

NWAIS

Northwest Association of Independent Schools

GUIDE
INSIDE

BOOKS TO HELP BATTLE BULLIES

Build your kid's empathy bookshelf **7**

ORGANIZATION COACH: YES OR NO?

How to boost executive function skills **11**

welcome to

STEM LAB LAND3-D printers, apps, DNA coding and more **17**



Give your child an academic advantage in school and beyond!

Kumon helps your child become a better learner:

- The proven Kumon Method helps children ages 3 through high school advance their math and reading skills.
- Many of our students are studying above grade level.
- For over 50 years, Kumon has benefitted millions of kids around the world.

PUT THE PROVEN KUMON METHOD TO WORK FOR YOUR CHILD TODAY.



Kumon Math & Reading Centers of

Auburn - Lake Tapps	253-333-2415
Alderwood	425-200-4518
Bellevue - Bel-Red Road	425-747-5916
Bellevue - Downtown	425-646-2907
Bellevue - Factoria	206-236-1815
Bellevue - Lakemont	425-647-8997
Bellevue - Newport Hills	425-749-3066
Bothell - Canyon Park South	425-492-9600
Edmonds	425-771-0905
Federal Way	253-802-5310
Issaquah - Highlands	425-369-1072

425-286-6847
206-380-1663
425-305-3500
360-890-3030
206-953-9245
360-217-4117
425-277-6106
253-848-6284
425-869-3939
425-495-4968
425-277-6106

Renton - Fairwood	425-873-2747
Renton - Highlands	425-793-4159
Sammamish	425-636-1277
Seattle - Beacon Hill	206-795-6216
Geattle - Phinney Ridge	206-365-1600
Geattle - Queen Anne/Interbay	206-216-4426
Shoreline	206-533-2300
acoma - North End	253-212-0513
acoma - University Place	253-460-0088
Jniversity Village	206-524-0915

kumon.con





Parent Map learning



The science of ignorance

Are your children learning to fail? They should be

5 DEAR READER

The first lesson of the year

7 BOOKS TO BATTLE BULLYING

From bully goats to confessions of a reformed bully, here's your empathy library

11 ORGANIZATION UH-OH!

Does your kid need an organization coach?

17 WELCOME TO LAB LAND

Specialized labs, 3-D printers and project-based learning help some students take flight with STEM

29 HOMEWORK SOS!

Study tips for busy kids and families on the move

33 'IS SHE READING YET?'

What's really important for early literacy

39 LEARNING RESOURCES

inside: GUIDE TO PARTICIPATING NWAIS SCHOOLS >







At ParentMap,

we make kids of all ages our business. We confer with neuroscience brainiacs; get innovative insights from superstars in child development, education and medicine; and rub shoulders with other families at ParentMap events and lectures. We bring all the best parenting info to you with our award-winning magazine and website, parentmap.com.

ParentMap • Learning 2015

PUBLISHER/EDITOR Alavne Sulkin

EDITORIAL

EXECUTIVE EDITOR Natalie Singer-Velush OUT + ABOUT EDITOR Elisa Murray

CALENDAR EDITOR + LISTINGS MANAGER Nancy Chaney

PROOFREADER Sunny Parsons

CONTRIBUTORS

Shawna De La Rosa, Kim Eckart, Caitlin Flynn, Rebecca A. Hill, Rachel McClary, Jennifer Vandenberg

PARENTMAP.COM

CHIEF TECHNOLOGY OFFICER Julian Haight SOCIAL MEDIA + DIGITAL PRODUCTS MANAGER Rory Graves EMAIL PROGRAM MANAGER Brenda Gage

PUBLISHING ASSISTANT Nicole Persun ADVERTISING SALES/PARTNERSHIPS

Ida Wicklund, Dani Carbary AD OPERATIONS MANAGER Elisa Taylor SALES + MARKETING SUPPORT MANAGER Jessican Collet

MARKETING/EVENTS

EVENT OPERATIONS Tara Buchan
EVENT + MARKETING COORDINATOR
Mallory Dehbod

ART + PRODUCTION

DESIGN + PRODUCTION Emily Johnson PRODUCTION DESIGNER Amy Chinn

ADMINISTRATION

BUSINESS MANAGER Sonja Hanson OPERATIONS MANAGER Carolyn Brendel ADMINISTRATIVE ASSISTANT + DISTRIBUTION Angela Goodwin ACCOUNTING ASSISTANT Lorraine Otani ADMINISTRATIVE SUPPORT

Taracina Ullevig

EDITORIAL SUBMISSIONS editor@parentmap.com

DISTRIBUTION distribution@parentmap.com
ParentMap Learning is published annually

ParentMap is published monthly PMB #399, 4742 42nd Ave S.W.

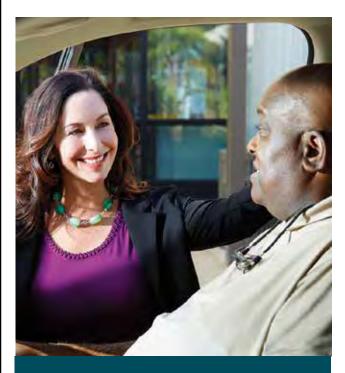
PMB #399, 4/42 42nd Ave S.W. Seattle, WA 98116

All rights reserved; reproduction of this publication in whole or part without permission prohibited

©ParentMap 2015 • Printed in Oregon



Having cancer is hard. Finding a ride to treatment shouldn't be.



In 2014, 1,754 King County cancer patients were able to get to and from treatment, eliminating one of their toughest challenges. To serve more patients, the American Cancer Society needs volunteer drivers to help provide free rides for people facing cancer in the Puget Sound area.



Visit cancer.org/drive or call 1-800-227-2345 for more information.

©2015 American Cancer Society, Inc. - No. 031040-Rev. 9/15 Models used for illustrative purposes only.





CATERING

Whatever the occasion, Auntie Anne's Catering has a variety of products that will bring pure pretzel delight to your event.



Each pretzel is handcrafted using fresh ingredients and baked to golden brown perfection. Customize your order Or choose from one of our existing packages. Stop in, or give us a call for details and pricing.



PRETZEL FIELD TRIPS

Great for schools, scouting groups, day care centers, home-school groups, senior centers, birthday parties, and other groups of all ages interested in learning the art of hand rolling pretzels!

Call Auntie Anne's at Bellevue Square 452.637.8990

The first lesson of the year

s I write this editor's note, weeks before this magazine will reach your reader hands, my two children are in the kitchen baking scones for their Seattle teachers, who are about to begin a strike. Instead of starting third and fifth grades tomorrow, my kids are planning to walk the picket line at our neighborhood school, handing out breakfast (they've planned cookies for an afternoon snack, too). Needless to say, the kids are thrilled on many levels, not the least of which is that apparently summer is stretching on longer than anyone thought it could. Although a strike isn't the ideal way to begin a new school year, I am comforted by two facts: First, my daughters are getting a pretty good, real-life lesson in social studies, labor law, union history and politics. And secondly, they have been handed the unique opportunity to now support their teachers the same way those teachers have supported them over the years.

I think of that long story of teacher support — from the P.E. teacher who taught both daughters to ride bicycles, to the fifth-grade teacher who taught my older child how to make a better PowerPoint than I can, to the first-grade teacher who deeply respected and understood my younger daughter's unique, meandering mind — and I feel grateful. My kids have benefitted from educators who care about them, nurture them, and push them to be responsible for their actions. A wonderful teacher is one of

the biggest gifts a child can receive, a gift that makes an impact for life. And one of the most impactful lessons any mentor or adult can impart is something we explore in-depth in this year's feature, "The science of failure" (p. 20): it's OK to make mistakes. In fact, ignorance — not knowing the answer, doing the wrong thing —

is the fuel for discovery. Our collective human knowledge all stems from that simple word: ignorance. Isn't that incredible?

In this pressure-cooker age of high-stakes testing and "finding your passion" we as parents should be focused not on pushing our kids to succeed as much as possible as soon as they can, but on the process of inquiry. That process might be littered with failures. It likely will be. But on a curiosity-driven journey of inquiry, our children will develop into learned humans. More

than good grades, diplomas, or high-paying jobs, what I want for my daughters is just that: a passion for learning, in all its forms. Whether they are making calculations to solve climate change, engineering a piece of jewelry in a 3-D printer ("Welcome to lab land," p. 17) or measuring dough for strike scones, may our children always be learning.

— Natalie Singer-Velush



We're Growing

ALONG WITH THE Eastside

Pediatric Associates IS NOW ALLEGRO PEDIATRICS

We may have a new name, but our dedication to our patients hasn't changed. For nearly 50 years our physician-owned practice has been setting the standard for Eastside children's medical care.

Our commitment to pediatric excellence has never been stronger.

AllegroPediatrics.com 425.827.4600

PEDIATRIC ASSOCIATES



BELLEVUE · BOTHELL · FACTORIA · PINE LAKE · REDMOND · REDMOND RIDGE · SAMMAMISH · TOTEM LAKE

Where great parents are born and raised!



3.6 million parents trusted our content this year.



ParentMap understands what it means to be a parent. We bring you a full menu of parenting nourishment, from the most fascinating research and important family news (what we like to call the broccoli) to get-out-of-the-house-now ideas for fun and enrichment (the popcorn!).

Popcorn to broccoli, cradle to college, ParentMap is right here with you.

MOST-READ ARTICLES:

- Stop a tantrum in its tracks! 5 parenting phrases you should stop saying now "Just Ask" gun safety tools
 - Secret waterfall hikes 10 easy one-pot dinners Rainy day playlist Most adventurous playgrounds
- Best birthday party games Top apps for new parents Hot-lunch heaven! How to help your children follow their bliss



Don't miss a thing, sign up for weekly Enews: parentmap.com



Books to battle bullying

From bully goats to bully confessions, here's your empathy library

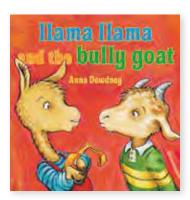
By Caitlin Flynn

ullying has become a hot-button issue in our society, and for good reason. According to the U.S. Department of Health and Human Services, one out of three U.S. students reports being bullied at school. Children who are bullied are more likely to struggle with depression and anxiety, and their academic performance may also suffer. On the flip side, it's been shown that children who bully others are more likely to engage in criminal activity as adults and be abusive toward their spouses and children. All these statistics drive home the point that the earlier we address bullying, the better. Many schools have implemented social-emotional and anti-bullying curriculum. Home is the other place where you can teach these lessons and give your child strategies for coping and communicating.

This year, address bullying with the help of strong, age-appropriate storytelling. This curated list features eight books that address the issue in a thoughtful and empathetic manner and offer an excellent way to start the important conversation about bullying with your child.

Enter to
win Wonder:
parentmap.com
/Imgiveaway

Caitlin Flynn is a lifestyle and entertainment writer at bustle.com. Before moving to Seattle, she worked at Random House Children's Books in New York City.



Llama Llama and the Bully Goat

By Anna Dewdney (Ages: 3-5) Llama Llama loves learning, but Gilroy Goat's incessant taunting begins to make school miserable for him and his friends. Gilrov calls them names, kicks dirt and mocks students who are struggling. When Llama Llama tells a teacher what's going on, Gilroy Goat is forced to take a long time-out. After having time to reflect on his behavior, Gilroy is given another chance to play, and this time he treats his classmates with respect and compassion. Llama Llama offers him a second chance at being friends, and Gilroy gladly accepts.



Marlene, Marlene, Queen of Mean

By Jane Lynch & Lara Embry (Ages: 3-7)

Marlene is small but fierce, and she uses her powers for evil rather than good. Her classmates cannot escape her incessant bullying and unkind words. They aren't safe on the playground, in class or in the halls of school. Finally one brave peer, Freddy, asks her why she has to be so mean.

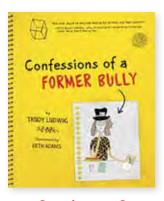
Marlene's classmates take away her power by refusing to be afraid of her. It forces her to realize that ruling the halls of school by being a bully is isolating, not empowering. She reforms her ways, and everyone is way happier — including Marlene.



Spaghetti in a Hot Dog Bun

By Maria Dismondy (Ages: 3-7) Lucy embraces her uniqueness, especially her curly hair and appreciation for unusual food combinations. Her grandfather encourages her to be her own person and tells her, "We're all different. What a boring world it would be if we were exactly alike." Unfortunately, her classmate Ralph makes fun of her for being unique, even after she begins to cry.

When Ralph gets stuck on top of the monkey bars during recess, the tables are turned, and Lucy has to make a choice about what kind of person to be. In the end, everyone learns a lesson.



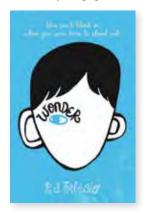
Confessions of a Former Bully

By Trudy Ludwig (Ages: 6-9) When Katie is caught teasing a classmate one too many times, she meets with the school counselor, principal and her parents. Asked to look inside herself for answers about why she bullies, Katie begins a journal and reflects on the ways her behavior has hurt her peers and even herself. Katie's diary entries are interspersed with facts and advice about how to handle bullying. The unique perspective offers insight into what drives kids to mistreat their classmates and how authority figures can help

them reform. >>

Books to battle bullying

continued from page 7

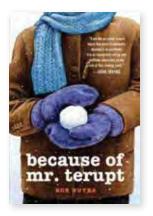


Wonder

By R.J. Palacio (Ages: 8-12)

Ten-year-old Auggie was born with a severe facial deformity that causes young children to scream in fear and older children to mock him as a "freak." After being homeschooled, Auggie enters fifth grade at a private school in New York City. While some students welcome him, others are outwardly cruel or, worse, pretend to be his friend and mock him behind his back.

Told from multiple perspectives, Wonder is a thoughtful look at how to handle bullying with both courage and resilience. It also sends a positive message about standing by your friends even when doing so may make you "uncool" in the eyes of your classmates.



Because of Mr. Terupt

By Rob Buyea (Ages: 8-12)

Fifth-grade teacher Mr. Terupt has a knack for connecting with all his students, from the prankster to the mean girl to the bullied. Without being preachy, he gets them to think about their actions and how their behavior affects those around them. Told from the alternating perspectives of seven of Mr. Terupt's students, we slowly gain insight into their backgrounds and their family lives.

When an accident leaves Mr. Terupt in a coma, his students come together to support each other. While they have listened to him throughout the year, they finally take his words to heart and adjust their behaviors in ways that would make their teacher proud.



Stargirl

By Jerry Spinelli

(Ages: 12 and older)

When formerly homeschooled Stargirl enters high school as a sophomore, her classmates are fascinated by her. She is whimsical, free-spirited and unapologetically nonconformist. Stargirl does things like serenade everyone on their birthdays — complete with a ukulele. Although she enjoys a brief stint of popularity, it doesn't take long for her peers to turn on her.

The book is narrated by Leo, who has strong feelings for Stargirl, but ultimately isn't brave enough to risk the reaction of their classmates. Thirty years later, he still thinks of her and is filled with regret. He made the mistake of going along with the crowd, but he learned from it, and so do we.



Thirteen Reasons Why

By Jay Asher (Ages: 12 and older) When Clay receives a mysterious package of cassette tapes, he's shocked to hear the voice of his classmate and crush, Hannah, who committed suicide two weeks earlier. She's sent recordings to 13 peers explaining how their actions contributed to her spiral of despair and ultimately her decision to end her life. Clay listens to Hannah's words as she describes the emotional toll of unrelenting gossip and cruel rumors from merciless classmates. But he's confused — he adored Hannah and never did anything to hurt her.

As Clay finishes listening to the recording, he learns that she has a special message for him. It turns out, kindness matters.





1-on-1 Swim Lessons

SAFE N SOUND

camps | swimming | fitness



- Emphasis on water safety and proper skills
- Warm pool, friendly staff and fun atmosphere
- Perfect for hesitant swimmers
- Learn to swim in a positive and nurturing environment
- 1-on-1 lessons lead to success



Y KIDS BUILD SKILLS & HAVE FUN AFTER SCHOOL

MAKE THE MOST OF AFTERSCHOOL TIME

with active learning opportunities designed to engage and expand young minds. Programs incorporate art, drama, dance, sports,

group games and STEM and are located at local schools and Y's near you.

ENROLL NOW FOR FALL!

YKIDS.ORG

Everyone is welcome. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**





LOOKING FOR QUALITY CHILD CARE? Ask your child care provider about EARLY ACHIEVERS

It helps ensure your child receives quality care and education. It's free for families and providers.

Learn more at: www.del.wa.gov/care/gris





Hallowell Todaro

Services for adults and children:

Diagnostics • Evaluation • Treatment Plan
Family and Couple counseling • Individual counseling
Coaching • Neuropysch testing • Medication (when necessary)

PARENT WORKSHOPS

Calm and Connected: Parenting Children with ADHD for parents of children of all ages (elementary through college age)

CAMPS OFFERED THIS SUMMER:

Getting ready for middle and high school; All you want and need to know about ADHD medication; Sample parent single session workshop, Top ten tips for raising kids with ADHD.

206-420-7345 • hallowelltodarocenter.org

Organization **uh-oh!**

Does your kid need an organization coach?

Executive function skills help us stay focused, make the transition to the next task and remember. But to succeed in school, some students need extra help building these skills.

BY KIM ECKART

ear the end of elementary school, David started losing track of his papers.

A lost worksheet here, a late book report there. Not unusual, really, among a fifth-grade teacher's charges. Often came the reminder: "Use your planner" — that spiral-bound calendar provided or required by so many schools to help students organize assignments and due dates.

But that system didn't work for David. By the middle of high school, his continued struggles with organization were affecting not only his grades, but also his entire outlook. So this past spring, he and his mother turned to an outside source for help: an educational services firm that specializes in brain therapies and organization-skills coaching.

"Everyone kept saying, 'Use your planner, use your planner.' Well, after four or five years, it became apparent — he wasn't going to use his planner!" says his mother, a Seattle-area physician who asked not to be identified for the sake of David's privacy. (David is the boy's middle name.) "He was floundering. He was not succeeding at any of this stuff. And as a parent, you just don't want it to get that far."



David's organizational challenges fall under the category of "executive function." Experts describe it as an "air traffic control system" for the brain, responsible for working memory, self-control and mental flexibility. Humans rely on these life skills every day, almost without thinking about it, whether to complete a multistep assignment or to plan dinner. Some children may have diagnosed special needs in the area of executive function, while many others simply need coaching, from professionals or parents, to develop their own internal systems and routines.

Skills start early

In school, children rely on their executive function to follow instructions, make the transition between activities, persevere to solve problems and manage their time to complete assignments. Cognitive growth in these areas spikes in preschool, according to Harvard University's Center on the Developing Child, and continues to increase through the teen years. Executive function, Harvard researchers say, is linked to successful social and work habits in adulthood; the center provides a series of agebased online activity guides (developingchild. harvard.edu: click on Resources, then Tools

Organization uh-oh!

continued from page 11

& Guides) to help parents promote executive function development in their children.

The Washington State Department of Early Learning (DEL) has spent the past two years piloting an executive function curricular program — with activities to address self-regulation skills such as impulse control — at a handful of daycare centers and preschools around the state. Now, the department is planning an executive function project that will involve parents in state-funded preschool programs.

For toddlers and preschoolers, the idea is to develop skills that precede task organization, says Angela Abrams, professional development administrator for DEL. Activities such as "Simon Says" help them perceive and understand multiple instructions or steps of a process. As children grow older, following a series of steps, whether in games or assignments, becomes a regular part of life.

"We're calling out executive function as a skill set all its own," says Abrams, who's been involved with the pilot project in Seattle, Spokane, Vancouver and Bellingham. "We're identifying the skills that children and adults need to be successful and make us who we are."

Organizing materials

While the skill building begins early, a child's struggles with organization often manifest in intermediate or middle school — the time when students start juggling multiple homework assignments and classes, and are expected to do so independently.

"It's a critical skill. When everything is organized, it creates a sense of peace and control,"

says Cindy Lehman, a former teacher who, for the past 15 years, has run Lehman Learning Solutions in Lake City. "By middle school, you're into multistep assignments. You have to organize your time, your materials, your information. If you're not good at that, then it becomes problematic for you. Disorganization gets in your way."

Lehman and her staff work with children and teens on a variety of issues, addressing academic needs, learning disabilities and executive function. Help with organization is a common request.

An early step is to identify a system that works for the student. David, for instance, didn't like the paper planner, so Lehman recommended he use an iPad app. ("It's made a significant difference," his mother says.) Some kids like having a whiteboard calendar on the wall in their bedroom.

Another key: Designating an appropriate, quiet place for homework, with ready access to pencils and other materials, and a system for storing papers. Just having everything ready can help procrastinators avoid distractions.

Such processes give kids a foundation, Lehman and other educational therapists say. But the goal is for the child to assume the responsibility. Parents tend to want to jump in and sort through the backpack or check over the homework, but where does that leave a teen who eventually needs to make her own way?

Choices and ownership

Organizational skill building can start early, says Barbara Bennett, a University District educational consultant. Consider time management: Kids typically don't have a sense of how much time a task will take, so help them verbalize a process. Model this by talking through how you set aside time to prepare dinner and follow a recipe, for example.

"If you have language, then you can develop a plan of action," Bennett says.

Help children make choices about the goal of a task and the steps to follow to complete it — maybe getting dressed for the day, or picking up toys.

The more families can slow down and take time to tackle this skill, Bennett says, the better equipped a child will be to manage himself later on. Not every child needs explicit instruction to develop executive function, she adds, but when a problem doesn't go away — when a child frequently is unable to complete a task, even when you break it down to two or three steps — consider outside help. "It's about being able to step back and take the time to think about: What do I want my child to be able to do? How do I teach my child how to make choices, how to break the task down?" Bennett says. "Instead of telling them, 'Clean up' or 'Get ready,' the two of you sit down and decide what needs to be done."

Specialists agree: When a child takes ownership of a task, or feels that she's had input in decisions about that task, she is more apt to feel invested in it.

Louise Berman teaches organizational skills to small groups and sometimes, entire classes, in her role as counselor at a Snohomish elementary school. She works with her intermediate students on "backward planning": Identify the due date of an assignment, say, a book report.





Pediatric Speech & Language Therapy

Communication Assessment and Intervention Birth through Adolescence

- Articulation/ Motor-Speech
- Down SyndromeLanguage Delay
- Autism Spectrum
 Disorders
- Social Skills
- Fluency/Stuttering

Learning here IS fun and games

Appointments available in Seattle/Wallingford, Bellevue, and West Seattle

206-547-2500 • carolray@aol.com • www.pediatricspeechtherapy.org

Circle it on a calendar. Then back up to figure out everything from how long it will take to find a book to how long it will take to edit the report. The key: Get their buy-in. Let them help call the shots. And if they make a mistake or miss a deadline, allow that to be a teachable moment.

"We want them to think independently and be problem solvers. Parents rescue kids far too often rather than let the natural consequences of their behavior happen — that's what they learn from. What are we really helping them with, by doing it for them?" says Berman, who serves as vice president of the Washington School Counselor Association.

"Once they can stand on their own, they can just soar. Once their self- confidence is up, they feel like they can do anything."

Kim Eckart is a Seattle-area writer, editor and mother. She has been a newspaper reporter and editor, and, more recently, an elementary-school teacher.

tips from the pros

USE A CALENDAR. Pick a kind that works for your child: Is it a school-provided planner? A display calendar? A whiteboard? Label assignment due dates, activities — anything your child needs to remember.

COLOR CODE. Use different colors of folders for different school subjects: green for science and red for math, for instance.

FIND A STORAGE SYSTEM FOR PAPERS.

If your child has trouble throwing things away, designate a stack — or a folder or a bin — for papers they don't need but aren't ready to toss into the recycling bin.

PRIORITIZE. When deciding what assignments to tackle first, ask these questions

and plan accordingly: Which one is due first? Which one takes the longest? Which one requires the most help?

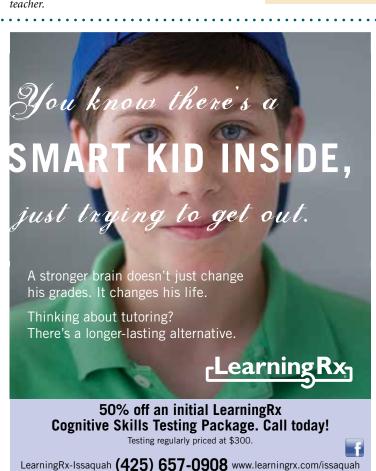
TIDY WEEKLY. Ask your child to clean out his or her backpack once a week until it becomes routine.

MAKE A SPACE. Create a bin of homework supplies and designate a distraction-free homework space

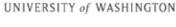
TAKE SHORT BREAKS.

Decide how much time your child can spend on an assignment in one sitting and take a break if necessary.

 Louise Berman, Barbara Bennett, Cindy Lehman, scholastic.com













We offer on the University of Washington Seattle campus: Transition School • UW Academy • Saturday Enrichment Summer Programs • Professional Development

Challenging K-12 students in an intellectual community through early entrance, and outreach learning programs.

Saturday Program registration opens in September! www.RobinsonCenter.uw.edu

Phone: 206-543-4160 Email: rcys@uw.edu Promoting the value of local independent school education, and working collaboratively to make the admission process more accessible for prospective families.



www.pugetsoundindependentschools.org











VISIT US

October 14, 2015 Independent School Fair for People of Color Rainier Comm. Center 6-8pm October 27, 2015
Eastside Independent
School Fair
Chinook Middle School
6-8pm

Seattle Independent School Fair Northgate Comm. Center 6-8pm

November 5, 2015







BRIGHT Water School











































































Westside School



Our member schools service a variety of grades and learning philosophies while adhering to the accreditation standards established by the Northwest Association of Independent Schools (NWAIS). Find the right school for your child today.

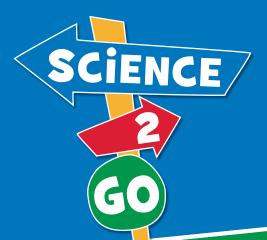
at www.pugetsoundindependentschools.org.

Explore your World with Science-to-Go Backpacks



Five themed books and a hands-on activity the whole family will enjoy.

> Ages 5-7 • Ages 7-9 **New! Preschool**



sciencetogo.pcls.us 253-548-3300





Would You Pass the Test?

You're a click away from elevating your knowledge about your child's education:

- · STEM labs for kids
- · Charter Schools in Washington
- Tips for teacher communication
- · Homework strategies to keep kids on track
 - · Functional study spaces

parentmap.com/education





Who Knew Going to the **Dentist Could Be So Much Fun?**

Accepting New Patients!

Infant-18 yrs.



Dr. Roger Lucas, DDS Pediatric Dentist

Dr. Diane Tung, DDS

Pediatric Dentist

425-774-1285



18833-B 28th Avenue, Lynnwood By the Alderwood Mall, In the Shane Company Plaza

Mention this ad to receive a FREE electric toothbrush at your exam!



Schedule Your Child's Dental Cleaning

Twice a year

to help raise a

Cavity Free Child!



Brush 2 minutes 2x per day visit us 2x per year to help keep your child cavity free!

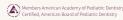




185 NE Gilman Blvd., Issaguah

425.392.4048

eastsidepediatricdentalgroup.com





Welcome to lab land

Specialized labs, 3-D printers and project-based learning
By Shawna De La Rosa

News you can use, from best backpacks to teacher talk: parentmap.com /education

t Technology Access Foundation (TAF)
Academy, technology and tools come
together to turn ideas into reality.
Beyond meeting education standards, learning
here leaps off the pages of theory to take shape as
real, three-dimensional products and prototypes.

Each day, with the help of a specialized on-site lab, students work on technology and engineering projects such as jewelry inspired by flowers and peacocks, stairs that produce energy with each step taken and even apps that hold politicians accountable for their commitments.

It's these real products that motivate the students to push a little harder, says student Gurleen Bassi, a senior at TAF, which is focused on science, technology, engineering and math (STEM) and serves students in sixth–12th grades.

"You can actually see what you could achieve if you try a little bit harder," she says. For example, at first Bassi tried to avoid computer coding. But there came a time when she could see coding would significantly improve her project.

"The desire to make it better encouraged me to try coding," she says.

Some of the projects Bassi has developed at TAF include a farm project that involved a blueprint and specific animal-stall positioning. She also created a jewelry neckpiece that was inspired by a peacock, and a computer application that analyzes how much water a family wastes.

Tyler Tetzloff, who created the energyproducing stairs, says that biology and humanities are often taught through science fiction books such as *I, Robot, Jurassic Park* and *Frankenstein*.

"We analyze how those books correlate to real-life issues," he says.

TAF Academy is part of a movement taking place around the country and in the Puget Sound region that brings real-world problems to students through the use of science, technology, engineering and math. Students are challenged to find solutions via project-based learning, often with the help of 3-D printers, STEM labs and specialized equipment.



TAF, part of Federal Way Public Schools, has 350 students. Most began attending TAF in sixth grade. Interested students apply; if there are more applicants than openings, students are selected randomly through a drawing. The school has a 95 percent graduation rate and a 100 percent college acceptance rate.

Lorenzo Scott, a 2015 graduate who started at the University of Washington, Tacoma this fall, began attending TAF in sixth grade. One of 20 graduating seniors this spring, Scott says the small school community is part of the appeal, as is the project-based learning and one-to-one laptop availability.

The beauty in this type of learning is that it's not just a theory, says Paul Tytler, TAF Academy principal. The students apply their learning to issues they care about.

Scott, for example, is passionate about political accountability. So he created an app that tracks a politician's accountability.

"The projects are something they've developed themselves, so they are more motivated to go

It's not about an achievement gap, it's about an opportunity gap

over the next hurdle," Tytler says. That's where the richest learning takes place.

TAF boasts a STEM lab, called The Lighthouse, which features 3-D printers, computer-assisted design capabilities, a laser cutter, hand tools, microscopes for DNA barcoding and multimedia production capabilities.

The lab, which opened this spring and was created in part through by a sponsorship from Seattle's Wimmer Solutions, is called The Lighthouse because "it's where bright ideas come to life," says Gabriel Bello-Diaz, an engineering instructor at TAF.

Bello-Diaz has a background in architectural engineering. His company, Efficio, creates

ARTS + ACTIVITIES





1555 NW Mall St. Issaquah, WA 98027 425.654.0910 info@swimlabsnw.com swimlabsnw.com



Brain-boosting activities and games

Chances are, ever since your children were babies, you've tried to surround them with positive learning experiences. When they get older — and free time is a scarce commodity — it only makes sense that you'd like some of that "down time" to be spent in brain-enriching activities.

Here are some brain games that are known to help boost learning ability:

CHESS is an obvious choice, with school districts all over the world integrating the brain game into their curriculums. It has been used in Russian schools for many years as a means to increase students' problem-solving and reasoning skills. Research conducted in the '70s and '80s found that chess players develop complex and efficient structures for memory storage and management. It's also shown to increase math test scores in students.

SUDOKU, a popular logic puzzle game that is played solo, requires logic, memory and concentration. The brain game is available in a variety of skill levels from easy to very difficult and is available in book form, electronic hand-held units and, of course, online.

CROSSWORD PUZZLES, WORD JUMBLES AND WORD SEARCHES are also easily available, inexpensive brain game choices for the solo player.

BOARD GAMES are a great way to involve the whole family in brain-building activities. Be sure to choose games that require players to use strategy to determine the outcome, rather than just rely on the roll of the dice. Games like Scrabble, Clue, and 20 Questions are better choices than games like Candy Land or even Monopoly.

— Andrea Leigh Ptak



OCTOBER Lectures



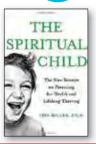
The Spiritual Child:

What science says about spirituality and parenting kids who thrive

Lisa Miller, Ph.D.

7 - 9 p.m.

OCT 19 SEATTLE • OCT 20 TACOMA



parentmap.com/lectures

Welcome to lab land

continued from page 17

fashion and art through handcrafted and digital techniques. He brings his professional expertise into The Lighthouse and encourages his students to bring their ideas to life through the use of technology.

With the combination of coding and tools, Bello-Diaz's students take on projects such as solar panels that move with the sun and water analysis. He sees students extract ideas from nature, use coding to design art and then use tools to do the final fabrication.

Bello-Diaz has even taken some students a step further into the business world, where they are able to create art and sell their pieces. Scott recently sold his first piece of jewelry for \$65.

"I'm passionate about bringing the use of technology to the next generation," Bello-Diaz says.
"Every kid should have access to a computer so they have a smooth and easy transition into the workforce."

Karl Ruff, a Roosevelt High School teacher in Seattle who specializes in the STEM field, touts the benefits of STEM-based learning.

He says the new STEM lab trend is bringing engineering and tools back into the classroom, but with a technological twist.

"There's a saying: 'This isn't your dad's workshop," says Ruff, who was named Puget Sound Engineering Council Teacher of the Year for 2015.

Ruff worked at Boeing for 16 years in the engineering department. His real-world experience gives him insight into what his students need to learn in preparation for their high-tech futures. His STEM lab in Roosevelt High School has a robot, mill, 3-D printers and tools.

Patrick D'Amelio, CEO of Washington STEM, a nonprofit dedicated to advancing STEM education in the state, adds that demand is also pushing the trend of STEM labs in schools.

"It's no secret that Puget Sound's job market increasingly requires STEM skills," he says. "We are no. 3 in the concentration of STEM jobs in the nation, yet only 7 percent of schools have access to computer science education."

D'Amelio is optimistic that the trend will be sustained. He cites the fact that the Washington State Legislature funded a K–12 STEM capital grants program that prioritizes high-need schools in the 2015–2017 budget.

"Washington STEM envisions a future where every student in Washington has access to highquality STEM education," he says.

We aren't there yet. Parents of students who don't attend a STEM-focused school or take classes at a site that boasts a 3-D printer or engineering lab are, increasingly, desiring those opportunities at their own neighborhood schools.

Uma Rao, director of development and communications for TAF, says this type of learning needs to become more prevalent. The goal is to make labs, STEM teachers and project-based learning available to more students, she says.

"It's not about an achievement gap, it's about an opportunity gap," Rao says. "Students need an opportunity to learn about STEM, and that's what we are not seeing [enough of] in public education."

Shawna De La Rosa is a local writer and mother of three.

ACTIVITIES

Jump Into Books at

Pump It Up has launched the Jump Into Reading program to support and promote reading in elementary and middle schools. The goal is to motivate children to read both inside and outside the classroom. For more information contact us at: manager@pumpitupwa.com

Pump It Up of Kirkland and Lynnwood pumpitupparty.com

NURTURE YOUR CHILD'S INNER MUSICIAN!

Experience our music and movement classes in Sammamish and Redmond.

SEASHELL MUSIC TOGETHER



Schedule a FREE DEMO class today and get \$20 OFF the tuition



www.seashellmusictogether.com • (425) 443-0254

KidsQuest Early Childhood Classes

Enrolling now!

Ages 0-5

- Explore sign language, art, music, dance & exercise
- Meet other kids and parents
 - Get ready for school





www.kidsquestmuseum.org | 425.637.8100



The science of lance

Are your children learning to fail? They should be

BY REBECCA A. HILL

ilson Greatbatch was an inventor with more than 150 patents. He wasn't a doctor or a surgeon.
He knew little, if anything, about the heart. But in 1956, when he was working on a device to record heart sounds, he reached for a resistor

to complete the device's circuits, inadvertently picked up the wrong size of resistor and installed it. With this innocent mistake, he found that his device gave off an intermittent electrical pulse — the kind that could regulate a heart that was beating erratically. Instead of switching the circuit, Greatbatch ran with it, thereby changing cardiac care forever by creating the pacemaker.

We tend to think that science is orderly and clean, with neat facts that line up on the pages of science textbooks. We also think that science is full of eureka moments of discovery, such as Alexander Graham Bell's "Mr. Watson, come here" moment. Actually, science is more ponderous than that. It requires diligence, and inherent in it are many, many failed moments like that of Greatbatch's. Stuart Firestein, author of *Ignorance: How It Drives Science*, likes to describe science as a magic well: "No matter how many buckets of water you remove, there's always another one to be had." While science gives us a sense that it is an orderly process, says Firestein, "it almost never is."

As a professor at Columbia University, Firestein runs a neuroscience lab and teaches an undergraduate course on the

brain. Early on in his teaching, he began to worry. Would his students think that the textbook, with all its facts and data, contained all that we need to know about the brain? Would they think that they were learning everything that they would ever need to know? These questions led Firestein to conclude that what was missing in science courses was the idea that science, although exhilarating and interesting, was more than facts and data, and more than an orderly process.

What science mostly consists of, Firestein believes, is ignorance. Not the kind of ignorance that means dumb, but that which comes from a gap in our knowledge; this ignorance is valuable because it leads us to great discoveries.

How do we find out what we don't know? Right now, our students do their research primarily on Google. But to use Google, one must first have a question to pose. A simple question can get 1 million responses. A refined question can garner 10,000, and a more refined question can get us to maybe 150 responses. Questions, says Firestein, are the keys to ignorance. Not just one, but one question after another, after another. This is how we begin to make great science. And this is the science, driven forward by both questions and mistakes — by giving value to both ignorance and failure — that we want our children to be learning.

But are they? In a climate of high-stakes testing and results-driven academic approaches, some say no. >>

ARTS + ACTIVITIES



BUILD • DESIGN • CREATE

Now offering year-round programs to fit a variety of schedules. Subjects include:

- Video Game Programming
- Art and Animation
- Game Design
- Robotics and Engineering
- Music and Sound Design

REGISTER TODAY!

projectfun.digipen.edu







SERIOUS FUN! 206.524.3234 | nwboychoir.c





OCT 14 SEATTLE

RESOURCE FAIR 5 - 7 p.m.

LECTURE 7 - 9 p.m.

Master the Power of ADHD lecture with Dr. Ned Hallowell

parentmap.com/lectures





The Little Gym offers a wide variety of classes that help children reach their greatest potential. Structured lessons, unique themes and a nurturing environment build confidence during each stage of childhood. 4 mo. - 12 yrs.

Call a The Little Gym near you to hear more about our Big Discoveries introductory offer.

Alderwood, Bellevue, Everett, Federal Way, Interbay, Issaquah, Kent, Maple Valley, Puyallup, Seattle & West Seattle.

thelittlegym.com

Parent / Child Classes • Pre-K & Grade School Gymnastics • Dance • Karate • Sports Skills • Awesome Birthday Bashes • Parents' Survival Night • Summer & Winter Camps



The science of ignorance

continued from page 21

The importance of asking questions

If ignorance is the beginning of the scientific process, then questions are the foundation on which scientists lay their path. To change science in the classroom from a facts- and results-driven discipline to a prelude to discovery, we must embrace the idea that ignorance begets a question, which then leads to more questions. "Every scientific fact started out as a question," says Firestein. So we have to teach students from the beginning that we want to focus on the questions rather than the facts, he says.

But what questions matter? How do we figure out which are the right questions? When you don't know something and you want to know it, you ask, right? That's curiosity. "We feel curious where there is a gap between what we know and what we want to know," says Ian Leslie, author of Curious: The Desire to Know and Why Your Future Depends On It.

Scientists, says Leslie, have to look in places where no one else has ever thought to look, to close that gap by asking lots of questions. This is true in the classroom, too.

Dan Rothstein, co-author of *Make Just*One Change: Teach Students to Ask Their Own
Questions, believes that the single most important
skill that anyone can have for learning is the
ability to ask a question. But not all questions are
pertinent. Sure, if students are studying cloud

formations, questions about chemical reactions in the body may not be relevant. But that old adage that there's never a stupid question still exists. Who would have thought that Leonardo da Vinci, who was fascinated by how water moved in and around objects and studied the dynamics of its flow, would figure out how blood moved through the heart's valves? We must first acknowledge that questions need to be asked.

To do that, we must create a place where it's safe for students to ask questions — even "stupid" ones.

Today's science classroom

While a curriculum that focuses on questions works well in most disciplines, it works especially well in science classrooms. According to a brief from the Center for Inspired Teaching, which shows positive outcomes from schools using the inquiry process, inquiry learning focuses mainly on students' questions as the center of the curriculum. Teachers help guide students in generating their own content-related investigations. Key to this process is a classroom environment where it's OK to ask questions.

But existing institutional barriers in education often prohibit this simple yet valuable function. Most of the time, says Rothstein, the focus in the classroom is on the question that the teacher asks of the students, and not the

questions that the students ask. Other barriers exist, too: Students may not be encouraged to ask questions. Sometimes students don't have the basic knowledge to know where to start with a question. And often, students will not ask questions for fear of sounding stupid or making a mistake.

"I think that the fear of sounding stupid contributes to not responding to a teacher's question and not answering the question," says Rothstein. "What we are establishing [by asking questions] is that we are honoring ignorance. This is why Stuart Firestein's book spoke so clearly to what we do. We really have to make students more comfortable asking questions."

Making mistakes

We all know that making mistakes is a valuable life skill. We tell ourselves that making a mistake is just a part of learning; that everyone makes them, and a mistake doesn't measure how dumb or smart a person is. But actually, most Americans tend to view mistakes as failures, says Alina Tugend, author of *Better by Mistake: The Unexpected Benefits of Being Wrong.* "We tend to be focused more on results in this country than on the process. People say that they are not, but everything we do, from testing to jobs, is about not making mistakes," Tugend says.

And no place in America is more results driven than the classroom. A 2013 study by the

ARTS

+

ACTIVITIES







Parent Map

Build your best bookshelf



ORDER NOW

parentmap.com amazon.com

feature

The science of ignorance

continued from page 23

American Federation of Teachers found that the time students spent taking tests ranged from 20 to 50 hours per year in heavily tested grades. In addition to taking tests, students also spent from 60 to more than 110 hours per year in test preparation. The pressure on students today to produce results, as measured by test scores, is immense.

We want results, but we also want kids to learn by asking questions, being curious and by making mistakes, too. This creates a dilemma not easily solved. "Teachers are in a tough situation in this country. Testing ... is all about results. No one says that you had a great effort doing the SAT — all that matters is the final score," Tugend says. "I think that there is a sense among adults and kids that we don't have the patience for effort." We have to remember, says Tugend, that for most of us, learning is a long, hard slog marked by trying, failing, trying and failing.

In science, says Firestein, failure is what makes science work because "it is failures that allow us to determine the boundaries of our knowledge and our ignorance." In his upcoming book, Failure: Why Science Is So Successful, Firestein explores failure in science. "We fail quite a bit in science. There are many wonderful stories of failure," Firestein says. "It is really fascinating to think that very, very smart people thought a certain way and could be wrong."

Science as a process

The best science learning is all about process, asking questions and making mistakes. Like building blocks, it takes time and effort.

Despite the clash this often creates with a results-driven testing environment, some teachers are working to encourage their students to accept their mistakes and learn through process.

One teacher who has transformed his classroom by focusing on inquiry is high school science teacher Tim Renz of Foster High School in the Tukwila School District. Recently he worked on a cerebral malaria project in a laboratory at the Center for Infectious Disease Research in Seattle. Not only did he have an amazing chance to do "real science" in a "real laboratory," but he came away from the experience with the tools that forever changed his teaching in his own classroom.

While most labs in schools are essentially confirmation-based labs — meaning students do experiments only to confirm their answers — Renz says he wants his students to use a more open-inquiry lab. In such a lab, Renz says, "students are not only developing their own investigative plans, but also developing their own investigative questions."

With their final lab results, students in Renz's class present their claims and defend them to their peers. "Students are taught to be open to new ideas and to have informed skepticism," Renz says. "Asking good questions, developing good investigative questions, making great observations, and analyzing their data and developing a claim that they can support with evidence and reasoning will lead them to be great critical thinkers. [It gets] to the 'why' part of the science world."

Tami Caraballo, a biology teacher at Glacier Peak High School in the Snohomish School District, spent several summers working in a lab at Seattle's Institute for Systems Biology. Like Renz, she came away with the tools to change her classroom teaching approach. Caraballo constantly prods her students toward curiosity, something that can be a lost concept in the classroom, she says. Sometimes students are afraid that if they wonder, they may not get the right answer. "I continually emphasize to my students that I am not so interested in their 'right answers' but [in] the 'great questions," Caraballo says. She has seen a major shift in teaching science over the past 29 years. "When I started as a science teacher, we stood in front of the classroom to impart knowledge to our students," she says. "But now, I work as a guide."

As Renz and Caraballo have found, the returns on these teaching methods are plentiful. Rothstein writes that sudents often have a better understanding of content and retain information better. They gain confidence and independence by taking ownership of their learning. And often they develop lifelong thinking skills.

For Carole Tanner, a science teacher at Mill Creek's Henry M. Jackson High School, failure in her classroom is not an option, but a requirement. "In my science classroom, mistakes are not mistakes in the traditional sense of the word," Tanner says. "The word 'mistake' connotes a negative idea that the student [should] know the right way to do something or

should have known. But in the world of science investigation, we often do not know the outcome or the best method for conducting our research."

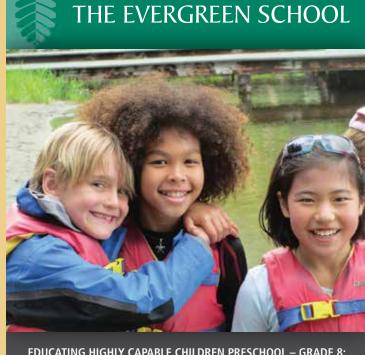
"Failure is celebrated as a way to learn how to not do something, and sometimes the failure of a plan is perfect for another challenge or application. The failures become our tool set for experimentation and evidence that provides understanding of an concept," Tanner says.

Caraballo has a similar viewpoint on failure. For two summers she worked in a lab searching for six cancer genes, only to find one, and, she says, it took a ton of failures to find that one gene. "Failure is always an option," she says. "The real learning takes place in how you deal with that."

So when we remember Wilson Greatbatch's mistake, we can only suppose what would have happened if he, upon realizing his mistake, had used the right resistor: The pacemaker would have never been invented. Millions of people with heart disease would not have been helped. By letting our students learn that ignorance drives science, and curiosity generates the questions that fill the gap, they may make more mistakes, but they will make more discoveries, too.

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, Indiana. She is the mother of two high-school boys.

WAIS SCHOOLS est Association pendent Schools



EDUCATING HIGHLY CAPABLE CHILDREN PRESCHOOL - GRADE 8:

admission@evergreenschool.org | 206-364-0801 www.evergreenschool.org 15201 Meridian Avenue N, Shoreline WA 98133





K-8 OPEN HOUSE October 21 5:30-7:30

SEATTLE COUNTRY DAY SCHOOL 206.691.2625 seattlecountryday.org



Help handling homework

Homework: The word can send a shiver up any parent's spine. But remember, no matter the age of your child, you can influence their success while allowing them to build a work ethic. Here are some guidelines for encouraging homework focus and quelling anxiety:

- Make sure the TV isn't on not even as background noise.
- Assume that your children will have studying to do every night, even if it's just review or reading.
- Don't do your children's work for them. Help them learn how to do it themselves.
- Allowing your children to fail by experiencing a natural consequence, for example a bad grade or other repercussion for work not done, will actually help them succeed in the long run.
- Use checklists to help kids track their tasks and feel a sense of accomplishment by checking something off when it's done.
- Create a homework schedule so kids know when to expect to focus on work every day and week.
- Use a timer to help anxious or struggling children focus for a short, set amount of time.
 - Praise your kids for doing well. Make praise a habit.



 Help older students organize their assignments by recording them on calendars or planners, along with due dates, dates turned in, etc.

Sources: The National Education Association; understood.org

VILLA ACADEMY OPEN HOUSE

November 14, 9am





Villa Academy is an independent, Catholic school serving students preschool through eighth grade.

We invite you to vist our beautiful, 30-acre, wooded campus just east of University Village for our Open House on November 14.

www.thevilla.org

5001 NE 50TH ST | SEATTLE | 98105 | 206.524.8885

ParentMap

OCTOBER Lectures

Exploring Your Atypical Learner



OCT 14

University of Washington Husky Union Building, SEATTLE

RESOURCE FAIR 5 - 7 p.m. LECTURE 7 - 9 p.m.

Master the Power of ADHD lecture with Dr. Ned Hallowell

parentmap.com/lectures



Call today for a school tour.

pre-K to 5th grade ucds.org 206-547-8237





Excellence Today, the World Tomorrow FRENCH AMERICAN SCHOOL OF PUGET SOUND

ECOLE ERANCO-AMÉRICAINE DU PUGET SOUND



BILINGUAL EDUCATION FROM YOUNG PRE-K (AGE 3) TO GRADE 8

Applications Now Accepted! Weekly Tours: www.fasps.org (206) 275-3533 ext 275 patriciab@fasps.org

3795 East Mercer Way Mercer Island, WA 98040

- ☆ No French language experience required through Kindergarten
- $\hspace{0.2cm} \hspace{0.2cm} \hspace$
- ☆ Small class size
- ☆ Tuition aid available
- ☆ Daily bus and hot lunch service
- ☆ Accredited by: NWAIS & French Ministry of Education





SEATTLE ACADEMY

preparing students for college and life

LIKE TO TRY NEW THINGS?

THIS IS THE PLACE FOR YOU!

EVERYONE DOES EVERYTHING AT SEATTLE ACADEMY. SCIENTISTS ARE FILM-MAKERS. WRITERS ARE ACTORS. MATHEMATICIANS ARE ATHLETES. DEBATERS ARE SINGERS. DANCERS ARE INTO POLITICS AND COMMUNITY INVOLVEMENT.

Open Houses: October 15 & November 10. Both 6:30 p.m. No RSVP necessary.

Not only does Seattle Academy send its graduates to the country's most selective colleges and universities, but it features an internationally recognized performing and visual arts program; championship-level athletics; nationally renowned teachers; and opportunities to travel all over the globe.

An urban independent school on Seattle's Capitol Hill . Grades 6-12 . www.seattleacademy.org . 206-324-7227

BEING BILINGUAL IS GOOD FOR YOUR BRAIN!

A Caring Community Play-Based Curriculum Multi-cultural Experience

Are you looking for a preschool community that encourages a multi-cultural mix of backgrounds, experiences and ideas?

A classroom that has the perfect balance between play and structure?

At FISW, your child will be welcomed into our nurturing classrooms. Teachers will encourage childrens' natural curiosity and inspire them to question and examine their surroundings. Learning will look and feel like fun, but students are acquiring basic skills and building a strong foundation for learning.

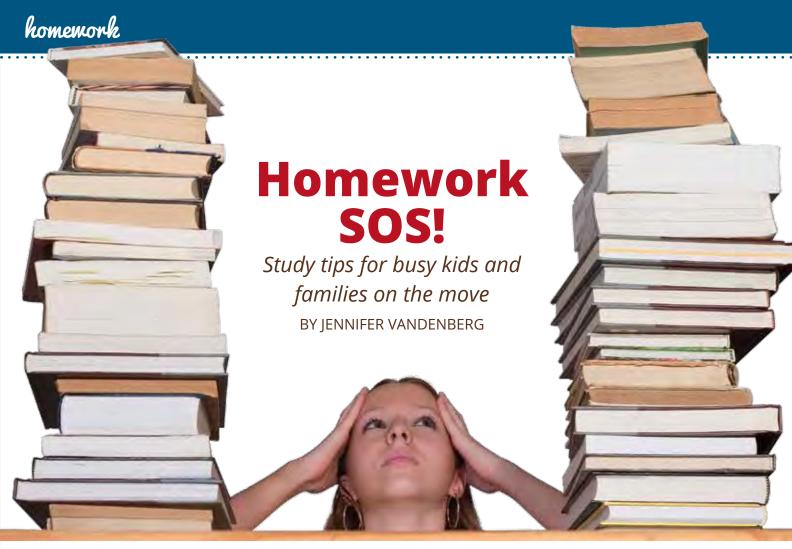
Find out more at www.fisw.org











e teachers often tell parents about the importance of creating solid study routines at home. Advice revolves around the idea that kids should come home, have a healthy snack and immediately get working. Homework should be done at a central location, so parents can hover nearby, monitor productivity and sound out letters or explain how to calculate the correlation coefficient.

But for many parents, this is frustrating or even useless advice. You might still be at work while your children are supposed to be eating those apples and sharpening those pencils. If your child splits time between you and another parent in different homes, routines can be hard to establish. If you are a solo parent, keeping all the afternoon or evening balls in the air can be especially challenging. And many families with multiple kids and busy schedules find themselves on the move many afternoons and even evenings with soccer practice, pickups, commutes and dance classes. But even for the busiest families and in the most challenging situations, there are still many ways to create consistency, establish routines and hold your kids accountable for homework.

Make studying on the go easier

While it's great to have a desk and homework space everywhere your child resides or spends time, prepare for homework to be done anywhere. All necessary supplies and completed work should stay permanently in a backpack, organized with folders and pencil cases. Many schools give your child access to online textbooks or even additional books. (If you aren't sure of what's available, ask.) If your child has a smartphone, he or she should get into the habit of taking pictures of relevant textbook pages so they are always available. For kids who live in more than one home, most teachers are willing to distribute two copies of parent notes and school flyers so that all caregivers stay in the loop and the student doesn't have an additional burden placed on them. Some kids might benefit from extra copies of homework; multiple folders help keep things straight if the child is moving around a lot. Speak with the teacher about your situation and make them a partner.

Hungry kids have a hard time focusing on

homework. If your child is going to be in transit a lot, make sure they have access to enough healthy snacks and meals. (Find creative ideas, including hot meals for families on the run, at parentmap.com/thermosmeals.)

Use technology to your advantage

Older kids might be alone in the hours after school. How do you supervise them from afar? High school English teacher Kris Gonzalez has her students take pictures of completed work and text it to parents as proof of completion. Parent Alicia Sambrano-Priest, who often doesn't get home from work until close to bedtime, changes the family Wi-Fi password daily; her son receives the new password as soon as she receives the text message showing his homework has been finished.

Enlist teachers and other school resources

Most teachers are available before and after school to help students. Not only do we teachers know the specific assignments needed to raise









Come see the difference Woodinville Montessori School

SECONDARY • ELEMENTARY • EARLY CHILDHOOD • TODDLER

Bothell & Woodinville Admissions: 425-420-9722

Open Houses & Tours 2015
Oct. 24, 9:30-11:30 a.m.
Dec. 5, 9:30-11:30 a.m.
www.woodinvillemontessori.org







The Spiritual Child:

What science says about spirituality and parenting kids who thrive

Lisa Miller, Ph.D.

7 - 9 p.m.OCT 19 SEATTLEOCT 20 TACOMA



parentmap.com/lectures





Print out a homework accountability sheet: parentmap .com/sheet

Homework SOS

continued from page 29

that grade, but we can nag and lecture our students without having to deal with them as sullen teenagers for the rest of the night. Email teachers to find out who is available and plan a standing homework date with a specific teacher once a week. If your child is older and has a phone, for accountability's sake, give your child a call on the specified day and ask to talk to the teacher. If your workplace doesn't allow you to make phone calls or if your kids have friends who are exceptionally good at impersonating adult voices, try email. If transportation is an issue, some schools have a late bus or activity bus that will pick up students an hour after school ends. Also, contact the school counselor and ask about resources. Often, homework clubs, peer tutors and volunteer groups are sitting around after school, just waiting to help students tackle their homework.

Babysitters can help!

Consider hiring a babysitter for an hour after school if your child needs the stability of being in one place, supervised, and you need to run around or keep working. Do not hire an expensive tutor! This should simply be a babysitter whose key responsibility is to supervise and ensure that homework gets done. Some older elementary- and middle-school students will be mortified at being babysat, so if that's the case, try creating an incentive for them to prove they are capable of studying on their own. You can even pass the \$15 child-care cost along to your kid in the form of allowance.

Monitor grades online and in person

When schedules are hectic, children are splitting time between different caregivers, or parents are overwhelmed, it can be challenging to monitor your student's progress closely. But don't let this fall through the cracks. Many schools have online assignment sites that make it easy to quickly check in. If you are feeling confused, try asking the teacher to update you briefly every week by email about your student's progress. If you still see low test scores and missing assignments, call a meeting that includes the child and all parents and teachers. Consider requesting a communication sheet that your child brings to each teacher to sign every day. Kathleen Church, a high-school math teacher and parent of five, has created this sheet (see

circle) for her own children and students. Teachers note homework assignments and check off sections for class participation and work completion. A reward or consequence at home corresponds to the comments on the sheet.

6 Study with your child once a week

Although you might not have time to help with homework every day, try to plan a study evening at least once a week. Do this at home, or try it at a local coffee shop or restaurant, where you can do homework over lattes or pizza. Bring along your laptop and catch up on emails, pay bills or peruse Facebook while your kid annotates that speech or labels the anatomy of a cell. Going to a coffee shop has the extra perk of immersing your child in an environment where other people are working and studying as well, which validates the idea that school and homework prepares you for life.

7 Set an expectation

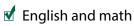
Younger students might not have homework every day, or they might receive all homework at once in a packet, due back once a week. Whatever the case, set the expectation of doing some work every day, even if it's just reading or reviewing, to set good habits early on.

Expect a student in middle school or high school to study every single day, not just "when they have homework." I once ran an after-school homework club (attendance was mandatory for students who were failing two classes), and my charges would often claim they didn't have any homework. I would nod in understanding, open up a random textbook and prepare them to start taking notes. Invariably, they would suddenly remember that they actually did have an essay to work on after all. Don't accept claims of not having any homework. Even if nothing was specifically assigned, there is always a textbook to read, class notes to review and math problems to double-check. Only when studying is done daily does it become a routine.

In the space between convincing sophomores to analyze the French Revolution and convincing her toddler to eat her veggies, Jennifer 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.

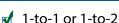
Best in Class Education Center

Enrichment Program



- ✓ Critical thinking skills
- ✓ Qualified instructors
- Affordable tuition

Private Tutoring



- 1-10-1011-10-2
- ✓ Test preparation
- ✓ Homework help
- ✓ Study skills



Over 30 locations nationwide!

1.888.683.8108 BestinClassEducation.com



TUTORING
AD/HD COACHING
THERAPY

PARENTING SUPPORT

Visit us at:
OptimalLearningSolutions.net
425.576.1817

SCHOOLS + PRESCHOOLS



See how curious children become eager students.



At Bright Horizons, we provide an exceptional place for children to thrive. Our individualized, flexible curriculum and experienced teachers inspire children at every age and stage.

Curriculum focusing on math, science, literacy, health and social responsibility • Consistent with local schools' social and academic expectations • Over 98% parent satisfaction rating

Contact us to schedule a visit

19 Greater Seattle Area Locations
To find a center near you, visit
www.brighthorizons.com/LearningPM



Now Enrolling!

Preschool - Grade 8

Open Houses:

Kindergarten November 3 All School November 17 Preschool January 12, 2016

Weekly tours every Thursday at 9:30 am or by appointment 206-935-8500 | hopeseattle.org



HOPE LUTHERAN SCHOOL



Montessori School of Seattle

720 18th Avenue East Located in St. Joseph's since 1979 Children ages 2½ - 6 years

Curriculum includes geography, science, music, math, phonics, cooking and dance.

Call 206-325-0497 to visit www.montessorischoolofseattle.com

Morningside Academy

FULL YEAR & SUMMER SCHOOL

Basic Skills Grades 1-8 Middle School Grades 6-9

Reading, Writing, & Math • Study & Organizational Skills
Thinking, Reasoning & Problem Solving

Daily Support Card Art, Wushu, Field Trips

901 Lenora Street, Seattle

206.709.9500 www.morningsideacademy.org



'Is she reading yet?'

What's really important for early literacy
By Rachel McClary

tarting grade school can be unnerving for first-time students and parents: a big, new school building to navigate, new expectations and many unknowns. Will my child make friends? Get over her shyness? Settle down at her desk? Eat her lunch? These are common concerns.

Many parents of kindergartners today have an additional worry: Should my child be reading?

"Getting kindergartners ready for elementary school does not mean substituting academics for playtime, forcing children to master first-grade 'skills' or relying on standardized tests to assess children's success," stated the National Association for the Education of Young Children (NAEYC) in 1996.

But since then, kindergarten has become increasingly academic, leading many to view kindergarten as the new first grade.

A recent report by the Alliance for Childhood and Defending the Early Years titled "Reading Instruction in Kindergarten: Little to Gain and Much to Lose" raises new concerns about the changing nature of kindergarten since the introduction of the Common Core State Standards. The report places particular emphasis on the expectation that, by the end of kindergarten, children will be able to "read emergent-reader texts with purpose and understanding" and draws attention to the absence of the phrase "with prompting and support," which precedes other standards.

New standards

The Common Core standards were adopted by Washington state in 2011, and standards for English language arts and mathematics were fully incorporated into the state learning standards during the 2014–15 school year. Common Core attempts to standardize expectations for children's educational achievements at the end of each grade level, but does not dictate how teachers achieve these goals.

To understand when a child *needs* to learn to read — including when the brain is most



My experience as a parent and early education teacher has shown me that children do not need to be drilled to learn to read.

primed for such development — we can look to research and a variety of education case studies. If your child at age 5 or 6 has little or no interest in sounding letters into words and progressing through the books known as level readers, this research will reassure you.

Sebastian Suggate, a professor of psychology who teaches at the Alanus University of Arts and Social Sciences in Bonn, Germany, and who studied early childhood reading in 2007, found no solid evidence of long-term gains for children who were taught to read in kindergarten. Children who learn to read later do just as well in scholastic measurements by the time they

are 11 as those who were taught to read at age 5.

More ways to support early learning: parentmap.com

/education

In Finland, where students consistently rank in the top 10 on the Program for International Student Assessment (PISA) scale, formal reading instruction begins when children are 7 years old, when they enter school after years of free universal day care through age 5 and a year of preschool/kindergarten at age 6. This system is based on the belief that children learn best through play until the age of 7 and will therefore enter school with an eagerness to learn.

This approach rings true for me: My experience as a parent and early education teacher has shown me that children do not need to be drilled to learn to read. Early reading is highly dependent on foundational skills. Many children will learn to read by the age of 6 as a natural progression from emergent literacy or imitating reading and writing behavior. Many schooling philosophies, including the Montessori approach, are based on a child-led path to literacy. My own children learned in this way, and both have reading ages way beyond their years. Of course, some children will still need specialist support, but I believe pushing

'Is she reading yet?'

continued from page 33

children before they are ready creates a negative attitude toward reading that is difficult to reverse.

Jason Yeatman, assistant professor at the University of Washington's Institute of Learning and Brain Sciences (I-LABS), explains that in brain development, there is substantial variability in the rate and timing of maturation from one child to the next. "Particularly when we look at the brain's reading circuitry, children's growth rates are quite heterogeneous," Yeatman says. "A one-size-fits-all model of education is surely inferior to a model that tailors instruction to an individual's needs."

Advocating for a child-led approach to literacy does not mean that literacy concepts should not be introduced early — they should be, most experts agree. With an early introduction, students who might struggle or lack foundational language skills (which can impede reading) can be identified and helped. Early literacy introduction is, however, very different from a performance-focused environment in which kids are constantly measured and drilled.

Play is the way

Research suggests that the best way to promote foundational literacy is through play. A number of studies point to greater gains for children attending play-based preschool compared to preschools with an academic focus. The Alliance for Childhood report cites, among others, a German longitudinal study in the

1970s comparing play-based and highly directed kindergartens. Children attending play-based programs excelled beyond the other group in all 17 measures. As a result, German kindergartens returned to a play-based format.

In play-based kindergartens and preschools, teachers intentionally design language and literacy experiences that help prepare children to become fluent readers. Teachers observe children engaged in meaningful experiences and then create authentic documentation of growth and progress.

Yet in many elementary-school kindergartens, reading goals encourage teachers to teach to the test and focus on straight academics versus play. A recent study by University of Virginia researchers found that in 2006, kindergarten teachers spent as much time on literacy activities as on mathematics, science, social studies, music and art combined.

With the pressure of test scores and many competing demands of kindergarten classrooms, the ability for children to build literacy at a natural pace could be at risk.

But remember, when parents are worried, they often project this onto their children. And there is much that we can do at home to build the right environment and attitude toward literacy.

Rachel McClary is a British early education consultant, writer and mother of three. She is a qualified teacher with a master's degree in psychology of education. She blogs at rachelmcclary.com.

what to do at home

Read together every day. Early literacy experts Sue Palmer and Ros Bayley recommend preschool children share five stories a day, returning to familiar books until they can "read along." Keep it fun, not a chore. More tips: *parentmap.com/earlyreading*

Eat dinner together to promote important skills for reading writing and comprehension. Encourage discussion, taking turns, listening and telling stories about your day.

Sing together and learn rhymes.

These help children to recognize rhyme, rhythm and patterns in language.

Seek words and letters in the environment, pointing out words on common signs.

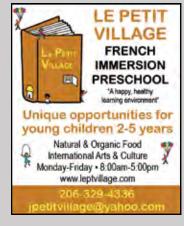
Model being a reader. Give your child opportunities to see you reading and writing by writing notes and lists with your child, keeping a notice board in your kitchen and showing children that books are to be treasured.

Play games that help your child discriminate between two sounds.

For example, hide two instruments or sound-making toys behind your back and ask your child to guess which you are playing; or go on a walk together to find different sounds.

SCHOOLS + PRESCHOOLS







www.FrenchMorningsPreschool.com



spongeschool.com
NOW ENROLLING!

SCHOOLS + PRESCHOOLS



- Individualized Curriculum, tailored to meet the needs of each child
- World Languages
- · Arts, Drama, Music
- · Science and Technology
- Physical Education
- · Values Through Character Education
- · School Houses and Clubs · Global Community Awareness

Preschool - Elementary

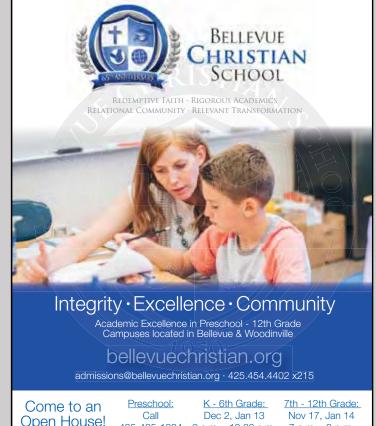
While journeying towards academic excellence, we are committed to developing ethical, creative and compassionate children.

Bellevue • Kirkland • Redmond

Please visit our website:

www.cedarcrestacademy.org to find our more about Cedar Crest and to schedule a tour.

CEDAR CREST ACADEMY • 2125 112th Ave Ne, Bellevue, WA 98004 • (425) 454-1234





Pacific Northwest Montessori Association SCHOOL DIRECTORY at www.pnma.org

Mt. Tahoma Montessori School, 253-839-7864

Bainbridge Island Montessori Country School, 206-842-4966

Absorbent Mind Montessori School, 425-392-1989 America's Child Montessori, 425-641-5437 Bellevue Montessori School, 425-454-7439 Chestnut Montessori School, 425-822-6001 Eton School, 425-881-4230 Eyas Global Montessori School, 425-358-5151

Living Montessori Education Community, 425-373-5437 Montessori International School of Bellevue, 425-698-1378

Childlife Montessori School, 360-671-3380 Gardenview Montessori, 360-527-9638

Whole Earth Montessori, 425-486-3037 Woodinville Montessori School, 425-482-3184

Discovery Depot Montessori, 360-337-1400

Brier Montessori School, 425-483-5455

Burien
Three Tree Montessori School, 206-242-5100

Children's Village Montessori, 253-964-2545

Eastsound Orcas Montessori School, 360-376-5350

Olympic View Montessori, 425-640-0746

A Country Garden Montessori, 360-825-8886

Everett Montessori Schools of Snohomish County, 425-355-1311 Small World Montessori, 425-338-7771

Compass Montessori School, 253-835-7755 Evergreen Christian Montessori School, 253-942-7564 Montessori Academy at Spring Valley, 253-874-0563

Friday Harbon Children's House Montessori, 360-378-5255

Gig Harbor Harbor Montessori School, 253-851-5722

Issaguah Montessori School, 425-557-7705

Columbia Crest Montessori, 425-485-5437 Creative Montessori, 425-488-8844

Lake Meridian Montesori, 253-245-6563 Montessori Time School, 253-631-6678

Red Door Montessori, 425-743-3667 Serene Montessori School, 425-293-3936

Maple Valley Blossoming Hill Montessori, 425-276-5649

Mercer Island Early World Montessori, 206-232-2400 Sultan Montessori School, 425-367-7040

Harbour Pointe Montessori School, 425-438-8888 Mukilteo Montessori School, 425-743-4667

<u>Newcastle</u> Newcastle Montessori Children's House, 425-224-3923

Olympia Capital Montessori, 360-438-3639

Pacific Beach Seabrook & North Coast Montessori School, 360-276-5077

Port Orchard Montessori Farmhouse School, 253-857-8051

Children's Garden Montessori School, 360-779-1225 First Stage Montessori, 360-394-4440

Montessori School of Pullman, 509-334-4114

Puyallup Misty Mountain Learning Academy, 253-840-0539

All Nations Montessori LLC, 425-445-5942 Montessori Children's House, 425-868-7805 Northern Lights Montessori, 425-647-3031

Spectrum Academy, 425-885-2345
The Sammamish Montessori School, 425-883-3271

Cedar River Montessori School, 425-271-9614 The Well-Trained Mind Montessori, 206-769-1331 Spreading Wings Montessori, 360-878-0819

Sammamish Arbor Montessori School, 425-392-3866 Aster Montessori School, 425-270-3226 Sammamish Learning Center, 425-313-1545

TLC Montessori, 425-868-1943

425-485-1824 9 a.m. - 10:30 a.m.

<u>Seattle</u> Alpha Montessori, 206-367-1113 Blue Skies Montessori School, 206-938-9663 Child Care Center @ 70th and Sandpoint, 206-987-4700 Children's Corner Montessori, 206-362-3911 Cinquegranelli Montessori, 206-706-0803 Discovery Montessori School, 206-282-3848 First Notes Musikgarten & Preschool, 206-524-5086 Learning Tree Montessori, 206-324-4788 Magic Lantern Montessori, 206-722-2803 Magnolia Montessori School, 206-778-9809 Minor Avenue Children's House, 206-682-2791 Montessori Garden, 206-524-8307 Montessori School of Seattle, 206-325-0497 Northwest Montessori School, 206-524-4244 Sunnyside Montessori, 206-725-5756 Veranda Montessori, 206-782-5250 West Seattle Montessori School, 206-935-0427 Whole Child Learning Center LLC, 206-282-3589

7 p.m. - 8 p.m.

Happy Valley Montessori, 206-546-4167 Lake Forest Park Montessori Academy, 206-367-4404

Silverdale

The Cottage Montessori School, 360-692-1055 Snoqualmie

MorningStar Montessori School, 425-396-1005

Spokane Valley Valley Montessori School, 509-924-6629

Arcadia Montessori, 253-752-6463 Community Montessori, 253-627-7554 Geiger Montessori, 253-571-6800 North Tacoma Montessori Center, 253-752-6795

Montessori Children's School, 509-663-5687

Find the right **MONTESSORI SCHOOL** for your child in your neighborhood!

SCHOOLS + PRESCHOOLS



Disc very Bay

Learning Academy

Preschool (2 years)
-Pre-Kindergarten (3-4 years)
Kindergarten Prep (4-5 years)

- Low Ratios and Small Classes
- Qualified Instructors
- Enrichment Classes
- Swimming, Soccer and Active Play
- Whiteboard Learning

Learn more at proclub.com or (425) 861-6247

4455 148th Ave NE | Bellevue WA



(Open to non-club members



SWIM lessons

Teaching more kids to swim than anywhere in the Northwest.



- World Class Aquatic Center
- Expert Instructors
- Techniques for confidence, comfort and fun

Lessons now available for non-prime time hours. All ages & abilities.

(425) 861-6274 or aquaticsinfo@proclub.com



VOTED BEST SWIM LESSONS



Christ the King Catholic School

Invest in children's education today & witness their success in high school and beyond!

OPEN HOUSE

Nov. 10th, 2015 9:00 AM (Preschool & K)

Jan. 30th, 2016 3:00 PM (Preschool – 8th Grade)

Feb. 23rd, 2016 6:30 PM (Middle School)

415 N. 117th Street Seattle, WA 98133 (206) 364-6890 www.ckseattle.org





Exceptional Education for Grades K-5

"We wanted a school that viewed education with a whole-child approach — focusing not only on academic accomplishments but developing emotional intelligence, leadership and good citizenship, in other words, raising a mensch." — SJCS PARENT





Open House November 1 • admissions@sjcs.net • SJCS.net

Excellence in Montessori Education Since 1966





Bellevue Montessori School

bellmontessori.com • 425-454-7439

Enrolling Now K-5

- Montessori Curriculum that Inspires Life-Long Learning
- Community Building Emphasizing Respect, Collaboration and Leadership
- Individualized Instruction
- 1 to 9 Teacher/Student Ratio
- Spanish, Drama, Music and Science Specialists



SCHOOLS + PRESCHOOLS

Tips for parentteacher connections

So the school year has begun and you haven't heard much from the teacher. Or you have a concern about your child's learning. Or you want to know more about curriculum. Do you rush into class Monday morning? Email? Send a paper note? Lurk until conferences?

There is an art to the parent-teacher relationship. Some tips:

LET ME GET THAT FOR YOU. First, make sure that contacting the teacher is necessary. Information about an assignment or a class is often available online. Teachers are crazy busy; make sure you have checked other, non-human resources first.

CONNECT WHEN THINGS ARE BAD...AND GOOD. Don't wait until you are steaming mad about something to introduce yourself.

IF THERE'S A PROBLEM, begin by asking yourself these questions:

- **How serious is this?** Assess how urgent the matter is. Keep it simple and involve as few people as necessary.
- Could this problem be the result of a misunderstanding?
 Remind yourself that your child may be mistaken and give the teacher the benefit of the doubt.
- Can my child advocate for himself? Try to facilitate a meeting that is student-led or that does not involve you at all if your child is ready.
- What outcomes will work for all of us? Consider a range of solutions and be prepared to compromise.

QUEEN MARGARET'S SCHOOL CANADA'S EQUESTRIAN UNIVERSITY-PREPARATORY HIGH SCHOOL FOR GIRLS



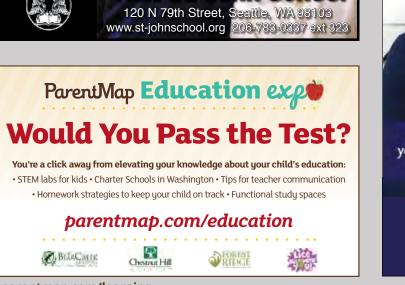
WELCOMING APPLICATIONS FOR 2016-2017

Boarding School for Girls, Grades 6-12 Optional On-Campus Equestrian Program Visual & Performing Arts • Athletics 100% Acceptance to Post-Secondary Education

660 Brownsey Avenue, Duncan, BC, Canada T 250 746-4185 | admissions@qms.bc.ca

www.gms.bc.ca







SCHOOLS + PRESCHOOLS



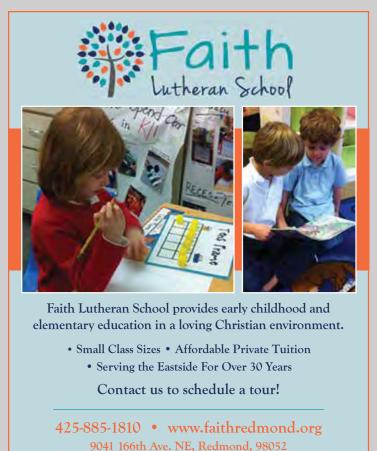


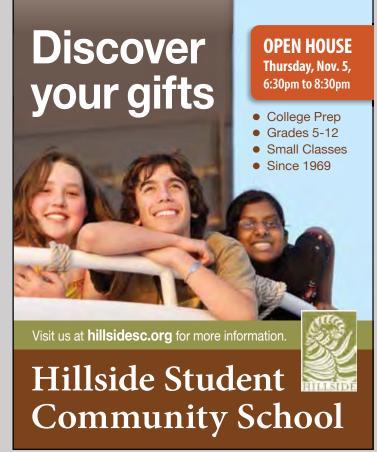
Chrysalis K-7 Campus GRAND RE-OPENING

Thursday, November 12, 2015 • 6:30-7:30 | 7005 140th Ave NE• Woodinville, WA









CAMPS, CLASSES + ACTIVITIES	The Little Gym	Seattle Girls' Choir
	11 Puget Sound locations	ages 6–18
American Dance Institute	thelittlegym.com	Seattle; 206-526-1900 seattlegirlschoir.org; info@seattlegirlschoir.org
for all ages		
Seattle; 206-783-0755	Northwest Boychoir	Sponge — Language for Kids 34
americandanceinstitute.com; info@american-	Auditions for boys who love to sing; ages 6–9	Instruction in Spanish, Mandarin and more;
danceinstitute.com	Seattle; 206-524-3234	ages 0–10
dancemstrate.com	nwboychoir.org	Multiple Puget Sound locations; 206-227-7138
Auntie Anne's 4	Pierce College Science Dome 8	spongeschool.com; info@spongeschool.com
Perfect pretzels, freshly-baked; field trips	Digital planetarium open for field trips,	Studio Fact Tunining
available	public visits	Studio East Training
Multiple Puget Sound locations; 866-316-6954	Lakewood; 253-964-6440	for the Performing Arts
auntieannes.com	piercecollegedome.com	Theater classes, workshops, school break
Comm Walsonia for Borro and Cirls 22		camps, more
Camp Wekeela for Boys and Girls 22	Pierce County Library System 16	Kirkland; 425-820-1800
Overnight camp in a mountain lake setting;	Learning opportunities for children and	studio-east.org; info@studio-east.org
ages 6–16	adults	SwimLabs
Hartford, Maine; 201-612-5125	20 branch locations; 253-548-3300	Swim lessons and competitive training
campwekeela.com	piercecountylibrary.org	Issaquah; 425-654-0910
DigiPen Institute of Technology 22	PRO Sports Club	swimlabs.com; info@swimlabsnw.com
Workshops in game design, art, engineering;	Sports camps, childcare, preschool, swim	swimass.com, injoeswimassiw.com
grades K-12	lessons, more	Tacoma Nature Center 40
Seattle, Redmond; 425-629-5007	Bellevue; 425-885-5566	Nature programs, preschool, homeschool
projectfun.digipen.edu; projectfun@digipen.edu	proclub.com; membership@proclub.com	classes
		Tacoma; 253-591-6439
Drawn2Art	Pump It Up	tacomanaturecenter.org; tnc@tacomaparks.com
Drawing and painting instruction; ages 4	Parties, open jumps, camps and school	veren de la colo
and up	partnerships	YMCA of Greater Seattle
Redmond; 425-498-2425	Kirkland, Lynnwood 425-820-2297; 425-774-2	Active learning and fun; ages 0–12
drawn2artclasses.com	423-820-2297, 423-774-2	Multiple Puget Sound locations
drawn2artredmond@gmail.com	Roaring Mouse Creative Arts Studio 22	ykids.org
Frog Hollow School 45	Creative arts preschool, art classes, camps,	Youth Theatre Northwest 🍎
Writing program for homeschoolers;	workshops	Drama camps and classes; ages 3–18
ages 7–12	Seattle; 206-522-1187; roaringmouse.org	Mercer Island; 206-232-4145
Seattle, Carnation; 425-765-5060	information@roaringmouse.org	youththeatre.org; info@youththeatre.org
froghollowschool.com	Safe N Sound Swimming9	,
froghollowschool@gmail.com	1-on-1 swim lessons, summer adventure	CHILD CADE
	camps, fitness	CHILD CARE
Hands On Children's Museum 4	Seattle; 206-285-9279; snsswim.com	+ EARLY LEARNING
Interactive exhibits, preschool, workshops,		Bright Horizons Early Education
more	Samena Swim and Recreation Club 42	and Preschool
Olympia; 360-956-0818	Preschool, before- and after-school care,	Childcare, early education, work/life solution
hocm.org; hocm@hocm.org	lessons, more	Multiple Puget Sound locations; 877-624-4532
KidsQuest Children's Museum 19	Bellevue; 425-746-1160; samena.com	brighthorizons.com/seattlecenters
Classes, summer camps, family workshops,	The School of Acrobatics &	2.10.1.10.120.13.100.11.300.11.100.11.0
special events	New Circus Arts — SANCA	Kiddie Academy of Bothell 40
Bellevue; 425-637-8100	Circus classes for ages 2 and up, camps	Educational child care, infants through
kidsquestmuseum.org	for ages 6–17	school age
info@kidsquestmuseum.org	Seattle; 206-652-4433	Bothell; 425-485-7200
-	sancaseattle.org; office@sancaseattle.org	kiddieacademy.com/bothell
LeMay — America's Car Museum 8		Charles I and also Comment to Comment
Design, tinker, and explore the world of	Seashell Music Together 19	Stroum Jewish Community Center 45
automobiles	Music and movement classes; ages 0–5	Early Childhood School, camps, sports,
Tacoma; 253-779-8490	with caregiver	more; all welcome
americascarmuseum.org	3 Fastside locations: 425-443-0254	Mercer Island. Seattle: 206-232-7115

seashellmusictogether.com

info@americascarmuseum.org

sjcc.org

continued from page 39

PARENT RESOURCES

Allegro Pediatrics

(formerly Pediatric Associates)...... 5

Quality children's health care in your neighborhood 8 Eastside locations 425-827-4600 allegropediatrics.com

American Cancer Society 4

Cancer education, research, treatment and resources Nationwide 800-227-2345 cancer.org

Child Care Aware of Washington Family Center 10

Helping parents find child care across Washington Statewide; 206-329-1011 or 800-446-1114 childcarenet.org familycenter@childcare.org

Eastside Pediatric Dental Group 16 Specialists in oral health for kids of all ages

Issaquah; 425-392-4048 eastsidepediatricdentalgroup.com

Assessment and services for struggling students Kirkland 425-576-1817

Lice Knowing You

fpskirkland.com

Lice- and nit-free in only one treatment 4 Puget Sound locations 206-654-LICE liceknowingyou.com

Comprehensive pediatric dental care Lynnwood; 425-774-1285 kidsdentist.com service@kidsdentist.com

Montessori School Directory, teaching positions, events Statewide pnma.org info@pnma.org

Pediatric Speech and Language Therapy......12

Communication assessment and intervention for children
Seattle, Bellevue
206-547-2500

pediatricspeechtherapy.org carolray@pediatricspeechtherapy.org

Admissions collaborative connecting families and schools *Greater Puget Sound area pugetsoundindependentschools.org*

SCHOOLS + PRESCHOOLS

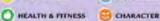


WE NURTURE GREATNESS

How a future big thinker learny, plays and communicates continually evolves. We reach children at their own pace and turn every moment into a brilliant learning experience. Kaldie Academy[®] Lie Essentials[®] nortures individual potential in unique, developmentally appropriate ways, through







WE SUPPORT CURRICULUM, STUDENTS AND PARENTS WITH:

- Activities that engage your child's interests and abilities
- * Secure webcams ensure peace of mind.
- SmartBoard computer technology in the classroom.
- AcademyLink^{rae} parent communication portal

Tell's rel Vanted L

TO LEARN MORE, SCHEDULE A TOUR AND ENROLL:

- Visit kiddieacademy.com/Bothell
- Call 425.485.7200
- $\bullet \ facebook.com/kiddieacademyofBothell \\$

Kiddle Academy* of Bothell 22701 Buthell Everett Highway (Camers Park Shopping Conners) Buthell, WA 98021

ENROLLING NOW, HALF-DAY KINDERGARTEN PREPARATORY PROGRAM!

Homeschool Science Classes & Adventures Explore science through hands-on experiments, activities, demonstrations and inquiry-based learning. Outdoor activities and nature walks included!





SweetiePie Parenting
Love and Logic® parenting classes
Greater Seattle
206-200-8488
sweetiepieparenting.com
lorri@sweetiepieparenting.com

12

Preparing children for success in school Statewide 866-482-4325 del.wa.gov/care/qris/

SCHOOLS + PRESCHOOLS

Academy Schools 41

Small enough to make a big difference; pre-K-grade 12 Tukwila 206-588-0860 academyschools.org administration@academyschools.org

Asia Pacific Language School 41

Chinese and Japanese preschool, kindergarten, after care Bellevue; 425-747-4172, 425-641-1703 apls.org; apls@apls.org

Assumption-St. Bridget School

Comprehensive, Catholic education; pre-K-grade 8 Seattle: 206-524-7452 asbschool.org; admissions@asbschool.org

Christian liberal arts education; preschool-grade 12 Redmond; 425-898-1720 tbcs.org; chazeltine@tbcs.org

Bellevue Christian School 35

Comprehensive Christian education; preschool-grade 12 Bellevue; 425-454-4402 ext. 215 bellevuechristian.org admissions@bellevuechristian.org

Bellevue Montessori



Bellevue 425-454-7439 bellmontessori.com

Bertschi School

Balanced education for pre-K-grade 5 Seattle; 206-324-5476 bertschi.org admit@bertschi.org

Billings Middle School



Cedar Crest Academy 35

An academically enriching program; preschool-grade 5 Bellevue, Kirkland, Redmond 425-454-1234 cedarcrestacademy.org

PRESCHOOL SCHOOLS

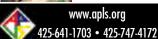
Asia Pacific Language School Academic Success With A Second Language

PRE-K - 12th Grade **ESE & JAPANESE**



Summer Language Camp High School Credits Enrichment Classes Kindergarten & Pre-K Summer in China

Abacas & Asian Culture Small classes & Learning Groups



Issaquah Montessor

Nurturing each child's unique potential

Ages 15 months - 6 years

24326 SE Issaauah-Fall City Road Issaguah 98029

425.557.7705

issaquahmontessori.com

The School You've Been Searching For

The only AMS-accredited Montessori school in Sammamish and Redmond.

14601 Interurban

Ave. S. Tukwila

Centrally Located 1-5/405 Interchange at Southcenter

206-588-0860

Small enough to make a big difference

Pre-K through Grade 12

Max 10 Students per Grade

Inspiring Teachers

Challenging Curriculum

Robotics, Chess, Legos, Music, Computer, Field Trips & Outdoor Environmental Learning Center

Creative After School Clubs & Child

Adventurous & Academic Discovery and Summer Academy

www.academyschools.org

Please join us for our Open House

November 21, 2015 • 10:00AM-12:00PM RSVP at www.MCHkids.com or call (425) 868-7805

• Serene 5-acre campus

• Farm animals on-site

Infants through Elementary



AMERICAN MONTESSONI SUCIETY

SCHOOLS + PRESCHOOLS



SNOSPRINGS SCHOOL PRE-K thru 3rd Grade



- Accelerated Academic Program
- Experienced, Compassionate Teachers
- Individualized Instruction
- After School Enrichment Program
- Science, Technology, Spanish, Fitness
- Now Celebrating Our 18th Year
- •Top 3 Finalist Small Business Award

Foundation Education Issaquah / Sammamish Plateau **425-392-1196**

www.snosprings.com
Snoqualmie Springs School



Register Now for our Education Programs

Learn more or schedule a class visit www.jrmpreschool.org 206.323.8486 · www.tdhs-nw.org





top quality recreational services & fitness since 1958

- Family Events
- Swim Lessons
- Before & After School Care
- Preschool
- Birthday Pool Parties
- Fitness Center



Stop by the club for a tour or visit our website or call

www.samena.com (425) 746-1160

15231 Lake Hills Blvd. Bellevue 98007



WEM The Whole Earth Montessori School

Est. 1986

Accredited by the American Montessori Society





Preschool - Sixth Grade

WEM: An exceptional academic program... an authentic Montessori experience...

Please contact to schedule an individualized tour

OPEN HOUSE DATE: Saturday, Nov. 7, 10 am - 12 pm

Please RSVP for details at info@wemschool.org

www.wemschool.org

continued from page 41

Charles Wright Academy Private, independent day school; pre-K-grade 12 Tacoma; 253-620-8373; charleswright.org admissions@charleswright.org
Chestnut Hill Academy €
Christ the King School
Chrysalis School
Fastside Catholic School 38, 40 Faith-based learning; grades 6–12 Sammamish; 425-295-3014 eastsidecatholic.org admissions@eastsidecatholic.org
Eastside Christian School
Eastside Preparatory School
Epiphany School
The Evergreen School
Explorer West Middle School Rigorous academics, Latin, art, drama, music, outdoor ed Seattle; 206-935-0495 explorer-west.org; katiea@explorer-west.org
Faith Lutheran School of Redmond 38 Private school, small classes: preschool and

Forest Ridge School
of the Scared Heart 🍎 30
Catholic, all-girls school for grades 5–12
Bellevue; 425-641-0700
forestridge.org; admissions@forestridge.org
French American School
of Puget Sound 🍎 27
Excellence today, the world tomorrow;
preschool–grade 8
Mercer Island; 206-275-3533
fasps.org; info@fasps.org
French Bilingual Association 45
Bilingual French middle school classes;
grades 6–8
Bellevue; frenchbilingual.org
fbainfo@frenchbilingual.org
French Immersion School
of Washington 🍟 28
Preschool and elementary school;
age 2½-grade 5
Bellevue; 425-653-3970
fisw.org; admission@fisw.org
French Mornings Preschool
French immersion education for preschoolers
Seattle; 206-422-4305
frenchmorningspreschool.com
Hillside Student Community
School (38
Small college prep school for grades 5–12
Bellevue; 425-747-6448
hillsidesc.org; joel@hillsidesc.org
Hope Lutheran School 32
Rigorous academics, Christian faith;
preschool-grade 8
West Seattle; 206-935-8500
hls.hopeseattle.org
admissions@hopeseattle.org
Issaquah Montessori School 🍎 41
Nurturing learning community;
ages 15 months-6
Issaquah; 425-557-7705
issaquahmontessori.com
info@issaquahmontessori.com
injowissuquaninontessori.com
JDS: The Jewish Day School
of Metropolitan Seattle 🤎 28
Jewish community school;
early childhood–grade 8
Bellevue; 425-460-0200

jds.org; admissions@jds.org

KapKa Cooperative School 30 Collaborative, experiential learning; grades K-5 Seattle; 206-522-0350 kapkaschool.org; registrar@kapkaschool.org
King's Schools
Lake Washington Girls Middle School Experiential, holistic education for girls; grades 6–8 Seattle; 206-709-3800 lwgms.org; info@lwgms.org
Le Petit Village French Immersion School
Little Explorer Preschool
The Little School
Living Wisdom School
The Meridian School
Montessori Children's House
Montessori School of Seattle

Redmond; 425-885-1810; faithredmond.org

elementary

info@montessorischoolofseattle.com

continued from page 43

Morning Star School, Inc. 9

Preschool/pre-K, extended/full care, school-age care Kenmore; 425-486-9333 morningstarschool.com

Morningside Academy 32

Rigorous full-year and summer; grades 1-9 Seattle; 206-709-9500 morningsideacademy.org info@morningsideacademy.org

The Northwest School

College preparatory school; grades 6-12 Seattle; 206-682-7309 northwestschool.org

Open Window School

For gifted kids who love to learn; grades K-8 Bellevue; 425-747-2911 openwindowschool.org admissions@ows.org

The Overlake School

Curriculum with commitment to diversity; grades 5-12

Redmond; 425-868-1000 overlake.org; questions@overlake.org

Puget Sound Community School ...45

Turning passion into achievement; grades 6-12 Seattle; 206-324-4350

Queen Margaret's School # 37

pscs.org; pscs@pscs.org

Boarding school for girls, on-campus equestrian program Vancouver Island, BC; 250-746-4185 gms.bc.ca; admissions@gms.bc.ca

Sammamish Montessori School 1...42

Art, sports, science, more; ages 3-10 Redmond; 425-883-3271 sammamishmontessori.com info@sammamishmontessori.com



Seattle; 206-324-7227 seattleacademy.org admissions@seattleacademy.org

Seattle Area German American School - SAGA..... 34

Language immersion for preschool-grade 3 Seattle; 206-442-2023 sagaschool.org; info@sagaschool.org

Seattle Country Day School # 26

Inspiring gifted K–8 students through inquiry learning

Seattle; 206-284-6220; seattlecountryday.org admissions@seattlecountryday.org

Seattle Jewish Community

Exceptional K-5 education for all Jewish children

Seattle; 206-522-5212 sjcs.net; info@sjcs.net

PRESCHOOLS SCHOOLS



Discover an Extraordinary Place of Learning

Chestnut Hill Academy is a private day school for boys and girls, kindergarten through fifth grade. We provide a progressive academic curriculum to help children reach their full potential.

• Open House October 3, 9:00 a.m. - 11:00 a.m. • Learn about our unique Leader In Me program, strong test scores on standardized tests & extra-curricular activities

13633 SE 26th St, Bellevue, WA 98005 425-372-2800 • www.chestnuthillacademy.com





Parents want a school that offers challenging academics taught by teachers that care. The test scores at King's are impressive and even more so are the **teachers**. King's **students** are given unique opportunities inspired by teachers that settle for nothing less than the best from their students.

> Contact us today. 206-289-7783 www.kingsschools.org Preschool through High School Financial Aid Available





www.shoreline.edu/parentchildcenter



Shoreline Community College 44

100+ academic, professional/technical, training programs
Shoreline; 206-546-4101
shoreline.edu

Snoqualmie Springs School 42

Accelerated academic program for pre-K-grade 3
Sammamish/Issaquah; 425-392-1196
snosprings.com; snosprings@yahoo.com

Spruce Street School 🍟

shorelinechristian.org

Personalized instruction for students ages 5–11 Seattle; 206-621-9211 sprucestreetschool.org info@sprucestreetschool.org stjosephsea.org

bsteinhauser@stjosephsea.org

Challenging, non-sectarian school; preschool–grade 8 Medina; 425-454-5880 stthomasschool.org info@stthomasschool.org

Sunny World School 32

Bilingual English and Mandarin preschool; ages 2½-6 Bellevue; 425-531-7586 sunnyworldschool.com sunnyworldschool@gmail.com Temple De Hirsch Sinai's Jennifer Rosen Meade Preschool. . . . 42

Play-based preschool in a welcoming Jewish environment Bellevue 206-315-7428 tdhs-nw.org laurel@tdhs-nw.org

Three Cedars Waldorf School

Superior Waldorf education; preschool-grade 8 Bellevue 425-401-9874 threecedarswaldorf.org info@threecedarswaldorf.org

Cultivating reflective, skillful thinkers; pre-K-grade 5 Seattle 206-547-8237 ucds.org info@ucds.org

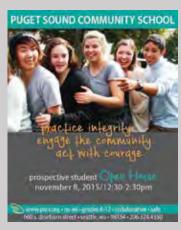
SCHOOLS + PRESCHOOLS





shorelinechristian.org

January 21, 2016







eg Ca

www.FrenchBilingual.org

inspiring meaningful moments

The SJCC introduces a new place for all families to step back from our hectic fast-paced world. Join us in Makom (Hebrew for place).

We offer classes, events, and a gathering place. Here are three of our many offerings: Creative Beginnings
Art, sensory experiences, and
creative play for ages 8-30
months and a parent/caregiver.
Children develop social,
emotional, and cognitive skills;
parents connect with parents.
Mondays and Thursdays,
September through June

Monday Meditation Learn meaningful meditations to help you set intentions to create a meaninful week. Mondays at 9:45 a.m.; FREE

Compassionate Cultivation
Put down the cell phone and
cultivate lowing kindness for
loved ones, for oneself, for our
neighbors. Rreconnect with the
skills of listening, compassion,
and empathy.
Thursdays, October through
December

STROUM JEWISH A
COMMUNITY CENTER

Learn more and register at www.SJCC.org

ÉEducation Expo Honor Roll

continued from page 45

Acceleration and enrichment for highly capable students
Seattle; 206-543-4160
robinsoncenter.uw.edu
rcys@uw.edu

Catholic, independent school serving preschool-grade 8 Seattle; 206-524-8885 thevilla.org admission@thevilla.org

Westside School 🍎

Joyful learning, engaging curriculum; pre-K-grade 8 Seattle; 206-932-2511 westsideschool.org info@westsideschool.org

Whole Earth Montessori School42

Montessori learning environment for ages 2½–12
Bothell; 425-486-3037
wemschool.org
info@wemschool.org

Woodinville Montessori School ... 30

Montessori program for toddlers–high school Bothell, Woodinville; 425-482-3184 woodinvillemontessori.org info@woodinvillemontessori.org

TUTORING, TESTING + CONSULTING

Best in Class Education Center 31 English, math, tutoring, test prep, more; pre-K-grade 12

10 Puget Sound locations: 888-683-8108

10 Puget Sound locations; 888-683-8108 bestinclasseducation.com

Hallowell Todaro Center. 10

ADHD assessment, coaching and therapy Seattle; 206-420-7645 hallowelltodarocenter.org info@hallowelltodarocenter.org

Kumon Math and Reading Centers.... 2

After-school academic enrichment program Multiple Puget Sound locations 800-ABC-MATH kumon.com

Brain training for dyslexia, ADHD, autism, more Issaquah; 425-657-0908 Iearningrx.com/Issaquah issaquah.wa@learningrx.net

Lindamood-Bell Learning Center 16

Teaching reading, comprehension and math Bellevue 425-827-6288 lindamoodbell.com

bellevue.center@lindamoodbell.com

Russian School of Mathematics 🕊

bellevue@russianschool.com

After-school math enrichment; grades K–12 *Bellevue* 425-518-6114 *russianschool.com*

Singapore Math Club 46

Math enrichment program for grades K-6 Bellevue 425-644-6056 singaporemathclub.com luanc@singaporemathclub.com

Math Enrichment Center specializing in Singapore Math aka "Miracle Math"



Open for Enrollment



Register Today for Free Trial Lesson / Assessment and find out why "Singapore Math students have been leading the world in Math since 1995" (Ref TIMSS)

Check out our Parents' Recommendations on www.singaporemathclub.com

15015 Main St., Suite 117, Bellevue / Tel: 425 644 6056

Parent Map Education exp

Would You Pass the Test?

You're a click away from elevating your knowledge about your child's education:

- STEM labs for kids Charter Schools in Washington
- Homework strategies to keep your child on track
- Functional study spaces Tips for teacher communication

Puget Sound schools, latest news and videos on learning + enrichment

parentmap.com/education









You can judge a book by its cover!

Keen insight into the inner world of children.

— Marsha Linehan, Ph.D.

Getting to CALM THE EARLY YEARS

Cool-Headed Strategies for Raising Happy, Caring, and Independent Three- to Seven-Year-Olds



Laura S. Kastner, Ph.D.

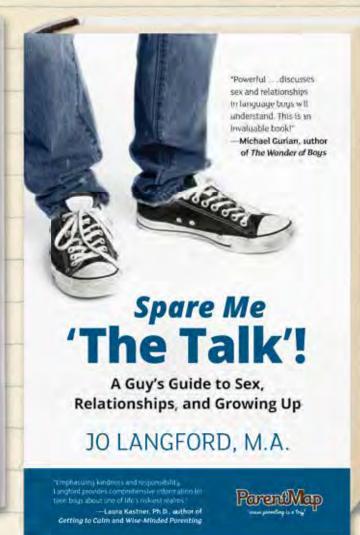
"Kastrier (nasterfully guides parents through this complex maze of parenting." —Yaffa Maritz, director Community of Mindful Parenting

Percenting

"Laura Kastner has created a must-read for any of us who want to wisely cultivate security and resilience in our children's lives now that will provide a solid foundation for as they grow and mature well into future."

—Daniel J. Siegel, M.D.

Executive Director, Mindsight Institute



This is the first book of its kind by a guy, for guys ages 12–24, and for parents of boys as young as 8.

"Unflinchingly honest (and often funny)."

"The BEST teen boy body book yet!"

ORDER NOW! ParentMap

parentmap.com/books & amazon.com

OCTOBER Lectures

Exploring Your Atypical Learner



OCT 14

University of Washington Husky Union Building, SEATTLE

RESOURCE FAIR 5 - 7 p.m. • LECTURE 7 - 9 p.m.

Master the Power of ADHD lecture with Dr. Ned Hallowell

New York Times bestselling author Dr. Ned Hallowell will explore the brain science behind ADHD/ADD and share his strength-based approach to identify, develop, and celebrate the talents embedded in ADHD, dyslexia, and other syndromes.

The Spiritual Child:

What science says about spirituality and parenting kids who thrive

Lisa Miller, Ph.D.

Professor, researcher and clinical psychologist Lisa Miller, Ph.D., will present the next big idea in psychology: the science and the power of spirituality. Gain practical advice and concrete ways to develop and encourage your child's well-being.

OCT 19 7 - 9 p.m.

Temple De Hirsch Sinai, SEATTLE

OCT 20 7 - 9 p.m.

Annie Wright Schools, TACOMA

