

Cures for Back to School Jitters!!!

Are your kids coming down with a bad case of back to school jitters? Here are the kid tested cures for the top 10 school worries!

- 1. New Classmates:** Your attitude is everything! Share from your personal experience of making new friends. "A new room of classmates is like going into a mansion with several doors. Open each door and see what's inside. You may find a treasure of a friend!"
- 2. New Teachers:** Try to schedule a brief introduction time with the teacher a few days before school starts. (*This would be ideal, especially if your child is starting a new school!*) Often just seeing the teacher and the room will ease concerns. Speak positively about the new class and the exciting year ahead. Your enthusiasm will give them positive outlook.
- 3. Being Prepared:** Some children worry about having all the supplies they need to get through the day. Enlist your child in the planning for the first day of school - this gives a sense of control and independence. Organize supplies, clothing, lunch money and snacks the night before school to ensure a smoother start to the day.
- 4. Getting Lost:** It is extremely comforting for younger students to visit their new school ahead of time in order to see their new classroom or walk down the school's hallways before the hustle and bustle of the first day. Many school's provide a day during registration or the week before. Call your school office to make arrangements.
- 5. The Bathroom:** You can help by making sure your child knows where the bathrooms are located, how to take care of their bathroom need independently (*leave the zippers, snap leotards and more complicated jumpsuits in the drawer*). If your child expresses concern about meeting up with new or older children, help develop and practice brief responses to any comments or inquiries she might encounter. Practicing social situations ahead of time is always a great way to develop confidence and problem solving.
- 6. Making the Grade:** Children can "stress-out" about the workload or the increasing level of difficulty of a new grade.
Reminders of academic and or personality strengths are in order here. Let your child know you and the teacher are there to assist and encourage their efforts. Being assured of parental support during successes as well as failures can aid a child's overall academic performance and develop trust. Stress the importance of excellent efforts instead of grades, and the value of learning as opposed to "performing". If the fear of failure exists from past performance, provide support systems: tutoring, extra study time or special placements.
- 7. Lunchtime:** Children come up with worries that you never thought of...How will I pay for my lunch? - Where will I sit? - What if I don't finish...or don't like the food. First tip - Send in a lunch from home as long as you need to. Be sure to pack food your child likes and in packages they can open. (*A good idea for the younger ones is to have them open the containers at home - not all lunch aides are helpful*). - When they are acclimated to their new dining arrangements they may show interest in buying lunch. By that time they will have checked it out.
- 8. Fashion:** Although I hate to admit it...this matters to kids - - - especially in the older grades. Before shopping, go through catalogs and magazines to get an idea of what your child wants to wear. Encourage independent style and self expression. Working as a team in this area can be frustrating but if your child likes their wardrobe - - - everyone is happier. Check with your school for any dress-code regulations.

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Fall 2008

Local Library Hours



Macomb County Library

586-286-6660

www.libcoop.net/mcl/

Mon - Thurs: 9 a.m. - 9 p.m.

Fri - Sat: 9 a.m. - 5 p.m.

Armada Free Public Library

586-784-5921

Mon - Tues: 12 p.m. - 8 p.m.

Wed - Thurs: 9 a.m. - 8 p.m.

Friday: 9 a.m. - 5 p.m.

Saturday: 10 a.m. - 2:00 p.m.

Clinton-Macomb Public Main

586-226-5000

Mon - Thurs: 9 a.m. - 9 p.m.

Fri - Sat: 9 a.m. - 6 p.m.

Sunday: 1 p.m. - 6 p.m.

◆ North/South Branches are the same hours, but are not open on Sunday.

Fraser Public Library

586-293-2055

Mon - Thurs: 10 a.m. - 8 p.m.

Fri - Sat: 10 a.m. - 5 p.m.

St. Clair Shores Public Library

586-771-9020

Mon - Thurs: 9 a.m. - 9 p.m.

Fri - Sat: 9 a.m. - 5 p.m.

Shelby Township Library

586-739-7414

Mon - Thurs: 9 a.m. - 8 p.m.

Fri - Sat: 9 a.m. - 5 p.m.

Sterling Heights Public Library

586-446-2640

Mon - Thurs: 9:30 a.m. - 9 p.m.

Fri - Sat: 9:30 a.m. - 5 p.m.

Sunday: 1 p.m. - 5 p.m.

Warren Civic Center Library

586-751-0770

Mon & Wed: 12 p.m. - 8 p.m.

Tues & Thurs: 9 a.m. - 8 p.m.

Fri & Sat: 9 a.m. - 5 p.m.

Hours effective after Labor Day

Reading Tips

Parents can make reading with their children part of the daily routine. Reading together can become an important part of the bedtime ritual. Here are some additional suggestions for making reading together, a pleasurable experience.

Make reading a part of every day. Read at bedtime, on the bus or whenever your child needs a quiet break.

Have fun. Children who love books learn to read. Books can be part of special time with your child.

A few minutes is OK. Young children can only sit for a few minutes for a story, but as they grow, they will sit longer.

Talk about the pictures. You do not

have to read the book to tell the story.

Let your child turn the pages. Babies need board books and help to turn pages, but your three-year-old can do it alone.

Show your child the cover page. Explain what the story is about.

Show your child the words. Run your finger along the words as you read them.

Make the story come alive. Create voices for the story characters and use your body to tell the story.



Make the story come alive!

Ask questions about the story. What do you think will happen next? What is this?

Let your child ask questions about the story. Use the story as an opportunity to engage in conversation and to talk about familiar activities and objects.

Let your child tell the story. Children as young as three-years-old can memorize a story and many children love an opportunity to express their creativity.

Source: www.misd.net

Cures for School Clutter

You've thought about preparing your kid's for school, but what about your house? Included with the new school routine, are the backpacks, sports bags, flyers, permission slips, lunch bags, book orders ... Take the time to prepare your house and your lifestyle for a stress free routine using these ideas created by busy moms!

How To Build A School Station Start with an old bookshelf as the main "school-station". Your child can help paint or design it to their style.

- ♥ Add strong hooks with short screws to the outside of the shelf for back pack, hat, coat...
- ♥ A milk crate on the bottom shelf can hold umbrellas or other large items.
- ♥ Cut the top and back of cereal boxes to make "IN - OUT" boxes. Your children can help you cover them with wrapping paper.
- ♥ A clean yogurt container can hold lunch money.
- ♥ Attach a dry erase board onto the side for important dates and reminders. "Tuesday is library day!"

Keep this shelf in the entry way, kitchen

or somewhere close to the door. Make it part of the evening routine to go through it to see completed work, schedule checks, etc.

TIP:

If you have more than one child you can divide the shelf in half. Paint with two colors, hang twice as many hooks, etc.

Easy Organizing Tools

If you don't have the time, space, or desire to create a school shelf, try these time and space saving tips. The more organized you are the more organized your student will be - - - Can't make any promises but, it's possible that the morning routine will be a bit smoother as well.

- ♥ **A Solution for Larger Art Work and Projects** At the beginning of the school year visit your local pizza parlor and ask for some un-used large pizza boxes (they may provide them for free or less than \$1.00). Let each of your children decorate and label them with name, grade and year. Use the boxes to store those projects you don't want to

throw away. These boxes will store easily under the bed.

♥ Quick Tip for Papers, Library Books and Show & Tell

Hang an inexpensive three tier wire basket for each child in the kitchen, family room or bedrooms. Keep permission slips, library books that are due, and homework safe from the dog!

♥ **Keep important papers in order** This idea is especially helpful if you have more than one

child... Purchase two inexpensive report folders with pockets - select a color for each child. Cut them in half or open and fold to expose the pocket. Use a hole punch at the top and hang on the "fridge" with a magnetic hook. Let your children decorate the folder with stickers and write their names. These are great for permission slips, sports forms and book orders.

- ♥ **No more smelly lunch boxes** Pour a bit of baking soda in the bottom every night. Shake or wipe it out in the a.m.

Source: www.amazingmoms.com

Back to School Lunch Tips

You've likely prepared hundreds of lunches over the years. If you can't bear to pack another PB&J, use these tips to plan for a year of fun and nutritious school lunches that your child WON'T want to trade!

Plan Ahead It's tempting to revert to packaged junk food or boring lunches when you're short on time. Planning ahead will help you feel better about what your children are eating.

Involve the Kids Children are more likely to eat what they've prepared. Discuss a lunch menu, and try new recipes and fun ideas. Add these items to the grocery list.

Taste Test Trying new foods is important, but a school lunch is not the time to pack foods that have yet to pass your child's taste test. Try new things at home first and keep a list of favorites.

Get Organized Once the menu items are purchased, spend some time on early preparation; grate cheese, wash fruits and vegetables, prepare snack mixes, and dips, cut grapes into clusters, place juice boxes in the freezer etc. This will take about an hour of your weekend, but will save so much time during the week!

Storage Issues Who has time in the morning to rush around looking for plastic containers, not to mention matching lid? Before the school year begins, treat yourself to a new set of plastic lunch containers. Store them where the kids can reach with zip-top bags, lunch bags, thermoses, wood craft sticks for spreading, plastic spoons, forks, napkins and straws. Every so often check to see if it's time to re-stock or even better ask the kids.

EWV, Gross Mom! Keep hot foods hot, cold foods cold and sandwiches from getting soggy. Purchase and use thermoses for their intended purpose. Freeze juice pouches and boxes, they'll help keep things cold (*Place them in a plastic bag to avoid condensation moisture*). Pack lettuce and tomato separately to be added to sandwiches when they're ready to eat. Save or purchase ketchup, mayonnaise and mustard pouches to add to sandwiches at school (too hard for little ones).

How to Keep Apples from Turning Brown Keep a small water spray bottle



Try new foods before packing them in their

filled with lemon juice and water in the fridge. Spray cut apples before packing.

Include these items in your back to school shopping so you'll be prepared to make a fun lunch every day!

- ♥ Large set of kid's cookie cutters; animal shapes, holidays, letters, and a variety of objects.
- ♥ Stickers, stickers and more stickers. Pick up the packages that are on-sale to use throughout the year.
- ♥ Check out your party supply store for discontinued packs of napkins on sale, or better yet clearance. Select favorite characters, themes and holidays.
- ♥ Stock up on some "thinking of you cards" or cute note paper. Include one every so often in your child's lunch, especially if you know they've had a bad morning or are worried about a test in school. That little extra can make a world of difference and be just the thing they need to get them through their day.

Source: www.amazingmoms.com

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9. **Scheduling:** Address concerns about dropping off, picking up and after school plans clearly and repeatedly. Older "latch-key" students should practice the routine before school begins. Middle school students who worry about changing classes, lockers, etc. may only need a few reminders that everyone is in the same boat. Most schools have a couple of days for practice.
10. **Getting To and From School:** Have you ridden on a school bus lately? It can be overwhelming to say the least! The noise, "big-kids" and confusion combine to make this a common fear for younger students. Especially very young students who cannot even see out the window to ensure that are at the right stop. There are several solutions to this problem and you may need to try them all: - First decide how important it is for your child to take the bus. Many students get a ride until second grade. - Drive the bus route several times before school starts. - Obtain the bus number from your district office before school starts. Practice this

number ahead of time. - Invite the neighbors to have a picnic at the bus-stop. - Listen to your child....if they are frightened, address the problem with the bus-driver and supervisor.

Several years ago my first grader was excited about the bus ride. It took a week for the novelty to wear off. Soon he was arriving home with headaches, getting picked on by "big-kids," and hit by his peers. Although his driver was a caring fella' he simply could not drive safely and address the needs of every child. Complaints from my son increased, only they grew into school in general. After talking to his teacher we realized it wasn't the school day, but the bus-ride. His teacher very gently asked my husband and I, "Is it necessary for him to ride the bus?" Well....DUH! I gave him and three other students rides for the rest of the year. It simply wasn't worth ruining his academic attitude.

Source: AmazingMoms.com—by Kit Bennett and the Bennett kids

Fall Family Events at Mt. Clemens Farmers Market

September 20th - Spud-tacular and Pig Roast - 10 a.m. until sold out. Baked potatoes and toppings and roast pork sandwich/meal till they run out. *(At time of publication, price of potatoes was noted to be around \$1, but no price for the meal was available yet.)*



October 4th - Apple Festival - 10 a.m. Free cider samples and donuts while supplies last. Guess the # of apples in a bushel contest. Prizes - 3 gift certificates for local restaurant.

October 25th - Pumpkin Party & Pig Roast - 10 a.m. Free small pumpkins to kids, while supplies last. Pig Roast until sold out. Guess the weight of a large pumpkin. 3 prizes for the closest guessers.

The Farmers Market is located on North River Road between I-94 and Northbound Gratiot. The market is open every Friday & Saturday through November. Visit www.mountclemensfarmersmarket.com for additional information.

Glue Ghosts

These little ghouls are absolutely adorable and require only glue, imagination and a little bit of patience!

What you'll need:

- ~ White school glue
- ~ Waxed paper
- ~ Wiggle eyes
- ~ Felt, buttons, pom-poms, etc (all optional)

How to make them:

1. Place a piece of waxed paper on a flat surface.
2. Squeeze glue from the bottle into the shape of a ghost.
3. Place wiggle eyes into the glue.
4. If you would like to decorate your ghosts, use felt, buttons or whatever you like to add character.
5. Set aside in an out-of-reach area to dry overnight.
Note: Expect them to take all night-and possible a few hours more to dry completely.
6. Once dry the ghosts will look like they blend into the waxed paper. Carefully peel them off the paper and use them as decorations around the house.



Source: www.crafts.kaboose.com

ZOO BOO 2008

Zoo Boo, presented by Meijer is the Detroit Zoo's annual family friendly Halloween event. Zoo Boo is a merry, not scary, Halloween celebration with a cleverly decorated half-mile trick-or-treat trail through the Zoo. Live friendly entertainment awaits your costume-clad little ones in the Zoo Boo Revue tent, and they will be delighted to try their luck in the Ghoully Games tent, sponsored by Blue Care Network! Be sure to stop by the Haunted Reptile House and visit the ghosts and goblins who have made the Reptile House their home for the holiday season and take a ride on the new Wild Adventure Ride, Dracula's Haunted Castle (additional \$2 per person), sponsored by State Farm.

Members can purchase their tickets starting Tuesday, September 2 at Guest Relations and at Window 1 in the front of the Zoo, or by visiting the Detroit Zoo website www.detroitzoo.org. General public tickets go on sale October 1 at the front of the Zoo and on the website. Tickets are \$6 for ages 2 and up. If a date and time slot is not sold out, a limited number of tickets will be available at the gate after 5:00 p.m. that day for \$10 per person.

Zoo Boo is on October 17-19, 24-26 and 30-31, and tickets are available for the following times each evening: 6:00, 6:30, 7:00, 7:30 and 8:00pm. This event does sell out, so purchase your tickets early! For further information, check out the Zoo's website at www.detroitzoo.org. Zoo Boo is a rain or shine event. No refunds will be issued.

Education Expo 2008

The Cranbrook Institute of Science is offering a FREE day on Sunday, September 28, 2008, from 11 a.m. - 4 p.m.

EXPLORE the exciting attractions at the world-renowned Cranbrook Institute of Science! Families are welcome to enjoy FREE museum entrance, FREE activities, and receive the latest and greatest information on what's new in education from over 65 exhibitors.

Go to www.metroparent.com to request your tickets and your information packet.

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