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January 2018

Being
Mindful

In the
New Year

How to
Beat the
**Post-
Holiday
Blues**

Specialized
LEARNING

5

MEDITATION
APPS

PICTURED: STUDENTS AT RESTON MONTESSORI SCHOOL

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ON THE COVER:

Students at Reston
Montessori School in
Reston, VA

HOW TO PRACTICE MINDFULNESS IN THE NEW YEAR

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"Mindfulness has been scientifically proven to reveal important health benefits, and it is practiced in many different forms, including traditional meditation." Nicola Brown

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FINDING JOY AFTER POST-HOLIDAY BLUES

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Despite the real possibility of going through postholiday blues each January, there are several things we can do as parents to regain our sense of inner balance and find joy again after being overstimulated.

Amanda Socci

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"A specific language disability, also referred to as dyslexia, is a brain-based issue that makes it hard to learn to read accurately and fluently." Kathleen Lanfear

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HOW TO PRACTICE MINDFULNESS IN THE NEW YEAR

As the pace of life seems to be constantly accelerating, it's all too easy to fall prey to the ravages of stress on our physical and emotional wellbeing, especially for parents. But did you know that something as easy as practicing mindfulness can have tangible health benefits? These include:

- **Reduced stress**
- **Improved attention**
- **Better working memory**
- **More positive emotions**
- **Reduced blood pressure**

WHAT IS MINDFULNESS?

Mindfulness is a practice with roots reaching as far back as the ancient traditions of Buddhist meditation. However, mindfulness has assumed a much more secular role in our society today. Mindfulness has been scientifically proven to reveal important health benefits, and it is practiced

in many different forms, including traditional meditation.

Mindfulness is essentially awareness. It is the practice of sustaining awareness of our thoughts, feelings, physical sensations and external environment in the present moment.

Contrary to popular belief, mindfulness isn't about trying to attain some sort of enlightened state. It's exactly the opposite: accepting and existing in the present, whatever that present looks like.

WHAT'S THE DIFFERENCE BETWEEN MINDFULNESS AND MEDITATION?

While many people think mindfulness and meditation are the same thing, they're actually quite different.

Meditation: Traditional meditation typically involves sitting, relaxed but attentive with your eyes closed, in a quiet place conducive to peacefulness.

Mindfulness: Mindfulness is the practice of

awareness in itself. This means it can be performed anywhere at any time.

Got a busy schedule? No problem. You can practice mindfulness in the shower, on the subway, at the gym or even during dinner. Just 15 minutes a day is all you need. Here are four different ways to integrate mindfulness into your daily life:

1. MINDFUL BREATHING

Step 1: Choose a “down” time: on the metro, in the shower, making breakfast.

Step 2: Shift your focus to your breathing and pick a single aspect to focus on: the rising and falling of your chest or the sensation in your nose.

Step 3: Spend at least five minutes in this state of awareness; when your mind wanders, gently direct it back to your breath.

What you'll need: A time during your day when you have fewer demands on your attention.

Pro Tip: Notice how your breath changes when you perform different activities and sense new stimuli; note these changes non-judgmentally.

Why it works to reduce stress: Focusing on a single sensation can help still a racing mind. Focusing on the breath can also lead us to breathe more slowly and deeply, leading to a slower heart rate and a more relaxed state.

Health Benefits: Reduced stress, increased relaxation and reduced blood pressure.

2. MINDFUL EATING

Step 1: Choose a convenient mealtime when you won't be expected to socialize.

Step 2: Eat slowly. Focus on each sensation of your first bite in turn: smell, sight, touch, sound and taste.

Step 3: Immerse yourself in the richness of the practice of eating, and try to eat your whole meal slowly with appreciation.

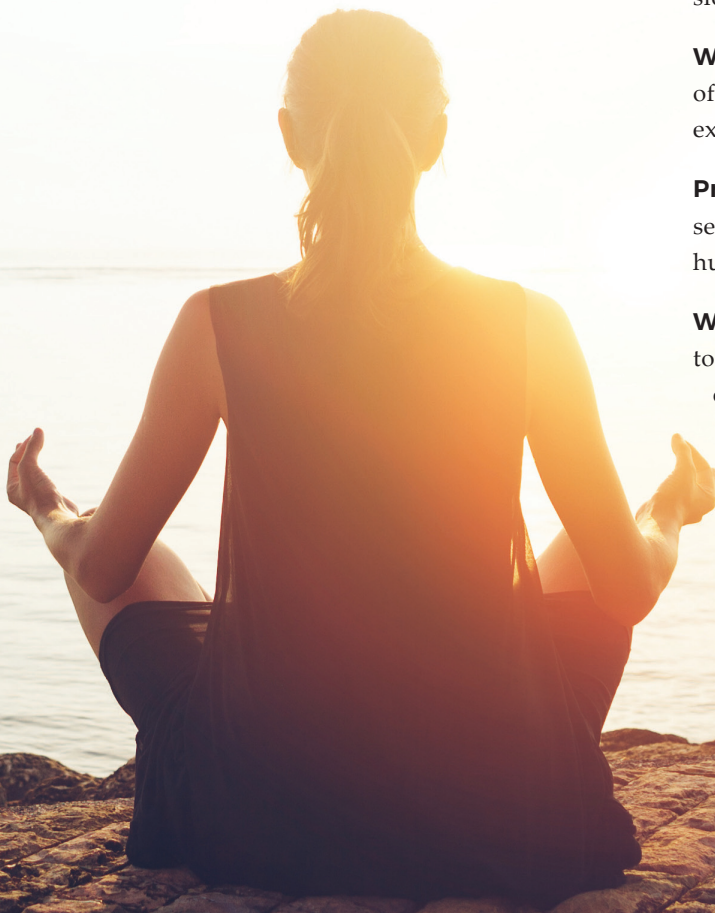
What you'll need: A meal, snack or some portion of food and a time when you're alone or won't be expected to socialize.

Pro Tip: Start to become consciously aware of the sensations that accompany the practice of eating: hunger, anticipation, salivation and digestion.

Why it works to reduce stress: Taking time to appreciate the small things we often miss, can liberate us from ruminating on our daily concerns. Eating more slowly can give our bodies the proper amount of time they need for digestion to avoid some common physiological triggers of stress.

Health Benefits: Reduced stress, improved

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CONTINUED >> FROM PAGE 9

digestive functioning, reduced overeating and weight gain.

3. OPEN AWARENESS MEDITATION

Step 1: Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.

Step 2: Find a comfortable but attentive seated position, close your eyes and bring your attention to the thoughts and feelings you're experiencing moment-to-moment.

Step 3: Observe these thoughts and feelings in an open, non-judgmental way; don't try to change them, but simply acknowledge their presence, gently guiding your focus back when your mind wanders.

What you'll need: A comfortable, quiet place to sit where you won't be disturbed.

Pro Tip: Try silently referring to thoughts as "thought" and emotions as "emotion" in your head. This will help you separate yourself from these sensations and gain a more open, objective perception.

Why it works to reduce stress: Being able to recognize and separate ourselves from the strong thoughts and emotions we experience can help us learn how to regulate our moods more effectively.

Health Benefits: Reduced Stress, increased self-awareness and improved emotion regulation and resilience.

4. MINDFUL YOGA

Step 1: Set aside at least 15 minutes in a quiet, open, airy space for your favorite yoga poses. New to yoga? Find the right yoga poses for you at yogajournal.com.

Step 2: Instead of treating your practice like a session at the gym, treat it like a meditation where

you bring your full awareness to both your physical and emotional sensations as you move through the poses.

Step 3: Observe how the physical sensations from each pose give rise to emotional sensations, such as released tension leading to relaxation or even feelings like pain leading to frustration.

What you'll need: A yoga mat, comfortable clothing and an open, airy space.

Pro Tip: Try reducing the number of poses and spending more time on each pose to increase the level of mindful awareness you bring to the practice.

Why it works to reduce stress: In addition to all the benefits of mindful meditation, mindful yoga adds a physical element that provides a boost of energy and positive chemicals in the brain.

Health Benefits: Reduced stress, enhanced concentration and improved memory and performance.

MAKE IT A HABIT

The best way to get the most out of your mindfulness practices in the New Year is to perform them regularly. MRI scans have shown that practicing mindfulness regularly actually changes the structure of the brain, making it better wired for awareness and concentration and less prone to overly emotional responses. Reducing stress is just the tip of the iceberg when it comes to the myriad of health benefits of mindfulness.

Nicola Brown is an award-winning writer and communication consultant. She is passionate about travel, food, digital media and psychology.

Article Source: www.fix.com/blog/mindfulness-techniques-to-reduce-stress.



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Small Classrooms, Small Schools, **BIG RESULTS**

TEXT: DAVID MULLEN

Space to breathe... this is what small classes, and especially small schools, offer students as they move into young adulthood. Indeed, as adults we often work in smaller communities: families, workgroups, sports teams, and other venues.

Small schools and small classes offer students the crucial opportunity to grow socially as well as intellectually, with breathing room for the individual student within an

engaged learning community.

In a small classroom, every voice is important and every voice is heard. There are no back rows.

In large classrooms teachers must, by necessity, teach subjects rather than students. Teaching a class of 30 students each day, a teacher simply doesn't have time to get to know every student. The stars and the strugglers may get attention, but that can leave many students with little sense of engagement. And

while in a classroom of one there is a great deal of attention to the student, there is little in the way of learning about building community and playing well with others. There can be a balance however, between a large class and a class of one. Opportunities to learn socially are crucial, and in small classes students don't get lost in a whirl of competition, or get isolated by being the only "log in the fire." In this middle space, are the small schools.

**"What makes a fire burn
is space between the logs,
a breathing space."**

— "FROM FIRE" BY JUDY BROWN

Students seek small schools to get away from the tightly packed logs of competition and fast-paced curricula so that the fire of their learning and imagination can find space to breathe. Others look for small classes having found that in being in a 1:1 or tutoring situation, they are the only log, with little opportunity to grow into maturity within the breathing space offered by engaging with a learning community.

Along with a sense of community, in a small classroom there is a sense of accountability... no slipping through the cracks when the work isn't done or the topic misunderstood. In a small classroom the teacher has the freedom to take time for a moment of mindfulness, or to go on a tangent connecting current immigration policy with that of the 1880's. A

student's inquiry can lead to a deep dive into a subject, without worries about meeting arbitrary testing guidelines. A teacher has the time to work with individual students who have difficulty understanding a topic.

In short, small schools and small classrooms can give attention to the

"space between the logs," which is where so much of adulthood is learned and ultimately lived.

David Mullen has been Head of School of The Nora School since 1991. The Nora School, an intentionally small college preparatory high school located in Silver Spring, recently celebrated its 50th Anniversary.



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Springfield, VA 22150

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Finding Joy

AFTER POST-HOLIDAY BLUES



Each year, the holiday season brings with it a lot of excitement, activities and social gatherings. We often make a special effort to decorate Christmas trees, treat our children to Santa sightings, purchase colorful wrapping paper and gifts, make festive cookies and treats and even take the time to “move” our Elf-on-a-Shelf in unique poses! The entire month of December is often devoted to one task after another with the intention that our children get to do, see and experience as much as possible, without considering the effects on our wallets, bodies, our internal spirits and minds.

After the holiday season ends, we start the New Year with a firecracker burst by staying up all night eating, drinking, socializing with friends and family and sleeping in late the next day. While society conditions us to act this way at each holiday season, we often face the beginning of the New Year with sadness or reluctance to do things. Mental health experts believe such holiday overstimulation may lead some people to experience anxiety, depression, mania or stress.

CONTINUED » PAGE 20



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CONTINUED » FROM PAGE 18

Despite the real possibility of going through post-holiday blues each January, there are several things we can do as parents to regain our sense of inner balance and find joy again after being overstimulated.

1. EXERCISE

Exercise is a wonderful catch-all word that encompasses many forms of movement. We can choose to kick it up a notch with some intense body conditioning and workouts such as the PX-90 system, HIIT (high intensity interval training), or TRX suspension training. We can also take it easy by taking a dance class, walking in a mall or even following along with a workout video from the comfort of home. The goal is to move our bodies and exercise, which will help our bodies release endorphins and bring back the joy!

2. COOK

One of the best and easiest ways to bring back joy after the holiday season is by cooking at home. Spending time in the kitchen cooking together doesn't have to end after the holidays are over! Taking your children to the grocery store and choosing fresh ingredients together is a simple way of bonding and spending quality time. Continuing to involve the children with the cooking at home encourages pleasant conversation and playful, light-hearted moments. (Not to mention the fact that home-based cooking is healthier and

better for our bodies and monthly budgets!)

3. CREATE

Let the arts seep into your spirit and enjoy some time by trying out some simple arts. Visual and fine arts are not just for children; parents can and should experiment with their children's art kits and supplies. Toilet paper rolls can be easily cut into flowers, playdough can be molded into fancy 3D shapes like minions, and colored pencils become our best friends as we bring black-and-white coloring pages to life. Participating in arts activities should not stress us into making perfect reactions; instead, we should focus on the process and the happiness in working with creative materials!

4. RELAX

Make the time to unwind. Some parents may find that practicing deep breathing can bring peace and calm to one's mind. Others may choose to find relaxation by spending quiet time in natural environments, such as gardens or with pets and animals. Whatever you choose, finding ways to truly relax can do wonders to a mind that has been subjected to excessive stimulation over the holidays.

5. RETIRE

The typical definition of retire has to do with retiring from a job after working for many years. Another form of retiring is to withdraw or get out of a place or situation. Parents can withdraw

themselves or their children from too many activities or commitments. People are often afraid to decline invitations, events or social engagements because they feel pressured to accept everything or else they or their children will miss out on something great. However, by doing too much, that brings about overstimulation. Parents can retire from things with a graceful "no thank you" without elaborating. When declining activities, be careful not to provide extra information or excuses why you must decline because people will try to offer options to get you to commit. You will achieve more joy by retiring yourself and your children from too much activity and simplifying your lives with fewer things to do!

You do not have to do all of these things to help you overcome post-holiday blues; but you should feel encouraged that the start of the New Year marks a new beginning for you, your children and your family. No matter what you choose to do or not do, do not allow society to pressure you into making set resolutions or doing specific things to make you happy. You are in control of your own happiness and you have the power to bring joy into your life by making small, gradual, conscious changes.

Amanda M. Socci is a mother and freelance writer living in Alexandria, VA.



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A colorful illustration of a summer camp scene. In the background, there are green mountains, a blue sky with white clouds, and a yellow sun. A string of colorful triangular flags hangs across the top. In the foreground, there are three yellow tents on a sandy ground, with a small campfire burning between the middle and right tents.

SUMMER CAMP GUIDE 2018

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camphorizonsva.com; camp@horizonsva.com

540-896-7600; 3586 Horizons Way, Harrisonburg, VA

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Camp Rim Rock

Ages: 6-18

camprimrock.com; info@camprimrock.com

347-746-7625; 343 Camp Rim Rock Rd., Yellow Spring, WV

Girls Only, Arts, Dance, Drama, Hiking, Horseback Riding, Music, Swimming.

Randolph-Macon Academy Middle School Summer Camp

Ages: 10-13

rma.edu/summer-camp; admission@rma.edu

540-636-5484; 200 Academy Dr., Front Royal, VA

Extended Day, Arts, Educational Activities, Field Trips, Hiking, Music, Sports, Swimming.

Valley Mill Camp

Ages: 4-14

valleymill.com; evelyn@valleymill.com

301-948-0220; 15101 Seneca Rd., Darnestown, MD

Teens, Extended Day, Transportation, Arts, Boating, CIT Program, Drama, Educational Activities, Field Trips, Gymnastics, Hiking, Horseback Riding, Sports, Sports Extreme, Swimming.

YMCA of Metropolitan Washington

Ages: 4-15

ymcadc.org

1-800-473-YMCA (9622); Various locations in D.C., MD and Northern VA

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Swimming.

DAY CAMPS WASHINGTON, D.C.

Accelerando Music Camp - Etudes

Ages: 4-12

dcetudes.com; info@dcetudes.com

202-256-9942; 1616 Wisconsin Ave., NW, 2nd Floor, Washington, D.C.

Day Camp, Boys & Girls, Extended Day, Arts and Crafts, Educational Activities, Music.

Aidan's Village of Choice Summer Camp- Aidan Montessori School

Ages: 5-12

aidanschool.org/summer; summer@aidanschool.org
2700 27th St., NW Washington, D.C.

Day Camp, Boys & Girls, Sibling Discount, Extended Day, Arts and Crafts, Computers, Cooking, Educational Activities, Field Trips, Hiking, Music, Swimming.

Beauvoir Summer at Beauvoir, The National Cathedral Elementary School

Ages: 3-17

beauvoirschool.org/summer; caroline.maffry@cathedral.org

202-537-6485; 3500 Woodley Rd. NW, Washington, D.C.

Day Camp, Boys & Girls, Teens, Extended Day, Arts and Crafts, CIT Program, Computers, Cooking, Dance, Educational Activities, Field Trips, Hiking, Music, Swimming.

Camp Levine Music & Arts Day Camp

Ages: 3 ½ - 12

levinemusic.org/camp; camp@levinemusic.org

202-686-8000 x1040; Katzen Arts Center,

4400 Massachusetts Ave., NW, Washington, D.C.

Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

Camp Levine Music & Arts Day Camp



Ages: 3 ½ -12

levinemusic.org/camp; camp@levinemusic.org
202-686-8000 x1040; 2801 Upton St., NW, Washington, D.C.

Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

Georgetown Day School Summer Studies

Ages: 5-Grade 12

gds.org/page/school-life/camps-and-classes/summer-camp ; campsandclasses@gds.org
4530 MacArthur Blvd., NW, Washington, D.C.

Educational Activities.

Language Stars Summer Camps and Summer Classes

Ages: 12 months-12 years

languagestars.com; info@languagestars.com
866-557-8277

Educational Activities.

The River School Camp Lagoon

Ages: 3-10

riverschool.net/school-life; camp@riverschool.net
202-337-3554; 4880 MacArthur Blvd., NW, Washington, D.C.

Day Camp, Boys & Girls, Extended Day, Arts and Crafts, Cooking, Educational Activities, Field Trips, Music.

Summer at St. Columba's

Ages: 3-8

columba.org; camp@columba.org
202-742-1980; 4201 Albemarle St., NW Washington, D.C.
Arts, CIT Program, Field Trips, Music, Special Needs.

DAY CAMPS MARYLAND

Acorn Hill Waldorf Kindergarten & Nursery

Ages: 3-6

acornhill.org; info@acornhill.org
301-565-2282; 9504 Brunett Ave., Silver Spring, MD
Extended Day, Arts, Cooking, Music.

Barrie Camp

Ages: 4-14

barrie.org; camp@barrie.org
301-576-2816; 13500 Layhill Rd., Silver Spring, MD
Teens, Sibling Discount, Extended Day, Transportation, Arts, Boating, CIT Program, Computers, Cooking, Dance, Drama, Field Trips, Hiking, Horseback Riding, Martial Arts, Music, Sports, Swimming, Yoga.

Bretton Woods

Ages: 4-17

BWRC.org; camp@BWRC.org
301-948-3357; 15700 River Rd., Potomac, MD
Day Camp, Boys & Girls, Teens, Sibling Discount, Extended Day, Transportation, Arts and Crafts, Boating, CIT Program,

Educational Activities, Hiking, Extreme Sports, Swimming.

Camp Aristotle - The Auburn School

Grades: Rising K-Grade 8

9545 Georgia Ave., Silver Spring, MD
theauburnschool.org; 301-588-8048

Teens, Extended Day, Arts, Computers, Educational Activities, Special Needs, Sports.

Camp Levine Music & Arts Day Camp

Ages: 3 ½ -12

levinemusic.org/camp; camp@levinemusic.org
202-686-8000 x 1040; 5301 Tuckerman Ln., N. Bethesda, MD

Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

Summer Camp at Imagination Stage

Ages: 3 ½-18

imaginationstage.org
4908 Auburn Ave., Bethesda, MD; 301-280-1660
Teens, Dance, Drama, Music.

International School of Music

Ages: 3-12

ismw.org; info@ismw.org
301-365-5888; 10450 Auto Park Ave., Bethesda, MD
Drama, Music.

Jamon Montessori Adventure Camp

Ages: 2-10

jamonmontessori.com; jamon.montessori.com
301-384-3131; 52 Randolph Rd., Silver Spring, MD
Extended Day, Arts, CIT Program, Cooking, Educational Activities, Field Trips, Music, Sports, Swimming, Yoga.

Kids First Swim

Ages: 2 months +

kidsfirstswimschools.com; contact@kidsfirstswimschools.com
Multiple Locations-Please Visit Website
Boys & Girls, Sibling Discount, Swimming.

The Manor Montessori

Ages: 2-7

manormontessori.com; themanormontessori@gmail.com
301-299-7400; 10500 Oaklyn Dr., Potomac, MD
11200 Old Georgetown Rd., Rockville, MD
5450 Massachusetts Ave., Bethesda, MD
Extended Day, Arts, Drama/Theatre, Music, Sports, Yoga.

Spring Bilingual Montessori Academy- Spring Bilingual Summer Camp

Ages: 2 ½-6

spring-bilingual.org; info@spring-bilingual.org

» CONTINUED
ON P. 24

301-962-7262; 3514 Pliers Mill Rd., Kensington, MD
Day Camp, Boys & Girls, Sibling Discount, Extended Day, Arts
and Crafts, Educational Activities.

DAY CAMPS VIRGINIA

Basis Independent Summer

mclean.basisindependent.com; mclean-info@
basisindependent.com
703-854-1253; 8000 Jones Branch Dr., McLean, VA
Educational Activities.

BeanTree Learning

Ages: 6-12
beantreelearning.com
703-961-8222 ; 5003 Westone Plaza, Chantilly, VA
Extended Day, Sibling Discount, Transportation, Arts,
Computers, Cooking, Drama, Educational Activities, Field Trips,
Gymnastics, Martial Arts, Sports, Swimming.

BeanTree Learning

Ages: 6-14
beantreelearning.com
571-223-3113 ; 43629 Greenway Corporate Dr. Ashburn,
VA
Extended Day, Sibling Discount, Transportation, Arts,
Computers, Cooking, Dance, Drama, Educational Activities,
Field Trips, Martial Arts, Music, Sports, Swimming.

Brookfields Summer Camp

Ages: 3-10
brookfieldschool.org; camp@brookfieldschool.org
703-356-5437 x 2; 1830 Kirby Rd., McLean, VA
Extended Day, Arts, CIT, Cooking, Dance, Educational
Activities, Field Trips, Hiking, Horseback Riding, Music, Sports,
Swimming, Yoga.

Camp Aristotle - The Auburn School - Fairfax Campus

Grades: Rising K-Grade 9
theauburnschool.org
703-793-9353; 3800 Concorde Pkwy.
Ste. 500, Chantilly, VA
Extended Day, Special Needs.

Camp Griffin - Westminster School

Ages: 3-14
westminsterschool.com
campgriffin@westminsterschool.com
703-340-7268; 3819 Gallows Rd., Annandale, VA
Teens, Sibling Discount, Extended Day, Arts, Cooking, Dance,
Drama, Educational Activities, Field Trips, Hiking, Martial Arts,
Music, Sports, Swimming, Yoga.

Camp Levine Music & Arts Day Camp

Ages: 3 ½-12

levinemusic.org/camp; camp@levinemusic.org
202-686-8000 x 1040; 1125 N. Patrick Henry Dr.,
Arlington, VA
Sibling Discount, Extended Day, Arts, Drama, Music, Yoga.

The Center for Ballet Arts

Ages: 3+
thecenterforballetarts.com; ctrbalarts@aol.com
703-273-5344; 3955 Pender Dr., #105, Fairfax, VA
Teens, Sibling Discount, Extended Day, Arts, Dance.

Edlin Summer Camp

Grades: K4-8
edlinschool.com/edlin-school-summer-camps
703-438-3990; 10742 Sunset Hills Rd., Reston, VA
Educational Activities.

Encore Stage & Studio It's Elementary

Ages: 4-9
encorestage.org; info@encorestage.org
703-548-1154; 5800 Washington Blvd., Arlington, VA
Drama.

Encore Stage & Studio Stage Door & Tech Camp

Ages: 11-15
encorestage.org; info@encorestage.org
703-548-1154; 200 S. Carlin Springs Rd., Arlington, VA
Extended Day, Arts, Dance, Drama.

Encore Stage & Studio Summer Stories and Season Sampler

Ages: 8-12
encorestage.org; info@encorestage.org
703-548-1154; 4000 Lorcom Ln., Arlington, VA
Drama.

Eye Level Learning Center

Ages: Preschool-School Age
myeyelevel.com; eventusa@myeyelevel.com
Alexandria; 703-535-3330; N. Ashburn; 571-291-9937
S. Ashburn; 202-792-9207; Fairfax; 703-337-8839
Herndon; 571-455-1947; McLean; 703-663-8566
E. South Riding; 571-367-2617; W. South Riding; 571-
335-7998; Sterling; 571-526-4193; Vienna; 703-225-
5065
Educational Activities.

Fairfax Christian School

Ages: 5-12
fairfax-christian-school.com
703-759-5100 ; 1624 Hunter Mill Rd., Vienna, VA
Educational Activities.

Heart Beats Music & Dance Camps

Ages: 3-16
hbeats.com; staff@hbeats.com
703-440-9000; 8060 Rolling Rd., Springfield, VA
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jccnv.org/camp; schoolageservices@jccnv.org

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Ages: 2 months +

kidsfirstswimschools.com;

contact@kidsfirstswimschools.com

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Boys & Girls, Sibling Discount, Swimming.

The Montessori School of McLean

Grades: PreK-6th

mcleanmontessori.org

703-790-1049; 1711 Kirby Rd., McLean, VA

Arts, Cooking, Educational Activities, Field Trips, Music.

The Montessori School of Northern Virginia, Hillbrook Campus

Ages: 3-12

msnv.org; info@msnv.org

703-256-9577; 6820 Pacific Ln., Annandale, VA

Extended Day, Transportation, Arts, Cooking, Dance, Drama, Educational Activities, Field Trips, Gymnastics, Hiking, Music, Sports, Yoga.

The Montessori School of Northern Virginia, Valleybrook Campus

Ages: 3-6

msnv.org; info@msnv.org

703-992-0255; 3433 Rose Ln., Falls Church, VA

Extended Day, Transportation, Arts, Cooking, Dance, Drama, Educational Activities, Field Trips, Gymnastics, Music, Sports, Yoga.

The Pavilion at BeanTree

Ages: After Kindergarten-14

beantreelearning.com

571-223-3113; 43635 Greenway Corporate Dr.

Ashburn, VA

Extended Day, Arts, Computers, Cooking, Dance, Drama, Educational, Field Trips, Sports.

Perfect Pointe Dance Studio

Ages: 3-11

perfectpointe.com; staff@perfectpointe.com

703-533-8830; 2499 N. Harrison St., Ste. I-LL

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Ages: 4-12

pinecrestschool.org ; camp@pinecrestschool.org

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masonacademy.org

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Reston Montessori School

Ages: 3-9

office@restonmontessori.com

703-481-2922; 1928 Isaac Newton Sq. West, Reston, VA

Extended Day, Arts, Field Trips.

Robotics Summer Camps

Ages: 6-16

robotworksacademy.net; robotworks@cox.net

703-364-5418; 8992 Fern Park Dr., Ste. 2, Burke, VA

Sibling Discount, Computers, Educational.

Sunset Hills Montessori

Ages: 3-9

sunsethillsmontessori.com

office@sunsethillsmontessori.com

703-476-7477; 1180 Ridge Heights Rd., Reston, VA

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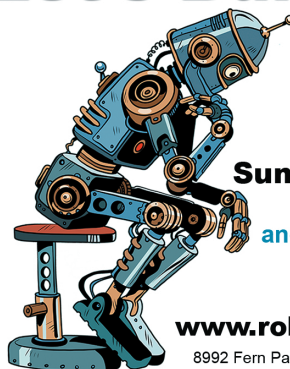
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Recognizing DYSLEXIA

TEXT: KATHLEEN LANFEAR

When it comes to learning letters, if a child just can't seem to hang on to them, parents take notice. Children in a Montessori early childhood classroom, ages three to six, are introduced to the letter names and sounds. If by the end of a child's second year, at around age four or five, a child has not mastered the letter names and sounds when all the other children have, then the parent needs to be proactive.

A specific language disability, also referred to as dyslexia, is a brain-based issue that makes it hard to learn to read accurately and fluently. It's a life-long condition and it's a common learning issue. It's NOT a problem of intelligence. People with dyslexia are just as smart or smarter than their peers.

People with dyslexia may have trouble with rhyming, decoding (sounding out words), recognizing common words (sight words), spelling, writing, reading smoothly, understanding what they read, solving word problems in math and learning a foreign language.

If you suspect a problem, you can help in several ways:

1. **GET YOUR CHILD TESTED.** The optimal time to start is kindergarten through first grade.
2. **ONCE DIAGNOSED, LOOK FOR A CERTIFIED ACADEMIC THERAPIST.** The program that will address the issue of dyslexia is a multisensory structured language program; one that is based on the Orton-Gillingham Approach. The tutoring sessions should be a minimum of three days a week.
3. **TALK TO YOUR CHILD'S TEACHERS.** Teachers in a classroom setting can offer accommodations that

“Childhood is not a race to see how quickly a child can read, write and count. It is a small window of time to learn and develop at the pace that is right for each individual child. Earlier is not better.”

— MAGDA GERBER

will help students with dyslexia. Accommodations in a classroom could include giving a student with dyslexia more time on a test or reading the test out loud to the student.

4. **UTILIZE ASSISTIVE TECHNOLOGY TOOLS.** These tools are very beneficial to students with dyslexia. They can help facilitate decoding, reading fluency and comprehension.

A person never outgrows dyslexia, but they can overcome it. There are many successful people that are dyslexic: Charles Schwab, executive chairman of a successful Financial Company, Carol Greider, a Noble Prize winning scientist...and myself.

Enjoy discovering the pleasures of reading with your child, remember that there is a time and a pace to learn. And when that doesn't happen, there is help.

Kathleen Lanfear is the founder and owner of Reston Montessori School. She is a certified academic therapist.



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biswashington.org; admissions@biswashington.org
202-829-3700
2001 Wisconsin Ave., NW, Washington, D.C.
Ages: 2-18
Open House:
2018: Jan. 23, 8:30-10 a.m. and 1:30-3 p.m.

GEORGETOWN DAY SCHOOL

gds.org/campsandclasses; campsandclasses@gds.org
202-274-1683
4530 MacArthur Blvd., NW, Washington, D.C.
Open House:
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2018: Jan. 5, 9 a.m.

ST. COLUMBA'S NURSERY SCHOOL

columba.org; school@columba.org
202-742-1980
4201 Albemarle St., NW, Washington, D.C.
Grades: Nursery-PreK
Open House:
2018: Jan. 10, Jan. 25, Feb. 7, Feb. 22

ACORN HILL: A WALDORF KINDERGARTEN & NURSERY

acornhill.org; info@acornhill.org
301-565-2282
9504 Brunett Ave., Silver Spring, MD
Ages: 2 ½ -6
Open House:
2018: Jan. 11, Jan. 13, Feb. 1, Mar. 1, Apr. 5, 9:15-9:45 a.m.

THE AUBURN SCHOOL

theauburnschool.org; info@theauburnschool.org
410-321-4799
1710 Dulaney Valley Rd., Lutherville, MD
301-588-8048
9545 Georgia Ave., Silver Spring, MD
Grades: K-Grade 8
Open House:
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BARRIE SCHOOL

barrie.org; admission@barrie.org
301-576-2847
13500 Layhill Rd., Silver Spring, MD
Ages: 18 months-Grade 12
Open House:
2018: Camp Open House: Jan. 31, Feb. 21, Mar. 13 all from 1-3 p.m.
Drop In Tours: May 18, 10-11:30 a.m.

CRESTVIEW MONTESSORI SCHOOL

crestviewmontessori.com; info@crestviewmontessori.com
301-910-4728
4728 Western Ave., Bethesda, MD
Ages: 2-6
Open House:
2018: Jan. 10, 9:30 a.m.

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feynmanschool.org; admissions@feynmanschool.org
301-770-4370
6300 Tilden Ln., N. Bethesda, MD
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Open House:
2018: Jan. 4, 7-8:30 p.m.

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spring-bilingual.org; info@spring-bilingual.org
301-962-7262
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Open House:
2018: Jan. 6, 10 a.m.-Noon

Maryland

Virginia

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Open House:
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703-854-1253
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Open House:
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571-223-3110
43629 Greenway Corporate Dr., Ashburn, VA
Ages: Infant-K
Open House:
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BEANTREE WESTFIELDS CAMPUS

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703-961-8222
5003 Westfields Blvd., Chantilly, VA
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Open House:
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brooksfeldschool.org; brksfield@aol.com
703-356-KIDS
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Ages: 2-6
Open House:
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EDLIN SCHOOL

edlinschool.com; director@edlinschool.com
703-438-3990
10742 Sunset Hills Rd., Reston, VA
Ages: K4-Grade 8
Open House:
2018: Jan. 6, 10 a.m., 11 a.m., Noon

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Open House:
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703-810-7160

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LEPORT MONTESSORI BROADLANDS

leport.com/nova; broadlands@leportschools.com

703-810-7808

42945 Waxpool Rd., Ashburn, VA

Grades: Toddler-Grade 6

Open House:

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LEPORT MONTESSORI CHANTILLY

leport.com/nova; chantilly@leportschools.com

571-222-4728

4550 Walney Rd., Chantilly, VA

Grades: Toddler-Grade 6

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LEPORT MONTESSORI FAIRFAX

leport.com/nova; fairfax@leportschools.com

703-810-7247

3909 Oak St., Fairfax, VA

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Open House:

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571-222-4931

13251 Woodland Park Rd., Herndon, VA

Grades: Toddler-K

Open House:

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leport.com/nova; reston@leportschools.com

703-810-7811

11579 Cedar Chase Rd., Herndon, VA

Grades: Toddler-K

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preschoolmontessori.com; info@cedarlanemontessori.com

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703-713-3332

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703-354-3446

7209 Quiet Cove, Annandale, VA

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Open House:

2018: Jan. 20, 10:30 a.m.-1:30 p.m.; Feb. 11, 1-4 p.m.; Mar. 18, 1-4 p.m.; April 21, 10:30 a.m.-1:30 p.m.

RANDOLPH-MACON ACADEMY

rma.edu; admission@rma.edu

540-636-5200 or 800-272-1172

200 Academy Dr., Front Royal, VA

Grades: Grade 6-Grade 12

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restonmontessori.com; office@restonmontessori.com

703-481-2922

1928 Isaac Newton Sq. West, Reston, VA

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Open House:

2018: Feb. 3, 10 a.m.

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301-986-1260

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amy@butlerschool.org
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Ages: 3-Grade 8
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kidslovemonarch@gmail.com
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montschoolalex@vacotmail.com
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571-323-0222

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1928 Isaac Newton Sq., Reston, VA
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