

Washington FAMILY

washingtonFAMILY.com
FEBRUARY 2023

Smart. Local. Parenting for the DMV.

INSIDE:
**CAMPS AND
SUMMER PROGRAMS
DIRECTORIES**



Independent Lake Camp

Summer Fun at Camp

*Learn a new skill, get out
of your comfort zone
and build friendships*

**ASK A
CAMP DIRECTOR**

**FAMILY
HEART HEALTH**

**VALENTINE'S DAY
(WITH YOUR KIDS)**

OPEN INVITATION TO Bond



With activities for all ages and plenty of room to play, Virginia Beach is the ultimate family-friendly destination—and as one of the safest major cities in the nation, it also makes for a family vacation with fewer worries. You'll find a wide variety of accommodations and tons of restaurants that cater to kids and parents alike.

Plan your visit today at [VisitVirginiaBeach.com](https://www.visitvirginiabeach.com)

**VIRGINIA
BEACH**
LIVE THE LIFE

FEBRUARY 2023



IMGORTHAND / E+ / GETTY IMAGES



PROVIDED

8 Essential tools for family heart health **Pg. 28**

On the Cover: Summer fun at Independent Lake Camp

FEATURES

- 12** **LEARN A SKILL THIS SUMMER**
Specialty camps give kids focus and drive.
- 13** **ASK A CAMP DIRECTOR**
A Q&A with local camp directors for all your burning questions
- 19** **CUPID'S FAMILY FUN**
Valentine's Day events for families in the DMV

DIRECTORIES

- 16** **SUMMER CAMP DIRECTORY**
- 20** **EDUCATION GUIDE**

READERS' RESPONSES

We welcome your feedback — on specific articles, overall themes and anything else related to editorial content. Enter your comments on the Feedback tab of our website: info@washingtonfamily.com.

Please note we reserve the right to edit or refrain from publishing comments we deem inappropriate.

DEPARTMENTS

- 6** **TOP 10 CALENDAR**
Family events in February
- 8** **EDITOR'S PICKS**
Top picks from the National Parenting Product Awards
- 10** **FAMILY FUN**
5 Educational summer programs to explore
- 11** **DIY**
Love notes to your family
- 22** **INCLUSIVE FAMILY**
Inclusive camps in the DMV and beyond enable kids with serious illnesses or disabilities to experience life to the fullest.
- 24** **PARENT YOU SHOULD KNOW**
Meet Shannon Phelan, whose opened Great Seneca Yoga in her garage.
- 26** **HEALTHY FAMILY**
8 Tips for a heart-healthy family
- 28** **BOOK MARKED**
Love stories and campfire tales
- 30** **MY TURN**
The importance of etymology in helping struggling kids to read'

WE WANT
YOUR
FEEDBACK

Washington FAMILY

**FEBRUARY 2023
VOL. 31, NO. 2**

WashingtonFamily.com/
301-230-2222

Craig Burke, Publisher

**Jeni Mann Tough,
Associate Publisher**



© 2023 Washington Family. Distribution of this magazine does not constitute an endorsement of information, products or services. The publisher reserves the right to reject any advertisement or listing that is not in keeping with this publication's standards. All rights reserved.
9200 Rumsey Road, Suite 215, Columbia, MD 21045

EDITORIAL

Lindsay VanAsdalan, Editor
LVanAsdalan@midatlanticmedia.com

Staff Writers

Jillian Diamond, Sasha Rogelberg
Heather M. Ross, Jarrad Saffren

Contributing Writers

Elena Epstein, Family Features, Jennifer
Rothschild, Brittany Selah Lee-Bey

ADVERTISING

Craig Burke, CEO/Publisher
cburke@midatlanticmedia.com

Sales Consultants

Alan Gurwitz, Robin Harmon,
Karina Ingram, Pam Kupersmidt,
Jodi Lipson, David Pintzow,
Sara Priebe, Sharon Schmuckler,
Samantha Tuttle, Sylvia Witaschek

MARKETING

Julia Olaguer
Audience Development Coordinator

BUSINESS

Pattie-Ann Lamp
Accounting Manager
410-902-2300
plamp@midatlanticmedia.com

Sarah Appelbaum
Accounts Receivable Specialist
sappelbaum@midatlanticmedia.com

CIRCULATION

410-902-2300, ext. 1

CREATIVE

Steve Burke, Art Director
James Meskunas,
Digital Media Manager
Ebony Brown, Graphic Designer
Lonna Koblick, Graphic Designer
Frank Wagner, Graphic Designer
Carl Weigel, Graphic Designer

MID-ATLANTIC MEDIA

Craig Burke, CEO/Publisher
cburke@midatlanticmedia.com

Jeni Mann Tough, Associate Publisher
jmann@midatlanticmedia.com



Camp Invention®
**HIGH-ENERGY,
HANDS-ON
STEM**

Secure your spot and save today at **INVENT.ORG/LOCAL**

**Washington
FAMILY**

**Advertise in our
March Issue!**

**YOUTH ARTS, EDUCATION,
and more news that parents need.**

EMAIL us at
advertising@
washingtonfamily.com

OR CALL us at
410-902-2300, ext. 2

SMART. LOCAL. PARENTING FOR THE DMV.
Print | Digital |



Lindsay VanAsdalan

Editor

lVanAsdalan@
midatlanticmedia.com

Facebook
@WashingtonFamilyMagazine

Twitter
@FAMILYMagDC

Pinterest
@familymagazine

Instagram
@washingtonfamilymag

Email us
Let us know what's on your mind.
info@thefamilymagazine.com

All you need is love...

Love fills the air in the month of February! We're not just talking romantic love, of course, but the love of family and friends, as exhibited in children's books to warm up families on the chilly nights ahead (pg. 28), family-themed Valentine's Day events and a holiday craft, complete in a homemade heart-shaped box (pg. 11). You and your family can also show love to the environment this season with an eco-friendly Valentine's Day class party (pg. 19)!

Though we might get some frosty weather before winter is over, don't let the cold get you down ... summer is coming! And with it, camps—check out our camp fair on Feb. 18 at Montgomery Mall in Bethesda, Maryland from noon to 3 p.m.! Learn a special skill at camp this summer (pg. 12) and pick the brain of local camp directors in our Ask a Camp Director Q&A (pg. 14).

As you plan for summer, don't forget educational programs in the DMV sure to bring out the Einstein, musician or sports buff in all (pg. 20).

Inclusivity is also the name of the game, especially when it comes to summer camp. Check out Paul Newman's Hole in the Wall Gang Camp, where kids with serious illnesses or disabilities get the chance to try new things and live the season to the fullest (pg. 22).

All this and more encompasses love in the largest sense. Don't take our word for it! Dive into a book, craft, lesson or camp ... and see for yourself!

Happy Heart Day!

Lindsay C. VanAsdalan



Cool School Awaits!

Spend the spring at Ashburn and Sterling Early Learning Academies for school readiness, literacy and social-emotional benefits. Meet friends and fun here.



Early Learning
Academies

START LEARNING TODAY!
elacommunity.com



EXPLORE • WONDER • GROW



Brooksfield
School

Now Enrolling Ages 2 to 6
Toddler Program • Before & After Care
Outdoor Education Classroom

Montessori Kindergarten & Preschool
Advanced Academic Curriculum

McLean, VA • 703-356-5437 • www.brooksfieldschool.org

{TOP 10}

Family Events for February

Explore these fun winter activities in the DMV

BY HEATHER M. ROSS



1 THROUGHOUT THE MONTH, 12:30 – 4 P.M.

KIDS AND FAMILY KRAFT

The beachKraft of Olney, 18200 Georgia Ave. Unit N + O, Olney, MD 20832

Enjoy easy arts and crafts projects for artists of all ages every Saturday! Kids, teens and their families will receive step-by-step guidance on projects that include painting, collage, paper crafts, sculptures and more. All supplies are included.

\$40 per person | thebeachkraft.com/home

2 FEB. 4, 2 – 4:30 P.M.

SUMMER ACTIVITY FAIR 2023

Walter Reed Recreation Center, 2909 16th St., South Arlington, VA 22204

School is ending for the year in just a few months, so the Arlington Special Education PTA put together a meet and greet event with camps of all kinds that will help your child develop social skills and stay healthy and active all summer long. Learn about what these camps have to offer and meet camp directors from all over the DMV.

Free | arlingtonsepta.org; reserve a spot: eventbrite.com/e/summer-activity-fair-2023-tickets-482571754107?aff=ebdssbdestsearch

3 FEB. 4, 8 P.M.

VOICES OF MISSISSIPPI AT THE STRATHMORE

The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda, MD 20852

Listen and learn as a family through the immersive multimedia experience "Voices of Mississippi." This concert event celebrates the people and art of southern blues, gospel and storytelling traditions and features notable Mississippi artists. Some big names include Bobby Rush, Sharde Thomas and Luther and Cody Dickinson of the North Mississippi Allstars. Accompanied by photos, film clips, stories and live music, this experience aims to paint a picture of a piece of the fabric of American culture.

\$24-68 per person | strathmore.org

4 FEB. 7, 7 P.M.

LETTERS FROM HOME – THE 50 STATES TOUR

Silver Spring Black Box Theatre, 8641 Colesville Road, Silver Spring, MD 20910

See Erinn Dearth and Dan Beckmann perform with singing, tap dancing and comedic flare to unite the nation! This is the official stop in Maryland for the dynamic duo's 50 States Tour. Dearth and Beckmann have performed in more than 900 shows across the United States for veterans and their families.

\$20 per person | lettersfromhomesingers.com





5 FEB. 11, 7 - 10 P.M.

FREE SCREENING - LEGION OF SUPER HEROES Martin Luther King Jr. Memorial Library, 901 G St. NW, Washington, DC 20005.

Discover a comic book -inspired classic as a family with the DC Anime Club. Cosplay is encouraged, but do not bring any prop weapons and keep costumes and characters family-friendly. Donations to the club are welcome. RSVP with the first and last names of each person in attendance at rsvp@dcanimeclub.org. There is limited space for 60 guests.

Free | dcanimeclub.org; for event info, visit facebook.com/DCAAnimeClub

6 FEB. 11, 10:30 - 11 A.M.

MANDARIN STORY TIME Cleveland Park Neighborhood Library, 3310 Connecticut Ave. NW, Washington, DC 20008

Join other families in the library's garden, located off to the side of the children's room for a special story time event. Children from birth to 12 years old are welcome to come and participate in a fun, interactive program in the Chinese dialect of Mandarin.

Free | dclibrary.libnet.info/event/7473410; more info: clevelandparklibrary@dc.gov

7 FEB. 12, 11 A.M. - 3 P.M.

VALENTINE'S DAY KIDS PARTY Capital Clubhouse, 3033 Waldorf Marketplace, Waldorf, MD 20603

Join local families for a Valentine's Day party at the Capital Clubhouse! This mid-morning to afternoon soiree has all the family fun you can stuff into four hours, including music, games, photo stations, treats, paint & sips, raffles, kid-friendly products and more.

\$7 per person | capitalclubhouse.com; tickets: eventbrite.com/e/valentines-day-kids-party-tickets-480541090337?aff=ebdssbdestsearch

8 FEB. 18, 11:30 A.M. - 3 P.M.

PRESIDENTIAL FAMILY FUN DAY AT THE NATIONAL PORTRAIT GALLERY National Portrait Gallery: Kogod Courtyard, 8th and G streets NW, Washington, D.C. 20001

Pose with our presidents! Celebrate and learn about the history of the U.S.A.'s presidents at the National Portrait Gallery's annual Presidential Family Fun Day—this year all about "Honest Abe."

The annual event has included fun activities including as a race against the Washington Nationals' George, Tom, Abe, Teddy and Bill; trivia, tours, fun facts, art and other president-themed activities.

Free | npg.si.edu

9 FEB. 20, 1 - 3 P.M.

GEORGE WASHINGTON'S 291ST BIRTHDAY PARADE 1p.m. at Pendelton and Fayette streets; ending at George Washington Masonic Memorial

George Washington's annual birthday parade follows a long line of celebrations in Alexandria, Virginia for our first president that have been going on since the Revolutionary War. This year, Washington's birthday parade reaches a special milestone with the 100-year anniversary of the dedication of the cornerstone of the George Washington Masonic Memorial. March to the memorial with friends and neighbors in this family-friendly event!

Free | washingtonbirthday.com

10 FEB. 25 | 11 A.M. - 4 P.M.

BLENDED FAMILY DAY Moose Loyal Order Arl, 5710 Scoville St., Falls Church, VA 22041

Meet and greet author Zoie Seay, who wrote "The Luckiest Child: Becoming a Blended Family," a children's book that navigates the emotions a child might feel when becoming part of a blended family. Socialize with other parents as you enjoy crafts, vendors and parenting specialist seminars. This event features fun activities and helpful tips from blended family therapists, coaches and professionals. Kids of all ages can participate in free crafts and games, including BINGO with a prize. For older children, ages 15-17, there will be an art lesson from a local artist, and for adults there will be a silent auction.

\$12-55 per person
| facebook.com/themooseexpress/events



HERE'S WHAT WE'RE LOVING FOR YOU AND YOUR FAMILY THIS MONTH

BY ELENA EPSTEIN,
DIRECTOR OF THE NATIONAL
PARENTING PRODUCT AWARDS

For more product reviews,
visit nappaawards.com

FLASH VECTOR/ISTOCK/GETTY IMAGES PLUS

My Little Pony: Virtual Magic

Ever wondered what it would be like to visit modern-day Equestria? This 18-chapter extended reality (XR) adventure will take you deep inside—with exclusive prequel content featuring Izzy's backstory. \$39.99, ages 7-11, quantumstoreny.com



Nursery Pal Dual Vision

A smart HD baby monitor made up of a 5-inch screen, parent unit and a dual-lens camera. Provides close-up and wide-angle viewing, along with AI motion tracking. It also allows for two-way audio talk and can be controlled using a free app. \$229.99, ages birth+, hubbleconnected.com



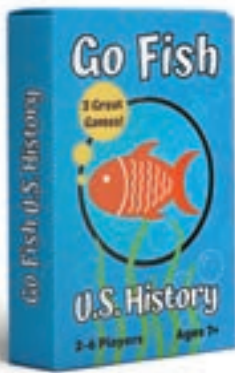
"The Moon is Broken"

A lyrical bedtime story that explores the power of imagination and friendship while teaching children about the phases of the moon. \$9.99, ages 2-5, amazon.com

Alphapals Sets

A cozy, cuddly seat full of wonder and play. The soft plush Alphabag is fully lined and includes 26 Alphapals plush letters hidden inside. Each letter includes Alphapals' trademark signature embroidered smiley face, giving each letter its own personality. \$195, ages 2-4, alphapals.com



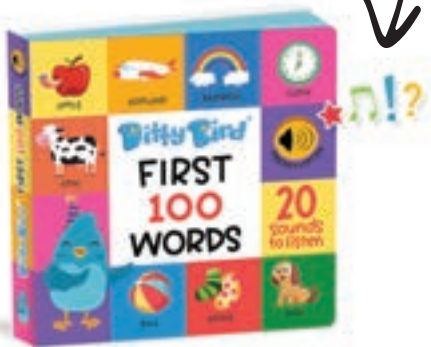


Go Fish U.S. History

This reimagined “Go Fish” takes everyone’s favorite childhood card game and combines it with U.S. History. No longer do you ask, “Any fours?” Now, you ask, “Any presidents?” Instead of, “Do you have any kings?” you might say, “Do you have any scientists, authors, sports legends, women in history?” \$11.99, ages 7+, KosoGames.com

Ditty Bird First 100 Words Interactive Book

Help build early language ability and fine motor skills with this new interactive musical sound book. Uses repeating words, imitating sounds and singing nursery rhymes to support children’s language learning. \$19.49, ages 1-4, dittybird.com



More Than Affirmations: Inspiring Affirmation Cards, Reflection Prompts and Activities for Kids

Features 30 positive affirmation cards for kids with different and unique reflection prompts and mindful activities and exercises. These cards and activities promote confidence, positivity and self-reflection. \$19.99, ages 4-11, meditationfairy.com



You Got a Phone! (Now Read This Book)

Features a humorous yet supportive tone and hilarious illustrations that draw readers in and keep them engaged. This helpful book provides important information on cyberbullying and the hazards of too much screen time. \$10.99, tweens, freespirit.com



bekids Science

A series of short, digestible lessons designed to boost scientific literacy. Featuring learning experiences crafted by educational experts and interactive games for each topic, these lessons are ad-free, kid-friendly and easy-to-use—no parental support needed! \$2.99/month, ages 2-4, bekids.com

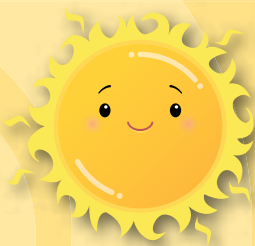


Bebi Toddlers—Educational Games & Puzzles

Mixes logical thinking and fine motor skills with fun games. Find 500+ toddler games focusing on colors, shapes, letters, phonics, number tracing, healthy eating and much more in one app. \$6.99/month, ages 2-5, bebi.family



NAPPA Awards has been celebrating the best in family products for 32 years. For more product reviews and gift ideas, visit nappaawards.com



5 EDUCATIONAL SUMMER PROGRAMS TO EXPLORE

BY HEATHER M. ROSS

1 Abrakadoodle Art Classes for Kids

**Locations in Northern Virginia and Prince William and Loudoun counties
703-860-6570**

Abrakadoodle offers art education for groups of children as young as 20 months to 6 years old and beyond. The youngest learners will take part in a parent/child class designed to help them develop their motor, language and social skills. This visual arts summer program focuses on individual expression and teaching art history, with information on both modern and historic master artists. Register online at [abrakadoodle.com/programs/abrakadoodle-classes](https://www.abrakadoodle.com/programs/abrakadoodle-classes)

2 American University High School Summer Scholars

4400 Massachusetts Ave. NW, Washington, D.C. | 202-885-1000

American University gives high schoolers the opportunity to take advantage of free time over the summer to keep learning and earn college credit. The AU Summer Scholars course allows students to earn college credit for online courses in areas including biotech, data science, global public health, political action, psychology and more. Rising sophomores, juniors and seniors with a minimum 3.0 grade point average are eligible. american.edu/summer/precollege/high-school-summer-scholars.cfm

3 Guidepost Montessori at West Alex

3475 N. Beauregard St., Alexandria, VA 571-206-1687

Guidepost offers weeklong programs for children in pre-K, kindergarten and elementary school during the summer. Each week of the Montessori



school's summer program will have a different subject or theme, such as creating with fibers, storytelling, drawing, communication and circuitry. guidepostmontessori.com/koaa-west-alex

4 Summer Chess Camps Locations throughout Northern Virginia and Maryland | 703-574-2070

At the Magnus Chess Academy, kids can learn about the most famous game of chess ever played, review or learn the rules and play in practice tournaments with peers. The academy offers online and in-person camps in the summer for different skill levels. Learning and playing chess exercises concentration, pattern recognition, decision making and more cognitive skills to keep your child's wheels turning all summer. Dates for 2023 camps TBD. chessacademy.com/pages/summer-chess-camps

5 Kids Elite Sports 423 Quackenbos St. NW, Washington, D.C. | 240-321-9287

Encourage healthy habits for your kids through Kids Elite Sports' many options— including football, soccer, basketball, floor hockey, kickball, futsal and swimming— within its summer programs. In addition to promoting an active summer, Kids Elite Sports encourages participants to read, socialize and engage in strategy and teamwork exercises. Each program lasts a week. Choose the program that's right for your child at one of three D.C. area locations. kidselitesports.com/special-programs ■

Love Notes TO YOUR FAMILY

Fill a heart-shaped box with words of affirmation, acts of service and quality time

STORY AND PHOTOS BY HEATHER M. ROSS

Valentine's Day is almost here! Valentine's Day celebrates love, friendship and admiration. Here's a simple, meaningful craft to help you celebrate this special day with your family. Show each family member you care.

What you'll need:

Red construction paper (2 sheets)

White construction paper (1 sheet)

Glitter

Glue (stick or liquid)

A dark-colored marker

A pencil with an eraser

Stick-on gems

Step 1: Draw the Heart

Fold a piece of red construction or cardstock paper in half hamburger-style (with the two shorter sides together). Next, using the pencil, draw half of a heart—with the middle being on the folded edge, as pictured. This piece will be on the bottom of the box, so be sure to think about how big of a box you want.

Step 2: Cut the Heart

Using the scissors, keep the paper folded and cut along the pencil-drawn line. Once your shape is cut out, unfold it and flatten it out. It should be in the shape of a heart.

Step 3: Trace and Cut

Trace your cut-out heart onto the other piece of red construction paper. Next, cut it out. Don't throw away your leftover pieces of red paper. You'll need them later.

Step 4: The Sides and Hinges

Now, take your white construction paper and place the edge of the paper in the crook of one of your heart pieces. Gently wrap the white paper along the edge of the heart and use your pencil to make a mark where it meets the tip of the heart. Double that length and add about 1 centimeter at the end. Cut a 2.5-inch thick strip of the white paper. Cut out and keep five additional pieces of the white paper in 2-inch long, 1-inch thick pieces.

Step 5: Construct the Box

Fold the long white strip in half on the pencil mark you made earlier. Then, bend the ends of the strip down and fold the extra centimeter over. Glue that in place, and wait for it to dry.

Fold four of the five small pieces from Step 4 in half. Use your glue stick to coat one side of the folded strips in glue. Attach them evenly spaced along the edge of the heart, with the fold meeting the cut edge.

Step 6: Attaching the Hinge

After the glue is dry, fold the last small white piece of paper in half, but apply the glue to the outside of the paper on the bottom half and the inside of the top half. You'll use this to attach the lid to the box.

Step 7: Decorate the Box

Using markers, glue, glitter and stickers, help your child decorate their Valentine's Day box.

Step 8: Fill the Box

Remember the scrap paper you saved? Pull it out and use it to cut small 1-inch by 2-inch slips of paper in both white and red. Use the marker to write sweet notes on them. Then, fill the box.

Some ideas for what to write:

- ♥ Make family time coupons. for "family movie night" or "taco Tuesday" on the slips of paper, and make sure everyone knows they can cash these coupons in to spend time together as a family.
- ♥ Create chore coupons. Show your appreciation for a family member by making coupons for helpful tasks, such as helping to shovel the driveway or sweeping the kitchen.
- ♥ Write love notes. Have each family member write a note for every other family member with something they like about each person. ■





LEARN A SKILL THIS SUMMER

Specialty Camps Give
Kids Focus and Drive

BY JILLIAN DIAMOND

WITH MANY SUMMER CAMPS closing their registration period only a few months into the year, you might be feeling the pressure to narrow down camp choices, but too many options can make it difficult.

What if your child doesn't find their niche?

Day and overnight camps are dedicated to offering a large variety of activities in order to appeal to every child. But the broad scope of these programs make it so that if kids do find an activity they really like, they may not have as much time to spend on it.

This is where specialized camps come in. Camps focused on one skill or area of interest can provide more detailed and all-encompassing instruction in their given fields.

"Water activities at more general summer camps are just one small part of their overall programming," explains Philip

DePalo, owner of Eastern Watersports, whose Baltimore-area summer camp program is a one-stop shop for waterfront-based activities like sailing, kayaking and sports including water volleyball and paddle board hockey.

"Here, you're basically on the water and in your life jacket from the moment you arrive," he says.

Camps like these give kids the chance to discover new talents or hone strengths they've acquired from sports or extracurricular activities during the year — and summer is the ideal time for that, since your child's energy isn't split between school and other responsibilities.



HERE ARE SOME WAYS KIDS CAN BENEFIT FROM A MORE FOCUSED EXPERIENCE:

Quality Instructors

While all camps can be expected to follow standards for training and safety in sports, at a skill-focused camp, the background of quality instructors might be more extensive.

"We live, eat and breathe gymnastics," says Michelle Carhart, owner of Motion Education, which creates programs for Dynamite Gymnastics Center gyms, of camp staff.

"With beginners, you want to make sure they're learning the right way so they want to move on, learn more and eventually compete. They're not going to develop bad practicing habits, and if people at gyms or general camps don't have a proper understanding of the mechanics of gymnastics, it can hurt them later if they want to do it seriously," she says.

Dynamite Gymnastics Center, which has four locations throughout Maryland, including one in North Bethesda/Rockville, offers weeklong summer camp programs ideal for children interested in learning how to fly through the air.

Similarly, many of the counselors at Eastern Watersports' camp are trained sailing instructors who are members of the American Sailing Association, giving them a great deal of expertise and experience to impart to their campers.

Campers at Pennsylvania-based Ashford Farm are paired with another camper at the start of the week, and given a horse or pony to share. They take turns learning to ride while the other attends lectures on equine care and safety, or participates in some of the other activities offered by the camp such as art, yoga and swimming.

"The focus is on safety so [campers] don't get hurt and learn to treat the horses with respect so that the horses will treat them with respect," explains Carolina Canavan, who opened Ashford Farm with her husband Bill in 1972. The camp's counselors are professional riding instructors at the farm.

The horse riding school in Lafayette Hill has offered a day camp program for many years. Campers can spend up to eight weeks learning all about horses, from how to properly groom and care for them to how to ride one.

Inclusion and Flexibility

Specialty camps can also be a great

opportunity for kids to get their feet wet before investing in a sport or activity — especially for those who might not otherwise have the chance.

"For such a dense waterfront population [in Baltimore], there isn't a lot of opportunity to get out on the water," notes DePalo. "Traditionally, it seems to be more for affluent people, and that's definitely not our goal. We're excited to get the actual citizens of Baltimore County out on the water, so we're pretty excited about camp."

And while it might seem that signing up for a skill-centric camp would mean an intensive experience for kids, camps are flexible to beginners—or even those who just have an interest in learning more.

"It's great for kids with an interest in horses, and who want to be around horses," says Canavan of Ashford Farm. "A

lot of our campers go on to take care of or even own horses."

Dynamite has the variety for those who want to explore. Campers at one location might be able to learn traditional gymnastics, while some of the others offer programs like parkour, 'Ninja Warrior'-esque agility training and cheer.

"We get a lot of people who are afraid to come to gymnastics camp because they've never done gymnastics before," says Carhart. "But we work with all levels. The cool thing about gymnastics is that it's progressive, and you can try new things based on your experience level."

Carhart adds that a benefit of having a camp largely focused on gymnastics is that campers are able to track their improvement throughout the week.

"[Other camps] do tend to have their achievements be more unit-based, like winning games, as opposed to getting better at something," she notes. "Gymnastics gives kids more experience with goals. By the end of the week, they'll have accomplished something specific, like learning to do a flip or a cartwheel ... you can actually learn specific skills and walk away with that at the end of the week."

Carhart also stresses the importance of allowing campers to partake in other activities, such as arts and crafts, so that they don't get burnt out or discouraged.

Learning Beyond the Skill

The knowledge that campers walk away with after camp might go beyond the new skillset itself, too.

At Eastern Watersports, some of the other activities offered at its camp include adventure tours that let campers experience the nature of the Chesapeake Bay and the surrounding area. Eastern Watersports has partnered with Marshy Point Nature Center and Baltimore City Parks and Recreation to expand the reach of its boating expeditions.

Canavan says that working with horses can also improve campers' social skills.

"We had a camper last summer who started riding in the spring, and she was 12. When she came here for lessons, she would not talk, and her mother had to come in and talk for her. In the first week of camp, by Thursday, she was talking to everyone in camp because [horseback riding] just brings them out of their shell."

[Working with horses] gives children a sense of responsibility and someone they can tell all of their problems to," she says. ■



Camps can
be expected to
follow standards
of training and
safety at a skill-
focused camp;
the background
of quality
instructors
might be more
extensive.





ask?

a Camp Director

BY HEATHER M. ROSS

Camp season is quickly approaching and as parents, you want to do everything you can to make sure your child has a fun, safe and educational experience.

So, we saved you the leg work and got in touch with local camp directors, asking essential questions so you can send your child to camp with peace of mind. Find out how you can protect your child with allergies, encourage your shy child and help them develop skills they'll use the rest of their lives.

What can parents and camps do to make sure their shy kid has fun at camp?

Julie Smith, Camp Accomplish: Be empathetic and patient, while encouraging campers to be open to meeting new people, who may be just as shy as they are. A little extra time and a kind word can help a child feel more comfortable with trying new things and meeting new people. Camps are a great environment to facilitate this because there's almost always an activity that can serve as the center point for interaction if a child is particularly nervous about having to carry on conversation.

What are ways camps can support social/emotional health?

David Ritter, Bretton Woods Recreation Center: Bretton Woods uses a 6 to 1 camper to counselor ratio. We take the time to bond the group at the beginning of the session and don't rush into the activities. Bretton Woods spend a lot of training time for staff to learn how to read the group and be aware if there is a camper who needs more attention and how to give that attention without focusing publicly of the camper.

What relational, academic or other skills will my child take away from camp?

Shannon Clancy, Youth Basketball – Washington Wizards: Most of the drills we do at camp are designed in such a way so that they can be done either within a group (like at camp) or individually (at home). We know that nobody is going to walk into camp on Monday a novice and walk out of camp on Friday an expert. It just doesn't work that way. But our hope is that our campers will take a few things away that they can then build upon once they leave us, and we make sure to emphasize that point throughout the week. The only way to get better at something is to do it! Peter Kallin, Merscersburg Academy Summer Programs: We love the friendships that participants build at our camps! We are technology free for most programs, which allows everyone to authentically connect in person and build friendships that last for years to come. Depending on the program, participants will learn sport-specific skills, musical theater techniques, or educational skills in such areas as writing, robotics and STEAM.

What age should my child start thinking about camp leadership?

Lauren Shiel, Independent Lake Camp: From the moment [kids] arrive at camp, leadership presents itself in many ways. At camp, whether you or your camper realize it, your child will start developing leadership skills [from] the moment they arrive. Leadership will present itself in everything from evening activities, even in the basic olympics or color war activities; to bunk cleanup, to problem solving strategies to performing in their activities and exhibitions. It's not something they need to focus on in the beginning of their camp experience, however it will happen organically without them even realizing. Camp is a safe place where children at camp explore their voices and independence before jumping into it in the outside world. It's a supportive environment which allows growth and even the opportunity to make mistakes.

How can camps accommodate kids who aren't athletic or have no interest in sports?

Sarah Hewett and Rachel Kirshebaum,



Independent Lake Camp



Steve & Kate's Camp: Excluding sport-specialty camps, camps should all offer a range of activities that aren't sport-based. Supporting campers of all interests is important, so generally there are plenty of alternative activities for campers to choose from. At Steve & Kate's Camp, we believe that children should make their own decisions, and so we never force a child to participate in an activity they don't want. Thus, it makes it easy for children to avoid sports if they choose to do so!

With that said, when given the freedom to choose their own activities, we often see children surprise families with their decisions. When not forced into a particular activity, children often experience new opportunities, express themselves more, explore new passions and discover new interests. These discoveries are all the more exhilarating because campers can make them independently.

What's the biggest struggle kids have at camp?

Charlie Arms, Brendan Sailing: This is different for every kid. Some of our campers with ADHD might struggle with patience and get frustrated when a challenge is too hard or too easy. A child with dyspraxia might have a hard time getting the physical skill of driving

while trimming a sail. A child on the autism spectrum may not like the noise of a sail luffing in the wind or the boat tipping. At our overnight camp, our campers may have the same homesick feelings as other kids.

How can families be sure their kids are covered for food allergies? Do they need to pack a special lunch?

Steve & Kate: If your child has any severe allergies, we always recommend getting in touch with the local director to go over a safety plan prior to your first day of camp. Camps handle allergies differently, so it's great to learn about your

specific camp's policies and protocol.

Steve & Kate's Camp is a nut-free campus... If any campers decide to bring lunch or snacks from home, we'll inspect [them] to ensure there are no nut products. At lunchtime we have a designated 'allergy expert' who receives a report of any campers with allergies at camp and ensures those campers receive the appropriate lunch items. We also list camper allergies on their camp ID badge, so the information is readily available in case of an emergency. We'll also provide our daily lunch menu and allergan information to families prior to summer. ■



Steve & Kate Camp

2023 Camp Directory

With each new milestone that our children reach comes the need for information to guide them (and us) through this stage. This is particularly true when our children are old enough to attend summer camp. How do we know which camp is right for them? In an education-centered community like ours, there can be a lot of options — where do we even get started? Right here, actually, with these listings. Read about these camps, what they offer and the ages they serve. Then visit their websites to learn more. On our website, *WashingtonFAMILY.com*, you can find even more listings to help you in your search. Be sure to check back on our website and in our magazine in upcoming months for more stories and helpful tips. Good luck! Here's to a great summer.



Camp Lee Mar



Camp Lee Mar, located in the beautiful Pocono Mountains of Pennsylvania, is a coed overnight camp for children and teenagers (from 7 to 21) with mild to moderate developmental challenges.

A Life Changing Experience!



**71st
Season!**

2023 Dates: June 24 – August 7

Visit our new website

www.leemar.com



Winter Office: Camp Lee Mar
Ph: 215-658-1708 Fax: 215-658-1710

Please visit us on [Facebook](#) [Instagram](#) [YouTube](#) you can view parents and campers talking about their experiences at Lee Mar.

- Fun traditional summer camp activities
- Academics
- Speech and language therapy
- Daily living skills
- Teenage campers enjoy social dancing every week with an end-of-summer "Prom"
- Optional trips during the summer
- Exceptional facilities featuring air conditioned bunks and buildings
- Junior Olympic heated pool
- Caring Nurturing Staff
- Lee Mar LIFE (Living Independently Functional Education) Program. The unique feature of our LIFE Program is that it incorporates everyday living skills into a personalized daily program. We have a fully functional apartment specifically for this program with a large kitchen, washer and dryer, two bathrooms, a living room and bedroom.

Please visit us on Facebook, Instagram and YouTube.

On YouTube you can view parents and campers talking about their experiences at Camp Lee Mar.

OVERNIGHT CAMPS

BURGUNDY CENTER FOR WILDLIFE STUDIES

Ages: 8-15
burgundycenter.org
bcwsdirector@burgundyfarm.org
703-474-2486
660 Margaret Sullivan Lane
Capon Bridge, WV 26711
Hands-on workshops with art and nature themes

CAMP HORIZONS

Ages: 6-16
camphorizonsva.com
camp@horizonsva.com
540-896-7600
3586 Horizons Way
Harrisonburg, VA 22802
Residential camp, boys and girls, teens, sibling discount, arts and crafts, cooking, dance, drama and theater, hiking, horseback riding, music, overnight camping, photography and swimming

CAMP KIRCHENWALD

Grades: K-12
kirchenwald@lutherancamping.org
717-964-3121
1 Cut Off Road, Lebanon, PA 17402
Summer location: Lebanon County, PA
Residential camp, outdoor adventures

CAMP RIM ROCK

Specialty: Overnight Camp for Girls
Ages: 6 - 15
343 Camp Rick Rock Road,
Yellow Springs, WV
347-746-7625 * camprimrock.com
info@camprimrock.com
Operating for more than seventy years and regarded by campers and camp professionals as one of the finest camps for girls. Camp Rim Rock is more than a great place. It is an experience filled with tradition, character and friendship.

CAMP TALL TIMBERS

Ages: 7-16
camptalltimbers.com
info@camptalltimbers.com
301-874-0111
1115 Reflection Lane, High View, WV 26808
Residential camp, sibling discount, transportation, aerial adventure park, archery, arts, canoeing, CIT program, dance, drama, educational activities, hiking, horseback riding, riflery, ropes course, swimming, tennis, tubing, zip line

CAPITAL CAMPS

Various ages
capitalcamps.org
301-468-2267
11300 Rockville Pike, Suite 407
Rockville, MD 20852 (administrative office)
12750 Buchanan Trail East
Waynesboro, PA 17268 (camp location)

Capital Camps is all about providing children a fun, safe experience. The camp uses the best practices of informal Jewish education to strengthen identity, instill values and build community among individuals in the Capital Camps community.

DAY CAMPS – WASHINGTON, D.C.

ARSENAL SOCCER CAMP

Georgetown Visitation
1524 35th St NW, Washington, DC 20007
July 24 - 28

arsenalcampsus.com

Specialty: Arsenal Football Development camps are an exclusive opportunity for boys and girls ages 7 - 14 to experience the methodology of one of the world's most successful clubs. Official Arsenal coaches conduct training sessions that come directly from the famed Arsenal academy at Hale End. Players enjoy insider access to the proven methods Arsenal use to develop its own youth talent.

SMITHSONIAN SUMMER CAMP

For kids entering Kindergarten - Grade 9 in Fall 2023

June 20-August 18, 2023
Smithsonianassociates.org/camp
202-633-3030

Smithsonian's S. Dillon Ripley Center
1100 Jefferson Drive S.W. Washington, D.C. 20560

During summer camp, kids explore, discover, create and go behind the scenes at the Smithsonian. Campers can blast into space, take center stage, create a masterpiece, invent a fantasy world, relive history or learn to shape the future of the planet. The rich and exciting world of the Smithsonian is theirs to discover.

DAY CAMPS – MARYLAND

CAMP SHEEO – SHEEO ACADEMY

Ages: 7-16
beasheeo.com/camp
contact@BEaSheEO.com
Check website for locations in Maryland
866-697-4336

Girls only; educational activities

IMAGINATION STAGE SUMMER CAMPS

Ages: 3 ½-18
imaginationstage.org/camps/
summer-camps
registration@imaginationstage.org
301-280-1660
4908 Auburn Ave., Bethesda, MD 20814
Drama, theater

INTERNATIONAL SCHOOL OF MUSIC

Ages: 3-12
ismw.org; info@ismw.org
301-365-5888
10450 Auto Park Ave., Bethesda, MD 20817
Drama, music

SILVER STARS GYMNASTICS

Ages: 3 ½-15
gosilverstars.com
classregistration@gosilverstars.com
301-589-0938
2701 Pittman Drive, Silver Spring, MD 20910
301-352-5777
14201 Woodcliff Court, Bowie, MD 20720
Gymnastics

DAY CAMPS – VIRGINIA

ART CAMP AT THE ART LEAGUE

Ages: 5-teen
theartleague.org/classes
school@theartleague.org
703-683-2323
305 Madison St.
Alexandria, VA 22314
Day camp, boys and girls, teens, arts and crafts, boating, educational activities, photography

BROOKSFIELD SUMMER CAMP

Ages: 3-10
brooksfieldschool.org
camp@brooksfieldschool.org
703-356-5437 ext. 2
1830 Kirby Road, McLean, VA 22101

Extended day camp, arts, CIT, cooking, dance, educational activities, field trips, hiking, horseback riding, music, sports, swimming, yoga

CAMP GRIFFIN AT WESTMINSTER SCHOOL

Ages: 3-14
westminsterschool.com/campgriffin
campgriffin@westminsterschool.com
703.340.7268
3819 Gallows Road,
Annandale VA 22003

Day Camp, Boys & Girls, Sibling and Military Discount

Arts, Theater, Sports, STEAM, and Specialty Camps, Field Trips, Swimming

CAMP MSNV - MONTESSORI SCHOOL OF NORTHERN VIRGINIA

msnv.org/page/programs/summer-camp
703-256-9577
6820 Pacific Lane, Annandale, VA 22003

Extended day camp

CAMP SHEEO – SHEEO ACADEMY

Ages: 7-16
beasheeo.com/camp
contact@BEaSheEO.com
Check website for various locations in Virginia
866-697-4336

Girls only, teens, educational activities

CHILDREN'S SCIENCE CENTER LAB

Fair Oaks Mall
703-648-3130
Our campers will embrace science, technology, engineering, and mathematics

Youth & Teen Art Camps

at **The Art League**

ages 5 & up



Register online at
www.theartleague.org/classes

The Art League
305 Madison St | Alexandria, VA 22314 | 703 683 2323 | school@theartleague.org



CAMP DIRECTORY

(STEM) to build the skills that will serve as their tool set for the future. We work with kids to ignite their curiosity and get excited about STEM in our everyday lives. With fun themes, new curriculum each summer, and sessions for all interests- there is something for everyone. Give your child a camp experience that will unlock their potential! Visit childsci.org/camp for more information. Single day camps offered during Spring Break Week long camps offered Summer Single day camps offered July 3-7, 2023

CONGRESSIONAL CAMP

Ages: 4-14
congocamp.org
info@congocamp.org
 703-533-0931
School Affiliation:
 Congressional School
 3229 Sleepy Hollow Road
 Falls Church, VA 22042

Day Camp, Boys & Girls, Extended day, Transportation, Arts and Crafts, CIT Program, Computers, Cooking, Field Trips, Horseback Riding, Swimming

MASON GAME & TECHNOLOGY ACADEMY – GEORGE MASON UNIVERSITY

Ages: 9-18
mgta.gmu.edu
mgta@gmu.edu
 703-993-7101
 10900 University Blvd.
 Bull Run Hall 147
 MS 112
 Manassas, VA 20110-2203

Teens, computers, cooking and other educational activities

RESTON MONTESSORI SCHOOL

Ages: 3-9
restonmontessori.com
office@restonmontessori.com
 703-481-2922
 1928 Isaac Newton Square West
 Reston, VA 20190

Extended day camps, arts, field trips

ROER'S ZOOFARI – JUNIOR SAFARI SUMMER CAMP

roerszoofari.com
 703-757-6222
 1228 Hunter Mill Road, Vienna, VA 22182
 Educational activities

SUMMER DANCE CAMP/INTENSIVE AT THE CENTER FOR BALLET ARTS

Ages: 3-adult
thecenterforballetarts.com
ctrballetarts@aol.com
 703-273-5344
 3955 Pender Drive, Suite 105
 Fairfax, VA 22030
 Teens, sibling discount, arts, dance, drama

SUMMER @ BASIS INDEPENDENT MCLEAN

Ages: 2 to 18
mclean.basisindependent.com
mcl-summer@basisindependent.com
 8000 Jones Branch Dr
 McLean, Virginia
 Day Camp, Arts and Crafts, Computers, Cooking, Dance, Drama/Theatre, Educational Activities, Martial Arts, Music, Photography, Sports, Sports - Extreme

Editor's note: Information provided for these camps is subject to change after this issue goes to press. Please contact the camps directly to confirm details and related COVID-19 protocols in effect at these camps.

Look for more information about summer camps and camp programs for your child next month in our February issue and on our website at washingtonfamily.com. ■



Camp Griffin
SUMMER CAMP
 Experience ~ Explore ~ Create

Register Now!

June 12 - Aug 17, 2023
Ages 3-14 | Flexible Schedule
Specialty Camps | Field Trips
Early & Extended Care

WestminsterSchool.com/CampGriffin
(703) 340-7268



REGISTER NOW!

ARSENAL SOCCER CAMP
GEORGETOWN VISITATION
 Coed Ages 7 - 14
 JULY 24 - 28

arsenalcampsus.com



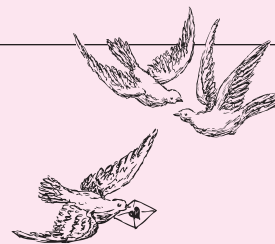
It's Camp Time!

Register now for single day spring and week long summer camps!

children's science center LAB
childsci.org/camps

Cupid's FAMILY FUN

BY HEATHER M. ROSS



Valentine's Day events for families in the DMV

♥ FEB. 1

Valentine's Day Modern Calligraphy for Beginners

2918 Eskridge Road, Fairfax, VA | 703-663-8833

Join the professionals at Caboose Commons in Fairfax for their festive annual Valentine's (or Galentine's) calligraphy workshop for beginners! This workshop will teach the basics. Parents are welcome to buy tickets for younger kids so they can learn alongside them or their older siblings. Kids younger than age 16 must be with a ticketed adult at all times. (This is a "Sip and Script" event, so adults will be permitted to enjoy alcoholic beverages during class.)

The class includes a beginner's kit with two nibs, a black ink pot, two letter guides, tracing paper and a straight pen holder and runs from 6-7:30 p.m. Tickets are \$65.

SIPANDSCRIPT.COM

♥ FEB. 8

Valentine's Movies and Crafts

1701 Gales St. NE, Washington, D.C. | 202-727-5012

Enjoy the movies "One Zillion Valentines" and "Be My Valentine, Charlie Brown" for inspiration before creating Valentine's Day cards for friends and family at the Rosedale Library. This family-friendly crafting event begins at 2 p.m. on Saturday.

DCLIBRARY.ORG/NODE/39866

♥ FEB. 11

Art from Your Heart

Hirshhorn Museum and Sculpture Garden, Independence Ave. SW & 7th St. SW, Washington, D.C. | 202-633-1000

Bring color and love to your February Valentine's Day celebrations by trying a little bit of hands-on creating at the Hirshhorn Museum! Kids can exercise their artistic creativity by writing a love letter or layering lines of love. Maker stations throughout the museum will feature Valentine's Day cards, a library of love, magnet poetry and more. Families can take part in these projects from 10 a.m. to 1 p.m.

HIRSHHORN.SI.EDU/EVENT/MAKER-MORNING-ART-FROM-YOUR-HEART/

While Valentine's Day is often associated with romantic love, the holiday can be a great experience for families, too. Take time this Valentine's Day to talk about love as a family, and the many ways we show we love to each other.

Here are five places where you can celebrate love as a family in the DMV!



♥ FEB. 12

Valentine's Day Kids Party

3033 Waldorf Market Place, Waldorf, MD
301-932-4348

The Capital Clubhouse is ready to celebrate love with you and your family! RSVP for the venue's Valentine's Day Kids Party to enjoy music, games, photo sessions, treats, paint and sips, raffles and more family-friendly Valentine's fun! Tickets are available for \$7.

app.capitalclubhouse.com/schedule

TICKETS THROUGH EVENTBRITE: EVENTBRITE.COM/E/VALENTINES-DAY-KIDS-PARTY-TICKETS-480541090337?AFF=EBDSSBDESTSEARCH

♥ FEB. 12

Kids Valentine's Day Terrarium Workshop

PlantHouse Alexandria, 921 N. Saint Asaph St., Alexandria, VA
703-216-3944

Make something beautiful together at this PlantHouse terrarium workshop for kids! Parents and children age 6 and older are invited to work with the PlantHouse crew to create a 6-inch terrarium with Valentine's Day décor to decorate their homes or gift to someone special. Choose from a variety of options to customize your craft. The workshop begins at 11 a.m. and ends at noon. Tickets are \$26, and are only required if building a terrarium. (You may supervise your child without a ticket.)

WORKSHOPS.PLANTHOUSE.US . ■

ACADEMIES AND SCHOOLS

THE AUBURN SCHOOL

Admissions Director, Frances Foreman
301-588-8048
frances.foreman@theauburnschool.org
theauburnschool.org
info@theauburnschool.org

9115 Georgia Ave., Silver Spring, MD 20910
301-588-8048

Please register at theauburnschool.org/
admissions/silver-spring-
campusadmissions/
Monday, November 14 - In person
Wednesday, January 19 - Zoom

3800 Concorde Parkway, #500
Chantilly, VA 20151
703-793-9353

Please register at theauburnschool.org/
admissions/fairfax-campus-admissions/
Tuesday, November 15 - In person
Tuesday, January 24 - Zoom

The Auburn School grows the social and academic potential of students with social and communication challenges, supporting academic skills, social competency and pragmatic language.

BASIS INDEPENDENT MCLEAN

8000 Jones Branch Drive, McLean, VA 22102
703-854-1253

mclean.basisindependent.com
mclean-info@basisindependent.com

Ages 2-3

Students at BASIS Independent McLean get the best possible start to their education. The toddler and early learning programs, led by nurturing experts, are designed to empower curiosity, independence and social-emotional development from day one.

(THE) BETHESDA MONTESSORI SCHOOL

7611 Clarendon Road, Bethesda, MD 20814
301-986-1260

bethesdamontessori.com
admissions@bethesdamontessori.com

Ages: 3-6

BMS, established in 1983, is located in the heart of Bethesda, offering two years of preschool and a kindergarten year. Open 8 a.m.-6 p.m. AMI-trained teachers, art, French and computer are offered, plus after-school activities.

BROOKSFIELD SCHOOL

1830 Kirby Road. McLean, VA 22101
703-356-5437

brooksfieldschool.org
sarah@brooksfieldschool.org

Ages Served: 2-10

Open House: Call to schedule a tour.

Brooksfeld School offers mindfulness, nutrition, Spanish, dance, music, art, outdoor adventure, extracurricular activities and summer camp.

CONGRESSIONAL SCHOOL

3229 Sleepy Hollow Road

Falls Church, VA 22042

703-533-9711

congressionalschool.org

gherbst@congressionalschool.org

Discover this co-ed independent day school for infants to eighth graders in Falls Church, Virginia. Congressional School prepares young learners for future success, inspiring them to question, collaborate, create and lead.

EARLY LEARNERS ACADEMY

474 Ridge St. NW, Washington, DC 20001
703-589-0990

earlylearnersela.com

At Early Learners Academy, each child learns how to identify letters and words, make letter and sound connections, use writing tools, build relationships, respond to text and conquer personal goals. Early Learners Academy is staffed by exceptional educators who have been trained to teach early learners. Early Learners Academy has received recognition by the National Accreditation Commission for Early Care and Education Programs.

HUNTER MILL MONTESSORI SCHOOL

2709 Hunter Mill Road, Oakton, VA 22124
703-938-7755

preschoolmontessori.com

info@huntermillmontessori.com

Tours are available by appointment.

Hunter Mill Montessori School provides an intimate and nurturing environment for children ages 2 years, 9 months to 6-year-old children to develop their independence through the Montessori experience. Hunter Mill offers a complete educational and social environment and uses the discoveries and methods of Dr. Montessori to help children develop more fully the potential within them. The school provides a program specially suited to a child's needs and offers individual attention for whole development.

MARVA COLLINS COTTAGE SCHOOL

703-942-9817

mccottageschool.org

director@mccottageschool.org

Private/Independent School

Grades accepted: PreK-Second

Ages accepted: 4-7 years

Offering half- and full-day programs and culturally responsive education while prioritizing the joy of learning. Please visit the school's website for information session and open house details.

(THE) MONTESSORI SCHOOL AT

GOOSE CREEK PRESERVE

42470 Rosalind St., Ashburn, VA 20148
571-417-3999

goosecreekmontessori.com

info@goosecreekmontessori.com

Tours available by appointment.

Discover this brand-new Montessori school

in the Broadlands area of Ashburn. All of the classrooms are spacious with an abundance of natural lighting. The classrooms open to the playground with patios allowing children to freely work inside and outside. Goose Creek offers a complete educational and social environment and uses the discoveries and methods of Dr. Montessori to help a child develop more fully the potential within him or her.

MONTESSORI SCHOOL OF CEDAR LANE

3035 Cedar Lane, Fairfax, VA 22031

703-560-4379

preschoolmontessori.com

info@cedarlanemontessori.com

Open House: Call to schedule a tour.

Montessori School of Cedar Lane has been providing over 50 years of Montessori tradition to Northern Virginia. The school offers a complete educational and social environment and uses the discoveries and methods of Dr. Montessori to help a child develop more fully the potential within him or her.

(THE) MONTESSORI SCHOOL OF MCLEAN

1711 Kirby Road, McLean, VA 22101

703-790-1049

mcleanmontessori.org

Ages: 2 -12

Open House: Call to schedule a tour.

Offering preschool and elementary classes, Spanish, French, science, drama, music, physical education, computer, art and summer school. Transportation available.

NYSMITH SCHOOL FOR THE GIFTED

13625 EDS Drive, Herndon, VA 20171

703-713-3332

nysmith.com

ebalberde@nysmith.com

Ages Served: 3 years old to eighth grade

Hours: 7 a.m.-6:30 p.m.

Open House: Call to schedule a tour.

The award-winning Nysmith School for the Gifted is committed to making school fun. Staff nurture your student's love of learning and help your children learn to their potential. A 1-to-9 ratio allows Nysmith to differentiate the academic program up to four levels above a student's current grade.

RESTON MONTESSORI SCHOOL

1928 Isaac Newton Square West

Reston, VA 20190

703-481-2922

restonmontessori.com

office@restonmontessori.com

Hours: 7 a.m. to 6:30 p.m.

Open House: Call to schedule a tour.

Established in 1986, Reston Montessori School is a private, coeducational school for children from 3 months through sixth grade. RMS provides academic school day, enrichment programs and before- and after-school activities.

(THE) SEED SCHOOL OF MARYLAND

200 Font Hill Ave.

Baltimore, MD 21223

410-843-9482

seedschoolmd.org

Grades: 6-12

The SEED School of Maryland is a college-preparatory, tuition-free boarding school serving boys and girls in grades 6-12. Motivated children received an extraordinary educational experience that allows them to graduate with the proficiency for success in college and beyond.

(THE) SIENA SCHOOL

1300 Forest Glen Road

Silver Spring, MD 20901

301-244-3600

2705 Hunter Mill Road, Oakton, VA 22124

703-745-5900

thesienaschool.org

info@thesienaschool.org

The Siena School provides highly individualized, research-based, multisensory instruction and curriculum-related field trips. Students develop critical thinking skills and acquire the tools and strategies needed to become successful and independent learners who are prepared for college.

WESTMINSTER SCHOOL

3819 Gallows Road, Annandale, VA 22003

703-256-3620

westminsterschool.com

admissions@westminster-school.com

Preschool (3- and 4-year-olds) to Grade 8

Westminster School provides a unique preschool to middle school education based on a classical curriculum, accelerated academics enhanced by the arts and an emphasis on personal responsibility and good character. Students enjoy small classes taught by teachers who specialize in their field.

(THE) YELLOW HOUSE SCHOOL

7012 Braeburn Place

Bethesda, MD 20817

301-263-0952

theyellowhouseschool.com

info@theyellowhouseschool.com

This bilingual, inclusive preschool is led by highly qualified early childhood educators. The school is enrolling children ages 2-5 and offers full-day and half-day enrollment.

ENRICHMENT AND EXTRACURRICULAR ACTIVITIES

ACTING FOR YOUNG PEOPLE

5506 Talon Court

Fairfax, VA 22032

703-554-4931

afyp.org

Acting for Young People celebrates more than 20 years of fun, challenging classes for ages 5 to adults taught by theater

professionals. After-school programs, weekend and school holiday classes, summer acting camps and more teach skills that can be used on stage and off.

(THE) CENTER FOR BALLET ARTS

3955 Pender Drive, Suite 105
Fairfax, VA 22032
703-273-5344
thecenterforballetarts.com

As Northern Virginia's premier dance studio, The Center for Ballet Arts offers classes in ballet, pointe, modern dance, jazz, tap, Pilates and Body Barre Conditioning. Kinderballet is offered for children beginning at age 3. Intensive programs are offered for serious dance students, and classes are designed to promote strength, flexibility and technique.

ELEVATED LEARNING SOLUTIONS

301-466-5123
elevatedlearningsolutionsllc.com

Elevated Learning Solutions is an educational support group that provides a variety of educational services and goes above and beyond for clients. Its staff helps clients understand how they learn and how to be better learners by expanding the focus beyond the academic habits to include physical and social well-being.

ENCORE STAGE & STUDIO

4000 Lorcorm Lane, Arlington, VA 22207
encoragstage.org
info@encoragstage.org

Encore Stage & Studio provides accessibility services throughout the year. Encore is delighted to provide an accessibility matinee performance for selected productions. Classes, camps and programs held throughout the year inspire young people to develop the creativity, empathy and confidence needed to make meaningful connections with peers and have a positive impact in their communities.

HARMONIA SCHOOL OF MUSIC & ART

204 F Mill St. NE, Vienna, VA 22180
703-938-7301
harmoniaschool.org
harmoniaschool.org

Harmonia School offers outstanding performing arts programs. It includes instrumental and voice lessons and early childhood classes. Harmonia's theater department offers one of the finest musical theater and acting programs that culminates in productions. The classes are offered to all ages and all levels. Highly educated and experienced teachers provide the instruction.

INTERNATIONAL SCHOOL OF MUSIC

11325 Seven Locks Road, Suite 255
Potomac, MD 20854
4701 Sangamore Road, Suite LL-03
Bethesda, MD 20816

301-365-5888
ismw.org; info@ismw.org

Hours: Monday-Friday, 10 a.m.-
8 p.m., Saturday, 9 a.m.-4 p.m.

Voted best in music instruction, the International School of Music offers music lessons in all instruments and voices to students of all levels and ages. Preschool music classes and adult music instruction are also available in addition to the optional performances and certificate programs. Book your trial lessons today.

LITTLE LEAVES BEHAVIORAL SERVICES

Various locations

202-420-8359
littleleaves.org

Little Leaves is a center-based Applied Behavior Analysis (ABA) program for children with an autism spectrum disorder run in a preschool-like setting. It is designed for children up to age 6 who have been recommended for intensive ABA services. Each client works one on one with a trained behavior technician on individualized goals with a focus on social communication, social interactions and school readiness skills.

MASON COMMUNITY ARTS ACADEMY

4260 Chain Bridge Road
Fairfax, VA 22030
703-993-9889

masonacademy.gmu.edu

Mason Arts Academy is the community arts education division of George Mason University's College of Visual and Performing Arts. The Academy brings enriching arts instruction to the community through inspiring and innovative lessons, classes and summer programs in music, theater, visual arts, film and video, which are open to all ages and levels. It also offers programs focused on teacher education and enrichment.

SCHOOL OF ROCK

3529 Connecticut Ave. NW
Washington, DC 20008
202-893-8765
schoolofrock.com

3260 Duke St., Alexandria, VA 22314
571-376-7625

20660 Ashburn Road, Ashburn, VA 20147
703-858-0820

8634 Colesville Road
Silver Spring, MD 20910
301-589-7625

111 Center St. South, Vienna, VA 22180
703-242-2184

School of Rock is music school reimagined. Music programs are designed to encourage learning in a supportive environment where students of all skill levels are comfortable and engaged. School of Rock serves kids, teens and adults with a variety of music lessons and subjects. ■



SUMMER NATURE CAMP

Explore West Virginia mountains with a dynamic, knowledgeable staff. Active days full of variety and laughter. Hike, swim, and hunt for birds, butterflies and salamanders. Small groups and independent projects.

Non competitive approach.

American Camping Association accredited.

for more information:

bcwsdirector@burgundyfarm.org

Capon Bridge, WV
burgundycenter.org



Where the challenging academic curriculum
meets bright students where they are, with the goal of setting every
student up for a lifetime of success.

• www.theauburnschool.org •

Campuses in Silver Spring and Fairfax



Washington
FAMILY



THE BETHESDA
MONTESSORI SCHOOL



Join us for our
40th year

ENROLLING NOW FOR 2023-2024

IN-PERSON ACADEMICS
& AFTER CARE
8am - 6pm
7611 Clarendon Rd.
Bethesda, MD 20814
301-986-1260

Email us to learn more and tour the school
admissions@bethesdamontessori.com

www.bethesdamontessori.com



'Raising a Little Hell' at Camp

Paul Newman, local camps encourage kids with serious illnesses and disabilities to experience life to the fullest through inclusive camps

BY SASHA ROGELBERG

Camper Victoria Saunders loves swimming at The Hole in the Wall Gang Camp in the summer. It's not an activity she usually gets to do.

Living with sickle cell disease, 12-year-old Victoria can't jump into a cold pool or lake, lest the sudden temperature change triggers a pain crisis. At Hole in the Wall Gang, the pools are heated, meaning no sudden temperature drop — and no crisis.

The heated pools are one of many accommodations the camp, whose Hospital Outreach Program (HOP) brings staff and camp crafts and activities to the bedsides of children at 33 hospitals in the Northeast and Midatlantic, makes to ensure each of its campers, who have severe and chronic diseases, have a joyful camp experience.

In 2024, the HOP program will expand to the DMV with a regional office in Silver Spring, Maryland and serve additional hospital locations in the Washington, D.C. metro area to complement a second summer camp location on the Eastern Shore of Maryland.

That means campers such as Victoria, who lives in Wilmington, Delaware, only have to travel about an hour-and-a-half to camp rather than almost five hours to Hole in the Wall Gang's current Ashford, Connecticut location. The camp will also be able to increase the number of campers it serves each year. It presently serves about 200 children between ages 7-15.

What's in a Camp?

The tradition of summer camp is longstanding for children of all ages, backgrounds and abilities. It's seen by many families as an essential stepping stone for their child

to come into their own. No doubt the camp experience has myriad benefits, but why is it especially significant to children with chronic health conditions?

Children with serious illnesses may experience isolation from their peers and have trouble developing skills in friendship, or be rejected by their peers. The stress, exhaustion or fear of an impending health crisis not only affects the mental health of the child, but also of their parents and siblings.

Camps like Hole in the Wall Gang serve to soften those experiences by letting kids just be themselves, meet other kids who know what they're going through and not worry if they will have the accommodations they need.

"You go away to camp, and you're meeting all new people, meeting new counselors, new kids that you're bunking with," says Nicole Davis, Victoria's mother. "Victoria is very open, very kind and I just love the way that came from a little bit of camp. She's not afraid to open herself up to new things and just talk and meet new people."

Hole in the Wall Gang Camp was founded in 1988 by Paul Newman. The actor and philanthropist was "acutely aware of how fortunate he was, how he was in the right place at the right time," says Hole in the Wall Gang Camp CEO Jimmy Canton of Newman. "He was given looks that he wasn't responsible for, and he wanted to pay that back. He was very moved by children who just are dealt a very bad hand. He just wanted them to experience what life could be like: the beauty of life, love, friendship, beauty, outdoors, play, 'raising a little hell.'"

PHOTO COURTESY OF HOLE IN THE WALL GANG CAMP

Find a Camp Near You

The feelings of belonging and fun instilled by Hole in the Wall Gang aren't exclusive to its soon-to-be two locations and hospital outreach services. Camps throughout the Mid-Atlantic and beyond provide similar experiences for children with serious illnesses or disabilities.

"Because our children are sensitive and vulnerable, having a safe place that is specialized and attentive to them is very important," says Andrew Hubner, executive director of Auburn Schools, which hosts Camp Aris-

hearing kids over the summer.

"The important thing for the hearing campers and the hearing counselors — the importance of including them — is so that they can understand where deaf people and Deaf culture is coming from," says Amy Norman, a board member and former camper at Deaf Camps, through an interpreter, Louise Rollins, Deaf Camps' board president.

In addition to fostering a truly inclusive environment, the camp also fosters learning, acceptance and connections across communities.

"He [Paul Newman] was very moved by children who just are dealt a very bad hand."

—JIMMY CANTON

totle at its locations in Fairfax, Virginia and Silver Spring, Maryland. The camp serves children with autism, ADHD and learning challenges.

Like Hole in the Wall Gang, Camp Aristotle has staff trained to accommodate each child's needs and a high staff-to-camper ratio. Similarly, Summer Sensations Camp in Columbia, Maryland, for children with learning differences and sensory processing challenges, pairs children with differing social and language skills in small groups so that "everyone is learning from one another," the camp's co-director Jolene Williams says.

Other camps also work with campers who do not have a disability alongside those who do. Deaf Camps, Inc., in Knoxville, Maryland, hosts both deaf and

"We build bridges between the two cultures," Norman says.

Building Bridges

Hole in the Wall Gang builds bridges by having medical staff dress in camp uniforms and having its "OK Corral Infirmary" designed to look like a 19th century mill.

Individualized care, paired with the camp's non-intimidating setting, helps kids feel at ease with what is a brand new experience for many of them. On the weekend, parents can even exchange tips and connect with other families, making them feel less alone.

It helps kids with chronic and life-threatening conditions and their families to not feel so different for once—and that is everything. ■

SUMMER FUN CAMP '23

LEARN TO SKATE

Our Skate on 8 Camps are designed with Learn to Skate in mind! We are proud to offer a safe Summer Camp option while still emphasizing FUN and skill development! You are able to select Morning or Afternoon Camp OR combine both for a full day at the Iceplex.

HOCKEY

Hockey camp options are available for players 6U and older! Players of all ages are welcome - young players new to the game and experienced travel level players will all find camps to fit their skill level!

SCAN THE QR CODE FOR MORE INFO AND TO REGISTER!

MedStar Capitals Iceplex



Shannon Phelan

BY HEATHER M. ROSS

want it to be... Rather than trying to reach for perfection all the time, be in the moment as it is and accept it for what it is. The idea that we're ever going to have perfect harmony among stress, and work, and life and kids isn't really realistic.

One thing I've had to learn to do is learn the word "No." "No" is a complete sentence. Because of the flexibility (pun intended) that my work allows me to have, I have the opportunity to say yes to a lot of things.

Journaling helps a lot, too, because you get [thoughts down] on paper and can see what similar threads are. Getting [something] down on paper, looking at it— then I can start to move things around. Just because it's always been this way doesn't mean it always has to be this way.

Met Shannon Phelan, business owner, yoga instructor and mother of two. Phelan teaches yoga independently in Gaithersburg at Opus Yoga, Flying Buddha Studio and Great Seneca Yoga—the last of which she opened herself in March 2020.

"I started Great Seneca Yoga as a way for people to access yoga at home because we all really needed it—I needed it," she says.

The timing, of course, was at the start of global pandemic, and for yoga-goers like Phelan, attending class in person was suddenly not that easy. Virtual classes made yoga more accessible—and people really showed up.

"I had people from all over the country come to classes," Phelan says. "In one class, I had people from five different states."

Now, Great Seneca does not just exist in a virtual setting. In June, Phelan converted her family's garage into a studio space where she holds classes every day. She lives in Gaithersburg with her husband, Paul, and her daughters McKenzie (16) and Anna (14).

How do you balance your work life and home life?

I think that we are always falling in and out of balance. I don't think balance is something truly attainable in the way that we as a society

What kinds of challenges did you face starting your own business during the pandemic?

I did continue to teach with the studio I was teaching with [before opening Great Seneca], but it was on Zoom as well. The challenges have really been... convincing people that if you can breathe, you can do yoga. So many people say, 'I can't do yoga because I'm not flexible, and I can't sit still.' They need to first believe that they can do it. My yoga is very accessible. It's down to earth. I meet people where they are, with what they need. I do hybrid classes now that I have [an] in-person space.

What do you enjoy most about being a parent?

It's a shock to the system to go from being a person to having these human beings who now rely on you for everything. I love being a mom, and I love watching my kids grow. The part that I love most is seeing them where they are now. A lot of people are woeful when kids get bigger because, 'Oh, they aren't little anymore.' For the most part, I'm in awe that there are these human beings and I got to be part of their journey in this world.

I can't wait to see them grow and become the adults that they're going to be. We're getting close, and we can really see this development of what they're going to look like. They're human beings in their own right, and I get to facilitate. ('You're going to go out into this world, and you're going to be a person and do great things.') That I got to be a part of that is my favorite part.

What's one thing you hope your kids learn from you?

That you can always pause, take a breath and say something different than what you feel. Sometimes in the moment, you might be upset and angry and say something you don't mean, but if they can take away anything, I want them to take a pause and just act better than [they] feel. I think if we did that more as a society, people would be a lot kinder to each other. ■

WHAT IS YOUR FAMILY'S FAVORITE ...

Meal

Burgers and Tots or Mom pasta (olive oil sautéed bell pepper, smoked sausage, sun-dried tomatoes over penne pasta with fresh parmesan)

Vacation spot

Kiawah Island, South Carolina

Way to Spend a Weekend

Taking our dog Luna for walks,

going to Anna's basketball games or McKenzie's performances (but usually there's lots of laundry on weekends, too!)

Dessert

Anna's homemade cupcakes (blueberry lemon!)



NOMINATIONS HAVE STARTED



**Vote for your favorite people, places
and things in the DMV!**

The winners are chosen by popular vote, so let your friends know it's time to cast their ballot. As a business, share with your audience to help you win the title of "Best" in your category!






Nominations close March 10

Voting for the winners starts on April 1. Winners will be contacted in June, and the results will be in the July issue of Washington FAMILY magazine.

Go online and tell us what you think!
washingtonfamily.com/bestforfamilies

**Washington
FAMILY**

Print | Digital |   

Contact Jeni Mann Tough
for more information
jmann@midatlanticmedia.com



8 Essentials for a Healthy Heart

BY FAMILY FEATURES

For American Heart Month in February, take your family's heart health into your own hands with Life's Essential 8—a checklist of healthy habits and measures that affect heart, brain and overall well-being for anyone age 2 and older.

The American Heart Association's checklist—now expanded for younger ages since its release more than a decade ago—is centered around the body's most important muscle: the heart.

Cardiovascular disease is the No. 1 cause of death in the United States and globally. Studies throughout the past two decades indicate more than 80% of all cardiovascular events may be prevented by a healthy lifestyle and management of risk factors.

"We felt it was the right time to conduct a comprehensive review of the latest research to refine the existing metrics and consider any new metrics that add value to assessing cardiovascular health for all people," notes Donald M. Lloyd-Jones, M.D., Sc.M., EAHA, president of the American Heart Association and chair of the department of preventive medicine at Northwestern University's Feinberg School of Medicine.

Start making positive changes to improve your heart and brain health with these eight essential steps:

Eat Better

A heart-healthy diet encompasses a high intake of fruits, vegetables, nuts and legumes; whole grains and fat-free and low-fat dairy; lean protein and low intake of sodium, red and processed meats and sweetened foods and drinks. Eat whole foods and rely on healthy non-tropical oils (like olive and canola) for cooking.

According to Centers for Disease Control (CDC), 60% of children do not eat enough fruit to meet daily requirements and 93% don't get enough vegetables. When trying to increase your child's fruit intake, be sure to choose fruits over fruit juice, as fruit juice can be high in added sugars.

Get Active

For most adults, the target level of moderate physical activity (such as walking) is 150 minutes or more per week or 75 minutes per week of vigorous-intensity physical activity. Kids age 6 and older need 1 hour or more of play and structured activities per day.

Quit Tobacco and Nicotine

Nicotine makes your heart rate and blood pressure skyrocket, while carbon monoxide and tobacco rob your heart, brain and arteries of oxygen. At least 250 chemical compounds in cigarettes are harmful to your health. Reducing your health risk means eliminating exposure to any form of nicotine, including cigarettes, e-cigarettes and vaping devices, as well as limiting your exposure to secondhand smoke.

In Maryland, 27.4% of high schoolers report currently using a tobacco product, including e-cigarettes, according to the CDC. The National Cancer Institute reports that 90% of adult daily cigarette smokers first tried smoking before they were 18 years old. While no parent wants to assume their child will try smoking, having a conversation about the risks with your kids is important for every parent.

Get Adequate Sleep

Getting a good night's sleep is vital to cardiovascular health. Measured by average hours of sleep per night, the optimal level is 7-9 hours daily for adults. Ideal daily sleep ranges for children are 10-16 hours per 24 hours for ages 5 and younger; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18.

Maintain a Healthy Body Weight

Although the measure of body mass index (BMI) is not a perfect metric, it is easily calculated and widely available; therefore, BMI remains a reasonable gauge to assess weight categories that may lead to health problems. A BMI of 18.5-24.9 is associated with the highest levels of cardiovascular health.



Manage Blood Glucose

When there is not enough insulin or the body does not use insulin efficiently, blood glucose levels accumulate in the bloodstream. Type 1 diabetes most commonly presents in children from 4-7 years old and from 10-14 years old. According to the Mayo Clinic, other potential risk factors for Type 1 diabetes include family history, genetics and geography.

Type 2 diabetes is more common in adults but can affect children, too. Risk factors for Type 2 include weight, inactivity, diet, family history, race or ethnicity, age and sex, maternal gestational diabetes and low birth weight or preterm birth.

The last two factors on Life's Essential 8 that mitigate health risks are managing cholesterol and understanding blood pressure readings. Talk to your child's pediatrician about optimal blood pressure readings and note that non-HDL ("bad") cholesterol—rather than total cholesterol—is a reasonable predictor of cardiovascular risk.

For more cardiovascular health tips, or to assess your own risks, visit heart.org/lifes8.

If you are concerned about your child's weight, speak privately with your child's pediatrician. Focus on health rather than a specific weight or number. Don't make negative comments. As a parent, the best thing you can do to encourage your child to eat right is be a good example.

RESOURCES

Heart health support for families in the Washington D.C. and Baltimore areas.

inovachildrens.org/heart/support

Diabetes resources for families in the Washington D.C. area.

childrensnational.org/departments/diabetes-program-childhood-and-adolescent/resources-for-families

Managing and preventing diabetes.

dchealth.dc.gov/service/diabetes-prevention-and-control-program

Where your child can get involved in sports programs in D.C.

dpr.dc.gov/page/kids-sports-fitness

Programs to help quit smoking in the D.C. area.

dchealth.dc.gov/service/smoking-cessation-program

Heather M. Ross contributed to this story.

PROVIDED

Listen. Lecture.

FLIP THE SCRIPT

Parenting isn't easy, but there are strategies that can help.



The Family Tree

Raising families up.

Parenting HelpLine: **800.243.7337**
familytreemd.org/flip

The Center for Ballet Arts



Register Now for Winter Session!

*Ballet . Pointe . Modern . Jazz
Tap . Pilates . Kinderballet*

3955 Pender Drive, Suite 105 Fairfax, VA 22030 • 703.273.5344 • thecenterforballetarts.com

Washington FAMILY



Sign-up for our e-letter!

washingtonfamily.com/signup



Love Stories and Campfire Tales

12 Books to Melt Hearts and Winter Weather

BY JENNIFER ROTHCHILD, YOUTH SERVICES LIBRARIAN FOR ARLINGTON PUBLIC LIBRARIES

Love is in the air as we make valentines for our friends and family, but the promise of warmer days is also ahead. This month, we have books for the chocolate lover, the romantic, those who can't wait for the long days of summer at camp and those of us who are a bit of all three.

PICTURE BOOKS:

"Cocoa Magic"

by Sandra Bradley, illustrated by Gabrielle Grimard

Daniel's Great-Uncle Lewis is a chocolatier, and Daniel loves to help him before school. He often takes a bit of chocolate to secretly leave for classmates who could use a pick-me-up. When Great-Uncle Lewis goes on a trip, it turns out Daniel's gift giving wasn't much of a secret after all—his friends return his small acts of kindness to cheer him up until his uncle returns.

"Moon Camp"

by Barry Gott

Jake is not a fan of summer camp. His bunk is terrible, all the good activities are taken and he misses home. Camp is no fun, even if it is on the moon. But when a new batch of campers arrives, Jake makes a friend and finally discovers all the joys camp has to offer in this classic camp tale with a fun outer space twist.

"Who Wet My Pants"

by Bob Shea, illustrated by Zachariah Ohoro

Reuben the Bear and his scout troop are camping in the woods when he notices a tell-tale wet patch on the front of his pants! Someone has wet Reuben's pants! He insists it wasn't him and interrogates all his friends to see who did it. Luckily, his friends offer empathy and understanding, even as Reuben says that his pants are broken. A hilarious tale of kindness.

EARLY READERS

"On the Corner of Chocolate Avenue: How Milton Hershey Brought Milk Chocolate to America"

by Tziporah Cohen, illustrated by Steven Salerno

This beautiful picture book biography details Milton Hershey's rags-to-riches story, focusing on his many failures and his persistence in trying to find the perfect milk chocolate. In detailing the different variables he used (such as trying milk from different types of cows), it shows the process of scientific experimentation, as well as the importance of not giving up. The book ends with Hershey's philanthropic work.

"Matchmaker (Miles Lewis #3)"

by Kelly Starling Lyons

In the third installment of this early chapter book series, Miles is not excited about Valentine's Day but does enjoy doing science experiments on candy hearts. When his grandfather comes in to help with his class, Miles realizes he may be the perfect match for his friend Jada's grandmother. Can the two friends play cupid for their grandparents?

"Nugget and Dog: S'More That Meets the Eye"

by Jason Tharp

In this early-reader graphic novel, Nugget and Dog (a chicken nugget and hot dog, respectively) are off to summer camp, where they run into the mean kid, Dijon (a mustard packet). Dijon has big plans

to prank everyone with a scary story. Will he ruin camp, or will Nugget and Dog save the day?

MIDDLE GRADE

"Twelfth"

by Janet Key

Maren's spending the summer at theater camp, where they're mounting a production of *Twelfth Night*. The camp's days may be numbered due to financial troubles, but there are rumors of a hidden treasure, combined with clues related to the play. The chance of finding the treasure to save the camp leads Maren and her friends into an old mystery from when the camp was founded in this engrossing tale.

"Pizza My Heart"

by Rhiannon Richardson

Maya loves her family's pizza shop in Brooklyn and has a hard time adjusting when her family moves to a small Pennsylvania town to open another branch. Things don't improve when she's delivering an order to a rude (but cute) customer and falls face first into the pizza. Or when that rude (but cute) customer ends up being a classmate, whose dad is helping with the new restaurant. Between a new restaurant, new friends, a secret crush and joining the art club, Maya's year is full of adventure and fun.

"The Basketball Game"

by Hart Snider

This autobiographical graphic novel covers the first time Snider went to Jewish summer camp. There are good parts (comic books and friends) and bad parts (lumpy beds and gross food), but the scariest part is when he agrees to join the intermural basketball team only to discover they're playing kids from a nearby town who have all been taught by a teacher recently fired for teaching Holocaust denialism and anti-Semitic conspiracies. The camp has invited them to foster understanding and, hopefully, to forge a bond, but will a game of basketball be enough?

TEEN READERS

"The Counselors"

by Jessica Goodman

Best camp friends are excited to return to the elite Camp Alpine Lake, but this time as counselors. While her friends are from the glittering world of the wealthy, Goldie's parents work for the camp, making her the lone townie. The girls look forward to another fun-filled summer, but they're each keeping secrets that threaten to erupt when a local boy is found dead on camp grounds in this fast-paced thriller.

"The Do-Over"

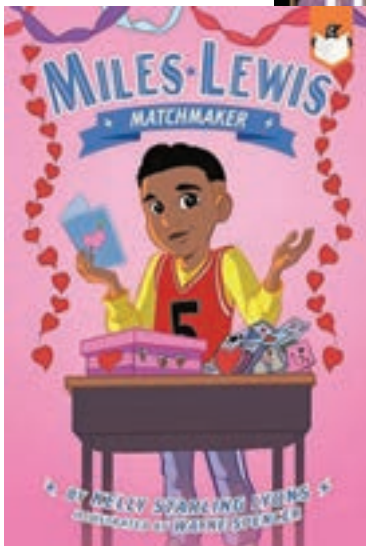
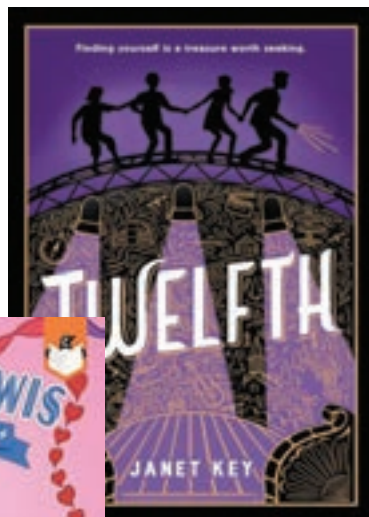
by Lynn Painter

Emilie's Valentine's Day starts with crashing her car and ends with her father announcing he's moving. In between, she learns her college scholarship was wrongly awarded to her and catches her boyfriend kissing someone else. When she wakes up the next morning, she finds herself in a time loop, reliving the day over and over again, trying to make it less awful each time.

"The Matchbreaker Summer"

by Annie Rains

Paisley loves the summer camp her family runs, even more since her father died four years ago. But this is her last summer to enjoy it—her mom is planning on selling the camp and moving to Wyoming with her new boyfriend. Paisley hatches a plan with fellow counselor Hayden to break up Paisley's mom and boyfriend so the camp can stay the same. But the two matchbreakers may have more in common than they thought as romance starts to bloom. ■



The Right Tools Can Lead More People to Read

Children Who Read Early Become Strong Readers for Life

BY BRITTANY SELAH LEE-BEY

Reading is a powerful tool that allows us to learn something new, visit faraway places and experience new adventures. It expands our vocabulary, trains our brains, increases wellness, lowers stress and even helps with depression. People who read are over 25% more likely to be healthy than non-readers, have a lower mortality risk and have a reduced chance of developing dementia.

For many people, reading comes naturally. For others, not so much. Low literacy is a serious situation in our country with millions of people, including many children, struggling to read. This often leads to low self-esteem, feeling ashamed and powerless and being unable to fully participate in society.

As a reading specialist, I've taught students who struggle with reading and fluency, including those with dyslexia. In addition to phonics instruction, I teach word derivations and etymology to help students strengthen their word attack strategies. Students reading at least two grade levels below can improve with a systematic word study curriculum and help from a teacher with a strong linguistic background who can navigate them through the complexities of the English language.

Why is etymology so important?

Reading is crucial to developing foundational literacy skills. For decades, researchers have found that reading comprehension is dependent on both language comprehension and word recognition. Good readers often have strong word recognition skills and can quickly decode or identify a word shortly after seeing it in print. Fluency is also key to comprehending words.

Another key component to strong reading skills is language comprehension—background



knowledge, linguistic structures, verbal reasoning and vocabulary. Strong vocabulary skills allow readers to comprehend text and strengthen word recognition.

Etymology is the study of the origin of words and how their meanings change over time. Learning etymology can improve word recognition as students learn to identify affixes (prefixes and suffixes) and root and base words. For example, knowing the root word “tract” aids in decoding words like protractor and retraction. Etymology instruction also contributes to language comprehension, specifically syntax and vocabulary.

Suffixes indicate a word's part of speech or its syntactic function. Knowing roots and affixes can help readers build vocabulary skills and define unknown words. For example, knowing that the root word graph means “to write or draw” unlocks part of the meaning of words like biography and videography. Likewise, if a reader knows that bio means “life,” it can be determined that a biography is a “writing about a person's life.” Readers can add thousands of words to

their vocabulary via word derivations as 60% to 80% of the English language derives from Greek or Latin roots.

I wrote “EtymologyRules: Back to Basics” because of the lack of linguistic and language training for teachers. Teachers are required to take classes in content-area literacy for certification but aren't required to learn the word knowledge necessary to foster word consciousness and, more importantly, word acquisition amongst developing readers. “EtymologyRules” seeks to create word connoisseurs that can confidently and effectively teach linguistic concepts critical to reading.

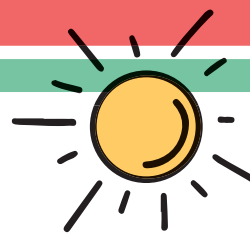
Adding etymology to literacy instruction is particularly effective for struggling readers and English language learners. Since content-area vocabulary—such as mathematics, science and English literature—is primarily of Greek and Latin origin, teaching word origins and word parts is effective in helping struggling readers increase their vocabulary. Struggling readers also benefit from etymology as they develop word-learning strategies that can be applied to unknown words.

Children who learn to read at an early age become strong readers for life. One in six children who are not reading proficiently by third grade do not graduate from high school on time. The rate of graduation is four times greater than that for proficient readers. The stakes are even higher for students of color and those from low-income households. Therefore, it is critical that children receive effective literacy instruction at an early age.

Brittany Selah Lee-Bey is the author of “EtymologyRules: Back to Basics” and a reading specialist in Washington, D.C., who also promotes the need for effective literacy in underserved communities. ■

**SAVE THE
DATE!**

JOIN US FOR A DAY
OF FAMILY FUN!



SUMMER CAMPS
& ACTIVITIES

2023 **FAIR**



**Fair Oaks
Mall, VA**

11750 FAIR OAKS MALL,
FAIRFAX, VA 22033

SATURDAY
FEB 18 2023
NOON TO 3 PM



**Montgomery
Mall, MD**

7101 DEMOCRACY BLVD.
BETHESDA, MD 20817

SUNDAY
FEB 26 2023
NOON TO 3 PM



WIN A
\$100
CAMP
SCHOLARSHIP!

REGISTER: washingtonfamily.com/campfair



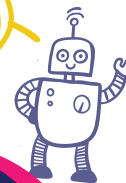
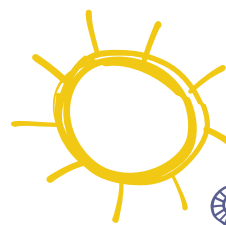
For advertising opportunities contact us
at advertising@washingtonfamily.com
or call 410.902.2300, ext. 2

**Washington
FAMILY**





social beginnings



Summer Program

LED BY BCBAS

July 5th
thru
August 18th



AGES
3-17



Our Summer Program provides a curriculum based on a fun learning experience that immerses children into a social group of like aged peers to learn how to develop and utilize valuable social skills. Children will be with similar aged peers and similar social levels.



Direct Instruction

Daily exposure to fun and engaging classroom a instruction

Progressive Curriculum provided by Board Certified Behavior Analysts

Social Activities

Engaging in game play, art and science activities, and outdoor fun!

Parent Training

Parent training is provided for families to support the continued development of social skills.

8:30am-3:30 pm | Monday-Friday

Available locations include Gambrills, Rockville, Columbia, Silver Spring, Harford County, and Springfield, VA!

REGISTER TODAY!

VerbalBeginnings.com/summer • 855-866-9893

INSURANCE
ACCEPTED!

Child must have ASD diagnosis.
We are in-network with most local insurance providers!

Powered by
**verbal
beginnings**