes — from sweet (little lambs) to shocking (slime creatures).

Even crayons have been updated. Colors that have been discontinued include maize, raw umber, violet blue and orange yellow; new ones are more vibrant (dandelion, wild strawberry, vivid tangerine, teal blue and more).

On lunch boxes, backpacks and notebook covers, Superman and Batman are OK, but Dick Tracy (plus all the movie's characters) and Teenage Mutant Ninja Turtles are hot as can be. Barbie is a perennial favorite, as is anything Disney.

For older kids, a trip to the office supply store is in order. Your preteen or high schooler will enter a kind of trance as he or she moves from shelf to shelf, looking for just the right felt-tip pen (among hundreds), the perfect personal organizer and the right color (and shape) of paper clips. Be patient — it's for a good cause.

New on the tech track are watches that incorporate calculators (from Casio), electronic language translators (Seiko Instruments) and electronic sketch pads (Sony).

**Back at the ranch**

What kids play with at home is an important part of their learning process. The following will give you ideas and encourage your kids to uncouch themselves.

A multitude of toys for tiny tots

stimulate looking, listening, touching, grasping and responding. These include mobiles, busy boxes, cuddly toys and rattles. Once baby can sit up, provide stacking toys and shape sorters.

Toys that are low to the ground, such as pint-size shopping carts and ride-ons, help toddlers develop motor coordination. Challenge eye-hand coordination with toys that require handle-turning and knob-twisting.

Preschoolers enjoy make-believe play. Provide dress-up items, mini household or school props and puppets. Dolls inspire nurturing skills and fantasy play. Introduce simple jigsaw puzzles, story tapes, building

sets and play instruments.

During their early school years, your children will enjoy artistic toys, more advanced building sets and science projects. Electronic toys can be intriguing, but make sure they're not too advanced.

If you plan to put play equipment (a swing set and jungle gym) in your back yard, consider adding a sturdy plastic slide. Your kids will not only slither down it, they'll turn it upside down, balance on it, hide in it and use it for a fort.

Important sporting goods to include are jump ropes, bicycles and skates.

Young teens are into Nintendo — and the hand-held Game Boy version.

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Look in toy and video stores for rentable cartridges; there's also a monthly Nintendo magazine.

Kids of any age love crafts. Use holidays, birthdays and other events as sources of inspiration for hand-made gifts and cards.

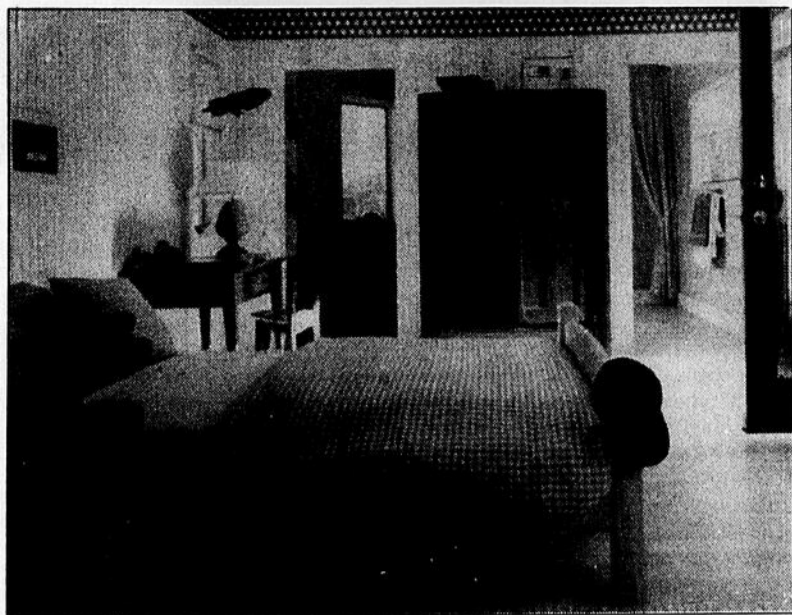
Most games aid in the development of children's ability to concentrate and solve problems; among the best are chess, Monopoly and the Japanese game of strategy, Go. This last is simple to learn, but complex enough to be a challenge to players of all ages and skill levels.

**Kid's turf**

How do you change a child's room from chaos to a quiet haven of study and creative energy? Organization is key.

There should be plenty of places to store items, hang clothes, tuck stuff away — plus open shelves for ongoing and completed projects. Include a magnetized bulletin board, a hat rack to hold backpacks and jackets, drawers that slide under the bed and a desk/study area.

Flooring should be smooth but not



An uncluttered yet comfortable room encourages kids to study and provides a quiet haven for relaxation.

cold and hard. Low-pile industrial carpeting is ideal — preferably in a dark neutral color or blend.

You might want to consult an interior designer who specializes in

kids' rooms. He or she will determine your child's special interests and color preferences — and design a room that will "grow" with your child.

Consult the staff at a department store or home-furnishings center for advice on modular shelf/drawer systems and info on what items are most desirable for kids a few years older than your own.

Chances are your children will become increasingly more interested in computers as they grow. Don't panic — a simple system won't break the bank. Remember, kids may start out with games and end up learning valuable skills such as word processing or programming.

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# Homework a valuable activity for both parent and child

Homework is valuable to your child because it teaches decision making, exercises judgment, improves reading skills and encourages self-discipline and responsibility.

The work is most useful to the student when it supplements classroom activity. But it can only help if the student does his homework promptly and the teacher reviews and returns it promptly.

In addition, the best homework assignments consider the individual, honor learning and development styles, connect family and community, teach accuracy, precision and perseverance, teach thinking skills, show context, give feedback other than grades and involve all of the senses.

There are no set limits on the amount of homework teachers are allowed to assign students. In general, teachers give assignments based on the age of the child.

Younger students, kindergarten through third grade, are required to do very little. Practicing printing or reading for about 20 minutes each night is the average. Children in the upper grades should expect about two hours of studying each night.

Homework can be valuable to parents, too. Beside the benefits of encouraging self-discipline and responsibility, homework provides an opportunity for parents to keep in touch with their children.

Discussing your child's day in school can give insight into peer pressure, problems and new trends. Parents should ask to see assignments after they have been returned in order to talk about problems and praise the child's efforts.

Just reminding your child each night to do her homework is often not enough — for you or her. She

may need help in organizing her assignments. But don't fall into the trap that some parents do and end up doing the work yourself in an effort to just get it over with.

Child magazine suggests several success strategies for parents and children at homework time:

- Provide a well-lit study area. A desk or table in a quiet place, supplied with a dictionary, pencils and paper, is conducive to studying.

- Develop a regular study routine. Homework right after school is best for some children, others may need a

snack and play time before tackling the books. Whatever the schedule, enforce it.

- Help — if your child asks you. Your child should be told that homework is ultimately his responsibility.

- Be positive and success-oriented. Compliment your child on her successes and her efforts. Stay away from criticism that is not constructive.

- Reinforce homework with outside activities. Show how math problems or science assignments relate to the outside world.

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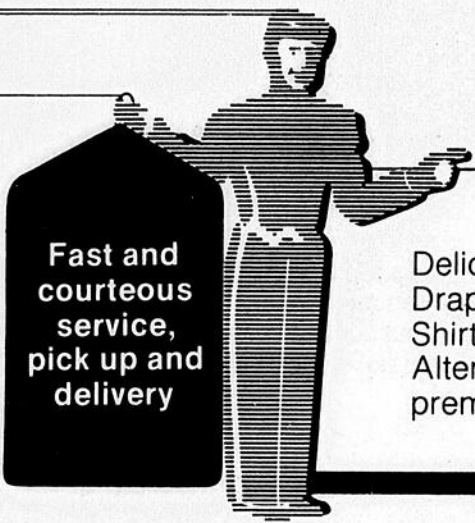
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Permit 749-701

# Good toys promote creativity

Some specific toys that will stimulate your children's creativity — and promote learning — include:

- Binoculars.
- Boggle, a game in which players search for the letters on cubes that they need to spell words. Also available in a junior version.
- Cassette tape recorder. An almost indestructible one is made by Fisher Price.
- Creeper Keeper by Today's Kids. This toy that makes bug collecting fun includes a built-in flashlight and magnifying glass.

• Etch-a-Sketch by Ohio Art. A classic toy, ideal for travel.

• A globe. Kids are fascinated by maps, and a globe will put the world into perspective for them.

• Anything by Lego. For younger children, there are larger Duplo blocks; older kids can create tech toys with advanced Lego building sets.

• Movers and Rakers by Discovery Toys. A strong, easy-to-use shovel and rake make sand castle construction — or gardening — easy for little ones.

• Play figures and sets by Playmobil. These playsets put your child in a variety of imaginary settings, including a schoolroom, hospital, castle and pirate ship.

• Play kitchens. Look for those made by Fisher-Price or Little Tikes. Kids love pretending to make imaginary meals.

• Computer games. New from Fisher-Price is a line of computer games for younger kids. Bowling Alley teaches basic math, Perfect Fit teaches picture and shape recognition and I Can Remember helps develop skills in number recognition and visual recall.

For intriguing educational games for older children, look for anything by Broderbund. This software company makes the famous spy-hunt-geography tutor, "Where in the U.S.A. is Carmen Sandiego?"

• Computer accessories. Add-on devices (such as the Muppet Learning Keys, the Koala Pad and/or a touch screen) will enhance a child's computer experience.



## Selwyn House School

Established 1908

Selwyn House School is an independent school for 530 boys, Grades 1 - 11. In addition to a strong academic programme, the School also offers:

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- expanded and new facilities
- computer centre
- modern science laboratories
- two gymnasiums
- arts and music programme
- comprehensive athletic and extracurricular programmes
- enriched French programme

Applications for admission to Grades 1 - 10 for September, 1991 are now being received.

### ENTRANCE EXAMINATIONS

- Grades 1-4: By individual appointment in January/February 1991
- Grades 5-10: Entrance examinations to be held at the School on: Saturday, November 24, 1990 and Saturday, April 6, 1991

For further information, please contact:

The Director of Admissions  
Selwyn House School  
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6:30-8:30 pm

Priority given to Mt. residents. Registration for non-residents begins Sept. 17



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### NEW LOCATION FOR TEENAGERS

1359, AVENUE GREENE, WESTMOUNT H3Z 2A5  
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ries; 1-ounce bag of potato chips, 150; 3-ounce package of cookies, 375; whole milk, 160. **Total:** 1,095 calories.

**Lower fat lunch box:** Bologna sandwich with mustard, 325 calories; 3 cups air-popped popcorn, 75; 5 ounces of grapes, 100; non-fat milk, 80. **Total:** 580 calories.

Other ideas include substituting unsweetened banana chips for corn or potato chips, or mix banana chips, raisins, popcorn and a few pretzel sticks in a plastic bag.

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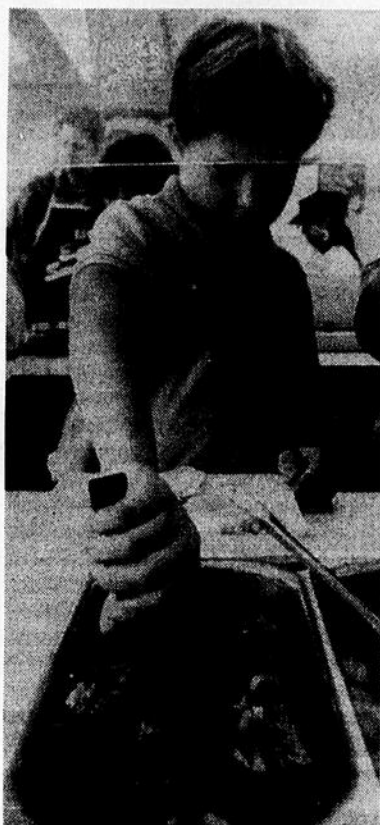
Hide vegetables by adding finely chopped or grated celery, carrots or green pepper to tuna or chicken salad. Stuff celery sticks with peanut butter or low-fat cream cheese.

Use different breads, such as pita pockets, bagels, English muffins, rice cakes or rye.

Consider sandwich alternatives, such as a thermos filled with pasta salad, baked beans, hot soup or chili.

Remember that many children prefer fruit that is cut up to a whole piece. Also avoid packing huge lunches for small children. Too much food can be intimidating for them, so start with half a sandwich and some fruit.

Don't forget that what contains the lunch is as important as the lunch itself. Sending a junior high schooler his lunch in a Dick Tracy lunch box would be a devastating lunchroom faux pas. Older kids usually prefer an understated brown paper sack or low-key Tupperware containers to the loud lunch boxes little kids love.



Creative lunch items satisfy a parent's demand for nutrition and a child's discriminating palate.

But there is a cachet in cartoon-motif lunch boxes for younger kids, and most parents end up buying a new one every year. Top motifs this year are Dick Tracy and Teenage Mutant Ninja Turtles.

**Snack time**

Even if they have eaten an energizing breakfast and a tasty, nutritious lunch, most kids need something to tide them over until dinnertime. Again, parents need to provide nutritious alternatives to junk food treats.

Snacks rich in carbohydrates and fiber provide a perfect energy-boost in the afternoon. Try popcorn, low-fat oatmeal cookies, peanut butter on rice cakes, frozen fruit bars or muffins. Other alternatives include frozen yogurt, sherbet or ice milk instead of ice cream.

Older kids can prepare something more substantial, such as a microwaved potato topped with low-fat cottage cheese or a health shake made with low-fat yogurt, skim milk and fresh fruit.

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From September 10, 1990

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Metro Snowdon & bus #17 next to Snowdon Theatre Receipt available



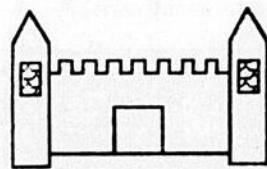
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de 2½ à 5 ans

Classes d'immersion en anglais

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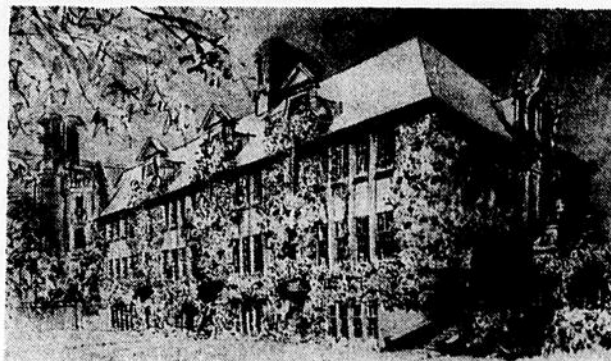
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**ENTRANCE EXAMINATIONS**

for all levels (Sec. I-V)

Saturday, November 24, 1990

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All examinations will be held at

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Homework needn't turn students into beasts of burden. The latest totes and packs are so light and upbeat, it's all but fun to carry those books.

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Vinyl, ripstop and other nylon have the student duffel market pretty much sewn up. Horizon Designs has created an extensive collection of fun bags from Allied Fibers' Caprolan nylon. Patterns range from dinosaurs to paratrooper images.

Conservative canvas or faux leather are for more careful students or those who can afford to replace them when they get ratty. Colorful canvas bags sewn in animal or fruit shapes are also available.

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Boarding  
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Co-Educational

Day School  
K-Grade 8

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**NEW FACILITIES** - boys' dormitory, ten classrooms, double gymnasium, athletics complex, and rubberized 8-lane track.

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**ACTIVITIES** - drama, art, public speaking, debating, orchestra, band, choir.

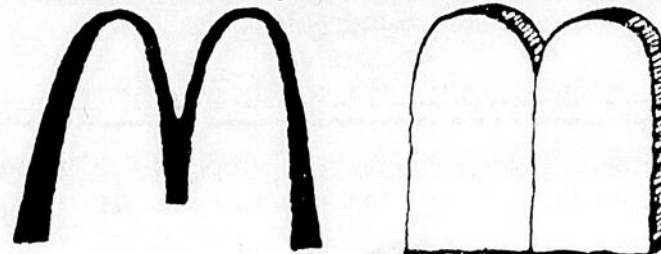
**SPORTS** - interscholastic team sports, tennis, skating, cross-country skiing, supervised camping, swimming, alpine skiing, and equestrian.

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## Which one will your child know better?



### P.A.L.S.

Program of Active Learning at the Shaar

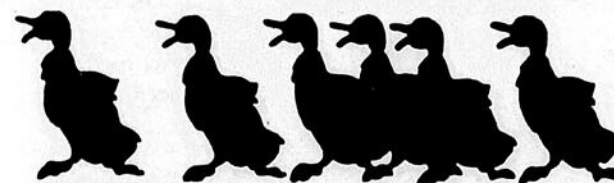
For more information on how you, too, can become part of this exciting and innovative Jewish educational experience, please phone:

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Kindergarten - Monday 3:30-5 pm  
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CONGREGATION SHAAR HASHOMAYIM



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A rich and rewarding first school experience for 2½ to 4-year-olds

Programs for individual age groups in a semi-structured, bilingual atmosphere.

For fall 1990 registration and further information call:

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(back of Westmount High School)

## Satisfaction comes from volunteering

The best job your child ever holds may not pay a dime.

But the experience he or she gets while volunteering will likely prove invaluable.

Through community service, children and teens can develop positive feelings about themselves, a sense of belonging and a connection to the world beyond school, friends and family.

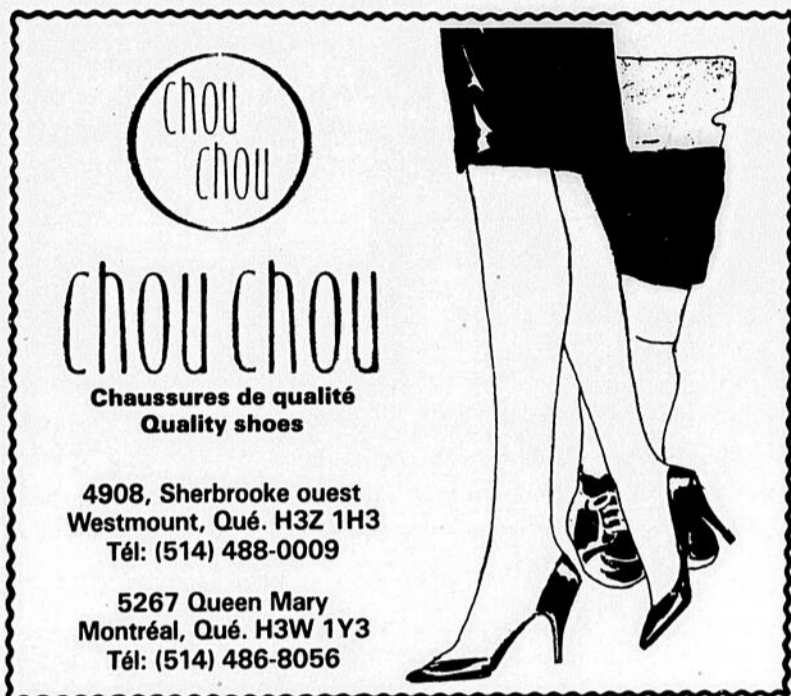
Home, religious, civic and youth organizations and schools can provide community service opportunities, and books such as *What Would We Do Without You?* (Betterway Publications) are loaded with ideas. Some possibilities include:

• **Tutoring:** Many students are having a ball tutoring youngsters. While helping their small students with subjects such as math, reading,

English and special projects, the young teachers learn patience, how to work with children and to have more respect for full-time teachers.

• **Nursing home volunteering:** Nursing homes, long-term medical-care facilities and senior citizen housing projects in nearly every community welcome visits by young volunteers. Individuals or groups giving of their time might be asked to coordinate special projects such as card games or sing-alongs, or to perform special presentations.

• **Recycling projects:** Recycling is a top agenda item in most communities, and volunteers can pitch in by helping with pickups, staffing recycling centres or just spreading the word about the importance of recycling.



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Junior day school for boys and girls from kindergarten to sixth year inclusive. Awareness of individual needs. Varied curriculum with emphasis on French from the beginning.

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**Quality daycare for children 2 1/2-5**  
\*School age daycare  
Kindergarten-Grade 6  
**Monday-Friday 8:00 am-6:00 pm**  
Limited number of places available for September 1990/91 Session

Computers, science, art, math, pre-reading, skating, skiing and swimming are all part of the fun in a warm and sensitive environment that encourages self esteem and individual growth.

\*Child must attend W.P.S., Roslyn or F.A.C.E.  
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**FACT-12** Worldwide over 960 million adults cannot read or write.

**FACT-13** More than 100 million children of school age (between 6 and 11) have no place to learn.

To donate, or for more information contact:  
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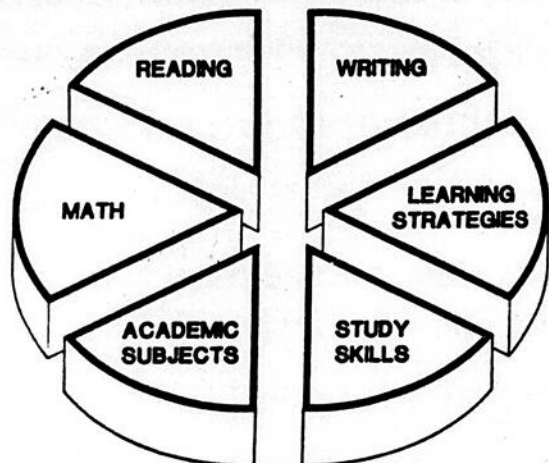
Location:

St Peter's Anglican Church  
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Sept 4, 5 and 6 from 3 to 7 pm

For more information and registration appointment call  
Cheryll Walton: 489-0205

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wheel, sculpture of human form, handbuilding, duplicate throwing, glazes & decoration

#### CHILDREN'S COURSES

mixed media, clay & textiles, drawing & painting, workshops for parents & children

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## Sex, drugs and prejudices: schools don't teach everything

When it comes to touchy, controversial topics, some schools do, and some schools don't.

So, it's up to parents to assess the social, moral and ethical education their children are getting, and improvise if necessary.

Happily, the resources are plentiful. Task forces, community programs, books, videos and seminars, and literature offered through hospitals and public health clinics, can provide the information parents and students need to get the facts straight on the following topics:

• **Sex education:** Studies show that sex education in schools isn't getting the message across, since the rate of teenage pregnancies is at an all-time high. And, when it comes to sexually transmitted diseases, even some adults are still confused.

Thus, experts say today's discussions on sexual education should go beyond conception and birth to include sexually transmitted diseases, the dangers of unprotected sex and the virtues of abstinence.

• **Drug abuse:** Kids can't say no to drugs if they're uninformed, many experts contend. To help parents, there now are comprehensive prevention, intervention and treatment guides and programs for preschoolers through teenagers.

Such resources give parents the information they need to help their

children survive the most crucial drug-susceptible years.

• **Prejudice and discrimination:** Children between the ages of 2 and 5 become aware of gender, race, ethnicity and disabilities, and what they learn during the early years will largely influence their attitudes.

Thus, parents must be prepared to deal with their child's curiosity with specific, objective, age-appropriate information, and can strive to see that schools do the same by promoting parent-teacher study groups and workshops designed to help children grow up without prejudice.

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Spaces still available for  
Summer & September.

Places still available for children  
from 18 months to 6 years old.

- Qualified staff
- Educational & bilingual program
- Hot meals & snacks
- Large playground

Inscriptions disponibles  
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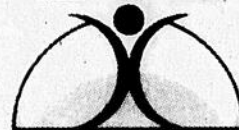
Encore quelques places disponibles  
pour enfants de 18 mois à 6 ans

- Personnel qualifié
- Programme éducatif et bilingue
- Repas chauds et collations
- Grand terrain de jeu

Business hours: 7:30 am-6 pm

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Maternelle  
Enfant-des-neiges INC.

#### Programme

Jardin d'Enfants (3-4 ans)  
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#### Incluant

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### Celluloid schools

Teachers and school days have inspired many movies. Titles range from *Dead Poets Society*, *Goodbye Mr Chips* and *The Prime of Miss Jean Brodie* to *Au Revoir les Enfants*, *Picnic at Hanging Rock* and *To Sir with Love*.

### Dropout blues

In the U.S., the national dropout rate has climbed to 29 percent. An average of 3,000 students drop out of school every day. One-quarter of high school seniors and half of all pregnant teenage girls don't complete their schooling.

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