

# Washington FAMILY

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MARCH  
2019

*Teaching  
Mindfulness*  
IN THE CLASSROOM

SHADOWLAND ADDS  
INDOOR GLOW GOLF  
TO ITS EVER-POPULAR  
MULTI-LEVEL LASER  
ADVENTURE EXPERIENCE.  
SEE PAGE 6

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GUIDE

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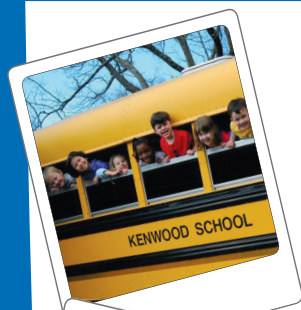


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2019  
**Best**  
FOR FAMILIES

## NOMINATIONS HAVE STARTED

Nominate your favorite people, places and things to do, see, and visit in the DMV! The winners are voted on and chosen by popular vote, so let your friends know it's time to cast your ballot.

As a business, share with your audience to help you win the title of "Best" in your category!

Nominations close March 15

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

Go to [washingtonfamily.com/bestforfamilies](http://washingtonfamily.com/bestforfamilies) and VOTE TODAY!

Contact Jeni Mann for more information at [jmann@midatlanticmedia.com](mailto:jmann@midatlanticmedia.com)

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Tips for making sure your child is prepared for camp. **Pg. 18**



**SHADOWLAND**  
Indoor glow golf fun at Shadowland. **Pg. 6**

## FEATURES

- 16 MINDFULNESS IN THE CLASSROOM**  
Locally-founded 'Peace of Mind' program teaches calmness, connection and conflict resolution.
- 18 IS YOUR KID READY FOR CAMP?**  
What you need to know when considering camp options for your child.
- 20 TEENS & PARTYING**  
Alcohol remains a draw for today's teenagers, but marijuana and vaping have found an audience with kids, too. What do parents need to know?

## 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](mailto:info@washingtonfamily.com).

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

## DEPARTMENTS

- 10 CALENDAR**
- 28 HEALTHY FAMILY**  
Meal planning 101
- 31 SCHOOL NOTES**  
Benefits of multi-sensory studying
- 40 BOOKMARKED**  
11 books that spark creativity
- 45 DMV FUN**  
Celebrate Youth Art Month!
- 46 LAST WORD**  
Loving fully in an unfair world

## GUIDES

- 23 MONTESSORI SCHOOLS**
- 24 OPEN HOUSES**
- 34 SUMMER CAMPS**
- 42 FAMILY ENTERTAINMENT**

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YOUR  
FEEDBACK**



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—Christine Walevski, “Goddess of the Cello”,  
watched Shen Yun 5 times

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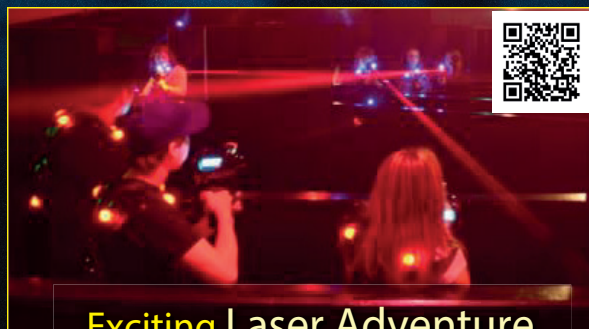
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editor@thefamilymagazine.com

# Mindfulness Matters

**M**indfulness is a hot topic right now. You've probably seen the word pop up a few times in your news feed. So, what exactly is mindfulness? Well, more formally, it is defined as "the self-regulation of attention with an attitude of curiosity, openness and acceptance," according to Psychology Today. Or, more simply, mindfulness is the act of being completely present to reality. Researchers say that practicing mindfulness provides us with a multitude of benefits like decreasing stress and supporting our mental well-being.

Although most studies discuss this practice for adults, it's also just as effective for children — especially for their mental development.

Supporting this is the locally-founded "Peace of Mind" program, which is a program dedicated to helping teachers incorporate mindfulness into the classroom. Amanda Socci talked to founder Linda Ryden on pg. 16 about this new type of curriculum and how it helps kids with conflict resolution, focus, empathy and being able to calm down and work things out independently. The program has

evolved into an effective teaching tool for many schools nationwide.

Some other great resources in this issue include our camp readiness story on pg. 18 and family meal planning tips on pg. 28. This month also kicks off our three-part series on teens and partying. Staff writer Adranisha Stephens talked to a local school resource officer about this topic on pg. 20, shedding some light on current trends and helping to raise parental awareness.

Lastly, March is Youth Art Month, an annual observance each March that recognizes the importance of art education for kids. We have a colorful list of local art events and activities for you and your child to enjoy all month on pg. 45. And our list of creativity-focused books on pg. 40 will help spark your child's imagination and promote an appreciation for the arts.

Mindfulness, creativity and awareness — that's just a few of the great topics you'll find inside. Happy reading! ■

*Britni*



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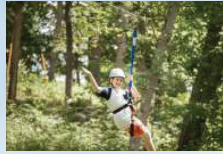
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# Washington FAMILY

## MARCH 2019

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Additional support for *The Watsons Go to Birmingham—1963*  
is provided by The Laura Pels International Foundation for Theater.

{ march }

## FRIDAY 1

### Outdoor Ice Skating

\$9-\$10 | Noon. It's the last day of the season at D.C.'s largest outdoor ice skating venue! Take the kids out for one last day of fun on the ice. The Washington Harbour Ice Rink, D.C., [thewashingtonharbour.com/skating](http://thewashingtonharbour.com/skating).

## SATURDAY 2

### The Feminine Side of The Tavern Tour

\$12-\$15 | 10 a.m. Take advantage of this opportunity during Women's History Month to see the roles women played in the taverns in the 18th century. Gadsby's Tavern Museum, Alexandria, VA, [alexandriava.gov/gadbsytavern](http://alexandriava.gov/gadbsytavern).

### Rain: A Tribute to the Beatles

\$49-\$89. Celebrate the 50th anniversary of the release of "Abbey Road." Come listen, sing and dance along to the greatest Beatles hits. The Music Center at Strathmore, North Bethesda, MD, [strathmore.org/events](http://strathmore.org/events).

### FREE Bright Star Theatre:

#### George Washington Carver & Friends

9:30 a.m. & 11 a.m. Learn what made George Washington Carver such an amazing scientist! Also hear about other incredible scientists and groundbreakers from Black History such as Madame CJ Walker, Jackie Robinson and more. The National Theatre, D.C., [brightstartheatre.com](http://brightstartheatre.com).

## SUNDAY 3

### Finding Neverland

\$64 | 2 p.m. Enjoy a live performance of the story behind one of our most beloved characters: Peter Pan. Float off on an adventure into Neverland where the wonder of childhood lasts forever. Recommended for ages 7+. National Theatre, D.C., [nationaldc.org/events](http://nationaldc.org/events).

### FREE Kids' Farm Keeper Talk

11 a.m. Spend an afternoon at the zoo! Learn about one of the many furry or feathered animal friends of the farm like the alpacas, donkeys and goats from one of the zoo's keepers. Smithsonian National Zoo, D.C., [nationalzoo.si.edu](http://nationalzoo.si.edu).

## MONDAY 4

### Confection

\$40-60 | 6:30 p.m. Come watch an immersive, multi-sensory dance/theatre Shakespearean performance while enjoying bit-sized delights from local pastry shops. Folger Shakespearean Library, D.C., [folger.edu/events/confection](http://folger.edu/events/confection).

## TUESDAY 5

### FREE Sweet Tooth Tuesday

4 p.m. Love dessert? Get a complimentary dessert with the purchase of a dinner entre every Tuesday at Cooperwood Tavern. Cooperwood Tavern, Ashburn, VA, [cooperwoodtavern.com](http://cooperwoodtavern.com).

### FREE The Star's Tonight

10:30 a.m. Join experts from the Smithsonian National Air and Space Museum to an awe-inspiring look at new space explorations and discoveries. Explore and enjoy the night sky with this morning presentation. Albert Einstein Planetarium, D.C., [si.edu/theatre/planetarium](http://si.edu/theatre/planetarium).

## WEDNESDAY 6

### Kids Eat Free

5 p.m. Come out to Firehouse Subs in Ashburn every Wednesday for their "Kids Eat Free" night. Enjoy a free kids meal with purchase of an adult meal. Firehouse Subs, Ashburn VA, [firehousesubs.com](http://firehousesubs.com).

### Urban Nation

#### H.I.P. H.O.P. Choir

\$6 | 10:15 a.m. & 11:30 a.m. Enjoy the wonderful sounds of these talented singers and their message of self-empowerment. Ripley Center, Smithsonian, D.C., [urbannation.org](http://urbannation.org).

## THURSDAY 7

### Thunder Knocking on the Door

\$20-\$32 | 2 p.m. & 7 p.m. This Tony Award-nominated blues musical is full of humor and heart. Come out and enjoy this story of hope and resilience mixed in with great tunes and a little bit of magic. Creative Cauldron at Art Space, Falls Church, VA, [creativecauldron.org](http://creativecauldron.org).

## FRIDAY 8

### Museum After Hours

\$10 | 7 p.m. Find out about the suffrage and birth of Wonder Woman, the famous icon of strength and liberation for

generations of young girls and women. Enjoy some beer tasting along with the discussion. Gaithersburg Community Museum, Gaithersburg, MD, [gaithersburgmd.gov](http://gaithersburgmd.gov).

### Heathers The Musical

\$18-\$22 | 8 p.m. This musical is based on the 1989 film. The story focuses on a trio of girls named Heather, the hottest and cruelest girls at Westerberg High. As misfit Veronica tries to join the clique, she ends up ditching the girls for a new and dangerous boyfriend, J.D. Revenge on the popular crowd ensues. Recommended for ages 15 and up. Arts Barn, Gaithersburg, MD, [gaithersburgmd.gov](http://gaithersburgmd.gov).

## SATURDAY 9

### FREE Objects of Wonder

10 a.m. Hundreds of rare artifacts and specimens are on display at this exhibit. Highlights of the exhibit include the "Blue Flame," one of the world's largest pieces of lapis lazuli, and the world's last known passenger pigeon, Martha. National Museum of Natural History, D.C., [naturalhistory.si.edu](http://naturalhistory.si.edu).

### Giraffe Encounter

\$5 | 10:30 a.m., 12:30 p.m. & 2:30 p.m. Ever been nose to nose with a giraffe? Well now is your chance. Come out and feed the zoo's beloved giraffe "Waffles" and

learn more about the conservation status of these amazing creatures. Roer's Zoofari, Vienna, VA, [roerszoofari.com](http://roerszoofari.com).

### Family Jam Session

\$10-12 | 10:15 a.m. Junior music aficionados can spend this Saturday morning singing, playing and preparing for a lifetime of music appreciation. Strathmore's fun, creative, kid-friendly series features renowned jazz singer Rochelle Rice and multi-instrumentalist Seth Kibel. Recommended for ages 3-8. The Mansion at Strathmore, [strathmore.org](http://strathmore.org).

## SUNDAY 10

### FREE Model Building

1 p.m. Explore the fascinating world of model building with hands-on activities, demonstrations and exhibits by hobbyists and hobby groups. Gaithersburg Community Museum, Gaithersburg, MD, [gaithersburgmd.gov/about-us/city-facilities/gaithersburg-community-museum](http://gaithersburgmd.gov/about-us/city-facilities/gaithersburg-community-museum).

## MONDAY 11

### FREE Story Time

10:30 a.m. & 11 a.m. The Smithsonian's National Postal Museum invites adults and young children (ages 2-3) to discover the world around them together at this weekly Story Time. Children

## AMERICAN GIRL LIVE

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Calling all American Girl lovers! Take your child out to this all new 90-minute musical about the power of girls and strength of friendship. Go on a journey with five spunky campers and their counselors as they celebrate overcoming obstacles, achieving dreams and other unforgettable experiences. The Music Center at Strathmore, North Bethesda, MD, [strathmore.org](http://strathmore.org).



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will build important developmental and social skills through books, activities, songs, and self-guided gallery exploration. Smithsonian National Postal Museum, [postalmuseum.si.edu/index.html](http://postalmuseum.si.edu/index.html).

## TUESDAY 12

### Tudor Tots

\$5 | 10 a.m. Join this weekly program tailored to inspire creativity and stimulate the senses. Toddler-approved activities are based on a weekly theme and include songs, stories, crafts and movement. Tudor Place Historic House and Garden, D.C., [tudorplace.org](http://tudorplace.org).

## WEDNESDAY 13

### FREE Family

#### Story Time

4 p.m. This fun and interactive program combines activities such as read-aloud stories, songs, rhymes, fingerplays and flannel boards and introduces children to listening skills, picture books, the library and the joy of reading. Arlington Public Library-Glencarlyn

Branch, Arlington, VA, library. [arlingtonva.us](http://arlingtonva.us).

## THURSDAY 14

### Rapunzel

\$12 | 11 a.m. The Puppet Co. uses "coloring-book" charm and the simplicity of hand puppets in this production of Rapunzel, which is designed to delight younger audiences. Recommended for ages 3-9. The Puppet Co. Playhouse, Glen Echo, MD, [thepuppetco.org](http://thepuppetco.org).

### Preschool

#### Nature Series

\$6 | 10 a.m. See, smell, hear and touch your way around the Sanctuary and learn about nature through an interactive story, craft and hike. Ages 3-5. Jug Bay Wetlands Sanctuary, Lothian, MD, [jugbay.org](http://jugbay.org).

## FRIDAY 15

### Friday Night Hype

\$6 | 6:30 p.m. This exciting Friday night event for kids is filled with fun activities such as games, sports,

a DJ, dancing and arts & crafts! Recommended for grades K-5. Mid County Community Recreation Center, Silver Spring, MD, [montgomerycountymd.gov](http://montgomerycountymd.gov).

## SATURDAY 16

### FREE St. Patrick's Day Parade

10 a.m. Come celebrate St. Patrick's Day at Gaithersburg's 19th Annual St. Patrick's Day Parade! Don your best green attire and have fun enjoying the holiday with the whole community. Rio Washingtonian Center, Gaithersburg, MD, [gaithersburgmd.gov](http://gaithersburgmd.gov).

### Kodo

\$30-\$50 | 8 p.m. Experience the electrifying wall of sound that completely fills the hall when the athletic artists of Kodo take the stage to perform the ancient Japanese art of taiko drumming. Take in the visually stunning performance and the beautiful sounds created with these traditional instruments. George Mason University's Center for the Arts, Fairfax, VA, [cfa.calendar.gmu.edu/KODO](http://cfa.calendar.gmu.edu/KODO).

## SUNDAY 17

### The Jewish Queen Lear

\$30-\$70 | 7:30 p.m. Written in 1898, Gordin's story of power and pride revolves around Mirele Efros, a wealthy widow and clever business woman who wants to find a good wife for her son. When her children turn against her, Mirele experiences a fall of Shakespearean proportions. Davis Performing Arts Center, 37th and O St. N.W., Washington, D.C., [theaterj.org/on-stage/the-jewish-queen-lear](http://theaterj.org/on-stage/the-jewish-queen-lear).

## MONDAY 18

### FREE Toddler Story Time

10:30 a.m. Story times are more than just books! They're interactive experiences that engage children with short stories, action rhymes, songs and finger plays. This story time event focuses on pre-reading skills that all children need to become good readers. Haymarket Gainesville Community Library, Haymarket, VA, [pwcgov.org](http://pwcgov.org).



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## TUESDAY 19

### FREE Music & Motion

10:30 a.m. Come and experience all the fun that Music & Motion brings! Each session offers a variety of music, dancing and other movement activities you're sure to enjoy. Central Community Library, 8601 Mathis Ave., Manassas, VA, [pwcgov.org](http://pwcgov.org).

## WEDNESDAY 20

### FREE Seedlings at Wilde Lake Park

10 a.m. It's the first day of Spring! We will meet at the tot lot and then take a leisurely walk around the lake looking for signs of spring and allowing independent walkers to explore. Wilde Lake, Columbia, MD, [wildlake.org](http://wildlake.org).

## THURSDAY 21

### FREE Lego Thursdays

6 p.m. Make friends while bonding over all things Legos! Participate in challenges, build your own creations and share projects with others. This event is welcome to

children ages 8-12. Download the Wishing Tree Kids app to register under "Tysons Events." Tysons Center, Tysons, VA, [wishingtreekids.com](http://wishingtreekids.com).

## FRIDAY 22

### Alice in Wonderland

\$14-\$18 | 7:30 p.m. Come join Alice on her fantastical journey through Wonderland. See all your favorite characters in this musical adaptation of the classic tale! Creative Cauldron

at ArtSpace Falls Church, VA, [creativecauldron.org](http://creativecauldron.org).

## SATURDAY 23

### Family Day at Bobby McKey's

Noon | \$20. Looking for a place that is fun for the entire family? A place where kids are actually encouraged to wiggle in their seats and get up and move? Introduce your child to an appreciation for live music and the arts at Bobby McKey's! Come out for

an afternoon of musical fun with singing, clapping and dancing along to your all-request musical selections. Bobby McKey's, 172 Fleet St., National Harbor, MD, [bobbymckays.com](http://bobbymckays.com).

## SUNDAY 24

### Spring Sugarloaf Crafts Festival at Dulles Expo

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## MONDAY 25

### FREE Story Time

10:30 a.m. & 11 a.m. The Smithsonian's National Postal Museum invites adults and young children (ages 2-3) to discover the world around them together at this weekly Story Time. Children will build important developmental and social skills through books, activities, songs, and self-guided gallery exploration. Smithsonian National Postal Museum, [postalmuseum.si.edu/index.html](http://postalmuseum.si.edu/index.html).

## WEDNESDAY 27

### FREE Port Discovery's Pop-Up Play Space at The Shops at Kenilworth

10 a.m. Spark your child's imagination as you play and learn together at Port Discovery's Pop-Up Play Space! This is a fun and educational drop-in program for infants and toddlers including

messy art and fun, hands-on building activities. The Shops at Kenilworth, Towson, MD, [portdiscovery.org](http://portdiscovery.org).

## THURSDAY 28

### FREE Reptiles Alive Show

10 a.m. Colorful live reptiles presented by an engaging and kid-friendly Wildlife Educator make a Reptiles Alive show fun for all ages! Enjoy exciting stories about how the animals survive while meeting an exotic cast of snakes, lizards, turtles and other amazing animals. Dulles Town Center, Sterling, VA, [shopdullestowncenter.com](http://shopdullestowncenter.com).

## FRIDAY 29

### Winnie the Pooh

\$20 | 7 p.m. Winnie the Pooh would spend every day of life humming tunes and stopping frequently to eat 'a little something.' But today, Pooh and Piglet have to find the Heffalump, watch Rabbit scheme to rid the forest of Kangas dreaded bathtub, and

help Eeyore search for his tail. Pooh's intentions are always the best, but his passion for honey and condensed milk keeps getting him into trouble. Adventure Theatre, Glen Echo, MD, [adventuretheatre-mtc.org](http://adventuretheatre-mtc.org).

## SATURDAY 30

### Hylton Family Series:

#### The Very Hungry Caterpillar Show

\$10-\$15 | 4 p.m. The Very Hungry Caterpillar Show features a menagerie of 75 lovable puppets, faithfully adapting four popular stories by children's author, Eric Carle. Bright in color and spirit, this adaptation captures all of the charm in the original tale while conveying messages about the value of creativity, belonging and growth. Recommended for ages 3-7. Hylton Performing Arts Center, Manassas, VA, [hyltoncenter.org](http://hyltoncenter.org).

### Theater for Young Audiences:

#### Madeline & The Bad Hat

\$20 | Noon. This amusing tale traces the adventures of a young Parisian girl who despite starting off on the wrong foot with a mischievous new neighbor eventually learns that first impressions aren't everything. Told with gentle humor, and featuring a beautiful musical score, this is an amusing tale of enemies becoming friends. Olney Theatre Center, Olney, MD, [olneytheatre.org](http://olneytheatre.org).

## SUNDAY 31

### Aquarium

\$12 | 11:15 a.m. Enter a fantastical island world where fish soar through the air, lemons light up the sky and sheep go parading by. With gentle music, puppets and props, guides Jack and Calypso lead children and caregivers in an interactive journey to a magical place of play. Imagination Stage, Bethesda, MD, [imaginationstage.org](http://imaginationstage.org). ■



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# Five Day Boarding – Intensive Learning Close to Home

BY JOHNNY GRAHAM

Following a recent away basketball game, the Springdale Preparatory School Lions returned to campus after 10 p.m. Commuter students then waited for their parents to make the drive home, up to an hour to the Washington, D.C. suburbs.

But others on the team, instead enrolled as boarding students, returned immediately to their dorm rooms and readied for bed.

In today's private school environment, families have a variety of enrollment options. Some choose traditional day school study with a commute and carpools. Others opt for boarding, with the student residing at the school, only to see family members on visiting days or holiday breaks. But today, the most popular option is five-day boarding, with the student spending Sunday evening through Friday afternoon at school, removing weekday commute times from the students' – and their parents' – daily schedule.

Five-day boarding is perfect for students who live between 30 and 100 miles away from campus. They can report to the dorm Sunday night and parents don't have to dedicate time to early morning and late evening carpools and traffic, preparing meals and managing evening productivity. Weekends are spent having fun with family members without the stresses and deadlines associated with assignments and projects.

The boarding students benefit even more than their parents. Five-day boarding students spend more time on homework, an estimated 17 hours per week, more than double that of private day and public schools, according to the Association of Boarding Schools. They have more time each week for extracurricular activities – 12 hours for sports compared to nine for private day and public schools,

12 hours for music compared to nine for private day and public schools, and even six hours for reading, more than the four hours for private day and five hours accounted for public schools. And they spend less time watching television – just three hours versus the seven recorded for private day and public school students.

The disciplined and regimented schedule for boarding students allots time for all essential life activities, preparing them to successfully live independently in college and adulthood. They wash their own clothes, help with cleaning and chores, and have time for healthy activities and exercise. They learn to be stewards of their time, assuming responsibility for commitments like study sessions and advisory meetings as well as properly managing free time.

Five-day boarding allows the student total engagement of the school day, beginning with academic preparation time in the morning. They are not losing time during the morning commute or grabbing a bar to take in the car. They eat a full, nutritious breakfast to start the day, and spend the school day dedicated to academic coursework and learning engagement. They participate in community service projects and afterschool elective programs before joining their friends for a balanced and nutritious dinner. Evening study hall precedes free time and then the transition to bedtime, segmented by age.

Senior age students earn more flexibility in their schedules and live more independently than their younger peers. Their bedtimes are later and they have access to technology. If they stay up late working on a project or playing on technology, they experience the natural consequences the

next day being tired, enduring a headache or missing the bus to the academic campus in the morning. After learning the hard way once, most senior students are asleep earlier than underclassmen. This teachable moment, as well as many others, occurs throughout the day for students.

Boarding students take advantage of additional leadership opportunities as part of the residential program. They can be dorm captains, helping others to wake up on time, providing guidance, overseeing chores and coordinating with the house parent for bedtime accountability for younger students. They also serve as advocates for their peers, working with the residential dean to provide feedback and recommendations.

Boarding also prepares students for life experiences. I remember a job interview over dinner. With my boarding school background, I was comfortable in the formal environment of a restaurant. This fall, Springdale Preparatory will add the traditional boarding school experience of bi-weekly formal dinners to prepare students to succeed in this environment. During formal meals, they learn when to leave the napkin on the table, when to place it on the seat, the proper utensils to use for each course, and essential manners and behaviors expected with formal dining. The meal is technology free and students experience the value of face-to-face communication.

Formal dining is just one example of the prolific moments that produce life lessons for boarding school students. These essential life lessons prepare students for adulthood.

Today, 40 percent of students at Springdale Preparatory School take advantage of our five-day boarding program. It's an experience that

combines the best of both educational worlds – school and home – to provide skills for lifelong success.

Johnny Graham is founding head of school for Springdale Preparatory School, an independent, co-educational boarding and day school located on 51 acres in northern Maryland's rolling countryside in New Windsor, Md. A college preparatory school with a diverse student population, Springdale Prep offers rigorous academics while equipping all learners with the tools needed to meet life's challenges. Graham is a boarding school graduate who has spent the last 27 years in American boarding schools. ■

## Why Boarding School?

- Small class sizes
- Quality of faculty
- Quality of resources
- Challenging academics
- Broad and diverse offerings
- College counseling
- Learning responsibility
- New experiences
- Forming lifelong friendships
- Diversity of population
- Availability of faculty
- Boarding School Review

# MINDFULNESS in the Classroom



**'Peace of Mind' program  
teaches calmness, connection  
and conflict resolution**

BY AMANDA SOCCI

**A**n important part of wellness is having a healthy mind. Parent and teacher, Linda Ryden, created an educational service to help teachers incorporate mindfulness into their curriculum. "Mindfulness is a way of living life to help a person become more aware and focused," Ryden says. Ryden sees how many people live in a fog, lost in their thoughts without taking a moment to appreciate the here and now. Mindfulness is one of three vital components of Ryden's popular Peace of Mind program.

Peace of Mind started out in a small way at Lafayette Elementary School in Northwest D.C. In 2003, while her children attended Lafayette, Ryden offered to teach a conflict resolution class for free, once a week. She saw the need after seeing children have frequent verbal altercations without being able to calm down or resolve things peacefully.

Slowly, Ryden's solo volunteer efforts to teach conflict resolution began to gain traction. According to Ryden, "other teachers were interested. It spread organically." Eventually, Ryden became known as "the peace teacher"

at Lafayette. After teaching at the school for nine years, Ryden was hired as a full-time peace teacher at Lafayette in 2011. The growing success of the Peace of Mind program led Ryden to establish an educational organization with the same name, Peace of Mind, in 2014.

Now in its 17th year in existence, the Peace of Mind program has become a teaching tool for teachers everywhere. Educators who want to implement Peace of Mind in their schools may purchase central core curriculum books and optional supporting resources including storybooks, puppets and training.

The core curriculum books are essentially handcrafted little masterpieces, composed of "16,000 hours of in-classroom development and extensive field-testing" and based on Ryden's extensive teaching experience, as per the Peace of Mind website. These books are intended to help students with "effectively integrating mindfulness, social and emotional learning and conflict resolution to create a kinder and more positive school climate." Peace of Mind staff Jillian Diesner wrote the core curriculum book for early childhood and Linda Ryden wrote the core curriculum books for grades one through five.

Ryden, the founder of Peace of Mind, continues teaching peace full-time at Lafayette. She teaches students in first through fifth grade while Jillian Diesner



Linda Ryden



teaches prekindergarten through kindergarten students. The Peace of Mind program reaches 700 students at Lafayette once per week, year-round, with Ryden's class now considered an active part of specials, which also includes art, music, and physical education.

When asked why it would be important to teach conflict resolution to children, Ryden noted that the need for children to learn life skills to help them with their social-emotional needs is just as important as their development in academics. "If kids can learn to regulate their emotions," she notes, "they will better engage in their schoolwork."

Ryden structures her weekly peace class as well as the Peace of Mind core curriculum books to incorporate mindfulness, conflict resolution and social and emotional learning. She also practices breathing, spatial awareness, thoughtful poses and simple body movements with her students.

Another interesting integration into the peace classes is age-appropriate neuroscience tidbits. For example, what happens in the brain when a person gets angry and can't control their emotions? Ryden explained that if children learn how their brains react and function during moments of anger, that will help them understand the importance of calming down. And more importantly, Ryden feels "there is power in the ability to keep conflict from escalating in the first place."

Ryden listed several palpable benefits of teaching the Peace of Mind program:

- It creates fewer daily conflicts – Ryden notes it takes a lot of time and effort to consistently "put out small fires."
- It helps children learn to work things out for themselves.
- It handles fewer fights and detentions, with less of a need for students to enter the "refocus room" during recess.
- It teaches children how to empathize with others.
- It sharpens the ability of children to practice mindfulness by improving their focus and teaching them better ways to pay attention and calm down.



**"MINDFULNESS  
is a way of  
living life to help  
a person become  
more aware  
and focused."**

— LINDA RYDEN —  
CREATOR OF THE PEACE  
OF MIND PROGRAM

Perhaps the greatest effect of the Peace of Mind program at Lafayette has been an overall change in the climate of the school. Ryden notes how her students feel a tangible serenity in the school, achieved after having peace classes at the school for so many years.

As the popularity of Peace of Mind started growing internally within Lafayette, word started spreading locally about the wonders of the "peace teacher." Media coverage also helped boost the success of Peace of Mind.

Eventually, teachers from other states started asking about the Peace of Mind program, wanting to learn how to implement it at their schools. To Ryden's surprise, word also got around internationally as well. The subject of peace, it seems, was in dire universal need to be taught, understood and practiced. These were all requests that thrilled Ryden and has kept her motivated.

In the Washington, D.C. metropolitan area, several schools have implemented the Peace of Mind program at different academic levels. Those schools include West Education Campus school, Washington Latin Public Charter School, the lower school of Andrew's Episcopal School and Bannockburn Elementary School, among others. According to the Peace of Mind website, the program is also being used in "40 states and 8 foreign countries."

In 2019, the Peace of Mind program continues to grow. The staff hosted its first-ever mini conference for peace educators in late January, with an agenda discussing "Budding Brains: Integrating Neuroscience, Mindfulness & Conflict Resolution for Kids." Also in the works is an addition to the core curriculum books and a new children's book.

For more information about this unique peace program, visit the Peace of Mind website at [teachpeaceofmind.org](http://teachpeaceofmind.org). ■

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

Pictured above: Lafayette students toy with auditory stimulus of relaxing bells and strike a peaceful pose in a meditation exercise during weekly peace class.



# IS YOUR KID **READY** FOR CAMP?



## Here's what you need to ask

BY KATIE BEECHER



**T**he idea of summer camp can be daunting for both parents and kids, especially if a child has never been. How do you even know if your child is ready to go to camp?

Alicia Berlin, director of Camps Airy and Louise near Thurmont, MD says that children may be ready for camp sooner than parents realize. “Kids aren’t always going to express an interest in camp, because they themselves don’t know if they’re ready,” Berlin says. She encourages parents to tour the camp with their child the summer before so that they can talk to other campers, families and staff.

It’s also important to have conversations with the child throughout the process. And parents should realize that they set the tone for camp.

“Parents really influence a child’s success at camp,” says Berlin. “That’s why it’s important to start talking about it in the offseason and to stay positive.” She warns against any kind of negative talk, because it becomes a self-fulfilling prophecy. “Parents shouldn’t be voicing their personal worries to the child, because then the child feels responsible for the parent.”

How do parents choose a camp? What kinds of camps are out there? Camps Airy (boys) and Louise (girls) are Jewish-based overnight camps that cater to grades two to 12. “It’s a very positive environment, and we’ve found that kids are much more willing to take positive risks in a single-gender group,” Berlin says. But the camps are connected, so the girls and boys participate in activities regularly.

For an overnight camp, Berlin encourages kids to have a successful sleepover first. If they’re comfortable with that, it’s a good sign to start camp.

PHOTOS AND ART COURTESY OF GETTY IMAGES



# Sending Your Kid to Camp



## BENEFITS

## TIPS

1.	2.	3.	4.	1.	2.	3.	4.
By living with 12 to 14 other children, they learn how to problem solve and communicate.	Children learn to become more independent because they're responsible for cleaning the bunk, doing chores, choosing activities and making friends.	Tech-minded kids find like-minded peers and feel less alone.	At STEM-based training camp, campers spend their days exploring technologies and participating in engineering projects.	Tour the camp with your child the summer before so that they can talk to other campers, families and staff.	Before sending your child to an overnight camp, they should have a successful sleepover first.	Parents should be sure their kids are excited about the activities and are willing to keep up with the routine before sending them to a sports camp.	Half-day options for ages 4 to 5 might be a good idea if this is the child's first exposure away from their parents.

"Camp doesn't feel like school. They're not in uniform, there's no homework, and they get to see new faces."

— ELIZABETH BARTLETT,  
ODYSSEY SCHOOL

"A child really doesn't know what they can do until they go away and have to figure things out for themselves," she says. By living with 12 to 14 other children, they learn how to problem solve and communicate. "They become more independent because they're responsible for cleaning the bunk, doing chores, choosing activities and making friends."

What's more, she adds, the experience helps kids form strong bonds and gives them an opportunity to re-create themselves and be who they want to be.

For children who have a passion for sports, Ramah Sports Academy is an example of what's out there. Located at Fairfield University in Connecticut, the overnight camp focuses on high-level sports instruction and fostering a love for Judaism. "We offer three two-week sessions," says director Rabbi Dave Levy. "Campers pick a sport before they attend, and they focus on that sport twice a day, every day." Open to grades four to 11, campers work with experienced coaches in their specific sport for five hours each day.

Jewish education and spiritual development are woven into daily activities, and campers have the option to switch things up and spend some additional time exploring another sport. Levy says that parents should be sure their kids are excited about the activities and are willing to keep up with the routine before sending them. "Trying one of the two-week sessions helps a child get their feet wet and get a sense of whether this is something they enjoy."

As for day camps, Baltimore-based Summer at Friends offers numerous co-ed camps for ages 4 to 13, which is typical of day camps. And it's not too far from D.C. Campers can choose from day programs filled with classic camp activities, such as games or arts and crafts, or camps that focus on specific interests, such as arts or technology.

"We have a half-day option for ages 4 to 5, which might be a good idea if this is the child's first exposure away from their parents," says Summer at Friends' assistant director Steve Cusick. For teenagers, Summer at Friends offers babysitter training, first aid/CPR/AED training and a counselor-in-training program. Campers can easily switch programs if they decide the specific camp they chose isn't for them. "We make it easy for them. And no matter what, they're going to come out with new interests and new friends," he adds.

Star Academy offers a program much different from traditional summer camps, but is another example of the offerings parents can expect. As a STEM-based training camp, campers spend their days exploring technologies and participating in engineering projects that include experience in circuitry, programming and flying drones, coding and robotics.

"We offer an engaging, educational and fun experience," says general manager Mike Leavey. "This is a chance for kids who don't enjoy sports or outdoor activities to explore hobbies that can be enjoyable and educational."

The camp offers three levels: five half-days a week for children 6 to 8; half or full days for kids 9 to 12 with themes from rockets and robots to designing magic tricks; and half-day skills camps for children 12 and over who are looking to go more in depth with a topic.

"Some kids are a bit young for the program, so the question parents need to ask is, 'Can my child read well?'" Leavey says. "The 6-to-8 group is more hands-on, but they can't program if they can't read."

Tech-minded kids "find like-minded peers and feel less alone," Leavey adds.

What's more, they're building valuable skills that they can't get other places. "They're learning 21st-century skills along with team building, problem solving and communicating," he adds. "If we get them hooked on robotics at an early age, we might have created a future engineer."

There are also specific camp options for children with learning differences, such as the summer camp at Odyssey School, where campers with dyslexia or other learning differences can enjoy half- and full-day options in writing and creative workshops, the benefit of a reading tutor or take part in a math workshops. Coppermine provides activities like sports, archery and team building.

"It's a good balance of fun and academics," says Elizabeth Bartlett, the school's coordinator of advancement and alumni relations. "It doesn't feel like school. They're not in uniform, there's no homework, and they get to see new faces." ■





# PARTY RITUALS

Drinking is still common among today's teens, and so is marijuana.

BY ADRANISHA STEPHENS

**D**rug and alcohol trends among teens and young adults today are both familiar and different. Today's high schoolers, middle schoolers and college students continue to use mind-altering substances that appealed to previous generations: alcohol, opiates, marijuana and hallucinogens. But now, we can add to the list vaping and prescription drug abuse, among others.

Alcohol is still the most commonly used and abused drug among youth in the U.S., according to the Centers for Disease Control.

"Teens, they still drink too much — no question about it," says Mike Gimbel, a former addict and longtime Baltimore County consultant who works with area schools on substance abuse issues. "In 2017, nearly 2,000 college students died from alcohol and over half a million were involved in some sexual assault when one or both people were intoxicated."

Gimbel knows a thing or two about addiction. He led Baltimore County's Office of Substance Abuse for more than a decade, and now, more than 40 years after his own struggle with addiction, he continues to preach to students and educators across the county the dangers of substance abuse. His life's work and purpose is to help individuals and families impacted by addiction, he says, and both education and prevention are vital. And, he adds, both should start in schools.

"Educators are our best hope when it

comes to younger kids, but then the second step is intervention," he says. "We can't let it go. If a kid gets suspended or expelled or they get in trouble for drugs and alcohol, instead of throwing them out of school, put them in a special school where they can get some counseling and education, or at least provide them with some help and options."

A revamp of school curriculum could also be beneficial, Gimbel says.

"They need to update the curriculum constantly and it should start in elementary school and go all the way through the 12th grade," he says. "It's important with all these new drugs and trends, to update it and change it as often as possible. There also needs to be educational training for the counselors and school nurses who are important in identifying what's going on with the kids."

What are the new trends? Many parents already know that vaping and Juuling have steadily taken over the scene.

"As marijuana starts to move in the direction of legalization, it appears that kids are using it more because society is sending a message that it is accepted," says Officer Don Bridges, a Baltimore County Police officer assigned to the county schools. "But we (school resource officers,) are never going to stop regardless of what is going on regarding the trends. When you get the opportunity to get into the classroom and to interact with young people, they share a whole lot with you. Our job is not to scare them, but to educate them as to what the



**"AS MARIJUANA STARTS TO MOVE IN THE DIRECTION OF LEGALIZATION, IT APPEARS THAT KIDS ARE USING IT MORE BECAUSE SOCIETY IS SENDING A MESSAGE THAT IT IS ACCEPTED."**

— OFFICER DON BRIDGES  
BALTIMORE COUNTY POLICE OFFICER  
ASSIGNED TO THE COUNTY SCHOOLS





dangers are. I tell them all the time, your concern needs to be what it does to your body more so than anything else.”

Gimbel agrees, adding that as teen vaping is reaching new heights of popularity, schools and parents should be on the lookout for new vaping paraphernalia.

“Vapes, they look just like a flash drive or your computer and they come in little cartridges,” he says. “What parents and schools don’t realize is many of these kids are taking the liquid nicotine out of the Juul cartridges and refilling them with liquid marijuana. They call it ‘Juul juice.’ I’ve never seen a craze get so popular so fast.”

Parents can expect more changes to marijuana laws and prosecutions. Earlier this month, Baltimore City State’s Attorney Marilyn Mosby announced she would no longer prosecute marijuana possession cases within city limits, regardless of the amount of the drug in a person’s possession or a person’s prior criminal record. At the same time, the Baltimore Police Department issued a statement saying its officers would still make marijuana arrests.

It’s an example of a debate going on across

the nation and parents may have to sort through with their teens who see peers using marijuana. Gimbel says he believes that early intervention from the court system can help deter someone away from harder drugs.

“Most heroin addicts started with marijuana. It can be considered a gateway drug,” Gimbel says. “What (Mosby) should have done, instead of just saying, ‘I’m not going to prosecute anything’ is say, ‘While we’re not going to prosecute these cases in criminal court, we’re going to put them into a diversion program, we’re going to write a citation, and these people will be required to go through an education and counseling program.’ I mean, how are we going to break this cycle of addiction if we don’t get to people early?”

Another community member leading the fight to prevent addiction is Joan Webb-Scornaienchi, executive director of HC DrugFree, a nonprofit that provides resources and education on prevention, treatment, recovery and health and wellness for Howard County residents.

“Our focus is prevention and education, and I like to say that we focus our time educating the community, pre-birth to post-death,” Scornaienchi says. “Our goal is to prepare the community for the future generations to be born into a drug-free, safe community to drug-free parents.”

HC DrugFree provides a free medication storage box program for residents and a disposal service for needles, syringes and EpiPens. The nonprofit has also collected an estimated 5,000 pounds of unused medication in collaboration with the Howard County Police Department, according to Scornaienchi.

“I say post-death because families bring us what’s been in their homes after the death of a loved one,” she says. “We don’t want our children taking any of it, and we don’t want it in the bay and our environment when medications are flushed down the toilet. It keeps our community safer if people aren’t buying it or stealing it or breaking into homes to get it. So collecting it is good for all of us.”

Her efforts come as the county has seen a spike in drug and alcohol-related deaths over the years. A report from the Maryland Department of Health and Mental Hygiene says that in 2015, the number rose from 20 in the first nine months of 2015 to 32 in the same period in 2016.

HC DrugFree training programs include





**"IN 2017, NEARLY 2,000 COLLEGE STUDENTS DIED FROM ALCOHOL AND OVER HALF A MILLION WERE INVOLVED IN SOME SEXUAL ASSAULT WHEN ONE OR BOTH PEOPLE WERE INTOXICATED."**

— MIKE GIMBEL

BALTIMORE COUNTY CONSULTANT ON ADDICTION ISSUES

overdose response training, and there is a parent-focused website that promotes college student-parent conversations about drinking. Covered are also conversation starters around high-risk situations often associated with high-risk alcohol — spring break, 21st birthdays, housing and roommates, among others.

Scornaienchi agrees that more in-school education should be required.

"It should not be just one-time programs. We all should support more K-to-12 education and not just drug education — it's all behavioral health," she says. "In Howard County a lot of the drug education is in ninth grade. So if kids in 10th and 11th grades get exposed to something new, they're not able to be in class talking about it."

She adds that adult education is just as beneficial as student learning.

"I think that we as a society need to

support more parent-adult education," she says. "If I talked to a parent on Monday and told them about vaping, they're going to remember that. Then they should be there on Friday night when their child goes out to reinforce whatever that topic is. They should be there when their child walks in the door to see the condition of the student. As the trends change, we have to make sure that we continue to educate the adults. I think it's important that parents continue to develop that relationship where their children can come to them."

So, what more can parents do to help?

Parents can start by paying attention to unexplained changes in their child's behavior including school and work performance, general mood and sleeping

patterns. These changes may be signs of substance use, Bridges says.

"Talk to your children when they come home. You birthed that child. You should be able to see if there is something off," Bridges says.

Teens should also feel comfortable sharing anything with their parents, including questions about drug or alcohol use, Bridges adds. "When you are a teenager and you leave your home, you are going to have the opportunities to engage in a whole lot of things. I would recommend to parents to have that conversation with your child about what they might be exposed to. It could be anything; marijuana, heroin, anything. We have got to make sure that we have conversations and provide them that support." ■

## 8 FACTS ABOUT DRINKING

1. Young people who start drinking before age 15 are six times more likely to develop an alcohol problem later in life than those who begin drinking at or after 21.
2. On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.
3. In 2013, there were approximately 119,000 emergency rooms visits by persons aged 12 to 21 for injuries and other conditions linked to alcohol.
4. Excessive drinking is responsible for more than 4,300 deaths among underage youth each year, and cost the U.S. \$24 billion in economic costs in 2010.
5. Excessive drinking is also responsible for 1 in 10 deaths among working-age adults aged 20-64 years.
6. The economic costs of excessive alcohol consumption in 2010 were estimated at \$249 billion, or \$2.05 a drink.
7. Even though drinking by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11 percent of all alcohol consumed in the U.S.
8. More than 90 percent of this alcohol is consumed through binge drinking. ■

Source: Centers for Disease Control





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thechildrenshouseofwashington.com  
chowdirector@gmail.com  
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Toddler: Nearly 2-3; Primary: 3-6  
202-342-2551

### WATERFRONT ACADEMY

waterfrontacademy.org  
info@waterfrontacademy.org  
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Ages: Toddler-Early Adolescent  
202-484-0044

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admissions@bethesdamontessori.com  
7611 Clarendon Rd., Bethesda, MD  
Ages: 3-6  
301-986-1260

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butlerschool.org  
amy@butlerschool.org  
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Darnestown, MD  
Ages: 18 months-14  
301-977-6600

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Ages: 2-5  
202-246-0547

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Gaithersburg, MD  
Ages: 2 months-K

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Ages: 3-6  
301-365-3080

## VIRGINIA

### BROOKSFIELD SCHOOL

brooksfieldschool.org  
brksfield@aol.com  
1830 Kirby Rd., McLean, VA  
Ages: 2-6  
703-356-KIDS

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cardinalmontessori.com  
cardinalmontessori@gmail.com  
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Ages: 3-12  
703-491-3810

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info@curiousminds.org  
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kvazquez@greenhedges.org  
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info@lomamontessori.com  
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montschoolalex@vacotmail.com  
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info@cedarlanemontessori.com  
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703-560-4379

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Ages: 3 months-Grade 6  
703-481-2922

### THE RIDGEMONT MONTESSORI SCHOOL

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margaret.hartigan@cathedral.org  
202-537-6493  
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Washington, D.C.  
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theauburnschool.org; info@  
theauburnschool.org  
410-321-4799  
1710 Dulaney Valley Rd., Lutherville, MD  
301-588-8048  
9545 Georgia Ave., Silver Spring, MD  
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bethesdamontessori.com; admissions@  
bethesdamontessori.com  
301-986-1260  
7611 Clarendon Rd., Bethesda, MD  
Ages: 3-6  
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### FEYNMAN SCHOOL

feynmanschool.org;  
admissions@feynmanschool.org  
301-770-4370  
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### ROCHAMBEAU, THE FRENCH INTERNATIONAL SCHOOL

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Bethesda, Maryland 20814  
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manormontessori.com  
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spring-bilingual.org;

info@spring-bilingual.org  
301-962-7262  
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Ages: 2 ½-6  
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SPRINGDALE PREPARATORY SCHOOL  
springdaleps.org; admissions@  
springdaleps.org  
443-671-0050  
500 Main St., New Windsor, MD  
Grades: 5-12  
Open House:  
2019: March 9, April 6, May 18, 1-3 p.m.

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theauburnschool.org; info@  
theauburnschool.org  
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brooksfieldschool.org;  
brksfield@aol.com  
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Ages: 2-6  
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Falls Church, Virginia 22042  
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Date(s): Tours by appointment

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preschoolmontessori.com;  
info@cedarlanemontessori.com  
703-560-4379  
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mcleanmontessori.org  
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### MONTESSORI SCHOOL OF NORTHERN VIRGINIA

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nysmith.com;  
ebalberde@nysmith.com  
703-713-3332  
13625 Eds Dr., Herndon, VA  
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Open House:  
2019: Mar.21, 9 a.m. & 1 p.m.  
Apr. 25, 9 a.m. & 1 p.m.  
May 16, 9 a.m. & 1 p.m.

#### **PINECREST SCHOOL**

pinecrestschool.org;  
admissions@pinecrestschool.org  
703-354-3446  
7209 Quiet Cove, Annandale, VA  
Ages: 3-12  
Open House:  
2019: Mar. 10, 1-4 p.m.

#### **RESTON MONTESSORI SCHOOL**

restonmontessori.com;  
office@restonmontessori.com  
703-481-2922  
1928 Isaac Newton Sq. W, Reston, VA

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#### **WESTMINSTER SCHOOL**

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admissions@westminsterschool.com  
703-256-3620  
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703-538-4278 | [swalia@abrakadoodle.com](mailto:swalia@abrakadoodle.com)

Eileen Moore | Prince William Cty  
571-589-8133 | [emoore@abrakadoodle.com](mailto:emoore@abrakadoodle.com)

Yolanda Smith | Loudoun County  
571-367-3100 | [ysmith@abrakadoodle.com](mailto:ysmith@abrakadoodle.com)

Nancy Delasos | Montgomery Cty & DC  
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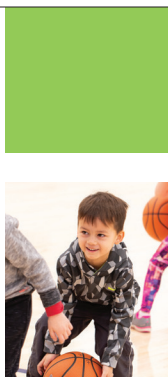
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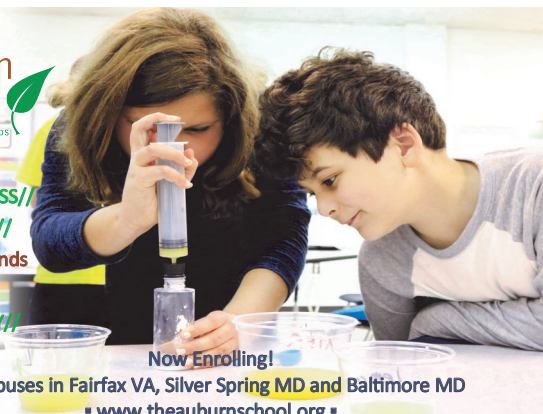
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- Exhibit fewer high-risk behaviors as teens like smoking, drug use or eating disorders

# Meal Planning Basics

## Save time, money and promote healthier eating

BY ABBY QUILLEN

Wandering the grocery store aimlessly can cost you. Research says that consumers spend 40 percent more on impulse purchases when they shop without a list. And far too much of that food is probably wasted. The average American family throws out 25 percent of the food they purchase. For a family of four, that means tossing somewhere between \$1,365 and \$2,275 every year.

There's a solution: meal planning! By planning meals, your family can cut your grocery bill by hundreds of dollars a month and help eliminate food waste. Planning meals has other benefits too, including:

- **Happier Cooking:** Meal planning helps eliminate the frustration of staring into an empty refrigerator or racing down shopping aisles at the end of a long day. And you will probably have much more energy and enthusiasm for cooking.
- **Healthier Diet:** Planning ahead makes cooking healthy dinners from scratch much easier. Things you may have never done before — soaking and cooking dried beans, making bread or pizza dough or simmering soup in a slow cooker — aren't that hard when you plan in advance.
- **More Domestic Harmony:** Most families don't share the same tastes. Some family members may like the same predictable meals week after week; others prefer to mix it up. Planning meals as a family lets everyone have a say in the decision-making. Studies suggest kids who help cook meals are better eaters. Getting them involved with the planning process may further diminish mealtime battles.
- **More Eating In:** Meal planning helps reduce impromptu trips to restaurants and fast food spots, where families spend more money and eat more calories, fat and sodium than they do when preparing food at home. Families can save dining out for special occasions with good planning.
- **More Family Dinners:** Perhaps most importantly, planning meals encourages families to eat together around the dinner table, a ritual shown to keep families healthier and happier.

### Meal Planning Made Simple

If you're new to menu planning, start by planning one week of meals on a day when everyone's home and you have time to go shopping. Later, you may want to transition to monthly planning to better take advantage of buying in bulk. For the first few meal plans, it's usually easiest to use pen and paper. Later, you can explore fancier ways to plan if desired.

Gather a few things before you get started:

- A pen
- Two blank sheets of paper
- The weekly sale flyer from the grocery store (usually available in the Sunday newspaper or online)
- Coupons (if you clip them)
- Favorite cookbooks or recipes
- List of vegetables ripe in the home garden or abundant at the farmers' market (optional)

### Limit the Options

When staring at a blank piece of paper and a pile of cookbooks, the options seem endless, and that's not a good thing. Research suggests people have trouble taking action when there are too many choices. To make picking meals easier and to narrow down options, try one or more of these tactics:

#### 1. Different Days for Different Types of Meals

This method is popular because it reduces options while leaving room for variety. Here's an example:

- Monday: Soup
- Tuesday: Baked potatoes with toppings
- Wednesday: Pasta
- Thursday: Grilled meat and salad
- Friday: Beans and rice
- Saturday: Mexican
- Sunday: Stir fry

This format provides a helpful guideline for planning without stifling creativity. You can swap categories or ditch the whole thing when desired.



## 2. 20 Core Meals

As a family, brainstorm 20 meals you eat often and everyone enjoys. These will be the core meals that usually populate your meal plan. Choose one or two nights a week, perhaps weekends, to experiment with new recipes. Add any favorite new recipes to your list of core meals.

## 3. Consecutive Meals with the Same Ingredient

Brainstorm ways to use one ingredient for several meals. This method saves cooking time and helps cut food waste. Here are some ideas to get you started:

- Roasted Chicken: Chicken breasts, chicken enchiladas, chicken casserole and chicken stock for soup and risotto.
- Bread: Soup and bread, sandwiches, gazpacho and croutons for salad.
- Chili: Chili and corn bread, baked potato topping, whole-wheat nacho topping and Mexican casserole.
- Rice: Stir fry, fried rice, burritos and rice pudding.

## 4. Two Meals in One

Save money and time by planning dinners that double as lunches the next day. This practice works especially well with beans, burritos, soup and other foods that freeze well.

## 5. Meals from Sales or Seasonal Offerings

Study the supermarket ads to see what's on sale, or find out what's fresh at the farmers' market, then incorporate those foods into the menu. Google is an ally for discovering recipes combining a handful of ingredients. Using sales flyers or seasonal offerings helps limit the paralysis of too many options, saves money and encourages sourcing food locally.

## Plan the Week's Meals

Once you've decided on a method to make meal planning easier, it's time to plan the specific meals for the coming week.

Here's the simplest way to do it with pen and paper:

- Make a grid with columns for the days of the week and enough rows for the meals you need to plan for: breakfast, lunch and dinner.
- Fill in the first meal. Note where you found the recipe, so you don't have to search through cookbooks or hunt the Internet for it when it's time to cook.
- On the other blank piece of paper, list the ingredients you need from the store for the meal, leaving off what's already in the fridge or pantry. This is your grocery list. Divide this list by where things are located in the store if it makes shopping easier.
- Repeat until you've planned every meal.
- Post the menu on the bulletin board, on the refrigerator or in a common area, so everyone knows what's for dinner.
- Take the list and go shopping.

Once you get the hang of meal planning, you may want to investigate more efficient ways to do it. A few methods that may work well for tech-savvy people are:

- Use Evernote (a free organization program) to keep track of menus and recipes.
- Join Pinterest to store recipes and menu planning ideas.
- Purchase web-based software or an app specifically designed for menu planning.

Mealtime is powerful. Cooking at home and gathering around the table with family provides countless benefits, and it doesn't have to be stressful. With a good meal-planning system, it may even become everyone's favorite part of the day. ■

Abby Quillen is a writer, author and gardener. When she's not writing, she enjoys gardening, walking, bike riding and jotting down the cute things her children say.



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# Multi-Sensory Studying

## 9 strategies to boost grades and motivation

BY ANN DOLIN



To truly commit something to memory, learning must be multi-sensory (visual, auditory and hands-on).

**D**id you know that 84 percent of high school students report that their primary means of studying is merely rereading their notes and textbooks? Unfortunately, this is one of the most inefficient ways to study. Why? Because it's single-sensory, meaning that the brain is processing information only one way — visually. To truly commit something to memory, learning must be multi-sensory (visual, auditory and hands-on). This is especially true for students who struggle to focus while reading. Studying should involve seeing it (reading), hearing it (discussion or watching a video, for example) and doing it (writing notes as you read or discuss). Here are nine practical strategies to boost grades and motivation by making learning multi-sensory.

### Ask yourself, "What's important here?"

An easy way students can avoid the "studying by rereading" trap is to jot down notes as they read. At the end of a page of a novel or section of a textbook, ask the question, "What's important here?" Engaging in this type of self-talk allows students to be more active learners, instead of passive ones. Anytime an individual is taking the information and reformulating it into his or her own words, retention is dramatically increased. It takes less than 30 seconds to jot down thoughts each time this question is asked.

### Go Hard Copy or Annotate Online

The simple practice of jotting notes as you review is a lot different now than it was even five years ago. These days, so much of what students read and study is online. It's not unusual for students to carry very few textbooks around in their backpacks because their books are online now. In theory, this is a great idea, but when it comes down to really remembering what you read, online texts aren't helpful. In fact, a number of studies have found that comprehension in high school students is compromised when reading is done solely online. Throw difficulties with attention into the mix, and you have double the problem.

Students can do a few things to remedy the situation. The first is to simply go hard copy. Either print out the pages of the text or purchase a hard copy version of the book. Marking up the text by jotting notes in the margins or by using Post-it notes is extremely helpful. Taking notes while reading allows students to synthesize information into their own words, which aids retention. Some online books are "locked" by the publisher meaning that the user cannot print out pages. If that's the case, try the editing or note-taking tool that's provided. Students can also check out some of the more popular software for PC and Macs, which includes iAnnotate, GoodReader, Notability, PDF Expert, Adobe Reader, Foxit Mobile PDF and Evernote. It's good practice to take notes electronically or to highlight when needed. But be sure not to rely on highlighting alone. Although it's pretty, research shows it's not helpful when it comes to retention of information.

### Use Study Guides ... the Right Way

Outside of taking notes on important concepts when reviewing for an upcoming test, good students will use a study guide, either one that they've created or one that their teacher has provided. Here's how to go about both options:

- **Self-created study guides:** Research shows that creating your own study guide is one of the best ways to improve test grades. Try to predict what the teacher may have on the exam. Pull out old quizzes, find important parts of notes and ask others in the class what they think is important. Find the main ideas from these topics and turn them into questions. In the textbook, turn the chapter headings into questions and write them down. For example, "Election of 1860: Democrats Split" should be "Why did the democrats split in the election of 1860?" Creating a study guide helps students figure out what they already know, allowing them to refocus their time on what they still have to learn. Knowing what you don't know cuts down on time spent reviewing what you've already committed to memory.

- **Teacher-provided study guides:** The biggest mistake students make when they're given a blank study guide is to complete it with their teacher, or independently, and then read it over many times to study. Again, rereading can be passive learning, and it will not stick for long-term retention. Instead, before completing the study guide, make two additional copies of it. Without looking at the completed version of any notes, students should fill out what they know. Now, look back at the book or notes to finish the rest. The third time, complete it from memory or better yet, so there's no memorizing the order of the questions, cut them into strips and rearrange them. Now, complete it a third time for maximum retention.

#### Distribute Your Practice

Procrastination can be one of the greatest hurdles when it comes to studying. So often students believe that cramming

before a test will have the same result as studying over time. The truth is that this method only results in knowing the material on a superficial level. To have a deeper understanding and to recall the information not just the next day, but the next month, take advantage of a concept called "distributed practice." It involves spreading out study sessions over time and breaking up the material in smaller chunks. By setting aside time each day to review a portion of the material, students are able to remember the information for longer intervals of time. For example, instead of studying for an hour on Thursday night for a test, students will get a better exam grade by studying 20 minutes on Tuesday, Wednesday and Thursday.

#### Study Before Homework

It's not uncommon for students to put off studying because it's not really a task they have to do. It's not graded, and there's usually nothing to turn into the

teacher. Homework is different because there's more immediate accountability (i.e. it's checked for completion by the teacher or they have to turn it in for a grade). So, it's easy to see why studying is put off until after homework is done or not even attempted at all. An easy fix to this all-too-common situation is to set a timer for 20 minutes and study before starting any homework. Simply reversing the order of tasks ensures that studying is at least started, and often completed prior to digging into the actual homework.

#### Make Yourself Accountable

Many who struggle with motivation have found that having an "appointment" to study with their peers via Skype or Face-time can provide much-needed accountability. Whether students study with one another online or in person, having a scheduled time to connect with someone else provides accountability they don't get from studying alone.

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### Review Right Before Bed

Studies show that students remember more when they take 10-15 minutes to review what they studied or learned earlier in the day just before they go to sleep. This doesn't mean that they should do all their studying just before bedtime, but it does mean that reviewing those notes again just a few minutes before bedtime allows them to process the information as they sleep.

### Use a Scent While Studying and Sleeping

Smell is a powerful study tool — it's true! Research shows that if you have the same smell when you study and sleep, you'll remember more. When studying, plug in an Airwick or have some type of scent nearby. Put that same scent by your child's bed while they sleep. Their brain will associate the scent to the material they studied earlier in the day. They will encode that information as they sleep.



By "sleeping on it," your child will remember more.

### Sleep On It

And lastly and perhaps most importantly, students need to get to bed early. Sleep is actually a powerful study strategy because the brain is actually more active at night than during the day. During sleep, we replay the day's events in our heads. We rehash the information we learned. When students distribute the time they spend studying over three nights instead of one, they have that many more opportunities to cement the information into memory. By "sleeping on it," your child will remember more.

In the end, there are many highly motivating study strategies that can make a world of difference to your child. Encourage your child to choose one and give it a whirl to see if productivity and grades improve. ■

Ann Dolin is a former Fairfax County teacher and current founder and president of Educational Connections Tutoring, serving the D.C. area.

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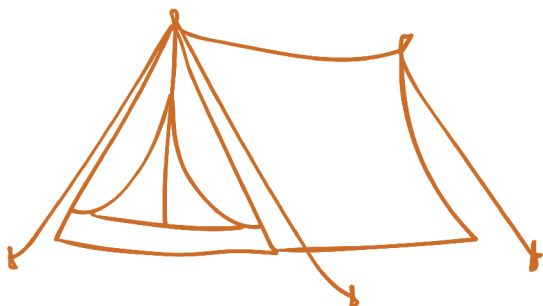
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## BRETTON WOODS

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 SHEEO - SHEEO ACADEMY

Ages: 7-16  
beasheeo.com/camp  
contact@BEaSheEO.com  
Check website for various locations in Maryland  
866-697-4336  
Girls only, Teens, Educational Activities  
Chesterbrook Academy Summer Camp  
Ages: 5-12; chesterbrookacademy.com  
877-959-3746; 21 locations in the area  
Sibling Discount, Extended Day, Arts, Educational Activities, Field Trips, Sports.

## CONGRESSIONAL SCHOOL

Ages: Infants-Grade 8  
congressionalschool.org; gherbst@congressionalschool.org  
703-533-1064; 3229 Sleepy Hollow Rd.,  
Falls Church, VA  
Educational Activities

## GLEN ECHO PARK AQUARIUM

Ages: 4-7, 8-12  
gepaquarium.org  
info@gepaquarium.org  
301-955-6256; 7300 MacArthur Blvd.,  
Glen Echo, MD  
Arts, Educational Activities, Hiking.

## IMAGINATION STAGE SUMMER CAMPS

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

## INTERNATIONAL SCHOOL OF MUSIC

Ages: 3-12  
ismw.org  
info@ismw.org  
301-365-5888; 11325 Seven Locks Rd., Suite 255, Potomac, MD  
Drama, Music.

## KIDS FIRST SWIM SCHOOLS

Ages: 2 months-Adults  
kidsfirstswimschools.com

contact@kidsfirstswimschools.com  
Check our website for a list of all 35 locations.  
Educational Activities, Sports, Swimming.

## MANOR MONTESSORI SUMMER CAMP

manormontessori.com/summer-camp  
10500 Oaklyn Dr., Potomac, MD  
11200 Old Georgetown Rd., Rockville, MD  
5450 Massachusetts Ave., Bethesda, MD  
Educational Activities, Arts, Music, Swimming, Sports.

## MOED - A JEWISH AFTERSCHOOL COMMUNITY

8300 Meadowbrook Ln  
Chevy Chase, Maryland 20815  
(240) 450-0689  
orna@moedcommunity.org  
http://www.moedcommunity.org  
Ages: 5-14  
Day Camp, Boys & Girls, Extended Day, Arts and Crafts, CIT Program, Computers Cooking, Dance, Educational Activities, Field Trips, Swimming

## SILVER STARS GYMNASTICS

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

## SPRING BILINGUAL MONTESSORI SUMMER CAMP

Ages: 2½-6  
spring-bilingual.org  
info@spring-bilingual.org  
301-962-7262; 3514 Payers Mill Rd.,  
Kensington, MD  
Sibling Discount, Extended Day, Arts, Educational Activities.

## SPRINGDALE PREPARATORY SUMMER PROGRAM

Ages: 6-16  
springdaleps.org;  
johnny.graham@springdaleps.org  
855-405-8600  
500 Main St., New Windsor, MD  
Residential Camp, Teens, Sibling Discount, Transportation, Arts, Computers Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Music, Overnight Camping, Photography Special, Sports - Extreme, Swimming, Travel.

## TEENS TO GO

Ages: 8-15  
TeensToGo.ORG; manish@TeensToGo.ORG  
301-540-4356  
14 Flints Grove Dr., Gaithersburg, MD  
Day Camp, Teens, Sibling Discount, Field Trips, Travel.

## YOUNG ARTISTS OF AMERICA'S SUMMER PERFORMING ARTS INTENSIVES

16923 Norwood Rd  
Sandy Spring, MD 20860

Camp Type: Residential Camp, Boys & Girls, Teens, Transportation, Dance, Drama/Theatre, Music

### YOUNG ARTISTS OF AMERICA'S SUMMER PERFORMING ARTS INTENSIVES

5301 Tuckerman Lane  
North Bethesda, MD 20852  
Camp Type: Day Camp, Boys & Girls, Dance, Drama/Theatre, Music

## DAY CAMPS

### VIRGINIA

#### ART CAMP AT THE ART LEAGUE

Ages: 5-18-11, 12+, Teens  
school@artleague.org  
theartleague.org/content/art\_camp  
703-683-2323  
305 Madison St.,  
Fairfax, VA  
Day Camp, Teens, Arts and Crafts

#### BASIS INDEPENDENT SUMMER

BASIS Independent McLean  
8000 Jones Branch Drive  
McLean, Virginia 22102  
http://basisindependent.com/summer  
mclean-summer@basisindependent.com  
(703) 854-1253  
Ages: 2 - 18

Categories: Day Camp, Boys & Girls, Teens, Arts and Crafts, Dance, Drama/Theatre, Educational Activities, Field Trips, Music

#### BROOKSFIELD SCHOOL SUMMER CAMP

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

#### CAMP ACHVA POWERED BY JEWISH COMMUNITY CENTER OF NORTHERN VIRGINIA

Ages: K-10  
jccnv.org/camp  
8900 Little River Turnpike, Fairfax, VA  
703-537-3091  
Teens, Extended Day, Transportation,  
Arts, CIT Program, Dance, Drama,  
Field Trips, Gymnastics, Martial Arts,  
Music, Needs Sports, Swimming, Yoga.

#### CAMP ARISTOTLE AT 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 AT WESTMINSTER SCHOOL

Ages: 3-14  
westminsterschool.com  
campgriffin@westminsterschool.com  
703-340-7268; 3819 Gallows Rd.,  
Annandale, VA

#### CAMP MSNV - MONTESSORI SCHOOL OF NORTHERN VIRGINIA

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

#### 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.

#### CAPITAL GYMNASTICS SUMMER CAMPS

10400 Premier Ct.  
Burke, Virginia 22015  
capitalgymnasticsntc.com  
Capitalgymnasticsntc@gmail.com

(703) 239-0044  
Ages: 3 and up

#### CHESTERBROOK ACADEMY

Chesterbrook Academy  
Virginia  
http://ChesterbrookAcademy.com/Camp  
Amber.Saavedra@nlcinc.com  
(877) 959-3746  
Ages: 5 - 12  
Categories: Day Camp

#### COMPETITIVE EDGE SPORTS CAMP

14849 Persistence Drive  
Woodbridge, Virginia 22191  
Http://competitiveedgeva.com  
Info@competitiveedgeva.com  
(571) 398-2813  
Ages: 6 to 13  
Types: Day Camp, Boys & Girls, Extended  
Day, Field Trips, Needs Sports,  
Sports - Extreme

#### ENCORE STAGE & STUDIO - IT'S ELEMENTARY

Ages: 4-9  
encorestage.org; info@encorestage.org  
703-548-1154; 5800 Washington Blvd.,  
Arlington, VA  
Day Camp, Boys & Girls, Drama/Theatre.



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Metropolitan area

**877-959-3746**

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## ENCORE STAGE & STUDIO - SCENES FOR TEENS

Ages: 8-12  
[encorestage.org](http://encorestage.org)  
[info@encorestage.org](mailto:info@encorestage.org)  
 703-548-1154; 4000 Lorcom Ln., Arlington, VA  
 Extended Day, Dance, Drama.

## ENCORE STAGE & STUDIO - STAGE DOOR & TECH CAMP

Ages: 11-15  
[encorestage.org](http://encorestage.org)  
[info@encorestage.org](mailto:info@encorestage.org)  
 703-548-1154; 200 S. Carlin Springs Rd., Arlington, VA  
 Teens, Extended Day, Dance, Drama.

## FAIRFAX COLLEGIATE SUMMER PROGRAM

Ages: 8-14  
[fairfaxcollegiate.com](http://fairfaxcollegiate.com)  
 703-481-3080; 722 Grant St., Ste. J, Herndon, VA  
 Sibling Discount, Extended Day, Arts, Computers, Educational Activities, Photography

## HARMONIA SCHOOL OF MUSIC & ART

Ages: 4-18  
[harmoniaschool.org](http://harmoniaschool.org)  
[harmonia@harmoniaschool.org](mailto:harmonia@harmoniaschool.org)  
 703-938-7301; 204-F Mill St., N.E., Vienna, VA  
 Teens, Sibling Discount, Extended Day, Arts, Drama, Music.

## KIDS FIRST SWIM SCHOOLS

Ages: 2 months-Adults  
[kidsfirstswimschools.com](http://kidsfirstswimschools.com)  
[contact@kidsfirstswimschools.com](mailto:contact@kidsfirstswimschools.com)  
 Check our website for a list of all 35 locations.  
 Educational Activities, Sports, Swimming.

## KIDREALM POKEMON SUPERSMASH MINECRAFT CAMP

Ages: 6-12  
[kidrealm.com](http://kidrealm.com); [kidrealm@gmail.com](mailto:kidrealm@gmail.com)  
 Arlington, VA  
 703-283-5818  
 Day Camp.

## LINDAMOOD-BELL

10201 Main Street  
 Fairfax, Virginia 22030  
<https://lindamoodbell.com/>  
 (800) 300-1818  
 Types: Day Camp, Boys & Girls, Educational Activities

## CAMP MSNV

Ages 3-12  
[www.msnv.org/page/programs/summer-camp](http://www.msnv.org/page/programs/summer-camp)  
 (703) 256-9577  
 Montessori School of Northern Virginia  
 6820 Pacific Lane Annandale, Virginia 22003  
 Day Camp, Boys & Girls, Drama/Theatre, Field Trips.

## MASON GAME & TECHNOLOGY ACADEMY - GEORGE MASON UNIVERSITY

Ages: 9-18  
[mgta.gmu.edu](http://mgta.gmu.edu); [mgta@gmu.edu](mailto:mgta@gmu.edu)

703-993-7101  
 10900 University Blvd., Bull Run Hall 147, MS 1J2, Manassas, VA  
 Teens, Computers, Educational Activities.

## MONTESSORI SCHOOL OF NORTHERN VIRGINIA - CAMP MSNV

Ages: 3-12  
[msnv.org/page/programs/summer-camp](http://msnv.org/page/programs/summer-camp)  
 703-256-9577  
 6820 Pacific Ln., Annandale, VA  
 Day Camp, Drama/Theatre, Field Trips.

## NATIONAL JAZZ WORKSHOP

George Mason University College of Visual and Performing Arts  
 College of Visual and Performing Arts  
 Fairfax, Virginia 22030  
[nationaljazzworkshop.org](http://nationaljazzworkshop.org)  
[mattniess@mac.com](mailto:mattniess@mac.com)  
 (703) 732-2638  
 Ages: Raising 8th grader to attend overnight, younger may be accepted for day camp if they can read music and play an instrument.  
 Day Camp

## NATIONAL JAZZ WORKSHOP

Shenandoah Conservatory  
 1460 University Dr  
 Winchester, Virginia 22601  
<http://nationaljazzworkshop.org>  
[mattniess@mac.com](mailto:mattniess@mac.com)  
 (703) 732-2638  
 Ages: Raising 8th grader to attend overnight, younger may be accepted for day camp if they can read music and play an instrument.  
 Residential Camp

## PERFECT POINTE DANCE STUDIO

Ages: 3-11  
[perfectpointe.com](http://perfectpointe.com)  
[staff@perfectpointe.com](mailto:staff@perfectpointe.com)  
 703-533-8830; 2499 N. Harrison St., Ste. I-LL, Arlington, VA  
 Dance, Drama, Gymnastics.

## PERFECT POINTE (FORMERLY HEARTBEATS) MUSIC & DANCE STUDIO

Ages: 3-16  
[hbeats.com](http://hbeats.com); [staff@hbeats.com](mailto:staff@hbeats.com)  
 703-440-9000; 8060 Rolling Rd., Springfield, VA  
 Teens, Sibling Discount, Extended Day, Arts, CIT Program, Dance, Drama, Gymnastics, Martial Arts, Music.

## PINECREST PAVILION AT PINECREST SCHOOL

Ages: 4-12  
[pinecrestschool.org](http://pinecrestschool.org)  
[camp@pinecrestschool.org](mailto:camp@pinecrestschool.org)  
 703-354-3446; 7209 Quiet Cove, Annandale, VA  
 Sibling Discount, Extended Day, Arts, Computers, Cooking, Drama, Educational Activities, Field Trips.

## RANDOLPH-MACON ACADEMY SUMMER PROGRAMS

Ages: Rising sixth through twelfth grade for residential; rising fifth

through twelfth for day  
[rma.edu/summeradmission@rma.edu](http://rma.edu/summeradmission@rma.edu)  
 540-636-5484

200 Academy Drive, Front Royal, Virginia  
 Residential Camp, Teens, Educational Activities, Field Trips, Music.

## RESTON MONTESSORI SCHOOL

Ages: 3-9  
[restonmontessori.com](http://restonmontessori.com)  
[office@restonmontessori.com](mailto:office@restonmontessori.com)  
 703-481-2922; 1928 Isaac Newton Sq. West, Reston, VA  
 Extended Day, Arts, Field Trips.

## ROBOTICS SUMMER CAMPS

Ages: 6-16  
[robotworkscademy.net](http://robotworkscademy.net)  
[robotworks@cox.net](mailto:robotworks@cox.net)  
 703-364-5418; 8992 Fern Park Dr., Ste. 2, Burke, VA  
 Sibling Discount, Computers, Educational Activities.

## SPORTS CAMP

14849 Persistence Drive  
 Woodbridge, VA 22191  
 (571) 306-3285  
[competitiveedgeva.com](http://competitiveedgeva.com)  
[info@competitiveedgeva.com](mailto:info@competitiveedgeva.com)  
 Ages: 6-13  
 Camp Type: Day Camp, Boys & Girls, Extended Day, Dance, Field Trips, Needs Sports

## SPORTROCK CLIMBING CAMPS - SPORTROCK CLIMBING CENTERS

Ages: 6-16  
[sportrock.com/camps](http://sportrock.com/camps); [jeff@sportrock.com](mailto:jeff@sportrock.com)  
 703-212-7625  
 5308 Eisenhower Ave., Alexandria, VA  
 Day Camp, Teens, Extended Day, Educational Activities, Field Trips, Sports - Extreme, Travel.

## STEAM IN SPACE

Affiliation: Academy of Christian Education  
 10800 Parkridge Blvd  
 Suite 150  
 Reston, Virginia 20191  
 (703) 471-2132  
[info@myschoolace.com](mailto:info@myschoolace.com)  
<http://www.myschoolace.com>  
 Ages: 3 year olds - 6th grade  
 Camp Type: Day Camp, Boys & Girls, Sibling Discount, Extended Day, Arts and Crafts, Educational Activities, Field Trips, Music

## STEAM IN SPACE

Academy of Christian Education  
 10800 Parkridge Blvd  
 Suite 150  
 Reston, Virginia 20191  
<http://www.myschoolace.com>  
[info@myschoolace.com](mailto:info@myschoolace.com)  
 (703) 471-2132  
 Ages: 3 year olds - 6th grade  
 Categories: Day Camp, Boys & Girls, Sibling Discount, Extended Day, Arts and Crafts, Educational Activities, Field Trips, Music

## SUMMER ARTS AT MASON

Affiliation: George Mason University  
 Fairfax, VA 22030  
 Camp Type: Day Camp, Boys only, Girls only

## SUMMER CAMPS AT CAPITAL GYMNASTICS NATIONAL TRAINING CENTER

10400 Premier Ct.  
 Burke, Virginia 22015  
<http://www.capitalgymnasticsntc.com>  
[capitalgymnasticsntc@gmail.com](mailto:capitalgymnasticsntc@gmail.com)  
 (703) 239-0044  
 Ages: Ages 3 and up

## SUMMER DANCE CAMP/INTENSIVE AT THE CENTER FOR BALLET ARTS

Ages: 3-Adult  
[thecenterforballetarts.com](http://thecenterforballetarts.com)  
[ctrbalarts@aol.com](mailto:ctrbalarts@aol.com)  
 703-273-5344; 3955 Pender Dr., Ste. 105, Fairfax, VA  
 Teens, Sibling Discount, Arts, Dance, Drama.

## TEENS TO GO

14 Flints Grove Drive  
 Gaithersburg, MD 20878  
 301-540-4356  
[TeensToGo.ORG](http://TeensToGo.ORG)  
 Director: Manish Shah  
[manish@teenswego.org](mailto:manish@teenswego.org)  
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 Great Falls, Virginia 22102  
<https://travelingplayers.org/>  
[info@travelingplayers.org](mailto:info@travelingplayers.org)  
 (703) 987-1712  
 Ages: 9-17  
 Types: Day Camp, Boys & Girls, Teens, Sibling Discount, Transportation, Drama/Theatre, Hiking, Overnight Camping, Swimming, Travel, Yoga

## YMCA FAIRFAX

County Reston  
 Ages: 3-15  
[ymcad.org/locations/ymca-fairfax-county-reston](http://ymcad.org/locations/ymca-fairfax-county-reston); [Ben.runyon@ymcad.org](mailto:Ben.runyon@ymcad.org)  
 703-652-8006  
 12196 Sunset Hills Rd., Reston, VA  
 Extended Day, Arts, CIT Program, Drama, Field Trips, Hiking, Horseback Riding, Needs Sports, Swimming, Travel.



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 Week 2: August 5–9,  
 9 AM–4 PM

**LOCATION:**  
 Trinity University,  
 125 Michigan Ave. NE,  
 Washington, D.C. 20017





For more information or to register, visit [MedStarNRH.org/adaptivesportscamp](http://MedStarNRH.org/adaptivesportscamp) or call Joan Joyce (202) 877-1420

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[COMPETITIVEEDGEVA.COM](http://COMPETITIVEEDGEVA.COM)  
 571-398-2613  
 LOCATION:  
 14849 PERSISTENCE DRIVE  
 WOODBRIDGE 22191



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YEAR ROUND HORSEBACK RIDING



**301-926-9281**  
5511 Muncaster Mill Rd • Rockville  
[camp-olympia.com](http://camp-olympia.com)  
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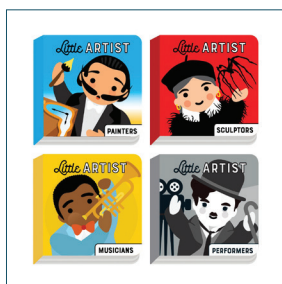
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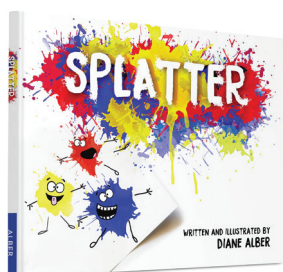
or contact YMCA Fairfax  
County Reston at  
703.742.8800.

Visit **[www.ymcadc.org](http://www.ymcadc.org)**  
for a copy of our  
summer camp brochure

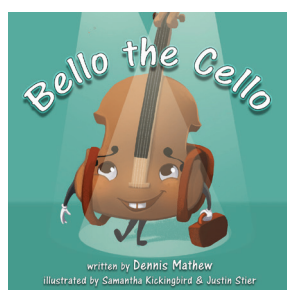


# 6 Children's Books that Spark Creativity

BY WF STAFF



Sometimes all it takes to inspire some creativity and innovation is a good book. From teaching basic shapes and colors to learning about famous artists and self-expression, these children's books will encourage your child to think outside the box.

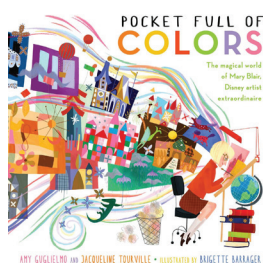


## "Little Artist Board Book"

by Mudpuppy & Emily Kleinman

Ages: Baby-3. This board book set is comprised of colorfully illustrated portraits of visual and performing artists who have made historical impacts on the world. It introduces children to these inspiring artists throughout history with four pull-out sections: painters, sculptors, musicians and performers.

are the questions a young Cello named Bello asks himself as he tries to navigate the novelties of his first day at school. When inspiration from the magical sounds of his new classmates mixes with the encouragement and the gentle nudge of other whimsical characters, Bello arrives at the discovery of his gift, the magic of his song.



## "My First Shapes with Frank Lloyd Wright"

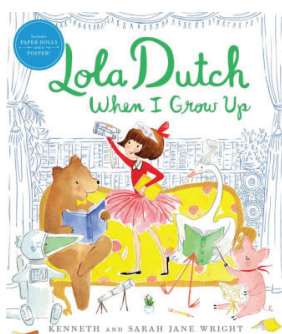
by Mudpuppy

Ages: Baby-3. Frank Lloyd Wright used basic geometric shapes as the foundation for his modern architecture. This book teaches basic shapes alongside this famous architect with each chapter tab focusing on one of three basics shapes: circle, square or triangle.

## "Pocket Full of Colors: The Magical World of Mary Blair, Disney Artist Extraordinaire"

by Amy Guglielmo & Jacqueline Tourville

Ages 4-8. From her imaginative childhood to her career as an illustrator, designer and animator for Walt Disney Studios, Mary wouldn't play by the rules. At a time when studios wanted to hire men and think in black and white, Mary painted twinkling emerald skies, peach giraffes with tangerine spots and magenta horses that could fly. This book showcases how Mary painted her world.



## "Splatter"

by Diane Alber

Ages: 3-6. Red, Yellow and Blue have a hard time working together and realize that teamwork can be pretty tricky to figure out. They have to overcome several obstacles, but learn that with a willingness to try and a little perseverance, they are able to work as a team and appreciate each other's differences too! This bright fun book not only teaches primary and secondary colors, but also sparks creativity as well.

## "Lola Dutch When I Grow Up"

by Kenneth Wright

Ages 4-8. Lola Dutch has many ideas for what she wants to be when she grows up! She could be a magnificent performer, a daring inventor or a brilliant botanist ... there are exciting ideas all around! But Lola is too excited, she wants to try everything. How will she ever decide what she is destined to become? In this story, Lola Dutch is inspired to imagine every way to explore the wonder of her world.

## "Bello the Cello"

by Dennis Mathew

Ages: 3-6. What's my song? Will I fit in? These



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# Celebrate Youth Art Month

BY WASHINGTON FAMILY STAFF

*Youth Art Month is an annual observance each March to celebrate, promote and recognize the value of art and art education for all children.*

*Participating in art can do wonders for your child's development — from aiding in self-expression to developing social skills and increasing academic performance. So take part in the celebration this month and help foster your child's creativity by trying out one of these fun, explorative art events and activities below!*

## ARTFUL SATURDAYS

**Saturdays, 3:30 p.m.-4:15 p.m.**

**Arts Barn, Gaithersburg, MD**

Using an array of mediums, children will get to explore art together in its many forms at Art Saturdays. Your kids will discover colors and shapes while developing fine motor skills and expanding creativity. Each Saturday class explores a different theme, so there is always something new and creative to try out.

## DISCOVERY PACK AT THE PHILLIPS COLLECTION

**Open Tuesday-Saturday, 10 a.m.-5 p.m.**

**The Phillips Collection, Washington, D.C.**

Enjoy a day of art exploration at The Phillips Collection. Take advantage of the museum's Discovery Pack, which is an interactive, all-ages set of cards that guides visitors through the museum with engaging questions and interactive activities. Each card features works of art from the permanent collection.

## YOUNG REMBRANDTS ELEMENTARY DRAWING

**Saturdays, 11 a.m.**

**Centerville Rec Center, Centerville, VA.**

Does your child love to draw? Sign them up for an exciting Young Rembrandts drawing class where they will learn about basic design and composition. Students will get to draw compositions that match their interests. Along with strengthening their drawing skills, kids will also learn about art history and find inspiration from famous artists.

## STUDENT YOUTH ART MONTH EXHIBIT

**Saturday, March 2, 3-5 p.m.**

**Delaplaine Arts Center, Frederick, MD.**

Delaplaine Visual Arts Education Center celebrates Youth Art Month by housing Frederick County Public Schools' All-County Student Art Exhibit. The exhibit will feature more than 300 imaginative creations from each public school. Come out and support these young budding artists!

## EXPLORE WITH THE NPG!

**Tuesday-Sunday, 11:30 a.m.-6 p.m.**

**The National Portrait Gallery, D.C.**

Let your kids explore the wonderful world of portraiture at the National Portrait Gallery. Little art lovers will get to trace each other's silhouettes, pose for a projected video art piece and build faces out of illustrated blocks — all in an age-appropriate setting. This fun series is intended for ages 18 months to 8 years old.

## ART FAMILY PLAYDATES AT THE PHILLIPS COLLECTION

**Saturdays, 10:30-11 a.m.**

**The Phillips Collection, D.C.**

Join The Phillips Collection for their weekly Saturday family-friendly playdates. Have fun exploring galleries with hands-on activities specifically designed for kids and hang out in the children's art book nook with an artful read-aloud. Plus, attendees will get the chance to visit the new family gallery, which includes specially-selected art pieces that are displayed at children's eye-level.

Each of the kid-friendly spots also include conversation prompts on the wall to better engage your little ones. Recommended for ages 4 to 8 years old.

## NGAKIDS ART ZONE

**National Gallery of Art Online**

Observe some of the greatest art masterpieces of all time while also making your own masterpieces right at home. Art Zone at the National Gallery of Art is an interactive online program that introduces kids to art and art history. It also features a variety of art-making tools that encourage exploration and creativity — just download the app to your Macintosh or Windows-based computer.

## YOUTH ART MONTH EXHIBIT AT RESTON COMMUNITY CENTER

**March 1-29, Open 9 a.m.-9 p.m.**

**Reston Community Center  
Lake Anne, Reston, VA.**

To celebrate National Youth Art Month, students from Langston Hughes Middle School have created a special exhibit of artwork to be displayed in the Jo Ann Rose Gallery and 3-D Gallery at Reston Community Center Lake Anne. Browse through the exhibit to see the original works as well as other public art projects that have been created within the school communities. ■



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# Loving Fully in an Unfair World

BY KATHRYN STREETER

**T**oday, a bird slowly died in front of my children. The impact against our sliding glass doors was deafening. Housebound by a winter storm, the kids and I quickly abandoned our hot chocolate in our rush to discover that a bright crimson cardinal had struck the glass. It now lay helpless in the snow.

**Be honest and don't construct a cover-up. What's been seen can't be unseen:** I watched, helpless to intervene or make my kids unsee this tragedy. The suffering we were witnessing elicited, "Mom, let's help it!" "Should we bring it inside and nurse it?" "What do we do?" "Poor bird." Our 12-year-old's large eyes were brimming with tears. Her younger brother couldn't look

surrounding them they cherish. In the case of my children, it was their stuffed animals — each complete with name and personality.

As enjoyable as it was for me to witness the creative powers at work in my children's play, I knew that the depth of attachment would create a storm of trouble if any of these animal kingdom favorites were lost. After all, these were real as flesh and blood friends in my children's world. On many occasions, we did come close to losing a stuffed friend. At the grocery store, in the airplane, on the sidewalk, silently fallen out of the stroller.

In every instance, the look of shock and pain in the affected child's eyes was a small step into the brutal world, where fierce

Show sensitivity and respect  
for their particular attachments:  
Unlike adults, children fall in love  
fearlessly, without baggage.

away. I wanted as badly as my kids to watch this bird miraculously fly away. But the cardinal grew still and we, silent, mourning the loss of an innocent bird.

**Show sensitivity and respect for their particular attachments:** Unlike adults, children fall in love fearlessly, without baggage. Maybe it's toys as much or more than the people

affection is often accompanied by sorrow, a pain equal to the love.

**Validate their emotions:** "It's not fair!" My children had never before seen the bird that died in front of them. Yet, its death prompted a flood of tender-heartedness and compassion. I heartily agreed with them, that what happened wasn't fair. But life isn't either, something more



appropriate to discuss later, after emotions had settled down.

My present task was to help them process and understand how to grieve, recover and bravely move on. I wanted them to be unafraid to continue loving, to grow attached again and open up to profound feeling and potentially, hurt.

**Provide closure appropriate to meet the situation:** Together, we forced open the glass patio door barricaded by snow. We squatted down around the bird. With the utmost care, we gingerly scooped it into a shoebox.

We headed to nearby woods with the box. I was last in the procession, with my husband in the lead, carrying the coffin. With hands jammed into coat pockets and shoulders raised to resist the cold, our hatted, hooded kids walked between us.

We took turns shoveling the earth to create a tiny resting place. Our daughter gently turned the box on its side. The

quiet bird rolled snug in the tight, humble grave. We said, "Good-bye, bird. It's not your fault. You didn't deserve to die." Very gently, we smoothed chunks of snow over our homemade grave.

**Project a posture of steady hope:** "It's good we could give the poor bird a proper burial," our daughter whispered.

It was good. Though it required great effort, it was the right thing to do. I was grateful she recognized this. At 12, she embraces life with open arms but along the way, she will feel life's unfairness cut deeply when bad things happen to the underserving, as she witnessed in this bird's death.

With every crushing heartbreak, I hope she refuses to harden and withdraw. I hope she'll guard her soft heart, and actively continue loving. ■

Kathryn Streeter is a D.C.-based mom and blogger.



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