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THE FLIPPED CLASSROOM

How a fundamental change in teaching, fueled by technology, is completely transforming learning



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DROP-OFF DRAMA**

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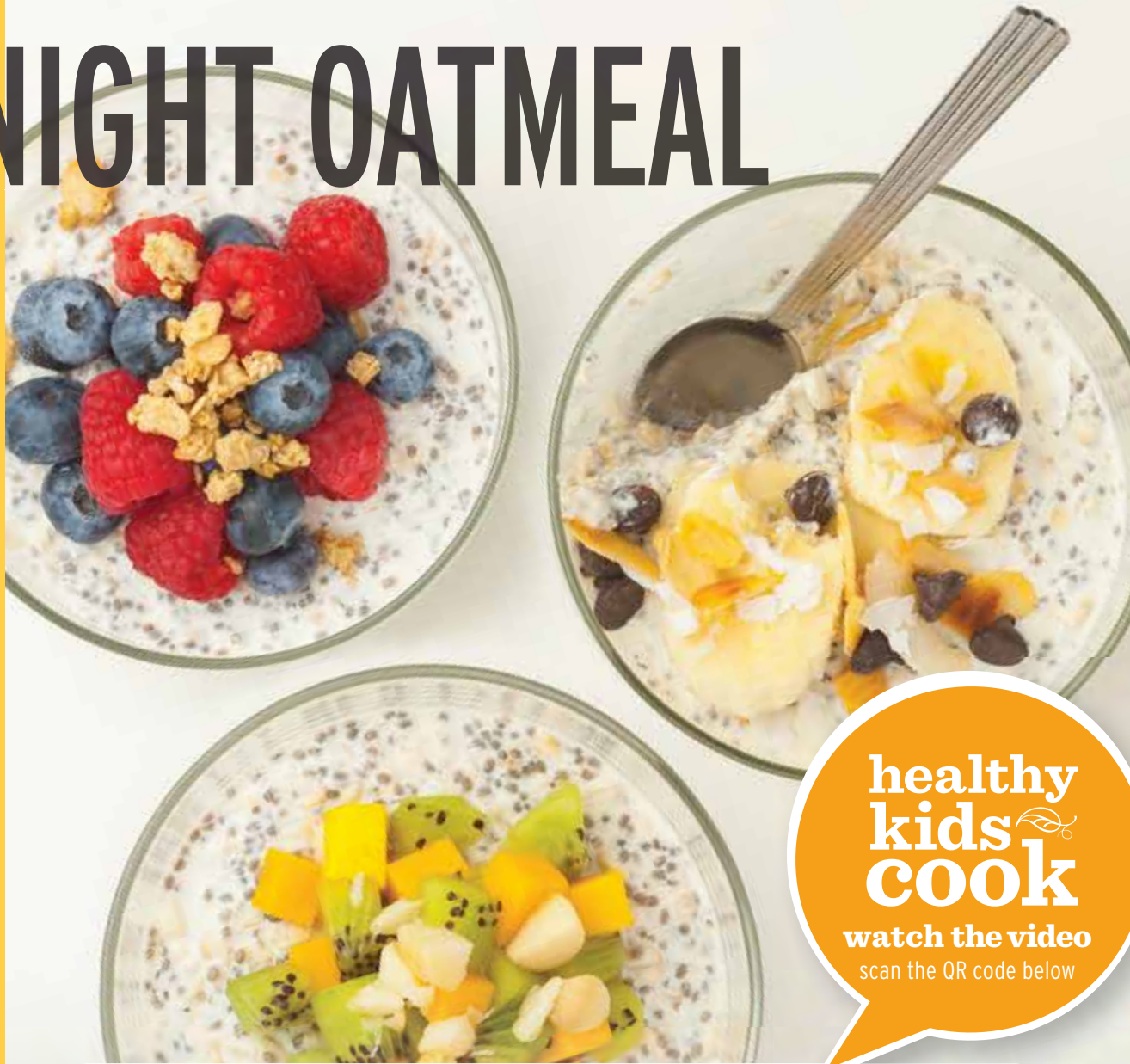
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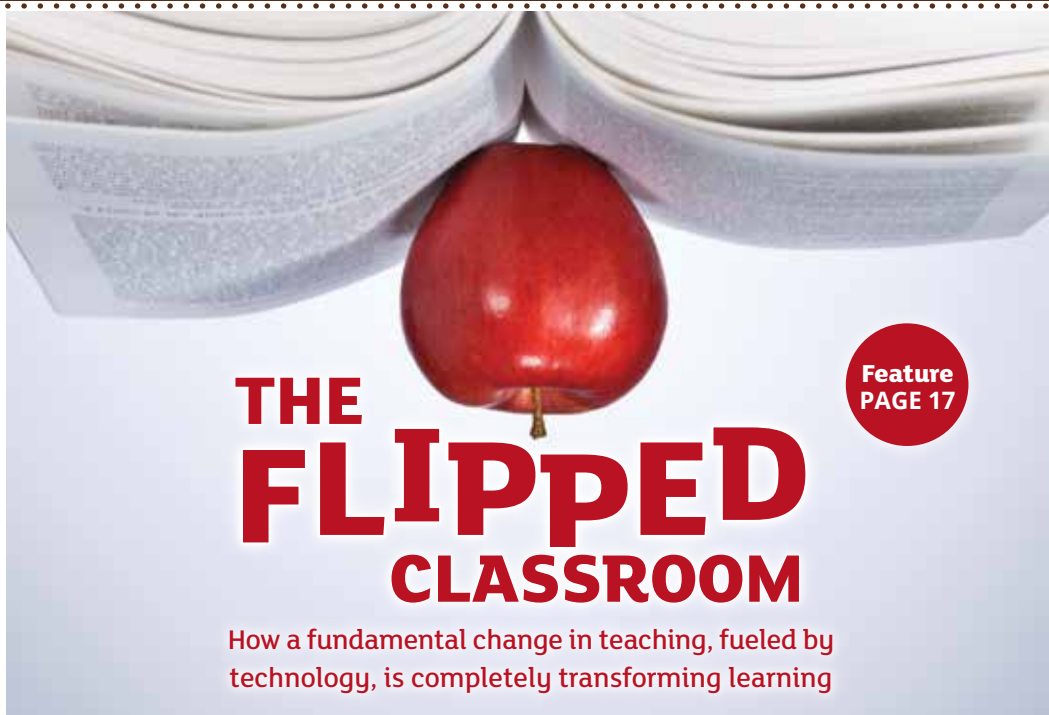
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THE FLIPPED CLASSROOM

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EVERY CHILD ISSUE

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End-of-summer playlist

Summer may be (almost) in the rear view mirror, but there's still time to take a virtual road trip courtesy of some great summer kids' music releases. Find your guide to terrific new compilations that will help your family hum its way to fall, from the debut folk-pop album by a trio of teen/tween sisters to a new bilingual rock album by Grammy Award-winning Lucky Diaz and the Family Jam Band (including the hit "Piñata Attack!") at parentmap.com/greatmusic.

Them apples

It's not autumn in the Pacific Northwest without a pie-prep trip to pick your own apples! From a family-run operation in the fertile Skagit Valley that sells heirloom varieties of your favorites to a Wenatchee farm ripe with crunchy Fujis and Galas, our round-up of the best orchards for family picking is at parentmap.com/apples.



School-day hacks

Lunch chaos? Lost clothes? Get-out-the-door stress? Fear not, we have your hacks, fair parents. Check out these 10 clever ideas that will make your mornings and their school days easier, from a lunch-making station to DIY labels for organizing school outfits. parentmap.com/SchoolDayHacks



Dear sweetie: I ♥ U

Kids love nothing better than finding a note from mom or dad in their lunchboxes. Find inspiration in our roundup of creative, fun ideas and products for making the lunch note even more exciting, with designs including superheroes, Seahawks, jokes, fun facts, scratch-off notes and more. Visit parentmap.com/LunchNotes.



Do the zoo!

Anyone with little kids knows: The best time to visit Woodland Park Zoo is the fall, when the weather is still good, the big kids are back in school, and the tourists are (mostly) gone. Check out parentmap.com/zoo for our readers' top tips on visiting the zoo, from intel on when the animals are out, to the best feeding experiences, to the new Banyan Wilds tiger exhibit.

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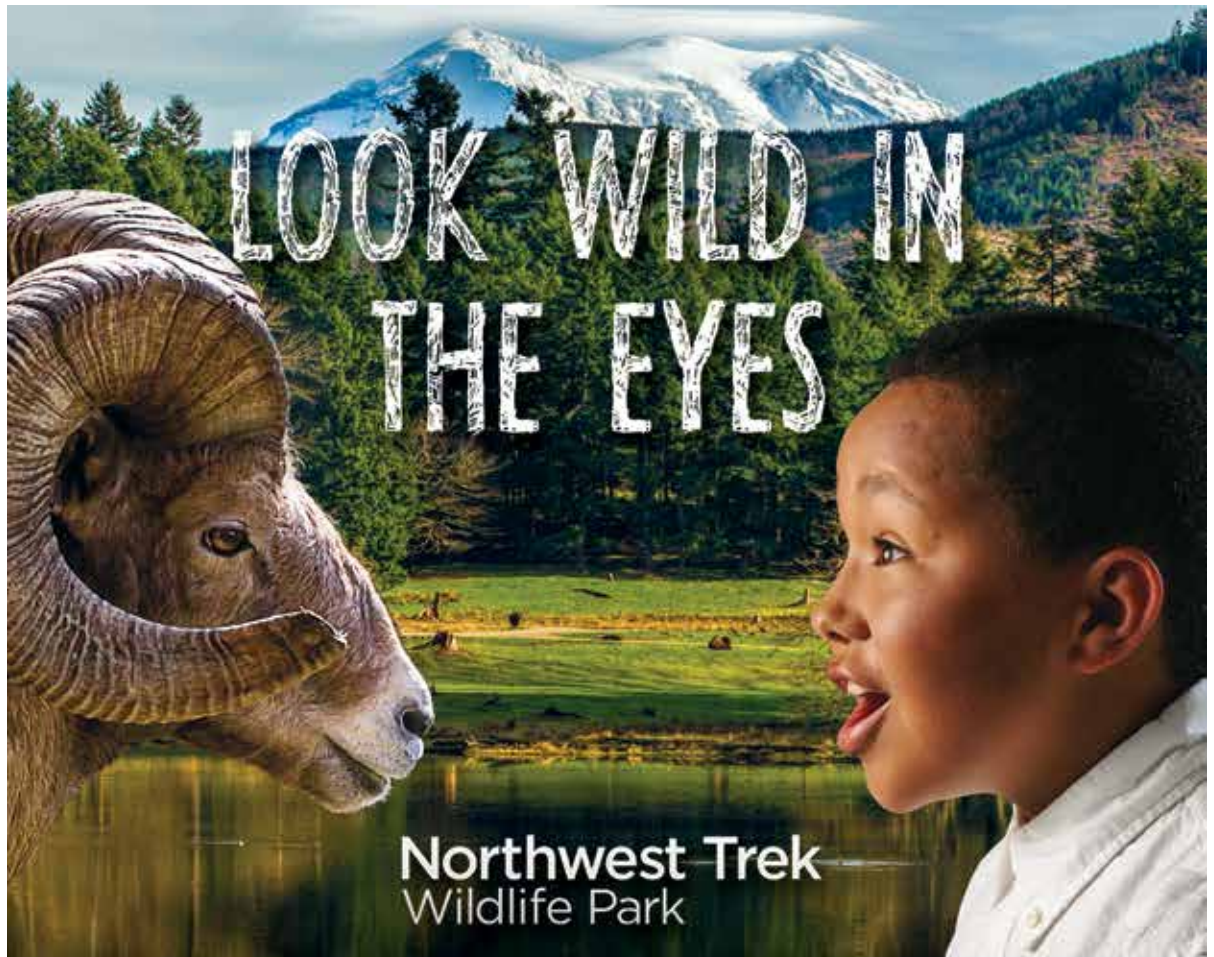
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dear reader

Fall scrambles and family growth

Right around the end of August is when I start to get anxious. Competing demands and urges pull me in opposing directions: I want to suck out that last, sweet juice of summer with my family, yet I am excited to stop hearing the phrase “Mama, I’m bored!” And I feel the pressure of the changing season — shop for new shoes and jackets, arrange fall soccer schedules, try to locate a hip-hop class for our youngest (“Beyond ballet,” p. 47) and navigate the Olympic sport of school-supply shopping.

On that topic, by the way, I guiltily confess here for all to witness: This year I ordered some of the supplies online (collective gasp). I love supporting the local, family-friendly businesses in our communities, but there is just something about battling crowds in endless aisles for a four-pack (not a six-pack or a three-pack, mind you) of black Sharpies or a mysteriously elusive Fiskars children’s scissors that chills me to the bone. We’ll make it up by buying our clothes locally, I really, truly swear.

In my family, the end of summer is also a time of reflection about how much our kids have grown. With summer’s height gains, pants are flooding.

Moods rise and fall, too, as we break through the double-digit tween barrier with our eldest. Meanwhile, it seems a million years ago that our youngest daughter clung to my leg *every single* morning at preschool, screaming bloody murder for me to not leave her (if



you are still in that heart-wrenching phase, get some expert advice: “Should I stay or should I go,” p. 42). One bittersweet marker: A few weeks ago, we decided it was time to pass on my daughters’ wooden outdoor playhouse (the sale reflected everything that is insane about the Pacific Northwest’s housing market: After posting the playhouse on my local parents’ listserv, bids started coming in above the asking price).

Time passes more quickly than we think, I realized as I watched that playhouse carted off to its new toddler owner on the back of a flatbed trailer. In a blink, we’ve passed beyond juggling baby naps and kindergarten demands (“Tandem parenting,” p. 41) and moved into worrying about things like math curriculum (“Crunching the numbers,” p. 51), Internet use and social dramas (“Ask the experts,” p. 15). Pretty soon I will be worrying about college applications, it seems, so I try to stop rushing and enjoy the now. As we move into the hectic school season, let’s all remember to stay sane and present.



—Natalie Singer-Velush



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BRAIN FUEL

parent news, snack-sized

Antibiotics-arthritis connection?

There may be a new reason to worry about overuse of antibiotics: A recent study, published in *Pediatrics*, found that children who were prescribed antibiotics had twice the risk of developing juvenile arthritis — and the more antibiotics they were prescribed, the greater was the risk. However, although there is an apparent link, it might not be causal. “A majority of children get antibiotics, but only about one in 1,000 get arthritis,” says lead author Daniel Horton M.D., MSCE, of the Department of Pediatrics at Rutgers Robert Wood Johnson Medical School. “So, even if antibiotics do contribute to the development of arthritis, it’s clearly not the only factor.” Researchers believe that about 25 percent of antibiotics prescribed to children are unnecessary; kids often get better on their own.

Autism discovery

A hormone deficit might be behind the painful social struggles of some kids with autism, according to new research from Stanford University. Scientists there found a correlation between low levels of vasopressin (a hormone involved in social behavior) and the difficulty some autistic children have with understanding that other people’s thoughts can differ from their own. The team is now running clinical trials to see if boosting vasopressin levels can reduce social problems for these kids.

Middle child’s revenge

In a blow for bossy big sisters everywhere, a massive new study finds *no significant link* between birth order and brain power. This debunks decades of hotly disputed theorizing about the relevance of birth order to IQ and personality. Researchers at the University of Illinois Urbana-Champaign studied more than 377,000 American high school students and found that firstborn children do indeed have higher IQs than their younger siblings — by about one point.



While this difference is statistically significant, the study’s authors say it is “meaningless” (hear that, *Karen?*). The study also reports that some “infinitesimally small” personality differences correlate with birth order;

firstborns were found to have ever so slightly less anxiety and were more extroverted, agreeable and conscientious than sibs born later. How important is the birth-order difference? According to researchers, “It’s not noticeable to anybody.”

Eating for two?

Expectant moms: Before you belly up to that Ben & Jerry’s, I have some seriously deflating news. New research finds that *you do not actually need to eat for two*. Researchers at Imperial College London found that to meet the demands of her growing baby, a mother’s digestive system in early pregnancy actually enlarges and adapts so it can absorb more energy from the same amount of food. The study’s authors say that the practice of “eating for two” may also explain why some women find it hard to lose weight after giving birth — and may also be linked to the child’s obesity later in life.



Doh!

Also causing obesity in children: Homer Simpson. Turns out, looking at obese-looking cartoon characters prompts kids to eat more low-nutrition, high-calorie food, such as cookies and candy. Researchers at the University of Colorado Boulder say talking to your kids about nutrition can help.

Lunch box hero

As you’re loading up that Jurassic World lunch box for back to school, why not give a thought to going waste-free? The average kid generates about 67 pounds of lunch box waste per year, according to wastefreelunches.org, a mom-run nonprofit. Not only is cutting down on wasteful product packaging good for the environment, the group says it could save you as much as \$250 per year! Some easy adjustments: Send sandwiches, fruits and treats in reusable lunch containers, not baggies. Use cloth napkins instead of paper ones, and send stainless-steel forks and spoons (or sporks!) and refillable drink bottles. Loads of other ideas — including menus, posters and nifty containers — are available at wastefreelunches.org. ■

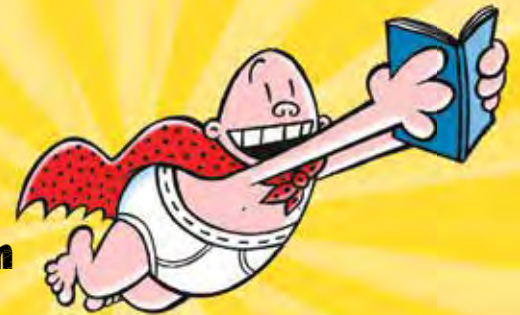
— Kristen Russell

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Soccer Dad

Finding strength in another season

By Lukas Velush

I became a soccer dad because the world hates my daughters.

Well, not everyone hates them (some people really love them). But the world, on the whole, is stacked against them.

Men are still paid more than women.

Girls and women are taken advantage of by men.

Men regulate what women do with their bodies. Men subjugate and silence them. They spike their drinks, they “mansplain,” they look down on them, they sexualize them, they hit them — the list goes on.

It’s an old story, and a frustrating one. Women have to fight for equality. This, despite the fact that they are more willing than men, on the whole, to build peace and avoid fighting.

All this reality is tough for a dad of daughters to accept. My older daughter just turned 10 (my younger one is 8). It was during back-to-school time four years ago, with first grade looming, that I asked her if she wanted to play soccer.

She said no.

I asked why.

I didn’t get a real answer. She was very shy back then. Maybe it was fear of the unknown, of not doing it well. A natural reaction. I checked with her several times (gently and casually; I didn’t push): Didn’t she want to join the team her closest friends were forming, run around and have fun with the ball?

She started crying.

“What if I help coach the team?” I offered, kind of surprised when it came out of my mouth.

That would be OK, she said. “I’ll try.”

So I signed up to help coach, despite knowing nothing about soccer. (Five years later, I arguably still don’t know what I’m doing — the parents of our team gently yelled at me for making an offside call on our half during a game this past spring. Who knew it was fine to be offside on your own half? Oops.)

Today, my daughter, a fifth-grader, loves soccer. She is assertive on the field. She fights for the ball. She thinks about where the ball should go and



STUART ISETT / ISETT.COM

where she should be. She does this in real time, while exerting herself physically. She tracks the ball, intercepts it and then plans out where to send it next. She thinks while doing.

And while she and her teammates are still learning how to work together, to anticipate what the other is going to do, they are also learning how to cooperate at a high level, with the pressure of the game weighing on them.

This combination of being physical while strategizing in real time about what should happen next — running to a spot where they predict the ball is going to be, anticipating what an opponent is going to do, using body language and their confident voices (sometimes with some shouting!) to work with teammates — this is what playing soccer is about. Learning to trust teammates, to rely on them, to support them and to help them.

This is what sport is about.

I want to be there as my daughter and her teammates teach themselves to seize the moment, to overcome their fears, to trust each other, to do

“What if I help coach the team?” I offered, kind of surprised when it came out of my mouth.

what needs to be done and to exert their wills on the world.

That is what sport is about, and that is what life is about.

Soccer didn’t come easily to my daughter. She had to work at it. She had to learn to assert herself, physically, vocally and mentally. To think, calculate, act and collaborate while in motion is power.

It’s that strength that I want my daughter, her sister, her teammates and all girls to find. If I can help my girl find strength and self-assurance on the soccer field, just as she is approaching the time in her life when a girl’s confidence often wanes, then I’ll be a happy dad and a blessed coach.

That’s why I became a soccer dad. ■



Lukas Velush is a journalist and content strategist. He blogs about growing food at rootsandspokes.com.

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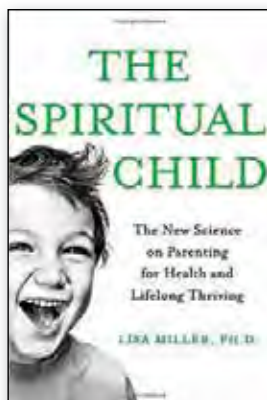
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Q&A

ask the experts

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Keeping control of the Internet

Q: I'd like advice on managing access to Internet content when my 9-year-old daughter is at friends' homes. She has already experienced inappropriate (and traumatic) content. I ask about this before dropping her off, but it's often awkward.

A: I have good and bad news for you. The bad news is that we lose control once our kids leave our house. The good news is that kids want (and eventually need) to monitor themselves. Appeal to your child's growing maturity by discussing family Internet rules ahead of time and often.

Age-appropriate expectations may include:

- Don't take your/our device to school, friends' homes or events without permission from me/us and the hosts.
- Your friends can't access the Internet/go online when they are with us unless their parents have cleared it beforehand.
- I/we expect you to be respectful, kind and cool. Don't do or say things online that you wouldn't in real life.
- When you have questions about your body, your health, sex or love or anything, ask me/us before asking the Internet. If we don't have the information, we will help you search safely.

Balance trust and supervision. Tell her you believe she's old enough to learn about making good choices. Make it clear that anyone who encourages rule breaking doesn't have her best interests in mind.

Create and practice refusal skills and escape hatches with your child, trying out dialogue such as: "My parents monitor me, and we cannot look at that—I'll never see my phone again!" or "I'm way over my media limit today; let's do something else."

When a friend looks at something scandalous, help your child practice saying: "Gross. Why would I want to see that?" or suggesting they watch a favorite YouTube video instead.

Pick a code word or phrase that signals that your child wants to end the visit. Your child texts/calls and says, "I forgot to feed the dog" or "Don't forget to TiVo the game" and then you summon her home.

Our children will be exposed to things neither they nor we want to see. Prep your child with short, casual conversations about cyberbullying, pornography, requests from people for nude selfies, identifying information that should be kept private, hate speech and viruses. This lessens the trauma when these things do occur.

Take pride in seeding change! Good job and good luck!



Seattleite Jo Langford, is a dad, a therapist, sex educator and the author of the new book *Spare Me "The Talk!": A Guy's Guide to Sex, Relationships, and Growing Up*, the only guide to healthy sexuality for boys and parents, available at parentmap.com/books.

Attack of the mean girls

Q: What do you do if you don't like your 5-year-old's friends, like she's associating with potential mean girls?

A: Though they might like to, parents can't dictate their children's choices of friends after early childhood because they are based on individual temperaments, tastes, attractions and sensibilities. Kids this age are just beginning to choose their friends. My rule of thumb is we try not to dictate choices, but we should be observing their socializing if we have concerns.

First, though, remember that all children want power! Socially, the developmental goal of this age is to be recognized, special, included, accepted and secure in a peer group. In their very messy management — they are kids! — they use positive and negative methods. Even at age 5, girls demonstrate gender differences in how they wield social power. Often they don't use physical strong-arming to establish rank; instead, they use indirect aggression: rumors, gossip, teasing, etc. When we understand norms, we can avoid demonizing what's typical and nudge children toward empathy, kindness and inclusion.

Parents often know what is good for their kids, and they should follow their instincts. If we have concrete information that the choice of a particular friend is destructive to our child, we take steps to ban it. What's destructive? If your child is repeatedly humiliated, intentionally physically hurt or appearing to suffer, have the two children take a break or at least assess the situation closely.

Still, the territory of friendship includes rejection, cruelty and disappointment, and children learn important lessons from social difficulties. As long as social bruises are not extreme or overwhelming, they can build competencies, especially with you as a guide and supporter (rather than a rescuer or judge). Keep in mind that we all have friendship histories that may make us less or more accepting of the messiness of social relations. The goal is to support a child's optimal social and emotional learning. Don't underestimate the positive influences and built-in rewards of peers: belonging, recognition and acceptance.

Fears about negative peer influence as parents become nervous about losing control. The hurly-burly social world outside a parent's direct influence understandably triggers anxiety, and mama- and papa-bear instincts. Children can be mean, it's true. But more often, they teach each other about loyalty, trust, respect, kindness, empathy, respect for differences and cooperation. Like all humans, friends are flawed creatures while also being a source of wonderful influences.



Laura Kastner, Ph.D., is a clinical professor of psychiatry and behavioral sciences at the University of Washington and co-author of a number of parenting books, including her new book, *Getting to Calm*, *The Early Years: Cool-Headed Strategies for Raising Happy, Caring, and Independent Three- to Seven-Year-Olds* (parentmap.com/books).

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THE FLIPPED CLASSROOM

How a fundamental change in teaching, fueled by technology, is completely transforming learning

BY JENNA VANDENBERG

In 2006, two chemistry teachers in rural Colorado got tired of reteaching lessons to students who had been absent. So Jonathan Bergmann and Aaron Sams began recording their lectures and handing absentees a DVD or an Internet link upon their return; it would be up to the students to take themselves through the lessons and catch up.

Soon, students were clamoring to watch the videos before tests. Science teachers across the country started showing the videos in their own classes, and parents were tuning in to relearn stoichiometry right along with their kids.

In 2007, the teaching duo decided to flip the typical classroom learning experience on its head: They prerecorded all their lessons and assigned them as homework. Students came to school with content knowledge, ready to get to work. Free from having to spend 30 minutes of in-class time lecturing, Bergmann and Sams could spend all their face-to-face time helping students complete the practice problems that used to be homework.

If students had trouble balancing equations or forgot how to calculate the number of moles in a solution, their teacher was right there to help. The role of the teacher flipped from lecturer to guide. The role of the student flipped from passive notetaker to active participant.

And the role of technology went from facilitating the flip to spreading it.

The pivot point

As the flip trend spreads to schools and districts around the country, benefits to the classroom keep racking up. Some were expected, such as how a struggling student is able to pause, rewind, and watch their teacher's recorded lesson again, learning concepts at their own pace. Some benefits were unanticipated, such as the fact that parents can have a real window into the classroom.

Most importantly, a flipped classroom allows teachers to redefine what happens during class time.

"What makes the flip good is that it leads to other things," Bergmann says. "It's the pivot point. Once the teacher gets out of the front of the room,

deeper learning strategies happen — strategies that have been around for a long time but don't get used very often because the teachers are stuck in the front of the room."

Redefined classroom time looks different across different grade levels and subject matter. Humanities teachers can use that time to facilitate discussions, mock trials and analysis of primary source material. History teachers finally have the time to assist students with research projects. Science students do more lab work. Language arts teachers can engage students in project-based learning. Math teachers might implement peer instruction. And all teachers finally have time to work with their students in smaller groups and one-on-one settings.

The flipped model is not simply "sending kids to watch videos without rethinking about what actually happens in the class," Bergmann notes. The hallmark of good teaching is still about relationships with students. Because instructional videos watched at home allow teachers to redefine



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Brain food: Fresh school lunch ideas



Faster than you can say September, school lunches can get boring — for you and for the kids. We've got some simple but refreshing ideas to keep everyone interested. More food ideas at parentmap.com/food.

BREAKFAST FOR LUNCH: That's right, breakfast is more fun at lunchtime. Pack a thermos with warm oatmeal and side containers of toppings such as dried or fresh fruit, almond milk, and nuts (if there aren't any allergies). Scrambled eggs — cheese if you please — can also go in an insulated canister; you can even pack a flour tortilla on the side and some black beans and tomatoes for a make-it-themselves breakfast burrito. Dried granola with a box of milk or yogurt cup works, too.

WARM AND TOASTY: Thermoses allow kids to have hot lunch every day, and there are so many options to mix it up: Homemade pasta; tomato or chicken noodle soup; turkey chili (side of tortilla chips and shredded cheese,

please!); rice topped with veggies, teriyaki chicken, tuna or salmon; or virtually any leftover you have sitting around in the fridge. We've even done a warm hot dog, with bun and ketchup on the side! Tip: Fill the Thermos first with hot or just-off-boiling water, let it heat up, then empty and put in lunch for optimum heat retention.

ROLL IT: We all get tired of sandwiches. Try a variation on the same-old with a flour tortilla roll-up: Build thin layers of turkey or ham; peanut butter and jelly; chopped egg, chicken salad or tuna; cream cheese and salmon; or anything else your kid will eat. Roll tightly, cut in half, and keep it all together by wrapping in foil or sticking in a toothpick.

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The flipped classroom

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class time, educators are better able to personalize learning and tailor it to each student.

Duplicating the teacher

One master of the flipped classroom is Randy Brown, a third-grade teacher in Monroe. Brown talks about flipping the way sports commentators talk about highlight reels — like every point needs an exclamation mark or two. He remembers the cold, rainy night he sat outside Safeway and watched an instructional video on his phone.

“I saw my very first math video, and I knew right then that if I could somehow, some way, learn how to create videos like that, I could duplicate myself. There could be this digitally recorded me and then there could be this live, in-person me all at the same time.”

So Brown figured out how to create videos, and there have been “two” of him ever since. Instead of assigning the videos as homework, Brown divides his class into centers, so some students can watch an instructional videos as others are working.

He recalls the first time he sent a group of kids over to learn from the digitalized Mr. Brown. “For the very first time in 28 years, I actually was free to walk around and help kids!”

He was so sold on the concept that during the 2012–13 school year, he arrived early to school each day to create his instructional videos. Despite the hefty cost of up-front time required to flip a class, Brown claims that “there is no comparison between the last three years and the first 28. I’ve literally reduced the student-teacher ratio by 50 percent. To be free to help kids at their desk and tutor them, coach them, it was really eye-opening.”

The power of 1:1 technology

Brown’s strategy of creating learning centers in the classroom has also been embraced by many secondary-school teachers as a way to conquer the digital divide (the reality that some students do not have access to technology at home) and the fact that many students simply don’t do homework, even if it’s watching a supercool teacher demonstrate how to solve quadratic equations.

High school teachers are reconfiguring the rows of desks to create a technology space where students can watch videos; a quiet space for students to complete practice problems or written work; and a collaborative space for student discussions or project-based learning. Bergmann and Sams did this in their classes as well. If a student didn’t turn in their notes from the previous night’s video, then they watched the lectures during class time and completed the work as homework just like students have traditionally done.

Naturally, this type of learning requires students to have consistent access to technology. Many schools in the Seattle area are moving to a 1:1 (one-to-one) goal of having one device for every student to use in the class and at home. Technology levies in many districts have included 1:1 goals. The Kent School District will distribute more than 11,000 laptops to secondary-school students this year. The Bellevue and Lake Washington districts are piloting similar programs. The Mercer Island and Bethel school districts are in the implementation phase of their 1:1 iPad rollouts.

In February 2014, a 1:1 technology levy passed in the Bethel School



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The flipped classroom

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District, in Pierce County, to ensure that all students would have equal access to technology. The district will likely become the largest 1:1 iPad district in the state as it rolls out 21,000 iPads for students over the next three years. Melissa Haffeman, director of instructional technology for the Bethel School District, spoke about the success teachers in her district have had. "The iPad serves as a catalyst for instructional change," she says. "It's a transformational tool."

Students engage

Melissa Munson-Merritt, a teacher currently serving as innovation technology specialist for the Bethel district, was one of the 67 teachers who piloted the iPad program last year.

"What you see in classrooms is more creativity and individuality. In my class, students are not only consumers but producers of online content. I had kids creating iMovies. One group chose to talk about what would happen in Washington if we continued to use pesticides and eliminated the bee population. They consumed a lot of online content to learn about that, then created a PSA to educate a wider audience."

Munson-Merritt spoke about how she also uses the devices to have digital conferences with students. "In the traditional sense, conferencing with each of them individually is impossible," she admits. By using Google Docs to flip those conversations, students can read her comments or listen to her audio feedback outside of class, making for more productive conversations when they return to school.

Jennifer Bonner, also a pilot teacher with the Bethel district, reports not only an increase in student creativity, but also a higher

turn-in rate for assignments and projects. "To get that flip, I really utilized Canvas," she said, referring to the online platform for presenting content that many colleges use for course work. Bonner would put resources, video links, study guides and practice quizzes on Canvas, which provided a place where students could access materials if they were absent or wanted extra practice to prepare for tests.

Helping kids who need it most

Not only does technology allow for more creativity and accountability, but perhaps the biggest benefit of using technology to flip the classroom is that the kids who need the most help get the most help. A flipped classroom makes learning rewindable. Munson-Merritt's students have her audio comments captured right next to their papers. Bonner's students have access to practice quizzes and online resources. Bergmann's and Sams' students could finally pause and rewind their chemistry teachers, stopping to carefully copy formulas or listen one more time to an explanation.

In all classes, the students get more one-on-one time with their teacher. Brown talks about the kids who don't raise their hands and fly under the radar: "In the flipped classroom, those kids are the ones I see the most! I see them 30-40 times a day, and I love it! I finally get to work with these kids who struggle so much."

Flipped learning is also a beneficial time-saver for students at the other end of the spectrum. Those who understand concepts quickly no longer need to sit in class, bored to death, as a teacher provides example after example of something they understood the first time

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The flipped classroom

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around. Some strapped-for-time high schoolers even reported listening to the lecture in double time.

Parents peek into the class

Any parent who has tried to figure out what a “math mountain” is knows that helping your second-grader with homework is no easy task anymore — unless your child is in a flipped classroom. Then, you and your child can watch his teacher explain these crazy math expressions and learn together.

“If you are a parent and all of the sudden you have access to instructional video, it just opens the world up for you to parent your kid better,” Brown says. At the secondary-school level, it is a lot easier for parents to coax their teenagers into watching videos than to complete a set of challenging math problems. And, of course, that is the whole point of the flipped classroom: The easy part of the learning (receiving content) is done at home where little support is needed. The hard part of learning (doing the work) is saved for school.

Munson-Merritt acknowledges that there has been some parental concern “not so much with what the school is doing with the technology, but how the technology is affecting their kids’ increased screen time. The kids are really into the technology, and it’s difficult for them to put it down.”

But parents quickly realize that students are getting more done at a faster rate with technology. There is less face time with pieces of paper, but more face time with teachers compared to the days before the technology. “I’m a parent, I understand the concern,” Munson-Merritt says. “But I’m not just popping them on a screen.

Technology is the conduit for looking at all kinds of viewpoints and perspectives, and for taking our work to the next level.”

Looking into the future

Flipped learning is happening in classes from Granite Falls to Vancouver, but there is not a list of “flipped schools” in the Seattle area. Nationally, 96 percent of teachers recognize the term “flipped learning,” and 78 percent of teachers have flipped at least one lesson.

Teachers work together and draw inspiration from each other, so once one teacher successfully flips, all his or her teaching buddies are more likely to follow suit. “All the third-grade teachers in my building use my math videos, which I think is really cool,” Brown says. Several other teachers throughout his district use them as well, and many more teachers have been inspired to create their own.

“In the next 10 years, some form of what I’m doing will be the norm,” Brown predicts. Or at least he hopes. He is an ardent advocate for flipped learning not only because it provides the personalized learning that is good for students, but also because it’s made him a better, happier teacher.

“With all this high-stakes testing, I’ve never seen so much stress on teachers,” Brown says. “They are so tense, they are so distraught, they are so frustrated. And I’m having the time of my life.” ■

In the space between convincing sophomores to analyze the French Revolution and convincing her toddler to eat her veggies, Jenna writes and runs. She can usually be found behind a double jogging stroller just north of Seattle, where she teaches and lives with her daughters and husband.

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BY FIONA COHEN

Like morning fog, spider webs and giant, lazily falling maple leaves, spawning salmon are a distinctive part of fall in the Northwest. It is possible to witness salmon's iconic journey without leaving the Seattle area. (For great salmon-spotting spots at urban creeks, check out parentmap.com/citysalmon.) But it's worth taking the time to drive to one of our wilder places, where you can see bigger salmon runs and explore the whole habitat on which salmon depend.

Also, because it is an odd-numbered year, thousands of pink salmon will be running our Northwest rivers, along with the usual chinook, sockeye, chum and coho. (Small but numerous, pinks are sometimes called humpies for the striking hump that the males grow when they enter rivers. They spawn every two years.)

Here are some of our favorite wild places to see salmon run. Find more at parentmap.com/salmon.

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SALMON OF NOTE: Pink

WHEN: Mid-August through early November

In 2013, this Olympic Peninsula river hosted its biggest run of pink salmon in 50 years, with as many as 100,000 fish counted in the river at one time. This year, the offspring of those fish return home. It should be a big show. One stop you must make: Railroad Bridge Park in Sequim, home to the **Dungeness River Audubon Center**, which runs programs including a festival on the

weekend of Sept. 25–26. Further upriver, visit the **Dungeness Hatchery**, where you can wander trails that allow you to explore the riverbank and watch the action.

Just to the west, the **Elwha River** has salmon, too — a few hardy stocks that survived a century of being dammed, plus a few introduced ones. One year after demolition crews blew up the last part of the last dam, the numbers of returning salmon are modest, but conservationists are optimistic. A good place to witness the recovery in progress is by the bridge where U.S. Highway 101 crosses the river.

INFO: dungenessrivercenter.org >>



Dungeness River

FLICKR CREATIVE COMMONS / DAN DELUCA

Old Sauk River Trail

WHERE: Off the Mountain Loop Highway, near Darrington

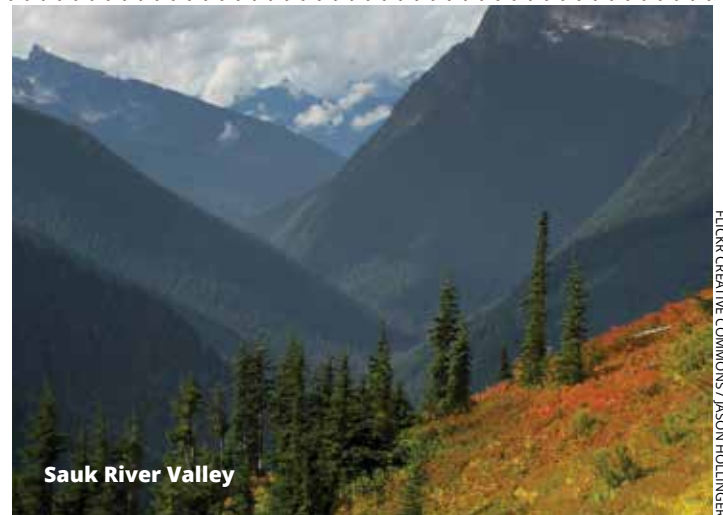
SALMON OF NOTE: Pink, coho, chum

WHEN: Late August through December

FEE: Northwest Forest Pass

This kid-friendly trail goes for 3 miles through lichen-draped forests on the banks of the **Sauk River**, a clear, free-flowing river that is part of the **Skagit**

Wild and Scenic River System. You may not see many salmon compared with other destinations listed here, but there'll be eagles aplenty and other river creatures, such as American dippers — songbirds that can walk and sometimes swim through rushing water. Because the trail is at a relatively low elevation, it is a fine walk for cold, wet days when other hikes lose their luster.



Sauk River Valley

Flicker Creative Commons / Jason Hollinger



Capilano River Regional Park

Flicker Creative Commons / JanHeunick



Adams River

Adams River

WHERE: East of Kamloops, British Columbia

SALMON OF NOTE: Sockeye

WHEN: October

This is too far to go for a day trip from the Seattle area (it's a five-hour drive at minimum), but if you are enchanted by fish and other natural wonders of our region, an Adams River trip deserves to be on your list, particularly during the one year in four — the next year is 2018 — when millions of bright red sockeye jostle for position. It's a scene that some nature watchers have called one of the great migrations on earth. In 2015 — year two of the four-year cycle — the salmon journey will not be as dramatic as last year, but the numbers should still be in the hundreds of thousands (in 2016 and 2017, there will be far fewer). **Roderick Haig-Brown Provincial Park** is a particularly good spot to watch the drama. Consider camping in nearby **Shuswap Lake Provincial Park's** campground (open through Oct. 12) or staying around Shuswap Lake.

INFO: tourismkamloops.com/adams-river-sockeye-salmon-run-in-kamloops-british-columbia

Capilano River Regional Park

WHERE: North Vancouver, British Columbia

SALMON OF NOTE: Chinook, coho

WHEN: October, November

While not as well known as the park with the heart-stopping pedestrian suspension bridge just upriver, this park in the suburb of North Vancouver is a great destination for salmon fans. The **Capilano Salmon Hatchery** has viewing windows through which you can see salmon returning to spawn. The hatchery also has some fine educational displays about the life cycle. And then you can take to the trails and view the Capilano River surging through the dramatic Capilano Canyon.

INFO: vancouvernorthshore.com/what-to-do-outdoors

Flicker Creative Commons / MartialArtSNomad

Go fish!
More salmon-
spotting at
[parentmap.com](http://parentmap.com/salmon)
/salmon

Sol Duc River Salmon Cascades

WHERE: Northwest corner of Olympic National Park

SALMON OF NOTE: Coho

WHEN: Mid-October until early November

FEE: National Park entry fee (\$20 per car)

If you are lucky enough to find yourself in the western part of Olympic National Park while the coho are running, make sure you visit this spot overlooking a series of rapids and falls on the Sol Duc River. This is the perfect vantage point to gawk at coho salmon leaping to get to the upper reaches of the rivers and streams where they spawn. Even though they stop eating and their bodies start shutting down once they enter the river, a coho can still leap more than 6 feet.

INFO: olympicnationalparks.com

Newhalem

WHERE: Start at the North Cascades National Park Visitor Center, near the Newhalem Creek Campground.

SALMON OF NOTE: Sockeye, pink, chum, coho

WHEN: Late August until Nov. 14, when the Visitor Center closes for the year

Walk amid huge old-growth firs and cedars and watch salmon make their way through the clear, cold water of the glacier-fed **Skagit River** and **Newhalem Creek**. On odd-numbered years such as this one, there's a big run of pinks in September, so it might be a good idea to reserve a spot at **Newhalem Campground** (recreation.gov; open through Sept. 20) to be able to watch the action at your leisure. September and October are lovely in these forests. The ferns and moss that coat the trees spring back to life after the summer drought. Vine maples bring bursts of color; their leaves yellow in the shade and redden in the sun. And as the fall progresses, eagles gather along the river to feast on the flesh of spawned salmon.

INFO: skagiteagle.org/viewsites.php ■

Fiona Cohen lives in Seattle and enjoys writing about nature. When watching spawning salmon swim upstream, she has been known to start cheering as they clear obstacles, which probably embarrasses her two kids, ages 11 and 13.

Salmon 101



PINK General spawning time: August and September of odd-numbered years. Appearance at spawning: small, with green backs and silver bellies; males have pronounced humps.



CHUM General spawning time: November and December. Appearance at spawning: green and pink stripes.



COHO General spawning time: October and November for fall runs. Appearance at spawning: bright pink bodies, green backs.



CHINOOK General spawning time: depends on the population and the river; winter, spring, summer and fall runs exist. Appearance at spawning: mostly green, sometimes with a bit of pink.



SOCKEYE General spawning time: August, September, October. Appearance at spawning: red bodies, green heads.

KOKANEE Landlocked populations of sockeye salmon that spend their adulthoods in lakes rather than the ocean. General spawning time: September through November. Appearance at spawning: similar to sockeye, crimson with a green head, sometimes black.

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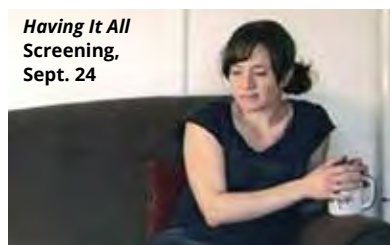


PICKS



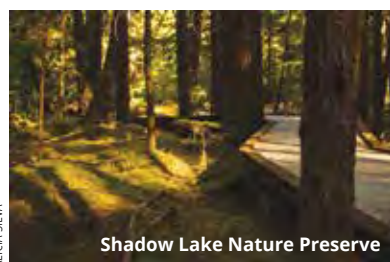
Free First Thursday at Lake Union Park, Sept. 3

CENTER FOR WOODEN BOATS



Having It All Screening, Sept. 24

ALICIA SILVA



Shadow Lake Nature Preserve



Seattle Summer Parkways, Sept. 12 and 19

CAROLINE WALKER EVANS PHOTOGRAPHY



Ellensburg Rodeo, Sept. 4-7

MOLLY MORROW PHOTOGRAPHY

SUNDAY



Washington State Fair, Sept. 11-27

PATRICK HAGERTY

6

Canoe Mercer Slough. Last day of the season to ply the waters of the amazing Mercer Slough; prior canoeing experience required. 8:30 a.m.-noon. \$16-\$18; preregister. Ages 5 and up. Enatai Beach Park, Bellevue. myparksandrecreation.com
Bremerton Blackberry Festival. Live music and fantastic kids' entertainment, fun runs, car show and loads of berries. Saturday-Monday, Sept. 5-7. **FREE.** Louis Mentor Boardwalk, Bremerton. blackberry-festival.org

13

Chomp! Support local farming and sustainable living with a bike rodeo, scavenger hunt, kids' activities, live music and more. Saturday-Sunday, Sept. 12-13. **FREE.** Marymoor Park, Redmond. chomlocal.org
Aki Matsuri Fall Festival. Partake in the rich cultural traditions of Japan, with hands-on workshops in taiko and origami, performances, food and more. Saturday-Sunday, Sept. 12-13. **FREE.** Bellevue College. enma.org

20

All About Steam Weekend. This dockside fest celebrates the steam-powered maritime fleets of yore with scienceterrific activities. Saturday-Sunday, Sept. 19-20. Included with admission. All ages. Foss Waterway Seaport, Tacoma. fosswaterwayseaport.org
Fremont Oktoberfest. Beer is the focus, but bring the kids for all-ages fun today, such as zucchini races and chainsaw pumpkin carving. 10:30 a.m.-6 p.m. \$25 and up; kids free with paying adult. Fremont neighborhood, Seattle. fremontoktoberfest.com

27

Sensational Sea Otters. Learn all about these important and super-cute marine mammals. 10 a.m.-4 p.m. Included with admission. Point Defiance Zoo & Aquarium, Tacoma. pdza.org
Evan's Family Variety Show. Magician Louie Foxx and jump rope guru René Bibaud join Evan for his fantastic monthly show. 3 p.m. **FREE;** preregister for tickets. All ages. Phinney Neighborhood Center, Seattle. evan.org

MONDAY



Vashon Sheepdog Classic, Sept. 10-13

CLARA KAPPELMAN

7

Jetty Island Trash Bash and Closing Ceremony. This season's last chance to visit Everett's sandy, man-made island; help with clean-up and meet Smokey Bear. Noon-4 p.m. \$1-\$2 donation for ferry. Jetty Island, Everett. everettwa.gov
FREE Swim at Tacoma Pools. Enjoy a Labor Day dip in one of Tacoma's awesome outdoor pools; come early as capacity is limited. Noon-5 p.m. **FREE.** Stewart Heights and Kandle Pools, Tacoma. metroparkstacoma.org

14

Monday Movie Madness and Bargain Tuesday. Make it family movie night for the nice price of \$3 (Mondays) or \$4 (Tuesdays), all seats. Check website for schedule. Blue Mouse Theatre, Tacoma. bluemousetheatre.com
ONGOING EVENT
Maker Mondays. Visit the Maker Space to experiment with 3D modeling and try out the 3D printer. Mondays, 3-8 p.m. \$5; preregister. Ages 11-18, under 15 with adult. Future of Flight Aviation Center, Mukilteo. futureofflight.org **ONGOING EVENT**

21

Lil' Diggers Playtime. Favorite giant sandbox re-opens for the season, with digging for kids and wi-fi for grown-ups. Monday, Wednesday, Thursday, 9:30-11 a.m. or 11:30 a.m.-1 p.m. \$7. Ages 5 and under. Sandbox Sports, Seattle. sandboxsports.net **ONGOING EVENT**
Grossology: The (Impolite) Science of the Human Body. A whole museum exhibit devoted to bodily functions? It's a kid's dream. Daily through Jan. 3. Included with admission. Pacific Science Center, Seattle. pacificsciencecenter.org **ONGOING EVENT**

28

Titanoboa: Monster Snake. See the 48 foot-long replica of the prehistoric mega snake that lived in South America. Daily through Nov. 15. Included with admission. The Burke Museum, Seattle. burkemuseum.org **ONGOING EVENT**
Jim French's Imagination Theater. Watch and listen as the auditory experience of radio mystery is created. 7:30 p.m. \$16. Ages 8 and up. Kirkland Performance Center, Kirkland. kpcenter.org

TUESDAY

1

The Evergreen State Fair. Carnival, competitive livestock exhibits, find-a-quarter-in-the-haystack contest and more. Daily through Sept. 7. \$6-\$12; ages 5 and under free; specials available; carnival rides extra. Evergreen State Fairgrounds, Monroe. evergreenfair.org
Matilda the Musical. Roald Dahl's story of imaginative and spirited Matilda Wormwood and her awful family set to song. Through Sept. 6. \$40 and up. Ages 8 and up. The 5th Avenue Theatre, Seattle. 5thavenue.org

8

Live at Lunch. It's the last week of Bellevue's summer concert series; today the blues are on tap with Butler & Green. Noon-1:30 p.m. (other venues Sept. 9-10). **FREE.** Key Center, Bellevue. bellevuedowntown.com
Shadow Lake Bog Self-guided Walking Tour. Download the guide for a two-mile trek to explore the fascinating features of this bog preserve. Daily during daylight hours. **FREE.** Shadow Lake Nature Preserve, Renton. shadowhabitat.org

15

Seattle Symphony Piano Competition. Listen as nine pianists, ages 25 and under, compete for \$10,000. Tuesday, Wednesday and Friday, Sept. 15-16 and 18. **FREE** for recital and semi-final rounds; preregister for tickets; Friday finals \$15. Benaroya Hall, Seattle. seattlesymphony.org
Toddler Time. Little ones burn off energy with bikes, slides and toys. Monday-Friday, 8 a.m.-noon. \$2. Ages 3 and under with caregiver. Issaquah Community Center. issaquahwa.gov **ONGOING EVENT**

22

SkyMania Toddler Time. Get the wiggles out in hopes of a quiet afternoon (ha). Tuesday-Thursday, 10-11:30 a.m. \$5. Ages 5 and under. SkyMania Trampolines, Kirkland. skymaniatrampolines.com **ONGOING EVENT**
Kids' Book Club. Read funny *Freckle Juice* by Judy Blume, then come to the library to talk about it and have a snack. 4-5 p.m. **FREE;** preregister. Grades 1-3. Pierce County Library, South Hill Branch. piercecountylibrary.org

29

Tuesday Play Date and Inclusive Circle Time. Families of children with special needs get exclusive use of the museum. Tuesdays, 10-11:30 a.m. Pay-as-you-will admission. Ages 1-6 with families. Children's Museum of Tacoma. playtacoma.org **ONGOING EVENT**
What's Up, Doc? The Animation Art of Chuck Jones. Explore the artist and artwork behind Roadrunner, Wile E. Coyote and more, plus watch animated films. Daily, 10 a.m.-7 p.m. Included with admission. EMP Museum, Seattle. empmuseum.org **ONGOING EVENT**

WEDNESDAY

2

Pool Playland. It's the last week for outdoor swimming fun. 11 a.m.–noon daily through Sept. 7. \$3.75–\$5.25; under 1 free. Ages 0–5 with caregiver. Pop Mounger Pool, Seattle. seattle.gov/parks/aquatics
Tunes at Tapps. Head to Allan Yorke Park for outdoor market offerings and live music; tonight it's the power ballads of Heart by Heart. 5 p.m. market; 6:30 p.m. tunes. **FREE.** Bonney Lake. ci.bonney-lake.wa.us

9

Student Wednesday at BAM. The museum invites students to visit its collections every second Wednesday of the month. 11 a.m.–6 p.m. **FREE** for grades K–12 with online coupon. Bellevue Arts Museum. bellevuearts.org
Green Lake Bat Walk. Venture out at dusk to spot these flying, insect-munching friends. 6:30 p.m. **FREE.** All ages. Bathhouse Theater at Green Lake, Seattle. batsnorthwest.org

16

Sammamish Farmers Market. Stop by for a kids' activity — clay figures today — as well as live entertainment and the late summer produce bounty. Wednesdays, 4–8 p.m. through Sept. 30. Sammamish City Hall. sammamishfarmersmarket.org
September Tree Tour. Download the map for a self-guided, in-town nature hike in search of Japanese maples and other living specimens. **FREE.** Washington Park Arboretum, Seattle. depts.washington.edu/uwbw

23

Tacoma Resident Free Day at PDZA. City of Tacoma dwellers enjoy free admission to the zoo and aquarium today. 9:30 a.m.–5 p.m. **FREE** for Tacoma residents with proper I.D. Point Defiance Zoo & Aquarium, Tacoma. pdza.org
Finding Childcare 101. Get some guidance navigating the stressful task of securing the right childcare for your family. 6:30–8:30 p.m. \$15 per couple or pay-what-you-can; preregister. Adults. Verity Credit Union, Seattle. peps.org

30

Family Nature Class. Explore the natural world with learning stations and a trail walk. Wednesday–Saturday, 9:30–11:30 a.m. \$18 per adult/child pair; preregister. Ages 2–5 with caregiver. Washington Park Arboretum, Seattle. depts.washington.edu/uwbw **ONGOING EVENT**
Little Bookworms Story Time. Stories, songs and a special treat. Wednesdays, 11 a.m.–noon. **FREE.** Ages 0–5 with caregiver. The Shops at the Bravern, Bellevue. the-bravern.com **ONGOING EVENT**

THURSDAY

3

Scarecrow Video Children's Hour. Kids read a story, watch a video and do an activity around a theme; today, it's birds. 11 a.m.–noon. **FREE.** Ages 3–6 with caregiver. Scarecrow Video, Seattle. blog.scarecrow.com
FREE First Thursday at Lake Union Park. Sail a pond boat (11 a.m.–2 p.m.) or build a toy boat (3–5 p.m.) at the Center for Wooden Boats, climb aboard tugboat Arthur Foss and steamship Virginia V (noon–5 p.m.) and explore MOHAI (10 a.m.–8 p.m.). **FREE.** Seattle. cwb.org

10

Vashon Sheepdog Classic. A different breed of dog show; watch these skilled pups at work directing sheep traffic. Thursday–Sunday, Sept. 10–13. \$8; ages 5 and under free (Thursday is pay-what-you-can). Misty Isle Farms, Vashon Island. vashonsheepdogclassic.com
Si View Summer Concert and Market. Partake in the late-summer farmers market bounty and listen to lovely folk tunes by the Winterlings. 4–8 p.m. (music 5:30–7 p.m.). Si View Park, North Bend. siviewpark.org

17

Third Thursday at the Conservatory. Visit the amazing tropical plants growing in this historic glass building in Wright Park. 11 a.m.–7 p.m. **FREE.** W.W. Seymour Botanical Conservatory, Tacoma. seymourconservatory.org
EV3 Robotics. Learn to design and program Lego bots with Mindstorms EV3, combining Lego building with robotics. 4–6 p.m. **FREE;** preregister. Ages 9–14. King County Library System, Covington Branch. kcls.org

24

'Having it All' Film Screening. Join ParentMap for an honest, moving examination of three women's lives at the intersection of marriage, career and family; a panel follows. 7 p.m. \$15. Adults. Stroum Jewish Community Center, Mercer Island. parentmap.com/havingitall
Tugboat Story Time. Climb aboard a tugboat for stories of the sea. Second and fourth Thursdays, 11 a.m.–noon. **FREE.** Ages 2–5 with caregiver. Center for Wooden Boats, Seattle. cwb.org **ONGOING EVENT**

FRIDAY

4

Olympia Harbor Days. Tugboats are the stars at this maritime fest with tours and tugboat races, plus historic ships, entertainment, kids' activities, food and crafts. Friday–Sunday, Sept. 4–6. **FREE.** Percival Landing Park, Olympia. harbordays.com
Ellensburg Rodeo and Kittitas County Fair. Saddle up for exciting rodeo action and frontier fair fun. Rodeo Sept. 4–7; fair Sept. 3–7. Rodeo \$16/day and up; fair \$6–\$9/day; ages 5 and under free. Ellensburg. ellensburgrodeo.com; kittitascountyfair.com

11

Washington State Fair. Finish up summer with wild fair fun such as animal exhibits, carnival rides and fair treats; free admission today, 9 a.m.–noon. Sept. 11–27. \$7.50–\$12.50; ages 5 and under free (many discounts available); shows and rides extra. Washington State Fair Events Center, Puyallup. thefair.com
The LEGO Movie. Everything is awesome about late summer outdoor movies, particularly the earlier start time. 7 p.m.; film shown at dusk. **FREE.** Occidental Park, Seattle. downtownseattle.com

18

United Way Day of Caring. Join with the United Way and other citizens to serve our community working on volunteer projects. **FREE;** pre-register. All ages. King County locations. uwkc.org
The Great Wallingford Wurst Festival. Enjoy games, crafts, tasty brats, live music and beer at this popular end-of-summer festival. Friday–Saturday, Sept. 18–19. **FREE;** food for purchase. St. Benedict School, Seattle. stbens.net

25

Ringling Bros. and Barnum & Bailey Built to Amaze. Stunts, tricks, acrobatics, elephants and more. Thursday–Sunday, Sept. 24–27 (Kent) and Oct. 1–4 (Everett). \$20 and up; discounts available. ShoWare Center, Xfinity Arena. showarecenter.com; xfinityarenaeverett.com
Kruckeberg Garden Tots. Last day this season to visit this hidden garden for exploration and a craft. 10 a.m.–1 p.m. \$7/family. Ages 2–6 with caregiver. Kruckeberg Botanic Garden, Shoreline. kruckeberg.org

SATURDAY

5

Bumbershoot. Our area's premier music, comedy and arts showcase includes a special kids' activity zone called Youngershoot. Saturday–Monday, Sept. 5–7. \$99–\$113/day; ages 5 and under free. All ages. Seattle Center. bumbershoot.com
Get Out of the Rut. It's breeding season, or the rut, for deer, elk, sheep and moose; learn about this dramatic time for the park's residents. Saturday–Monday, Sept. 5–7. Included with admission. Northwest Trek, Eatonville. nwtrek.org

12

Seattle Summer Parkways. Test out bikeways routes of 3–7 miles and play in the street with your community. 11 a.m.–3 p.m.; also Sept. 19 in Ballard. **FREE.** Central District, Seattle. seattle.gov
Night Market and Autumn Moon Festival. Devour a range of food truck dishes, then get moving with break dancers and an all-ages dance party. 6 p.m.–midnight. **FREE;** food for purchase. Chinatown/International District, Seattle. cidbia.org

19

The Legacy of Seattle Hip-Hop. Celebrate the opening of this exhibit with music, dancing, family activities and more. 10 a.m.–5 p.m. Included with admission. Through May 1, 2016. Museum of History & Industry, Seattle. mohai.org
Fraser Cabin Heritage Program. Explore Eastside history and try your hand at the domestic and farming tasks of 1880s settler life. 11 a.m.–3 p.m. **FREE.** Kelsey Creek Farm, Bellevue. myparksandrecreation.org

26

Museum Day Live. A nationwide event where participating museums and cultural institutions, including most local museums, offer **FREE** admission to all; preregister for tickets. smithsonianmag.com/museumday
Duval Heritage Festival. Dance to folk music and get some hands-on experience in churning butter and other pioneer tasks. 10 a.m.–5 p.m. **FREE.** Dougherty House and Farmstead, Duval. duvallhistoricalsociety.org



www.seattlechildrens.org

Seattle Children's South Clinic Community Open House
Saturday, Sept. 12, 10 a.m. to 2 p.m.
 34920 Enchanted Parkway South
 Federal Way, WA 98003
www.seattlechildrens.org/SouthOpenHouse

Join us as we celebrate the opening of our brand new facility in Federal Way! Enjoy this **FREE** "hands-on" event with lots of fun activities, including Teddy Bear Clinic, live music, obstacle course, and much more. **FREE** bike helmets for kids 1 to 18. Quantities are limited and wearers must be present.

Run of Hope Seattle Sunday, Sept. 27, 8 a.m.
 Seward Park, Seattle
www.runofhopeseattle.org

Join thousands in support of brain tumor research during this 5K run or 3K walk presented by the Pediatric Brain Tumor Research Guild and Four Seasons Hotel Seattle. Registration fee: \$30 online advance registration; \$35 race day.

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Annie

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Cadillac

Alaska

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October 11

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FANTASTIC FALL ARTS

A harvest of family theater, music and dance picks

BY NANCY CHANEY
AND ELISA MURRAY

In the midst of your family's hectic fall schedule, don't forget to block out some time for activities that reconnect all of you. Chief among those are the arts: **musicals** that bring new songs, stories and laughs into your household; **dance** performances that surprise and delight; **dramas** that open your kids' eyes to new questions and cultures. We've culled through our region's fine offerings this fall and chosen **23 family favorites.**

Find a full schedule at parentmap.com/fallarts.

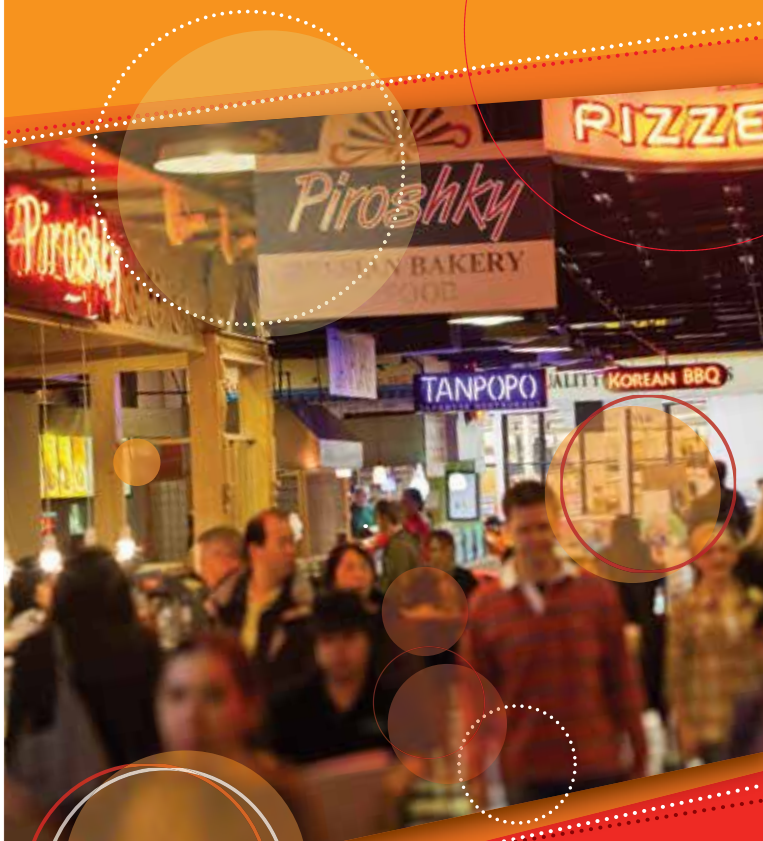
Note: We don't cover holiday arts here; check parentmap.com in November for details on super seasonal shows such as the new Balanchine Nutcracker at Pacific Northwest Ballet and The Sound of Music at The 5th Avenue Theatre. >>



Airborne:
Schoolteacher band
Recess Monkey
premieres its first
film, Sept. 20

"Best Cross-Cultural Eating Adventure"

—ParentMap 2015 Golden Teddy Winner



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FANTASTIC FALL ARTS

continued from page 31

SEPTEMBER

Cinderella CHEAP

SecondStory Repertory, Redmond

Sept. 12–27

Lots of jokes and silly antics should make this new adaptation of the classic tale a delight for kids. Amid lively songs and dances, follow how Cinderella sidesteps her wicked stepfamily and makes it to the ball.

Ages 5 and older; Sunday shows are all ages.

\$10; \$5 for ages 1–3 for all-ages shows on Sundays. secondstoryrep.org

Annie

The Paramount Theatre, Seattle

Sept. 20–26

Based on Harold Gray's comic strip *Little Orphan Annie* from the 1920s, the Tony Award-winning musical returns to the Paramount in a production directed by original lyricist and director Martin Charnin (who's from Seattle!) and choreographed by Liza Gennaro. Expect a standout cast — Issie Swickle as Annie, Lynn Andrews as Miss Hannigan, and Gilgamesh Taggett as Daddy Warbucks — and the unforgettable musical numbers your kids will soon know by heart.

Ages 5 and older. \$34 and up. stgpresents.org



© JOAN MARCUS

Seattle Symphony

Piano Competition CHEAP

Benaroya Hall, Seattle

Sept. 15–18

Who will win? Bring your aspiring musicians to this high-drama inaugural event, where nine up-and-coming pianists from around the world play their hearts out for a \$10,000 title and a chance to perform on opening night with the Seattle Symphony. Watch any of the three rounds of competition (recital, semifinal and a finals round) and vote for the audience-favorite winner.

Ages 8 and older. First two rounds free, final round \$15. seattlesymphony.org

Pokémon: Symphonic Evolutions with the Seattle Symphony

Benaroya Hall, Seattle

Tuesday, Sept. 15, 7:30 p.m.

The Seattle Symphony explores the intersection between musical creativity and video games in this one-of-a-kind multimedia concert that presents new arrangements with carefully timed visuals from recent and classic Pokémon video games. And yes, there will be a chance for gamers to catch, battle and trade from their favorite games.

Ages 7 and older. \$36 and up. seattlesymphony.org

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Hot Air premiere

by Recess Monkey CHEAP

Northwest Film Forum, Seattle

Sunday, Sept. 20, 5 p.m.

They're schoolteachers, nationally acclaimed musicians and now, film stars. Join indie rock band Recess Monkey for the big-screen premiere of its first film, *Hot Air*, a 35-minute animated story about an unlikely entry into the Windybrook Air Race with a homespun balloon. Before the screening, the band will play songs from the *Hot Air* CD for a high-energy dance party.

All ages. \$6–\$11. nwfilmforum.org

OCTOBER

Mercy Watson to the Rescue

Olympia Family Theater

Oct. 9–Nov. 1

Hop on for the wild adventures of wonderful Mercy Watson, a pig with a love for buttered toast. Based on the popular book series by Kate DiCamillo, this play follows Mercy's pursuit of toast and the mischief she makes, all to the loving vexation of her family.

All ages. \$13–\$19. olyft.org

The Secret Garden CHEAP

Book-It Repertory Theatre, Seattle

Saturday, Oct. 10, 11 a.m.

Take your kids on a multidimensional journey through the Frances Hodgson Burnett classic at one of Book-It's affordable Family Fun Days. The classic story about two children breathing life back into an unkempt garden — and uncovering its mysteries — is explored through crafts, workshops and a mini performance.

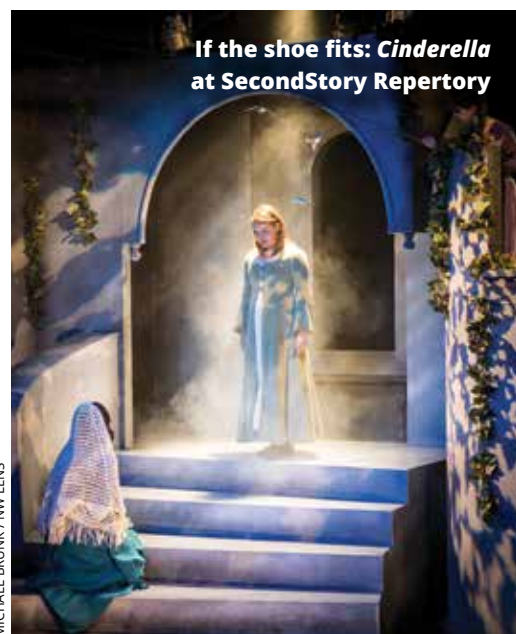
Ages 7 and older. \$10. book-it.org/education/family-fun-series

Jack and the Beanstalk CHEAP

Thistle Theatre, multiple locations

Oct. 10–25

Magic multiplies in Thistle Theatre's bunraku puppet version of the Old English tale about an enchanted beanstalk that grows next to the house



If the shoe fits: *Cinderella*
at SecondStory Repertory

MICHAEL BRUNK / NW LENS

FANTASTIC FALL ARTS

continued from page 33

of a boy named Jack. Expect a cyclops, a golden hen, a magic singing harp, a green fairy and a fool.

Ages 3 and older. \$10. thistletheatre.org

Seattle Children's Festival **CHEAP**

Fisher Pavilion, Seattle Center

Sunday, Oct. 11, 10 a.m. –5 p.m.

Grab your passport and explore the world at Northwest Folklife Festival's second annual Seattle Children's Festival, which spotlights our region's top cultural dance and music groups — from capoeira to clogging to tap — in a program that also includes dozens of engaging educational and hands-on programs (writing, Afro-Cuban dance, origami).

All ages. Free. nwfolklife.org

Lá Dentro da Mata **CHEAP**

Kirkland Performance Center

Sunday, Oct. 11, 3 p.m.

A boy named Poti, his monkey pal and their new robot friend learn about cooperation and caring as they adventure into the wilds of the Amazon. This show features the rhythms, folklore and traditions of Brazil, and is based on the book by Brazilian author Pablo Maurutto. Although performed in Portuguese, the story should be easily followed by anyone.

All ages. \$11. kpcenter.org

Swan Lake

Pantages Theater, Tacoma

Thursday, Oct. 15, 7 p.m.

The Russian Grand Ballet showcases its brightest star dancers in a performance of the famous ballet, with its soaring Tchaikovsky score and choreography by Marius Petipa. The company's national tour includes stops in Yakima and Spokane as well.

Ages 5 and older. \$29–\$85. broadwaycenter.org

Honk!

Studio East Training for the Performing Arts,

Kirkland

Oct. 16–Nov. 1

This delightful musical reinterpretation of *The Ugly Duckling* follows one different little dude who feels lonely and sets out to find himself. Relying on his wits, he outsmarts a predator and eventually



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Ages 4 and older. \$16. studio-east.org

The Witch in Which Wood? **CHEAP**

Outdoor location TBD, Mercer Island

Oct. 17–25

Youth Theatre Northwest invites younger children to this interactive, decidedly unhaunted outdoor experience, where guides lead attendees through the forest, encountering characters and solving problems together. Costumes encouraged.

Ages 3 and older. \$13; accompanying adults and babes in arms free. youththeatre.org

Havana Hop! **CHEAP**

Edmonds Center for the Arts

Saturday, Oct. 17, 11 a.m. (performance), 12:30 p.m. (dance party)

Master teaching artist Paige Hernandez leads a dance-along, bilingual performance about a young hip-hop fan named Yelia who learns another dance tradition — salsa — when she visits her grandmother in Cuba. Join the community dance party afterward, where Hernandez will teach routines simple enough for all ages.

Ages 3 and older. Performance \$10; dance party free. edmondscenterforthearts.org/events/havana-hop

The Pearl Fishers

Seattle Opera, McCaw Hall, Seattle

Oct. 17–31; Oct. 18 is Family Day

Opera not your family's thing? Bizet's *The Pearl Fishers* may change your tune. By the composer who wrote *Carmen*, the opera boasts an enchanting story (two Sri Lankan fishermen pursue a priestess with a mysterious past), an electric score that is accessible for opera newbies, an extraordinary dance number and a larger-than-life set (think Disney movie) by famous designer Zandra Rhodes.

Ages 8 and older. \$25 and up; one \$15 child ticket for each paying adult on Family Day. seattleopera.org

Hallows in the Cathedral: Moonshadow

Saint Mark's Cathedral, Seattle

Oct. 23–31

Head to this deliciously spooky concert by the Seattle Women's Chorus, which sings moon-inspired choral music in the perfect setting for Halloween — the grandness of Saint Mark's Cathedral.

All ages. Check website for prices. flyinghouse.org

NOVEMBER

Chitty Chitty Bang Bang

Seattle Children's Theatre
Nov. 5–Dec. 27

A flying car, two motherless children, an inventor dad and a mission to rescue kidnapped children from an island named Vulgaria: Who can resist the winning elements of the hit musical *Chitty Chitty Bang Bang*, which debuted as an MGM film in 1965? Adapted for the stage by Jeremy Sams, SCT's production promises sets that should be as "fantasmagorical" as the winged car itself, as well as musical numbers that will keep your family singing through the dark months.

Ages 6 and older. \$29 and up. sct.org

MARK KITAOKA



Petal pusher: *My Fair Lady*
at the Village Theatre

My Fair Lady

Village Theatre, Issaquah
Nov. 5–Jan. 3 (Jan. 8–31 at Village
Theatre, Everett)

A professor tries to teach a cockney flower seller to speak properly in this beloved Broadway musical, featuring popular songs such as "Wouldn't It Be Lovely?" and "I Could Have Danced All Night." Find out where the rain in Spain falls, and what happens to the professor and the flower girl, as the Village Theatre stages the show in grand fashion.

Ages 8 and older. \$38–\$70.
villagetheatre.org

Golden Dragon Acrobats

Washington Center for the Performing
Arts, Olympia

Saturday, Nov. 7, 7:30 p.m.

Jaw-dropping moments proceed one after the other in this variety show of balance, strength, acrobatics, contortions, dance and more, all combined with ancient and modern music, costumes and theatrics that make for an enthralling experience.

All ages. \$11–\$42. washingtoncenter.org

Disney on Ice: Frozen

ShoWare Center, Kent, Nov. 11–16

Xfinity Arena, Everett, Nov. 18–22

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FANTASTIC FALL ARTS

continued from page 35

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showarecenter.com, xfinityarena.com

Global Dance Party CHEAP

The Moore Theatre, Seattle

Friday, Nov. 13, 7 p.m.

This annual high-energy showcase of cultural and contemporary dance and music features young, highly talented musicians and dancers from the Northwest who perform wide-ranging selections that reflect Seattle's cultural diversity, from hip-hop to Mexican, Filipino and African.

All ages. \$10. stgpresents.org

The Mitten CHEAP

Bellevue Youth Theatre

Nov. 20–29

This beloved Ukrainian folktale, made famous by children's author and illustrator Jan Brett, follows what happens to a child's mitten lost in the snow. Bellevue Youth Theatre brings the magic of the forest and its animal inhabitants to life on stage at its new theater at Crossroads.

All ages. \$5–\$12. bellevuewa.gov

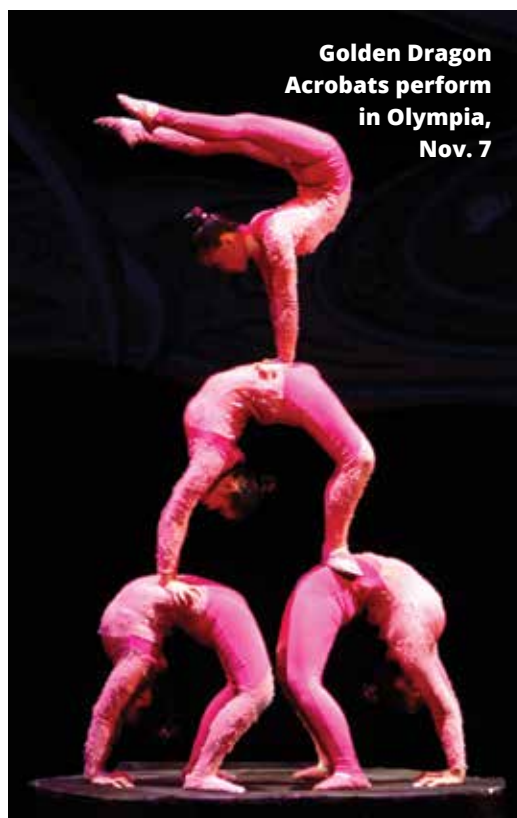
Chris Perondi's Stunt Dog Experience

Washington Center for the Performing Arts,

Olympia, Nov. 22

Pantages Theater, Tacoma, Nov. 28

Kirkland Performance Center, Nov. 29



Golden Dragon
Acrobats perform
in Olympia,
Nov. 7

This action-packed stage show features highly skilled former shelter dogs who perform amazing tricks, athletic feats, stunts and pranks.

All ages. \$10–\$29. washingtoncenter.org,
broadwaycenter.org, kpcenter.org

Nancy Chaney is ParentMap's calendar editor and
Elisa Murray is ParentMap's Out + About editor.



Let it snowman:
Disney on Ice: Frozen

more fall arts fun



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BACKSTAGE TOURS Take your budding thespians on one of our region's free theater tours, such as **Tacoma Musical Playhouse's** free "Behind the Curtain" tours associated with each production (tmp.org); **The 5th Avenue Theatre's** Monday tours of its historic theater (5thavenue.org); or **The Paramount Theatre's** first Saturday backstage tours (stgpresents.org).

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EXHIBITS THAT MAKE YOU

THINK Fall is a great time for museum-hopping. Take an afternoon to explore Martin Creed's stunning, walk-through balloon installation **Work No. 360: Half the air in a given space** at the **Henry Art Gallery**, up until Sept. 27; Nathan Vincent's **Let's Play War!**, a playful/provocative exhibit of life-size soldier figures made of yarn, showing at **Bellevue Arts Museum** until Oct. 18; or, for younger kids, **Titanoboa: Monster Snake**, a life-size replica of the world's largest snake, on display at the **Burke Museum** until Nov. 15. Most local museums have free days at least once a month; check parentmap.com/museumsfree.




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Birthday party tips



Birthday parties are supposed to be fun. But, how can parents make sure parties remain a day for happy celebration and not an expensive and stressful experience?

KNOW YOUR CHILD'S TEMPERAMENT

For a shy or more introverted child, a birthday party — rife with singing, a loud group and moments where the whole room may be focused on him — may not be an enjoyable experience. Keep it simple, or bag the birthday party altogether and plan an overnight adventure instead! Visit parentmap.com/birthdaytravel for non-party celebration ideas and tips.

FOCUS ON FUN

Will your kid really notice if her birthday isn't Pinterest-perfect? Plan activities and games that will keep kids engaged rather than worrying about minutiae that kids likely won't appreciate (including

landfill-destined party favor bags). Kids will love showing off a make-and-take craft that they made at the party, (visit parentmap.com/makeandtake for ideas) and participating in group party games (find game inspiration at parentmap.com/partygames).

TRIM THE GUEST LIST

Is an expensive party venue not in the budget? Or, does feeding and entertaining a dozen kids seem overwhelming? Keep the guest list short. If added parents and siblings are an issue, be sure to specify on the party invitation that it is a drop-off party due to group size issues. Visit parentmap.com/zerodrama for more drama-free trips for hosting a smooth-sailing celebration.



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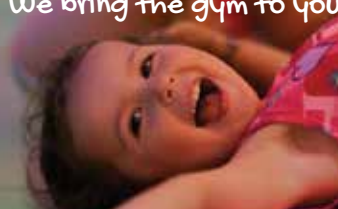


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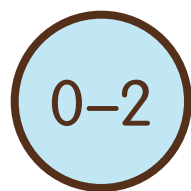
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Tandem parenting

School's about to start — and the baby's asleep!

By Daytona Strong

Before my second child was born, another parent in our co-op preschool said that when one has a second child, nap schedules go out the window. *But does it have to be that way?* I wondered. Everyone knows it: Sleep is essential for health — and learning. But when there's a baby or toddler in the house in addition to a preschool- or school-age child, can you balance the school schedule and nap needs of everyone in the family? I set out to find out.

When I asked a round of experts whether the nap schedule has to go out the window when a second child is in the picture, the answer was pretty much unanimous: No!

Before we get into the practical tips, we need to emphasize why it's so important to put in the hard but worthy work of strategic scheduling.

"Sleep is essential for the well-being of children," says Dr. Elizabeth Meade, a pediatric hospitalist at Swedish Medical Center in Seattle. "There are direct correlations between inadequate sleep and problems with behavior, obesity, general health, development and neurocognition. Practicing good sleep hygiene with your kids from an early age will cement healthy habits and give them a huge advantage through adulthood."

So when school resumes in the fall, how will you juggle the kids' schedules while respecting the baby's need for sleep as much as possible? You're going to have to be flexible, but remember:

"Respect the naps," says Dr. Maida Lynn Chen, director of the Pediatric Sleep Disorders Center at Seattle Children's Hospital. "This means creating a defined opportunity for the baby to nap, and not just keeping your fingers crossed that 1) he/she falls asleep, and 2) it's somewhere and sometime that you don't need to wake them." This might be in the crib, or it might be on the go (never let baby nap alone in a car).

All for one, one for all

Routine plays into a baby's sleep in a big way. Chen encourages parents to create a semblance of routine — from trying to set a couple of naps a day that are predictable and similar to consistency around the activities going on around babies during awake times.

"Involve the baby in the school routine," Chen says. "Get them dressed and ready to 'go to school,' then home for a nap after drop-off, another nap prior to pickup, then ready for afternoon activities, too," just like your older child does, she says. "Don't plan on having them nap through those activities. If you need to bring the baby, involve them! This gives them the cues to stay awake, and it helps to enforce that daily schedule."

Remember that saying "It takes a village"? Consider asking someone to watch the sleeping baby at home — maybe while you're picking up their child in addition to your older child, Chen suggests. And if you're going to alter your baby's nap, try an earlier nap rather than a later one, she recommends, as delaying it can make the baby overtired and therefore make it difficult to get baby to fall sleep.

Make up for lost time

Sometimes, you have to wake up the baby or skip nap. In those cases, think about the total amount of sleep, not just the particular windows of sleep; give the baby extra sleep at night, Chen says. "It might seem like a ridiculously early bedtime. But if sleep doesn't happen during the day, then it needs to be extra prioritized and protected at nighttime."

Finally, go into the school year with realistic expectations. "From a parent's perspective, and perhaps with your pediatrician's guidance, every parent needs to define how they view napping success or failure," Chen says. Consider whether you need every nap to be at the same time and place, or whether you're OK with being more flexible. Also think about the help you have available and your other concrete obligations during the day, she says.

Keep perspective

All this hard work balancing sleep will benefit your baby, sure. But it can also be a sweet time with the older child.

"You might plan special one-on-one time with an older sibling while baby is napping — time for crafts, reading, playing together at home," says Dr. Rachael Schuessler, a family medicine physician at The Polyclinic Northgate. "The older child might even enjoy helping mom

Think about the total amount of sleep, not just the particular windows of sleep



or dad with chores. You could also encourage an older brother or sister to have an hour of 'quiet time.'

Finally, with all this talk about naps, nighttime sleep is important, too. Make sure you're practicing good sleep hygiene at night, and that each kid is ultimately getting the sleep they need. Finally, be realistic about what to expect.

"Some days will be better and easier than others," says Dr. Liana McCabe, a pediatrician at Virginia Mason University Village Medical Center in Seattle. "You may have a day when your kids sleep at the same time, and the next day your baby will be woken up by your school-age child's tantrum. Some days you'll get everything done on your to-do list, and other days you'll get nothing done. As long as you have been a loving parent, you have succeeded!" ■

Daytona Strong is a journalist who has written for a variety of local and national media. She writes about food, family and her Scandinavian heritage at Outside Oslo (outside-oslo.com).



Ending drop-off drama

Should you stay or should you go?

By Sarina Behar Natkin

As each school year starts, I notice many parents struggling with how to handle morning drop-offs. Children are often in tears, and parents, unsure of what to do, vacillate between frustration and guilt.

Parents are ready to start their own day, and after the first few days of challenging drop-offs, they are beginning to lose patience. At the same time, they often feel guilty about leaving upset children behind. When such incidents are witnessed by an audience of seemingly stoic kids and anxiety-free parents, we can add shame to the list of emotions running wild. Not exactly a stress-free start to the day for anyone involved!

Like most parents, I have had my share of challenging drop-offs. The worst one I can remember was early in my second pregnancy, and my 2-year-old had just started preschool two mornings a week. As I dropped her off, she cried, and I cried; finally, the teacher, bless her, made me leave. I looked back to see my daughter pounding on the window, pleading, "Don't leave me." I was sure that I was dooming her to years of therapy. I spent the next three hours contemplating my failures as a mom and doubting my ability to handle two children when I couldn't handle one.

And then I went to pick my child up. Her teacher, skilled with first-time parents like myself, let me know that my daughter had stopped crying about 20 seconds after I drove away. From then on, my child was a happy camper. She greeted me with smiles and hugs, excited to tell me about her morning at school.

Yes, transitions are hard. Drop-offs can be filled with intense emotions, and they don't always smooth out by the second day. Whatever the drama, these tips will help ease the stress for you and your child.

Believe in your child

The most effective thing parents can do is to manage their own anxiety around the transition. Kids often do fine in new environments and with new routines and schedules. Our children often pick up on our own stress, and this can make the

adjustment harder for them. It's not only OK but perfectly normal to feel nervous about a new school, or to feel sad about how fast your child is growing. The problem occurs when we project our emotions onto our children, or assume they are feeling the same thing we are. Find support for yourself so you can be present for your child's emotions.

Work ahead

Most schools will be happy to have you visit with your child before she begins school. Even driving or walking by a few times and pointing the school building out can be helpful. Reading books about school and talking with your child about what she can expect will help her be ready for that first day.

Let your people go!

It's tempting to stick around, hoping your child will stop crying. It's also tempting to sneak out, thinking that by doing so, it will be easier for your child. However, neither of these strategies work well. The long, drawn-out good-byes increase the anxiety in our children, and the quick ducking out plays into their greatest fears about being left. Instead, create a good-bye ritual with your child: Give those last hugs and kisses, and tell him you can't wait to see him after school. Then, follow through on your word and head out that door.

What if you tried all this and your child still struggles?

Kids are unique beings with their own thoughts and feelings, and no one method will work for all. It may be helpful to take a closer look at your child's world to see what might be getting in the way of a smooth drop-off.



It may be helpful to take a closer look at your child's world to see what might be getting in the way of a smooth drop-off.

Temperament

Do you jump headfirst into new situations, while your partner sits back to evaluate before getting involved? Does one of your children hide shyly behind you when meeting new people while your other child is ready to perform his latest feats to any passerby? Temperament refers to the way someone approaches and interacts with his or her world. Differences in temperament can make drop-offs harder or easier, depending on the child.

Antidote: Think about your child and how he approaches and adapts to new situations. If your child is slow to warm up to new environments, spend some extra time letting him get comfortable with school. Play on the playground, read in the library and attend school functions to give your child more opportunities to acclimate. Plan to arrive at school a little bit early and create a ritual for easing in, such as reading a book together before you leave. Let your child's teacher know as well, so that the teacher is able to work with and support your child as he adjusts.

Transitions

While the start of school is a big transition in itself, life is always changing, and there may be other transitions and changes happening in your child's world that are contributing to her separation anxiety at drop-offs:

Got a new baby in the home?

You made it through baby brother coming home, and big sister has been nothing but delighted to have him around, until it's time for her to start school. She accepted that baby gets to sleep in your room and that baby's dining and diapering needs come first. But now that baby gets to stay home with you while she has to spend the day away, the situation has just gone too far for her, and it can be a recipe for morning mayhem.

Antidote: Create a special ritual to connect with your older child at a different time of day. Spending just 15 minutes alone with that child each day can make all the difference. This should be child-directed time, when parents are not distracted by the phone or computer. Aim for a time when two caregivers are home or the little one is napping.

Moved to a new home or attending a new school?

Big changes like these can be stressful for all involved. If your child is adjusting to a new environment, he can be especially clingy with caregivers. We are the constant, stable force in our children's lives, so of course they want to hold on for dear life.

Antidote: Stick to your established routines as much as possible in the new surroundings. This helps increase your child's feeling that your family is still the same even though the setting may change. If the move is to a new school, help him connect with the location by spending a little extra time with him on the playground after school or reading books in the library. This will increase his comfort with the new environs. You can also

help him adjust by finding a new buddy before school starts or using playdates to help your child build connections with his classmates.

Traumatic events. Has a recent loss occurred, such as the death of a loved one or pet? Did your child have a bad experience at a previous school? Whether it's a recent loss or an early experience, trauma can rear its head at the most inconvenient times. If your child is processing something painful, the last place she wants to be is away from you, particularly in what might be a new environment.

Antidote: Take a deep breath and remember that your child's feelings are normal. If a loss has occurred, you likely are dealing with your own emotions, which makes it that much harder to see your child in pain. Make sure you are getting support for yourself as well. It's important to let your child's teacher and the school know what your child is going through so they can be attentive to her emotional needs.

Whether your child adjusts with ease or struggles early on, making the transition into the new school year is a significant event in your child's life. While it's hard to see your child struggle, giving him and yourself time to adjust is essential. It may be bumpy, but your ability to stay calm and model persistence will go a long way toward helping your child do the same. ■

Sarina Behar Natkin, LICSW, is a Seattle parent educator and consultant, and cofounder of Grow Parenting (growparenting.com), which provides parents with the tools and support to raise healthy children and find more joy in parenting.



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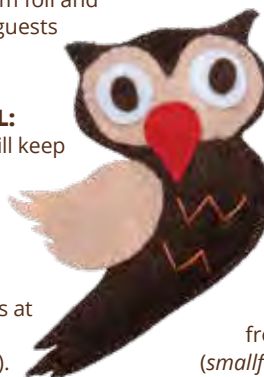
MAGICAL FOREST HOUSE:

Take a fall walk with your brood to collect seasonal forest goodies such as acorns and pine needles, then create a unique forest house craft, inspired by Kiddie Foodies (kiddiefoodies.com).

LEAF IT TO US: The crafty folks over at My Baking Addiction (mybakingaddiction.com) have the instructions on creating a gorgeous fall-leaf décor element with aluminum foil and spray adhesive. Your guests will hardly believe it's homemade!

FANTASTIC MR. OWL:

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ACORN CANDLE: Fall gift alert! Gather acorns outside, then, with some glue, cardboard and candles, you'll have festive candle holders. For an added bonus of fun, you could let the kids paint or glitter the acorns, too. Idea from Creative With Kids (creativewithkids.com).

MASK-QUERADE: Got kids who love to dress up? Make

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6-11

Beyond ballet

Puget Sound-area families are breaking into unique, global dance styles

By Gemma Alexander

There was a time when most little girls took ballet at a storefront dance studio. The serious dancers also took tap and jazz. Those are still popular extracurricular options and offer a strong dance foundation for any student, but these days, many Puget Sound-area girls and boys are cutting some unexpected rugs. What is the lure of break dance? What can hula offer your little hooper? We took a twirl through some of the hottest dance styles in the region to find out.

Healthy minds, healthy bodies

"I believe that Hawaiian dancing teaches you to have grace in your life," says **Seattle Hula** (seattlehula.com) founder Leila Fernandez. That a hula dancer's grace comes from skill, not from body type, is an attitude welcomed by parents.

"Hula is an opportunity for [dancers] to feel perfectly fit with who they are," says Cathy Oaks-Hayes, whose daughters, ages 10 and 8, have been dancing with Seattle Hula for more than four years. It's not a choice between healthy attitudes and healthy bodies, though. The core-muscle control and hip flexibility that Oaks-Hayes' daughters developed in hula propelled them to the top of their martial arts class.

Surprisingly, break dancing can be gentler on the body than other dance styles, some teachers say. "We focus on rhythm and teaching a wide variety of movement. We don't do repetitive drills, so it's not as intense on the muscles," says Anna Banana Freeze, instructor at **Massive Monkees Studio: The Beacon** (massivemonkees.com). In break dance, confidence is as critical as physical ability. "I get the spotlight on students right away to get them away from being self-conscious. It teaches kids to be courageous and put themselves out there."

At **Creative Dance Center** (creativedance.org), founder Anne Green Gilbert bases the curriculum on neurological development patterns and uses modern dance as a means to a holistic end. "These days, more and more people are required to be sedentary, weakening our brain/body connection. If we're using eyes alone, then



the brain isn't as highly functioning. When the blood moves through the body, then the mind is connecting," says Leslie Mouton, whose three children (now 24, 12 and 11) began at Creative Dance as toddlers. "Anne has always talked about not the three R's, but the three C's — cooperation, critical thinking, creative problem solving."

Cultural, community connections

For Melody Xie of the **Melody Institute** (melodyinstitute.org), language, dance and painting are interconnected expressions of Chinese culture. Many of her students study multiple subjects, and all of her dance lessons incorporate Chinese language. Seattle Hula begins every class with Hawaiian language instruction, too.

India is home to several classical dance traditions, but for most Indian and Indian-American kids today, dance means Bollywood. "Indian culture is a lot about dancing and singing. To perform Bollywood dance, you have to understand the culture of the place and also the time of the story. You can't just perform the steps; you have to express the story," says Nalini, director

of the **Nalini Dance Company** (nalinidance.com) and the children's Bollywood performance group Nachle.

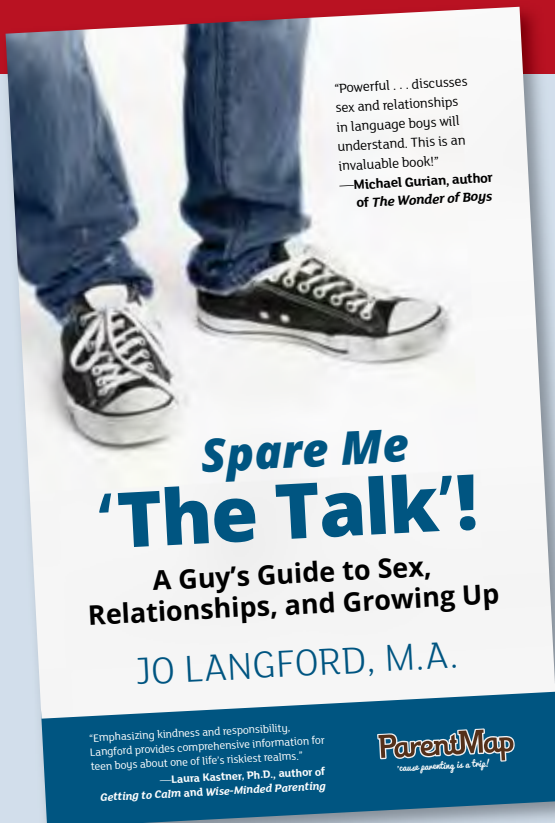
"We are originally from India, so Bollywood is part of our lives. My daughter was hoping to dance like she sees in the movies," says Swasti Ganguly, whose 12-year-old daughter has studied with Nalini for about five years. "She learns more challenging moves as she grows, including some traditional kathak. It is the best to see my daughter and her friends growing as beautiful dancers."

Ethnic dance classes also provide a meaningful way for families to explore a culture that is not their own. Now that some local theaters have begun playing Indian films, non-Indians who are passionate about Bollywood have begun to study the dance. Roughly half of the dancers at Seattle Hula fell in love with the graceful dance while on vacation in Hawaii. Another program, Marissa Baratian's **World Dance** (worlddancewithmarissa.weebly.com) workshops, is specifically designed to introduce children to a variety of world cultures through movement. >>

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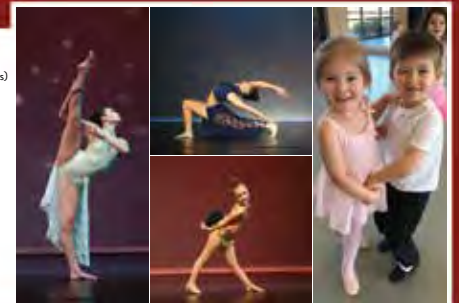


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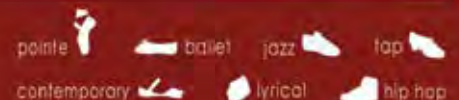
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6–11 Beyond ballet

continued from page 47

Different dance forms also help build community connections and mentoring relationships. “For many youth in disenfranchised communities, break dance is the thing you do,” says Anna Banana Freeze. “It’s easier for young people of color when they have role models and a more giving environment.”

“Basically, it’s a team sport with a creative component. Students work collaboratively to develop dances, whether they are part of the performing group or not,” says Martha Johnson, administrative director of Creative Dance Center. This collaborative approach has helped her kids make lasting friendships both in and out of the studio, says Mouton.

“Hula is not just a class. You belong to a community that’s almost like a family,” Oaks-Hayes says. “I wanted my girls to learn dance and rhythm and self-confidence, and they have. But sisterhood keeps them coming back.”

Boys and girls

Even the trendiest dance schools struggle to achieve gender balance. “Our younger classes have lots

of boys, who have an incredible time. Cultural norms lead to many of them dropping out as they get older,” says Johnson.

Boys should absolutely consider dance, says Seattle Hula’s Fernandez. Men’s hula is different from the feminine movements familiar to most people today, and it has an important cultural history. Hula was initially danced only by males; traditionally, the eldest son of a family became a dancer.

Break dance classes tend to be evenly divided, but boys dominate open studio time and in performance groups, Anna Banana Freeze says. She wants both the girls and boys in her classes to think of dance as ungendered. As everyone involved in dance agrees, the benefits of any dance style are simply too great for kids — boys and girls — to miss out on. ■

Gemma Alexander blogs about books and other creative things at gemmadealexander.wordpress.com and spends too much time on Twitter @gemmadeetweet.

find your own groove

Each of these dance schools offers something unique. Many of them have classes for both kids and adults or classes in which adults and kids can dance together.

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Crunching the numbers

Just how complicated is math under the Common Core?

By Rebecca Hill

When the Common Core math standards were implemented, like most parents, I wasn't completely aware of how it could change the math classroom for my high-school-age son. What kind of influence did the standards have on middle- and high-school math? What sort of changes occurred? Several questions emerged, and I wondered, what exactly is the impact of the Common Core standards for upper-level math?

First, what is the difference between the Common Core math standards and math curriculum, and who decides the differences? The Common Core math standards define what skills in math should be taught at a particular grade level. These standards were developed by U.S. governors, education commissioners, the National Governors Association Center for Best Practices and the Council of Chief State School Officers. Teachers, parents, school administrators and other experts provided input, too.

Math curriculum provides the details about how a student must learn the skills dictated by the standards, often through a textbook, and these decisions are made by school districts for individual schools. At this time, one of the biggest issues, says William McCallum, a professor of mathematics at the University of Arizona and one of the lead writers for the Common Core State Standards in mathematics, is the need for aligned curriculum materials that represent the shifts in the standards. As a result of the Common Core, districts and teachers may need to adapt their current curriculums to these changes in standards. Some districts have added math specialists to support the transition.

How do the Common Core math standards change math for middle school and high school? According to McCallum, the standards were designed "to build a ramp to high school mathematics, starting in elementary school, [which] makes it possible for more students to achieve success in algebra and other



high school subjects." A key shift in the standards emphasizes greater focus on fewer topics, so that teachers can spend more time teaching specific math skills with less emphasis on getting through the textbook by semester's end. The standards also focus on linking concepts across grades, creating coherence as students move from grade to grade. Finally, increased rigor — ensuring students have command of a math concept before they move on to the next concept — is also a change.

What are the key components of the Common Core math standards for middle school and high school? In high school, the math standards are listed in conceptual categories. For instance, students will be expected to learn about numbers and number systems, moving from whole numbers to more complex number use. They will also be expected to explore numbers with units or quantities. Quantification is important in science, technology, engineering and math (STEM) applications. Aspects of real-world applications that students will be expected to learn include concepts of modeling — choosing appropriate math functions to analyze — and understanding empirical situations and functions by which one quantity determines another. They'll learn to interpret, build and use functions. While algebra and geometry are still considered high school concepts under the Common Core,

Algebra 1 can now be expected to begin in middle school, specifically eighth grade.

Is algebra really harder under the Common Core? Not really. Under the Common Core, algebraic concepts such as ratio and proportional relationships are introduced in eighth grade. The same is true for linear functions. The difficulty stems from the fact that there is confusion between what the Algebra I course encompasses, and what, more generally, is algebra as a mathematical concept, says McCallum. The goal with the Common Core is to have students learning algebraic concepts in elementary school so that they are ready in middle school and high school to transition to Algebra I, Algebra 2 or higher.

But are eighth-graders ready for this kind of math? Timothy Chalberg, a math instructor at the Science and Math Institute in Tacoma, thinks that some students might not be ready for it developmentally. "In Tacoma, everyone now takes Algebra I in eighth grade, where it was previously offered in the ninth grade," he says. "Algebra 1 is a fairly major distinction. You are shifting away from numbers and looking more into the structure and abstract, so there may be some students who are not developmentally ready for that transition." McCallum also believes that it is a more rigorous course. "Middle school now contains a lot of what used to be in Algebra 1," he says. >>

"I think that we need to do more to emphasize that math is about playing and messing around and sometimes failing"

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11–16 Crunching the numbers

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Do the Common Core math standards complicate math even more? There has been a great deal of controversy about the Common Core math standards, some of it aired in newspapers and blogs. But if you ask Jordan Ellenberg, mathematician and author of *How Not to Be Wrong: The Power of Mathematical Thinking*, he says that the Common Core math is “by and large, the same thing in a new package,” as he wrote in a recent *New York Times* opinion piece. What it does, says Ellenberg, is change its emphasis. As a result, many state curricula are packing a wider range of material into the lower grades. “The designers of the Common Core wanted to focus the K–5 years more firmly on mastering arithmetic, since arithmetic serves as the foundation for everything else students will learn,” Ellenberg says.

What sort of transition can I expect for my kids from middle-school to high-school math? Parents would be wise to expect some sort of transitional woes. Because the Common Core math standards move algebraic math into eighth grade, it is possible that some students may not yet have conquered the math vocabulary or math development skills to make this transition. Because of this, some teachers, like Chalberg, have found that they have to teach skills to fill the gap. For instance, Chalberg has had to cover transition topics such as quadratics or linear functions with his Algebra 1 students. He’s found that some skills that were previously in Algebra 2 have, because of the new standards, been pushed into Algebra 1.

What is integrated math? Integrated math is a blend of algebra, geometry and statistics that takes

math learning out of silos: Instead of teaching each subject separately from one another, teachers blend them together. A traditional pathway teaches Algebra 1, 2, geometry and then higher math as separate classes. While Washington state has not implemented an integrated math pathway, other districts in states such as North Carolina, Utah and West Virginia have. According to McCallum, the Common Core does not specify how schools are required to arrange their mathematics courses. “Both pathways should lead to the same level of knowledge by the time children leave high school,” he says.

What is the value of rote memorization when students move from arithmetic to algebra? Most of us learned addition, subtraction and multiplication with flash cards. Some rote memorization helps makes algebraic and other higher math computation easier. But what a student really needs, Ellenberg believes, is fluency. You need a state of good “flow” to do math, and knowing these skills by heart helps students, because, he says, they will constantly have to compute those products to do good math.

Shouldn’t high-school math focus on real-world use of math? Applied math, with its emphasis on STEM, is where you see a lot of real-world application. The Washington Applied Mathematics Council (WAMC), which provides teacher training in applied mathematics, believes that too many schools are having traditional math teachers teach applied math by focusing on the textbook, and are not including math labs. “The labs take

time to develop and do, but we feel that they are essential for a student to truly understand the math theory being presented,” says Ron Noble, president of WAMC. “We place an emphasis on integrating algebra and geometry, as the two go hand-in-hand in workplace applications.” It is very hard to convince a student why she should learn an algebraic equation in a rocket lab, says Noble, without also including a geometric equation necessary to solve the rocket’s propulsion, trajectory and distance. Students will want to solve why their rocket did not go as far as those of their peers, says Noble, and they need the skills to accomplish this.

Does my kid need to have “talent” in math to excel in math? A student really does not have to have a special talent to be good at math, but she needs the confidence to know she can excel. Math is simply about problems, says Ellenberg, and people are generally motivated by problems. “I think that we need to do more to emphasize that math is about playing and messing around and sometimes failing,” Ellenberg says. “Students are often paralyzed by a problem because they are afraid to get it wrong, afraid that means they’re ‘not good at math.’” We need to model that part of doing math is getting problems wrong, says Ellenberg, as it is the only route to getting things right. ■

Rebecca Hill is a freelance writer who writes about education, literacy, libraries, parenting/family and science. She has been published in a variety of national and online publications. She lives in Zionsville, Ind., and she is the mother of two high-school boys.

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Melinda Johnson

By Tiffany Doerr-Guerzon • Photograph by Will Austin

Melinda Johnson, owner of Seattle Kajukenbo and Kung Fu Kids in Seattle, is the executive director of **FIGHT THE FEAR CAMPAIGN**. Johnson holds both a sixth-degree black belt in kajukenbo (an eclectic martial art created in Hawaii) and a first-degree black belt in aikido. Fight the Fear (lookingoutfoundation.org/campaigns/fight-the-fear) is a community-oriented violence prevention initiative funded by local singer/songwriter Brandi Carlile's Looking Out Foundation. Fight the Fear provides free training in basic self-defense skills to the community and access to resources for survivors of violence. The idea of free self-defense training for women was sparked by the 2009 murder of Teresa Butz in Seattle. Fight the Fear's mission: "To make self-defense training easily accessible, because the skills and confidence it builds are a proven deterrent to violence."

How did this campaign get started?

It was originally designed to be short-term: to focus on at-risk populations with open workshops in self-defense for two years. But Brandi's fans wouldn't let it go. They kept asking about Fight the Fear. So we relaunched in 2014 with a new focus: bringing self-defense to our youth. But we still do open community workshops and teach at senior centers.

What do you teach at workshops?

We teach based on the feminist empowerment model: awareness, use of voice, stand your ground, say no, set boundaries. Workshops last two–three hours, and we practice verbal skills, intuition, awareness, safety, exits and escape. We go through scenarios and examine different responses to situations. We do problem solving, and women help each other to find solutions in their own situations. Then we do physical fighting skills: hitting and kicking.

At the end of each class, we ask the participants a question: What did you learn? Then we tell them to go home and teach someone else.

Can you explain what you mean by "practicing intuition"?

What we practice is recognizing intuition. We talk about how you experience it, how it feels in your body, the difference between intuition, which is situational, and bias, which is general. Intuition lives in an older, animal part of the brain that recognizes danger, even when our social constraints are telling us a different story than our body is. Intuition is when you hear that little voice saying, I don't like that. This is creepy. I'm uncomfortable, and our social training chimes in with: Oh, it's OK. You're overreacting. When you hear that, you should ask yourself What is wrong? What am I actually feeling? Why am I shushing myself?

You are a martial arts expert. Do women need to be trained in martial arts to protect themselves?

No, because we're not talking about taking on an army. I'm not training fighters. We're talking about recognizing the signs of danger and taking steps to prevent escalation. Your own body has weapons; everybody's does. It is about knowing how to release those

weapons, and your power. The reason we do kicking and punching in class is to let women know that they do have physical power. Once they know they have that power, the less likely they are to need to use it.

You also give two-day workshops to "teach the teachers." What is the Teach the Teacher Program?

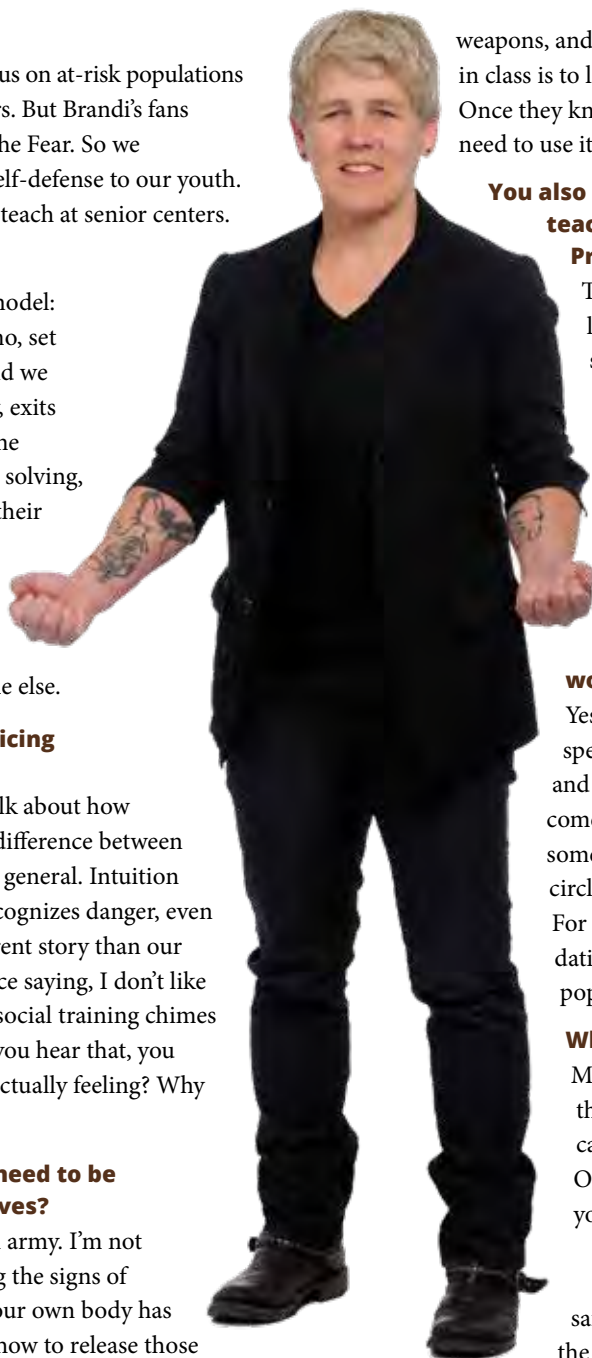
Teachers self-select based on interest and passion to learn about the program. I'm not training professional self-defense teachers, but they are learning the basic model of empowerment and taking it back to their communities. That's why we can do this in a weekend. And there is a whole support service for them. We offer to help them teach their first workshop, give them materials, etc. Our goal is to have two teachers trained in every school.

Fight the Fear offers workshops to many different groups. How do you change the workshops based on the participants?

Yes, we do workshops for the elderly, non-English speakers, deaf women, and even kids as young as fourth and fifth grade. That's where the group problem solving comes in. My own experience may not be helpful to someone from a different culture, but women in their own circle can problem solve for particular situations together. For workshops with teen girls, we talk more about dating and sexual assault. Workshops are tailored to the population.

What is one thing you want kids to know?

Most assaults on children are by someone known to them, not a stranger. Predators will tell kids that they can't tell their parents. Children need to learn that it is OK to say no to an adult, and that they can always tell you. If every kid could learn to stand up for themselves, how to recognize when someone is testing their boundaries and how to respond to keep themselves safe, then they would be better equipped to deal with the potential dangers in the world. ■



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