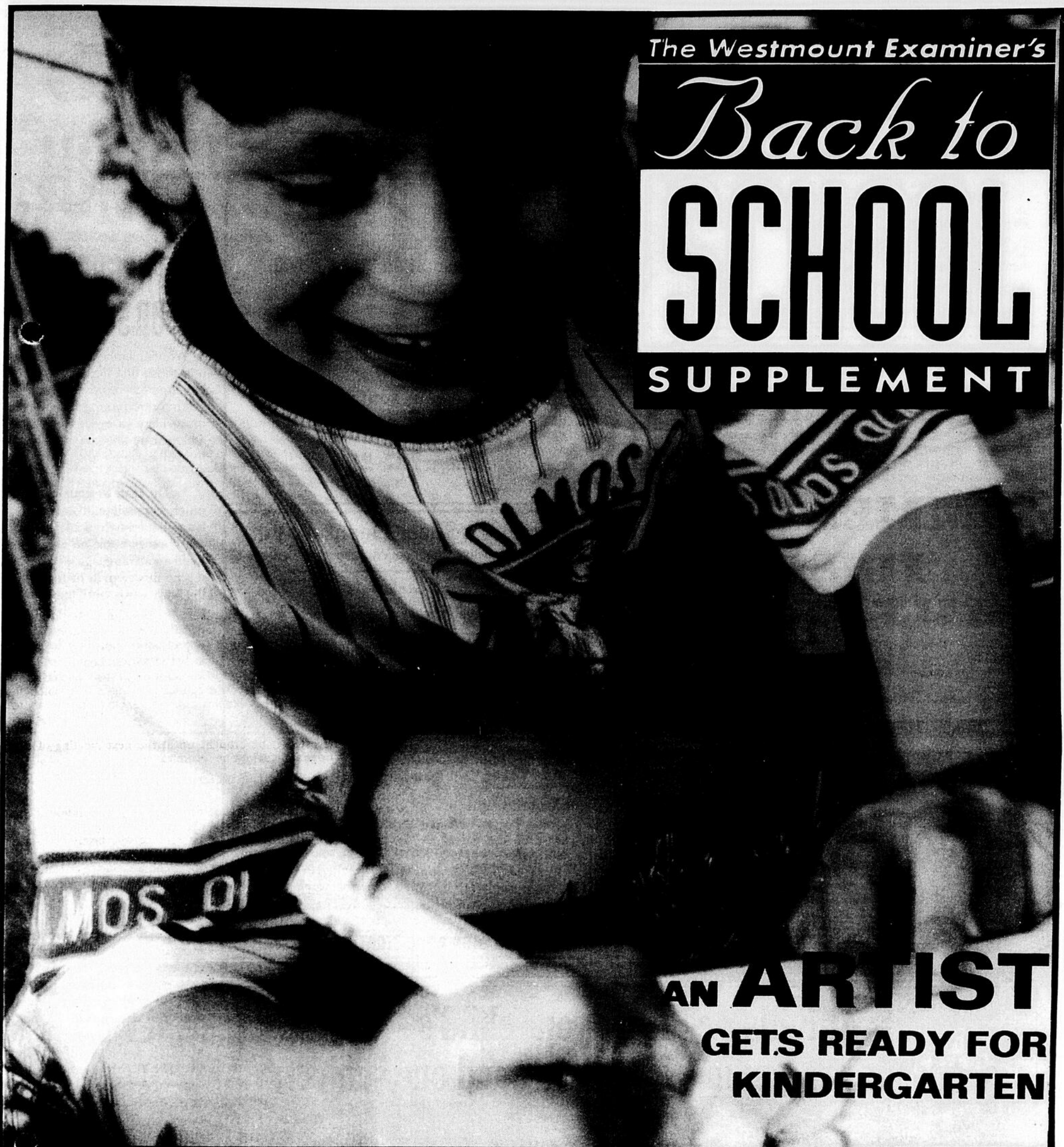


The Westmount Examiner's

Back to

SCHOOL

SUPPLEMENT



AN ARTIST
GETS READY FOR
KINDERGARTEN



The curriculum at Children's Theatre – Act Two was developed to prepare children for work in television, film, radio and theatre, and equally important, to raise their level of self-confidence.

Snowdon area.
Classes for children of all ages from five; also adults.

Phone for brochure: 484-6620

We'll
bring out
the best in
your child!



CHILDREN'S
THEATRE

ACT TWO

Continuing the tradition of excellence
established in 1933
by Dorothy Davis and Violet Walters

TCA

German Language School

INSTRUCTION FOR CHILDREN & ADULTS

Saturdays 9:30 a.m. to 12 noon

High school credits • COURSE 30 SATURDAYS

Children from age 4

1 child \$160; 2 children \$250; adults \$190-\$260

Registration & 1st class: Sept. 11, 1993

9:30 a.m. to noon

Registration fee: \$25.00 per family

100 Sauvé East, Mtl.

For information call: 670-5473



SAUVÉ

INSIDE





**MUSIC FOR YOUNG CHILDREN
OPEN HOUSES**

NATIONALLY RECOGNIZED MUSIC PROGRAMME
LEADING TO COMPLETION OF ROYAL CONSERVATORY
OF MUSIC GRADE 1

Marilyn Cooperman	Westmount	935-7827
Ruth Perron	N.D.G.	483-6590
Andrea Bassel	T.M.R.	733-4449
Jackie Springer	Côte St. Luc	481-4838
Aiwah Uong	Côte des Neiges	738-9115



HENRY MARKS

**SUMMER SALE
FINAL
HALF PRICE**

Suits, sports coats, shirts,
summer slacks, ties,
sweaters, raincoats,
windbreakers



HENRY MARKS

1448 Drummond
842-9801
FREE PARKING

**L'ATELIER DE BALLET
CLASSIQUE DE VILLE
MONT-ROYAL**

L'inscription pour l'année 93-94
se fera mercredi, le 1er septembre
de 19h à 21h au sous-sol
de l'église St-Joseph de Mont-Royal
(entrée sur le côté).

Nous acceptons les élèves
à partir de 5 ans.
Les niveaux sont :
débutant, intermédiaire et avancé.

Information: 737-2263

Congregation Shaar Hashomayim
450 Kensington Avenue, Westmount

*Innovative programming
from Cradle to College!*

Foundation School (2 to 4-1/2 years)
2, 3 or 5 days/week: 9:00 a.m. - 11:30 a.m.
Extended days: 9:00 a.m. - 1:30 p.m. • Begins September 1st

P.A.L.S. Hebrew School (Pre-K to Grade 8)
Monday/Wednesday: 1 or 2 days/week
4:00 p.m. - 6:00 p.m. • Begins September 8th

P.A.L.S. TIKVAH PROGRAM (8-20 years)
Programming specifically designed for the intellectually challenged

Kadima Youth Group (Grades 3-6)
Sundays 10:30 a.m. - noon
Sports, games, arts & crafts • Begins September 12th

Scouting Program For Boys & Girls (5-1/2 to 11 years)
Mondays 6:30 - 7:00 p.m. (Beavers) • 6:30 - 8:00 p.m. (Cubs)
Registration: September 13th

TEEN TALK - Amazing Teen Activities
High School Students. Out-of-town weekend conventions, trips

Shaar Youth Theatre - High School & CEGEP students
Professionally staged, High-quality production. Auditions in October.

**FOR INFORMATION & REGISTRATION 937-9475
RABBI DANIEL ELKIN, Director of Education & Youth**

the
ABC's
of
**GETTING READY
FOR SCHOOL**

With September fast approaching, those first hesitant steps to kindergarten represent the biggest transition your child will ever make. Here's a few tips on how to make these giant baby steps just a little bit easier:

- Do read to your child as much as possible. It's never too early to introduce books to your preschooler. Books help children learn about language — the way it is constructed, its patterns and the way words work together to create meaning. Speech sounds are demonstrated and familiar objects are named. Reading regularly to children also helps them develop good listening skills — and that's a prerequisite to any kind of effective learning.
- Do start with the ABCs. Recognizing the letters of the alphabet is the first step in developing reading readiness in a child. Alphabet blocks, magnetic letters or toys and the ever popular "A is for Apple" books go a long way towards helping a child learn the alphabet.
- Don't forget about fine motor skills. To encourage the quantum leaps in learning that come in the preschool years, experts say it's important that kids develop both problem solving and fine motor skills. Shape matching toys, jigsaw puzzles, and different types of building play will all help children recognize common shapes and develop an ability for manipulating objects.
- Do encourage lots of play. It sounds simple enough, but experts think it's worth emphasizing. Play makes major contributions to every aspect of a child's growth — emotional, intellectual, physical, and social. There is nothing as creative or ingenious as the imagination of a young child at play.
- Don't forget to prepare your child emotionally for school. Tell them exactly what will go on. Give them as many details as possible. Consider a prior visit or orientation to the school.

**At Kells Academy, your child's
academic programme is built around one subject:**

your child.

FOR OVER 10 YEARS Kells Academy has helped thousands of students excel in grades from 1 through 11, and then go on to succeed in the best colleges. That's because we design an individualized academic programme for every student, built around their needs and talents.

A low student-teacher ratio and a high degree of personal attention spells success for your child.

Our low student-teacher ratio ensures that your child will receive expert, personalized attention from our teachers. Caring teachers

are committed to helping your child grow both academically and in self-esteem.

Kells Academy is privately funded and students do not need a certificate of eligibility.



**KELLS
ACADEMY**
(514) 485-8565

Irene Woods, Director
6865 De Maisonneuve Blvd., W (Corner of Park Row West)
Montreal, Quebec H4B 1T1 Permit # 748 973, # 748 972

Crayons & KINDERGARTEN

Bugs are David Walsh's latest fascination. One step out of his apartment near Westmount Park, and his eyes turn to the ground. "Watch where you walk," he demands, as he searches for ants, worms and other insects.

But David isn't just curious. He's studying the details for his next creation. David is an artist. He's also on his way to kindergarten at the alternative school, FACE, this September.

"I want David to continue doing what he loves to do," explains his mother, Janice Walsh, "so I didn't want to send him to a mainstream school. Our society is changing and now you can actually survive as an artist." Janice feels FACE can provide David with an opportunity to do just that.

At FACE, David's education will focus on visual art, music and drama, none of which are seriously offered at mainstream schools.

FACE's kindergarten drama lessons excite Janice. "Drama will make him stronger emotionally, and it will build his confidence," she notes. "Role playing can help him to look at things differently. I want him to keep being uninhibited."

David's artwork expresses how uninhibited he is. A quick leaf through his stacks of creations reveals his strong sense for composition, and an interest in details. He specializes in maps, and likes a bird's eye view. Along with bugs, castles, pirates and 'under-the-sea' themes dominate his drawings. For now, he uses crayons, Crayola markers, and watercolours. As he gets older, he will explore the plethora of materials and techniques available to the art world. "I want him to be able to go to an art store, and know with what and why he wants to create," says Janice.



David Walsh and his mother, Janice, enjoy the last days of summer before David starts Kindergarten.

Janice looks back at her own education in the small town of Shawinigan and remembers "It was a traditional system. Young women were pushed into secretarial, teaching, nursing. We never learnt the basic tools to express ourselves creatively. Our generation was downright discour-

aged." Things have changed since Janice went to school, and she wonders "What's our society going to be like in 15 years? My grandfather could help my father with his science homework, things just didn't change that quickly." But Janice claims that by the time she got to school, she couldn't help her sister, who is only two years younger, with her science homework. And change is only growing faster, she feels.

"I have my doubts that a mainstream education can prepare David with the tools he needs for the future. So much will become redundant," she says, "But FACE can give him the basic tools to express himself," and self-expression will never become outdated. The only doubts Janice has about sending David off to the downtown school is the bus ride. "It's hard at that age, to let them go He's still so little!" she exclaims, "But I trust the supervision."

Janice also plans to be involved in David's new school. Before classes start, she'll take him on a tour of the school building to make the first day less frightening. And they'll go to the first few classes together. "When I was young, school and home were two separate schools. I want to be involved, to help make David like school."

Once school starts, Janice will have a new life to adjust to, too. "I'll have to learn all the new things he does, get to know his teachers, his new friends. He'll tell me secret things. We'll play teacher at the blackboard in the livingroom." And who'll be teacher? Laughing, Janice points to David.

by KATERINA CIZEK

SCHRETER'S BACK TO SCHOOL FASHIONS AT WHOLESALE PRICES

BOY'S PANTS

Sizes 7-18, grey & navy

FLANNEL COTTON CORDS

\$23^{00*} \$20^{00*} \$10^{00*} \$21^{00*}

GREY KILT SKIRTS \$44^{00*}

GIRL'S NAVY TUNICS \$32^{50*}
(sizes 6x-16)

BOY'S BLAZERS

Navy & black

SIZES 7-12

SIZES 14-20

\$60^{00*} \$65^{00*}

OXFORD CLOTH DRESS SHIRTS

White & blue

BOYS'

MEN'S

\$13^{50*} \$15^{00*} \$17^{50*} \$22^{50*}

RECYCLED LEVI JEANS

\$25^{00*}

Long Jeans

Assorted sizes, styles & colours.

MEN'S NAVY BLAZERS

POLY/WOOL

100% WOOL GABARDINE

\$67^{50*} \$125^{00*}

LEATHER MARTEN SHOE

BOYS' & GIRLS'

MEN'S

\$36^{00*} \$40^{00*}

BOY'S DUFFLE COATS

\$85^{00*}

Canadian made

SWEATS

YOUTH

ADULT

SHORTS \$8^{00*} \$10^{00*}
CREW NECK \$11^{00*} \$13^{00*}
PANTS \$12^{00*} \$15^{00*}

J. Schreter Inc.
NO HASSLE MONEY BACK GUARANTEE

FAX: 845-2825

MANY MORE IN-STORE SPECIALS
4350 Boul. St. Laurent

(corner of Marie Anne)
845-4231

*Prices may vary depending
on style, size or quality
Personal cheques accepted.



Open Thursday till 9 p.m.
MON., TUES., WED., FRI.,
9 A.M. - 6 P.M.
THURS. 9 A.M. - 9 P.M.
SAT. 9 A.M. - 5 P.M.
Closed Sundays



THE PRIORY SCHOOL INC.

3120 The Boulevard, Mtl. H3Y 1R9

Junior day school for boys and girls from kindergarten to sixth year inclusive. Warm, caring family atmosphere. Varied curriculum includes instruction in Art, Music & Computers. An after school program is available.

A few places are still available.

For information, call:

935-5966

Trafalgar School for Girls



Students currently enrolled in English, French Immersion or French schools* are invited to submit applications to Trafalgar School for Girls, an independent college preparatory high school. We welcome girls from a variety of backgrounds who want to develop their full academic and personal potential.

For a complete information package, please contact the Admissions Secretary at 935-2644. Financial assistance is available.

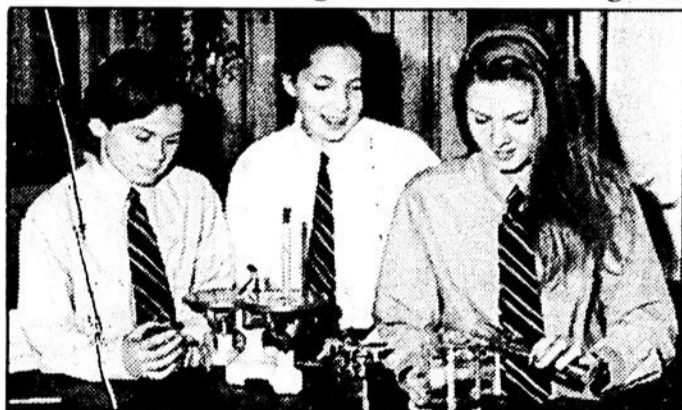
3495 Simpson Street
Montreal, Quebec H3G 2J7

*Certificate of English eligibility required

At Centennial Academy your child will be:

- discovered
- encouraged
- challenged

by teachers who recognize individual strengths.



Centennial Academy is a quality co-educational High School with a superb teaching staff. In a structured setting with excellent facilities, we provide a caring family atmosphere, where students can reach their full potential.

A FEW SPACES STILL AVAILABLE FOR 1994-1995.

ENTRANCE TEST: Saturday, November 6, 1993

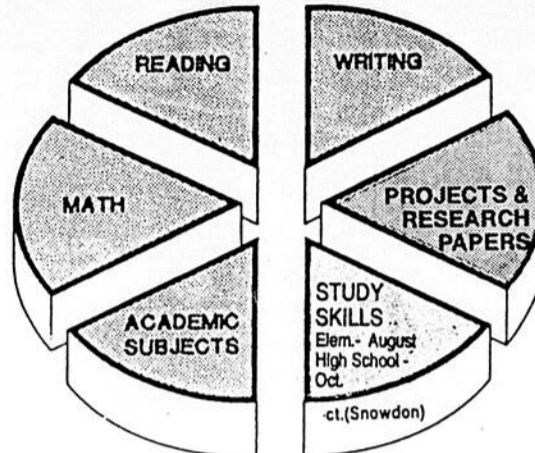
Please call or write for an application form.



Centennial Academy
3641 Prud'homme
Montreal, QC H4A 3H6
486-5533



GETTING IT TOGETHER AT LANSDOWNE IN ENGLISH OR FRENCH



MONTREAL
487-6516

ONE TO ONE TUTORING
WORKSHOPS
ACADEMIC ASSESSMENTS
HOMEWORK PROGRAM

WEST ISLAND
620-4921

DO YOU ACCEPT THE FACT THAT CANADIAN STUDENTS ARE PERFORMING TWO YEARS BEHIND THEIR EUROPEAN AND ASIAN PEERS?

WE DON'T!

If you want small classrooms, basic skills, structure and discipline to be part of your child's education, consider what we have to offer:

- classrooms with no more than 12 students
- an enriched curriculum which leads to Cambridge University "O Level" examinations (O.C.S.E. curriculum)
- supervised study periods
- full boarding facilities for both boys and girls from grade 1 to grade 10

VENTA PREPARATORY SCHOOL

2015 Old Carp Road
Carp, Ontario
K0A 1L0

Telephone: (613) 839-2175 Fax: (613) 839-1956

Mt. Royal Children's Ballet

Miss Iris
Ballet Mistress

Accompanist: Miss Rita
Guest Teacher: Miss Cheryl



CLASS LEVELS INCLUDE:

- Kinderdance (ages 3-4)
- Ashton Method Movement (ages 4-5)
- Pre-Ballet (ages 6-7)
- Classical Ballet (ages 8 & up)
- Pointe Work
- Beginners Ladies' Classes

REGISTRATION:

Sept. 1 & 8 - 3 to 7 p.m.

St. Peter's Anglican Church
900 Laird Blvd., T.M.R.

For more information call: **486-1205**

CARRYING ON A 50-YEAR TRADITION IN T.M.R.

STRIKING the RIGHT Chord

(SOP) If you have been following your child's musical progress and if you have been communicating well with your child, it should not surprise you if one day you're told that he or she wants to quit. Here is a challenge for good parenting.

The first thing to do is to find out why. If your child generally has a strong attachment to music and good practice habits, it could be that he or she has just worked too hard for too long and is slightly burnt out. Temporarily cutting down on the practice time or taking a total rest for a while might be all that is required to restore past enthusiasm.

Sometimes the problem is that the child no longer has a good rapport with his or her teacher. If this is a problem, the teacher should recognize this problem and contact you, but don't count on it. Children can be made to feel stupid or untalented when the real problem is that the teacher is unable to properly communicate what he or she wants.

A child often acquires other interests and does not want to devote time to music study. Examining the child's new priorities along with some compromise on both sides and a little re-scheduling may allow him or her to continue studying music with only a minor effect on other activities.

Sometimes children will want to quit for completely irrational (although important to them) reasons. They may have become suddenly self-conscious and are afraid of an upcoming recital or examination but will not admit it. Or, they may be teased at school for taking lessons by friends or classmates. Discovering and discussing with them the real reason they want to quit will make everybody feel better and is likely to make it easier for them to continue.

Finally, maybe your child just doesn't like music well enough to spend many hours a week learning it. If the child constantly resists practising and doesn't enjoy lessons regardless of the teacher or the instrument and has no interest in playing for enjoyment, listening to music, or taking part in other musical activities, there is a pretty good chance that he or she won't become another Horowitz. If this happens, you have to ask yourself: Who is the child doing this for?

Forcing a child to do what he or she really doesn't want to do not only is a waste of money but is stressful to that child. It may be very cute to see your four-year-old playing the violin, but you might be the only one taking pride in the accomplishment. The child may just feel under stress to perform. Music should be enjoyable, not a way to win parental approval; learning music should be an option for a child, not an obligation.

I AM WHO I AM *by Isabel Chan* **AGE 11**

My name is Claradina Swaser, and I am fourteen years old.

So far my life has not been worth living.

Every morning I'd have two empty holes in me, one full of hunger, never knowing if there would even be bread on the table, and the other just wishing to be able to say "Good morning" to someone I love and care for.

The only friends I have are in my dreams and happy thoughts.

Every morning I'd be wanting to show someone what I was able to do and make a friend, but every afternoon I'd come home with a heart full of sorrow.

No one ever asked me how I was or even gave me a smile, but one day...

"Hey, you," a girl shouted. I slowly turned around. "Are you talking to me?" I asked.

"Yeah," she said.

"What's the matter?" I asked.

She said, "Well, you know the science exam next week? Umm, when Mr. Hecherice wrote down some notes on the board, I didn't really listen and I didn't copy any notes, and I saw that you were the only one in the class who did, and I know this time, the notes are really important. My mom said that this time if I didn't get at least a B on the exam, I'd be grounded for six months, and that's not really good; so can I copy your notes?"

"Sure, I guess."
"I'll be needing the notes now while the pharmacy's still open, you know, because I have to photocopy them because it's much easier. Is that all right?"

"Of course, here."
"Oh yeah, by the way, I'll give the notes back to you tomorrow in the gym at break, all right?"

"Okay."
"Well then, thanks. Bye!"

I watched her leave. She had lots of friends, and they were human too. Well, maybe it's because she's rich, older, prettier, but I think she's a little lazy and not really smart. Well, at least I actually had a conversation with someone in the school. I hope she'll talk to me again, because I really need to be comforted. If only I had the courage to speak up.

At break the next day, she came to me and gave me back my notes. We talked for a while, and I got more and more used to her. Her name was Tiffanie. Through our conversation she said one thing that started everything off. She said, "Well, I see you need some friends and I know just the remedy. First of all you have to change your whole closet with brighter, happier clothes, buy some makeup, and for heaven's sake be braver! I bet you have as many friends as I do that way! How about this? Tomorrow after school I'll bring you to this fantastic store with everything you need for a price you can think about."

I wasn't really sure about the ... prices, after all I only had \$100, which I had worked very hard for, saving every cent I earned from selling newspapers. But if it means friendship, then I'd go for it, so I said, "Yes."
When I got home that day I ran straight to my bed, and from under my pillows lay \$100 in cash. I decided to only bring \$75 with me.

After school the next day, Tiffanie kept her promise and brought me to a huge store called STANGE. I said, "This is one of the biggest stores I've ever seen!"

"Yeah, it's my parents'..."
"I hope the prices are as low as you said," I said, thinking of the \$75 in my pocket.

"Oh come on, I'll give you discounts."
I bought a pair of bright red leggings, an orange sweater, a black skimpy skirt and a long flower-printed sweatshirt.

Tiffanie bought me a compact with a mirror, mascara, eyeshadow, face powder, blush and lipstick.
Since I used \$73.25 in all, I got a purple necklace, an orange bracelet and two hair clips, one yellow and the other green, all free!

When I got home that day, I tried on my new clothes and I actually looked good!

For the next day, I wore the bright red leggings and the flower-printed

sweatshirt. I felt really good about myself.

While I was in school I actually saw people smile at me. Tiffanie said I looked great and some other people asked me where I got my clothes. That was one of the best days of my life, "The Golden Days."

Day after day more and more people got used to me and I made a couple of friends.

As the month ended I decided that I couldn't wear the same clothes over and over again so I went to another store called Speta[accent]. The clothes there were as good as Stange, but the prices were lower because they were on sale, so I bought a pair of blue jeans, a yellow T-shirt, black lace tights and red high heels. The woman who owned the store was nice enough to sell me a white blouse nobody wanted for only \$5.

The next day I felt like dazzling things up so I wore my new blouse, my lace tights, my high heels, my black skimpy skirt, my necklace, my bracelet and my yellow hair clip.

I looked great but there was something in my that wasn't really happy with this arrangement. I wasn't being myself. I was pretending to be someone who I'm not. But I had to, that was the only way to keep my friends, so I stayed with the crowd.

After a few weeks I couldn't stand it any longer. Why should I change myself just to make friends? So I decided to express how I felt to my friends.

The next day I changed back to my old clothes, and went to school, and when I saw my friends, I said to them, "I'm sorry, but I don't think I should change myself just for your sake. I am who I am and you should expect that, or I don't think you really are my friend."


With that some of them left, but most of them listened and ended up saying they were sorry.

Now that this happened I think I'll stick to my old, boring, out-of-fashion self. At least now, I am who I am.



THE WESTMOUNT EXAMINER'S BACK TO SCHOOL SUPPLEMENT
LAYOUT & DESIGN / COVER PHOTO: KATERINA CIZEK

Angelina di Bello
Dressmaking and Designing School since 1947
— OPEN HOUSE —
Sunday, Aug. 29, 1993
10 a.m. to 6 p.m.
FREE BROCHURE 932-1660
2253 SOUVENIR ST. (METRO ATWATER)
MONTREAL, QUEBEC H3H 1S3


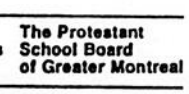



WESTMOUNT HIGH SCHOOL
"THE CHALLENGE PROGRAM"
SCHOOL OPENING
MONDAY, AUGUST 30th, 1993
Grades 7 & 8 (Secondary I & II students)
Report to school at 8:30 a.m. (Parents welcome)
All other students - Grades 9-11 (Secondary III-V)
Report to school at 1:00 p.m.
Returnees to Gymnasium
New students to Auditorium

First full day of classes:
TUESDAY, AUGUST 31st at 8:15 a.m.

Limited space still available.
Please call for an appointment.

933-2701
4350 St. Catherine St. West

 Commission des écoles protestantes du Grand Montréal
 The Protestant School Board of Greater Montreal

LA BOUTIQUE

Sox Options

For All Your Hosiery & Active Wear Needs

- ◆ TIGHTS FOR KIDS
- ◆ AEROBIC & ACTIVE WEAR
- ◆ HOSIERY
- ◆ SOX (for women & children)
- ◆ BODY SUITS (casual & evening)
- ◆ MATERNITY
- ◆ QUEEN SIZE




T.M.R. Shopping Centre
2360 Lucerne, Suite 4
(upstairs)
735-2674

Hours: Mon.-Fri. 10-6 Sat. 10-5

UP TO 75% OFF
SUMMER MERCHANDISE

THE EDUCATION OF A LIFETIME

At Sedbergh, adventure comes with the territory, on one thousand rugged acres just one hour from Ottawa and 90 minutes from Montreal, where students master skills that promote self-reliance. Sedbergh offers a first-rate education within an enriching bilingual environment, providing access to the best universities in Canada and abroad.

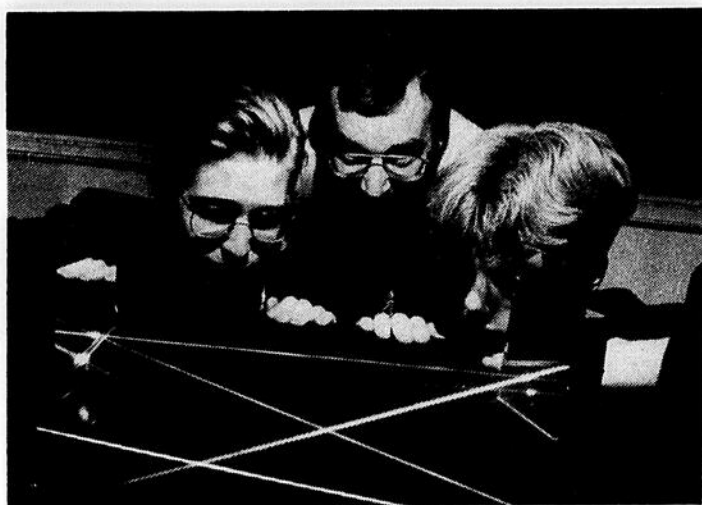


SEDBERGH
Coeducational Residential School
Grades 4 to 12
Montebello, Quebec J0V 1L0
Tel.: (819) 423-5523
Fax: (819) 423-5769



Selwyn House School

Established 1908



Selwyn House is an independent boys' school for students in Kindergarten through Grade 11 which provides students with an education of exceptional depth and scope.

ENTRANCE EXAMINATIONS

Grades 5 to 10 Saturday, November 20, 1993 8:45 A.M. to 12:45 P.M.	Kindergarten to Grade 4 Beginning January 1994 By individual appointment
--	--

Applications are now being accepted for September 1994. For more information about admissions, financial assistance or for a tour of our school, please call:

Mrs. Sharon Cozens Director of Admissions phone (514) 931-9481 fax (514) 931-6118	Selwyn House School 95 chemin Côte St-Antoine Westmount, QC H3Y 2H8
--	--

Financial assistance available to qualified families.
Permit No. 749789 and 749624



ÉCOLE ST-GEORGES DE MONTRÉAL ST. GEORGE'S SCHOOL OF MONTREAL

Over 60 Years of Academic Excellence
In a Co-Educational Environment

from Pre-Kindergarten to Grade 11



- Stimulating and personalized approach to learning
- Enriched core curriculum, small classes
- Close monitoring of individual student's progress
- Serious commitment to bilingual proficiency
- Well equipped science and computer laboratories
- Acclaimed performing and visual arts programme
- Library accessed to electronic information gathering and networking

For information please call:

Elementary School 3685 The Boulevard Montreal, Quebec 486-5214	High School 3100 The Boulevard Montreal, Quebec 937-9289
---	---

Financial aid available
Ministry of Education Permit No. 749792



Patricia Roy

Graduate of the Eastman School of Music,
University of Rochester, N.Y.

Private Piano Lessons for: • children and adults
• beginners and advanced
Preparation for festivals and exams.

Tel.: 739-5871



Self-empowerment programs for kids
NEW CANADIAN PROGRAM

"Self-Empowerment through Street Defense"

- Safeguard children ages 6-14 yrs. in 2 days
- Focus on awareness and avoidance
- Simple effective disengagement techniques
- Enhanced self-confidence
- Enhanced self-reliance
- Enhanced self-esteem
- Enhanced creativity

Graduates become members of the Street-Smart Kids Club

937-0441



MOM
And
me!

Keep your child challenged and stimulated while interacting with other mothers.

Join the MOTHER & TOT playgroup for children between the ages of 10-months to 2 years.

September - December 1993

1 or 2 days per week

Mondays and Thursdays:
10:00 a.m. to 11:30 a.m.

Information: 937-9475

Congregation Shaar Hashomayim 450 Kensington Avenue, Westmount

Soul Impact is back with

Funky Street Style Children's Dance Program

CARDIO FUNK JAZZ

Jazz dance combined with the latest hip hop street style dance steps

CARDIO FUNK FITNESS

Funky aerobic dance especially designed for children 9-17 years and taught by Dayle King



FREE TRIAL CLASSES

Monday, Aug. 30th - Friday, Sept. 3rd

CALL FOR SCHEDULE: 485-5290

Soul Impact Production Studio

5115 Trans Island, suite 230 485-5290
(corner Queen Mary, above Metro supermarket) SNOWDON

a GOOD NIGHT'S sleep

(SOP) How many hours of sleep do kids need? There's no hard-and-fast rule. Children vary as much in their sleep needs as adults. The old rule used to be 10 to 12 hours a night, but we now see that some kids need more, some less.

To help parents ensure that children get sufficient rest, we offer these guidelines:

☞ Maintain a routine so that your child knows she is expected to be in bed by a certain time. Consider not only her age but also her sleep requirements — her behavior in the evening or morning may provide some clues. If a toddler is fussy by 7:30 P.M., she needs an afternoon nap or an earlier bedtime. If a school-child is sluggish in the morning, she may be staying up too late.

☞ Be firm when a 1- or 2-year-old refuses to go to sleep. Don't be conned into getting him 10 glasses of water. It doesn't hurt a toddler to cry for 15 or 20 minutes. We advise against locking the child in his room. Instead, try putting a safety gate across the doorway, so that he stays in his room but feels reassured because he can see out the door while he is in his bed.

☞ If your child keeps crawling into bed with you during the night, try breaking the habit with a "camp-out." At bedtime, tell her that you will leave a sleeping bag and flashlight — maybe an apple and a book too — on the floor outside your bedroom door so that if she wakes up, she can sleep there. After the novelty wears off, she will likely stay in her own bed through the night.

☞ When your child has a nightmare, cuddle him and reassure him that you are there and he is safe. But don't dismiss his fears — agree that dreams about monsters are scary.

☞ If a schoolchild protests her bedtime, make a contract with her. This is particularly effective in families where different kids are going to bed at different times. Suppose your 7-year-old is unhappy because she can't stay up as late as her 10-year-old sibling. You might tell her that if she goes to bed at 8:30 every weeknight, she will be allowed to stay up a bit later on weekends. If she breaks the weeknight contract, don't grant the reward.

☞ Detaching youngsters from the TV often becomes a bedtime problem, especially with those age 9 and up. Some television programs rev kids up so much they can't settle down, and violent programs may trigger bad dreams. We recommend encouraging your child to turn off the TV earlier and read in bed for a while before it's lights-out.

TO MAKE LUNCHES MORE WHOLESOME

(SOP) A recent study to determine the nutritional quality of school lunch boxes found they were barely adequate to meet the needs of growing children.

The study showed that only 15 per cent of students brought lunch consisting of all four food groups, while 63 per cent had foods from three food groups. 20 per cent had just two food groups and 2 per cent had one food group.

The study also revealed that only 25 per cent of lunches had foods from the milk and dairy group.

In terms of calcium and Vitamin D, important building blocks for bone growth and repair, children would not be able to meet their daily nutritional requirements.

While 80 per cent brought foods from the meats and meat substitutes group, it was mainly in the form of peanut butter and luncheon meats such as baloney and mock chicken loaf.

These luncheon meats are low in protein and high in fat, sodium and nitrates and should be consumed in moderation. Ham, smoked meat, turkey roll, chicken and tuna are more nutritious choices.

We suggest making these simple changes to make lunches more wholesome:

- Choose 100-per-cent fruit juice (label on jar or pack will read: 100-per-cent pure, unsweetened from concentrate) rather than fruit drinks that are made up of sweetened and colored water with small quantity of fruit juice added.

- Add peanut butter to a jam sandwich and choose low-fat sandwich meats.

- Switch to whole-grain breads instead of white — include pudding, yogurt, milk, cheese cubes or add a slice cheese to sandwich fillings.

- Include a vegetable such as a few carrots and celery sticks and pepper cubes. adding a simple dip such low-fat salad dressing encourages kids to eat more vegetables.

Granola Snack Bars

Here's a nutritious snack that rivals store-bought granola bars that takes just a few minutes to make and are easy enough for kids to make.

Preparation: three minutes

Cooking: about two minutes

One-half cup or 125 mL (millilitres) corn syrup

One-quarter cup (50 mL) packed brown sugar

One-third cup (75 mL) peanut butter

2 cups (500 mL) Muslix cereal*

2 cups (500 mL) toasted rice cereal

*Or use another type of muesli cereal with fruit and nuts

In large saucepan, combine corn syrup and sugar on low heat, stirring constantly until sugar dissolves and mixture comes to a boil.

Or to microwave: In large bowl, combine corn syrup and brown sugar. Microwave at High (100 per cent power) for 1 1/2 to two minutes until mixture bubbles and sugar dissolves, stirring twice.

Stir in peanut butter until smooth. Add cereal and fold in until coated in mixture. Press firmly into a lightly greased nine-inch (2 L) square pan. Cool completely before cutting into bars.

Makes 24 bars.



MISS VICKY'S Westmount Children Centre

offers a variety:

Mom & Tots, Nursery, French Pre-K
Action packed afternoon programs: Arts & Crafts, Music, Science, Baking, Movement
BIRTHDAY PARTIES

Call for information: 935-2011



MUSIC FOR YOUNG CHILDREN

OPEN HOUSE:

Sept. 2 & 3, 6-8 p.m.

NATIONALLY RECOGNIZED MUSIC PROGRAMME.
GROUP LESSONS 3½-8 YEARS OLD

SEQUENTIAL LEARNING LEADING TO COMPLETION OF
ROYAL CONSERVATORY OF MUSIC GRADE 1

PRIVATE PIANO LESSONS ALSO AVAILABLE
from qualified instructor, Vincent d'Indy School of Music

Marilyn Cooperman, M.A., Laurat II - 935-7827



1993-1994 School Year NOW... GRADES K-9

Westmount - Saturday, 9 a.m.-12:30 p.m.

Westmount - Wednesday, 4:15-6:15 p.m.

We offer an enriching liberal Jewish Education including Hebrew studies, history and traditions, Jewish values and ethics, and Bar/Bat Mitzvah preparation.

Temple Emanu-El-Beth Sholom
4100 Sherbrooke St. West • 937-3575

Ballet

Paula Wolfman Frank
Specialist in Ballet for Children
Inquire about other locations & Ladies' Classes

REGISTRATIONS
CÔTE ST. LUC
Tues., Sept. 7th, from 3:30 to 5:30 p.m.
WESTMINSTER SCHOOL, McMurray & Guelph Sts.
MONTREAL WEST
Wed., Sept. 8th, from 4 to 6 p.m.
ST. PHILLIP'S CHURCH, 3400 Connaught Ave.
N.D.G.
Mon., Sept. 13th, from 4 to 6 p.m.
KNOX CRESCENT KENSINGTON & FIRST PRESBYTERIAN
6225 Godfrey St. 484-3295

RECITAL YEAR
"Alice in Wonderland"

Congregation Shaar Hashomayim

F U D T O N S H O O
450 Kensington Avenue, Westmount

LET YOUR CHILD GROW
WITH US IN OUR WARM AND
CARING ENVIRONMENT

ages 2-4 1/2 years

We offer: Low child/teacher ratio
Qualified and highly motivated teachers
Judaica programming • French programming
Music • Gym • Library • Arts & Crafts
Lots of exciting trips and much more!

2, 3 and 5-day programs • 9-11 a.m./9 a.m.-1:30 p.m.
FOR FURTHER INFORMATION: Susan Frank 937-9475

OPENING in SEPTEMBER

Look for your **FREE** Special Children's Gift!

COOPERATIVE CHILD-CARE CENTER

COOPERATIVE CHILD-CARE CENTER, located in Westmount, will be opening in September.

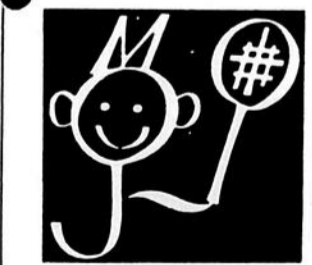
SPECIALIZING IN:

- Quality Children's Indoor Activity
- Children's Birthday Parties

SERVICES OFFERED:

- Quality Children's Indoor Activity
- Children's Birthday Parties

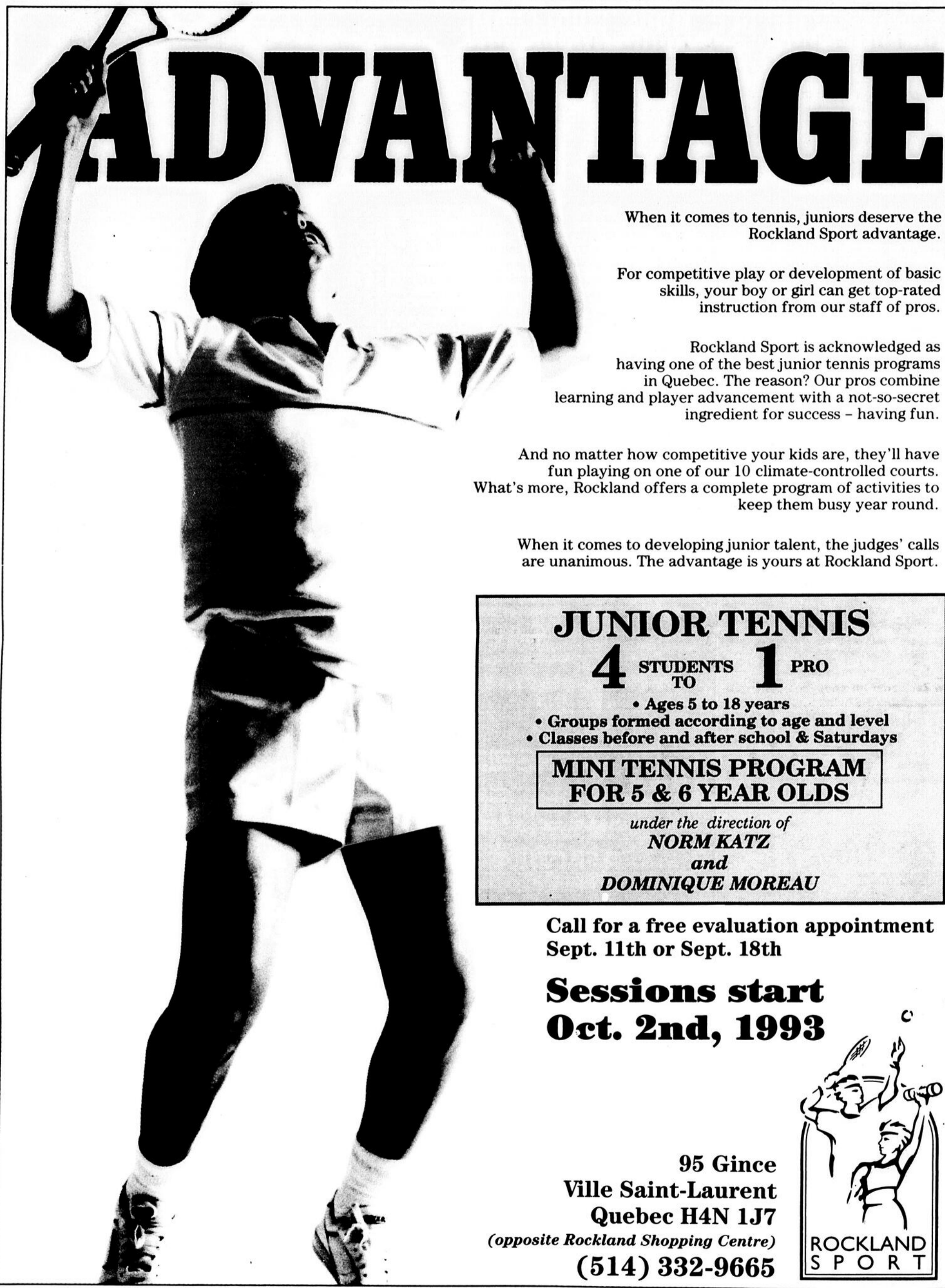
For more information please call:
843-4746



NCJ
EDUCATIONAL
SERVICES

Margaret A. Jacobs

4999 St. Catherine St. West
Suite 208
Westmount, Québec H3Z 1T3
(514) 484-3548



ADVANTAGE

When it comes to tennis, juniors deserve the Rockland Sport advantage.

For competitive play or development of basic skills, your boy or girl can get top-rated instruction from our staff of pros.

Rockland Sport is acknowledged as having one of the best junior tennis programs in Quebec. The reason? Our pros combine learning and player advancement with a not-so-secret ingredient for success - having fun.

And no matter how competitive your kids are, they'll have fun playing on one of our 10 climate-controlled courts. What's more, Rockland offers a complete program of activities to keep them busy year round.

When it comes to developing junior talent, the judges' calls are unanimous. The advantage is yours at Rockland Sport.

JUNIOR TENNIS

4 STUDENTS **1** PRO
TO

- Ages 5 to 18 years
- Groups formed according to age and level
- Classes before and after school & Saturdays

MINI TENNIS PROGRAM FOR 5 & 6 YEAR OLDS

under the direction of
NORM KATZ

and
DOMINIQUE MOREAU

Call for a free evaluation appointment
Sept. 11th or Sept. 18th

**Sessions start
Oct. 2nd, 1993**

95 Gince
Ville Saint-Laurent
Quebec H4N 1J7
(opposite Rockland Shopping Centre)
(514) 332-9665

