Winter 2019

The Main Line

# EDUCATON

Sulae

Special supplement to

MAINLINE medianews

A EDUCATION | MAIN LINE TIMES & SUBURBAN SUNDAY, JANUARY 20, 2019

#### **EDUCATION**

## Eight things to consider when choosing a high school

ture often involves having a may have different assets or art. strong educational foundation upon which a secure and financially rewarding career can be built. While many students and families give ample thought to where they will attend college, taking such an approach to high school can be beneficial as well.

High school is a critical time in a child's life. Many students simply attend their local public high schools, even if that school may not learn the best. be the best fit for the student. It behooves families to investigate other possibilities they have to ensure teenagers end up in the right academic environment during high school.

Public schools, private/religious institutions and spe-

Planning ahead for the fu- cialty and vocational schools communications, business that set them apart. Therefore, students and their parents can look at various factors to determine which and tools for success.

> 1. Identify needs and wants. Have a frank discussion as a family regarding what the student is looking to get out of the high school The number of students on experience, as well as which campus and teacher-to-stusettings help him or her dent ratio can affect how

2. Look at programs offered. Schools vary in their offerings. Comprehensive high schools offer a smorgasbord of courses to appeal to as many students as possible. Magnet or specialty schools may have special-

3. How much college prep is desired? While most schools offer Advanced Placement courses that can school will present them translate into college credit, with the right environment some offer specialty tracks that enable high school students to earn a high school diploma and associate's degree concurrently.

> 4. Check out campus size. some students learn. Social kids may like big schools, while an intimate setting may bring others out of their

5. Consider religious affiliations. Many families like a faith-based program, and religious schools often blend Article courtesy of ized focuses, such as STEM, faith into their curriculum. MetroCreative

6. Pay attention to finances. Tuition costs can impact which school a student attends.

7. Map the school location. Decisions also can be based on how close a school may be. Long commutes can eat into extracurricular activities or family time.

8. What clubs and activities are offered? School decisions also can be based on the activities that help develop well-rounded students. Athletes may seek schools with strong sports programs, for example.

Students can explore all possibilities in their local areas and beyond when determining where to attend high school.



Academics, college preparation, campus size and extracurricular activities all should be considered when choosing a high school.

#### **EDUCATION**

## How to ease your child's transition to a new school

school can be a tall order for may experience difficulty youngsters. Children who assimilating into their new change schools may face a schools. Though there's no host of challenges that studies suggest can affect both their social and academic development.

In a 2010 study that followed students who entered kindergarten in 1998 through 2007, the Government Accountability Office found that 13 percent of students changed schools four or more times by the end of eighth grade. Such mobility can adversely affect students, as a study of 13,000 students in the city of Chicago found that children who had changed schools four or more times by the sixth grade were roughly a year behind their classmates.

In addition to the toll transferring schools can

Being the new kid in performance, students also mends parents of students. That means kids will get formula to make such transitions easier, parents can help their kids successfully adjust to new schools.

• Speak with children about the transition. Pathways.org, a not-for-profit organization devoted to providing free child development information to parents and health professionals, recommends parents speak with their children to parents' jobs or finanabout transitioning to a cial instability. Parents on new school. Encourage chil- the lookout for a new job or dren to share what excites those who may need to reand worries them about the locate for financial reasons transition. The way parents discuss transitions can go how kids view the change.

who are transitioning to a time to make new friends. new school do their best to replicate first day of school routines from years past. Some familiar traditions try various strategies to might help calm kids' concerns about their first day in a new school.

 Assimilate into a new community before the school year begins. The education resource Edweek. org notes that the most common causes of students changing schools are residential moves related may want to delay moving until the current school a long way toward shaping year has ended. Moving between school years gives • Stay true to your rou- families time to acclimate take on their academic tine. Pathways also recom- to their new communities.

Some familiar faces on the first day at a new school can go a long way toward alleviating the fears children may have.

 Volunteer at your child's new school. Parental involvement at school can have a profound impact on children. The National Education Association notes that children whose parents are involved at school are more likely to perform academically than students whose parents are uninvolved.

In addition, such students are more likely to to a new school may benefit have good attendance and from parental involvement exhibit stronger social skills even more than other stuthan children whose parents do not involve them- ents approach a new school selves in their children's with excitement and energy school. It stands to reason may inspire children to folthat students transferring low suit.



PHOTO COURTESY OF METROCREATIVE

dents, as seeing their par-

Transitioning to a new school is not easy for many students. But parents can help smooth that transition in various ways.

Article courtesy of MetroCreative

### Friends School Haverford — discover the 'power of small'

a school with an excellent teacher-to-student ratio, we to responsively support every child.

individualized to meet each student's unique learning needs. Using a workshop model, teachers follow up lesson introductions, facilitating project-based work with individuals, pairs and Students' strengths are celebrated and challenges are supported.

A rich, student-centered curriculum drives instruction. Having continuity and clarity both within and across grades and disciplines allows us to create riences for our students.

of all kinds are celebrated

At Friends School Haver- community. We believe that climb, actively engage with ford, we are able to exploit growing up with friends the "power of small." Being who are different than one-velop deep relationships self is of immense value.

Learning and the comare nimble, which allows us munity in which that learn-doors. ing takes place are inextri- Classroom instruction Quaker school. We strive to technology classes meet is highly differentiated and be, in the Quaker phrase, a community of "Seekers after Truth." The values, or school experience. testimonies, that comprise our mission are Simplicity, Guided by Quaker Peace, Integrity, Commu- principles since its nity, Equality and Steward- founding in 1885, ship of the Earth. We em- Friends School Haverford small groups of students. ploy Responsive Classroom provides an intellectually and Zones of Regulation rich program to an curricula to create and sustain a schoolwide culture of school family. We kindness.

> learners who both adopt respect, integrity and and develop best practices in education.

meaningful learning experecess are important com-kindness. Friends School ponents of our curricu- Haverford graduates are • Diversity and difference lum. We believe that children need regular oppor- forth with boldness of and embraced by the school tunities to explore, run, intellect and character.

their environment and dewith peers. Students spend at least an hour a day out-

• Music, art, Spanish, cably entwined. We are a physical education and multiple times per week, rounding out an exquisite

intentionally diverse promote academic • Teachers are lifelong scholarship, creativity, self-awareness with a commitment to creating a • Outdoor education and culture of stewardship and uniquely prepared to go



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Malvern Preparatory School is an Augustinian School, Catholic and Independent for young men in grades 6-12.



## Delaware Valley Friends welcomes new therapy dog

DVFS welcomed their labradoodle who has been she is a new member of the

newest faculty member in trained as a therapy dog. counseling staff at DVFS, Lucy is named after famous where her primary duty is Lucy is a 6-month-old Quaker Lucretia Mott, and to offer comfort and snug-

Lucy has received extensive training through Ultimate Canine located in Indiana. DVFS chose Ultimate Canine for its thorough and intensive training program, which exceeds the AKC (American Kennel Club) requirements. Additionally, Ultimate Canine provided extensive training and certification to four handlers at the school.

Why a therapy dog?

Therapy dogs have been active in school settings for several years and are growing in popularity due to the benefits dogs bring to a community.

They help children learn compassion, empathy, responsibility, respect and self-discipline.

Trained therapy dogs offer comfort and non-judgmental love. Studies prove that even a brief time with a dog can decrease levels of anxiety and increase emotional security.

In her short time on the job, Lucy has visited classrooms, been an attentive listener during lower school reading time, snuggled with students in the counselors' offices, posed for her adoring "pupparazzi" and provided joy to all!

Lucy was introduced to the community during an all-school gathering on Dec. 5, and while the students were very excited to welcome her, they demonstrated great kindness and consideration in not overwhelming Lucy as she was getting used to her new surroundings.

She spent the first couple of days in training with her four handlers: Upper School counselor Beth Gray, Lower School Assistant Director and Lower and Middle of Diversity, Equity & In- teract with her while she is School counselor Christy clusion Nic James.

son Seggern and Director permission to pet and in- of the DVFS family.

wearing her working har-All of the students have ness - and she has quickly

### Delaware Valley Friends School Building bright futures for students who learn differently

#### Lower School -

**GRADES 3-5** 

Closing the gap in foundational skills at just the right time



Middle School **GRADES 6-8** Rediscovering excitement in learning

**Upper School GRADES 9-12** Preparing for success

in college and beyond



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DVFS is the only area Quaker school dedicated to educating students with learning differences in elementary through high school.

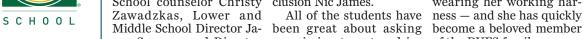
Learn more at www.dvfs.org/admissions See our video at www.dvfs.org/video



**GRADES 3-12** 

Ѕ 610.640.4150 🙆 19 E. Central Ave., Paoli, PA





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#### **EDUCATION**

### Haverford School, Timothy School share close relationship

The all-boys Haverford School and The Timothy School, which serves children with autism, have enjoyed a close partnership for more than 15 years.

The students exchange as pen pals and also participate in a one-day school exchange. This fall, students from The Timothy School visited The Haverford School to participate in an art project, visit a music class, play on the sports fields and par- to each other, The Haverford ticipate in classroom projects. The Haverford School students will visit The Timothy School this spring.

"This is the best lesson I teach my boys all year - to be accepting of people, to make a friend and to be a friend," said Kate Thorburn, a third-grade teacher at The that those kids can be very Haverford School.

Students have developed close bonds through the different activities throughout the year.

Vaughn, a third-grader at The Haverford School, said, "I learned that no matter letters throughout the year who it is, no matter how uncomfortable it might be at first, no matter how different somebody is from you ... that doesn't mean you can't have a great time with each other."

"When we visit and write School boys learn that our students are individuals with many skills, and that The Timothy School students can be a lot of fun," said Christine Moran of The Timothy School. "Our students learn that they can interact with typically developing kids and caring and very kind."



#### Ecole Française Internationale de Philadelphie

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150 N Highland Avenue • Bala Cynwyd, PA 19004 • (610) 667-1284 • www.FrenchSchoolPhila.org

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Middle School Entrance Exam January 26 Middle & High School Practice Exams March 2 Experience ND Day March 27



A Catholic, independent school for young women in grades 6 through 12 EDUCATION | MAIN LINE TIMES & SUBURBAN

#### **EDUCATION**

## Nationally recognized psychologist, author to speak at Woodlynde School

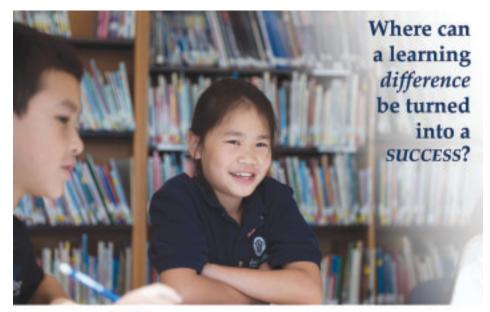
Dr. Frances Sutherland, a nationally recognized psychologist and author from Bryn Mawr, will make executive functions and ADHD/ADD understandable for all of us when she speaks at The Literacy Institute at Woodlynde School on Wednesday, Jan. 30, at 7 p.m..

Dr. Sutherland's book, "From Morning 'Til Night: Perspectives on ADHD and Its Management," will soon be published. Parents, educators, young adults and other professionals will have a clear understanding of what these behavior patterns mean and how a multifaceted plan effects positive, family oriented improvements.

This event is free and open to the public.

Register at www.wood- Dr. Frances Sutherland lynde.org/literacyinstitute.







Open Houses: The second Tuesday of every month October - May at 8:45 a.m. | www.woodlynde.org

#### **EDUCATION**

## Organized lockers keep students on track

dent's home away from The following tips can help home. Spending an aver- students stay organized this age of six hours per day and five days a week, 10 months a year in the classroom or space. Space is limited, but on campus, students may feel as though they spend ers can be that much more more time roaming school functional. Insert a regrounds than they do relaxing at home.

personal items and meet up with friends each day. Organized lockers may help students handle all of their responsibilities more capably.

Developing organizational habits early on is a of weight. worthwhile lesson for students, helping them avoid tardiness and keep their assignments in order.

Students typically keep only makes it more chal- lated items will be together. MetroCreative

School is often a stu-lenging to stay organized. school year.

 Make the most of locker with some additions, lockmovable shelf to double the space available. Metal place to store supplies and be effective if they aren't overloaded.

> Install adhesive hooks on the door or an inside wall of the locker to hang clothing, bags and more. Invest in hooks that can hold a lot

 Organize books by class. Keep books organized by class schedule so that books can be grabbed quickly during period changes. Put a number of items in rela-folders and notebooks with tively small lockers, which the textbooks so that all re- Article courtesy of

 Add some personality. The Container Store suggests adding color and function with magnetic accessories to liven up the space. Dry-erase calendars, pencil/pen containers, a mirror, cubbies for notes and other tools and magnetic picture frames are some ideas.

SUNDAY, JANUARY 20, 2019

• Keep on top of trash. Lockers can be havens shelves are preferable, but Routinely clean out the for students, giving them a adjustable plastic ones can locker if things become unruly. Tucking a small waste pail in the bottom of the locker can be handy for taming garbage. Otherwise, periodically clean your locker during afterschool hours, emptying it of old assignments and taking clothes home for laundering.

> Keeping an organized locker can help students thrive in the classroom.



PHOTO COURTESY OF METROCREATIVE

## Kimberton Waldorf School expands pre-K program



School has experienced unprecedented growth across the entire school but particularly in the area of parentchild classes and the pre-K programs (called the Rosebud Garden), requiring the school to look at ways to accommodate enrollment.

"Parents are looking for more play-based education instead of high-pressure academics at an early age," says Tammi Stein, enrollment specialist.

to be the case with over 60 new enrollments from parent-child through 12th grade just this year.

Rosebud Garden is held in an 1845 farmhouse and maintains a warm, homelike environment, allowing Team and teachers, devel-

Kimberton Waldorf a comforting and soothing daily routine of play and imitation of chores. Children are invited to explore and assist with tidying, cooking, baking and plenty of time outdoors. Recent research has shown that play-based education that embodies a plethora of activities integrated in the school day encourages school readiness, builds academic capacities and creates a lifelong love of learning.

The loving, natural en-This certainly seems vironment has attracted so many new families the problem of how to extend this experience to more people.

> The school's board, working with the Governing completed in late spring.



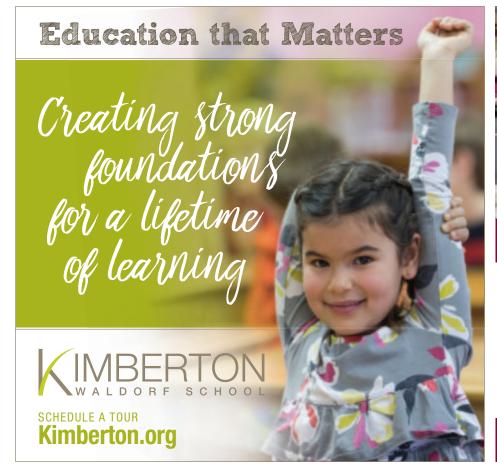
school was faced with the tirelessly to find the re- ing applications for its parsources to make the vision a reality.

Renovations are underway and are expected to be to attend an open house

Kimberton Waldorf children to be immersed in oped a vision and worked School is currently accept- more information.

ent-child and preschool classes for the 2019-2020 school year. You are invited event or schedule a tour.

Visit kimberton.org for





OPEN HOUSE Grades K-12 | 11 am - 1 pm Kindergarten Discovery Day | 9 am - 10 am 5th and 6th Grade Scholarship Exam | 8:45 am

Register Online: www.SHAbrynmawr.org | \*snow date feb. 9

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# Managing stress, preparing students for learning at Media-Providence Friends School

Imagine, you are visiting seventh-grade science at Media-Providence Friends School with Teacher Darvl ... physics! The word itself could cause one's heart to Breathe out: science. cused and alert brain.

At MPFS, seventh-graders are transitioning from ting, sharpening pencils, rummaging through backpacks.

T. Darvl cues a student, "Remember, you're our today; get ready to start."

The child dims the lights, sits on a stool at the front of the room, closes his peace."

The class inhales.

"Breathe out: calm."

Darvl exhale.

Breathe in: strength. Breathe out: pride."

This may seem like an development. their previous classes, chat- odd way to begin a science class; however, this kind Center of the Developing of exercise is scientifically Child outlines three levels proven to prepare the brain of stress. Not all stress is for learning!

Learning to Breathe person how controlled breathing affects levels of the "stress hormone" noradrenaline. learners. This two-minute opening activity sets the stage for a eyes and says, "Breathe in: relaxed and alert brain to

Media-Providence

Though they may have entered stressed about a math The whole class and T. test, students have the opportunity to begin their "Breathe in: focus. physics lab with a more fo-

> Stress is part of our everyday lives, at all stages of

Harvard University's bad. Learning to manage Current research shows stress is a skill to practice - a muscle we need to exercise — to become resilient

> How do we help our children build these skills?

At MPFS, teachers work soak in science learning. on these skills intention-



Elementary school students participate in a yoga and meditation class to encourage mindfulness and healthy habits.

Friends School

Summer Friends Camp: June 17th-August 16th

Spring Open House Date: March 16th at 9am

RSVP Today at mpfs.org/rsvp

Age 3-Grade 8 · 125 W 3rd St · 610-565-1960 · mpfs.org

ally. On any given day, you from journaling to physical Horatio Sanchez find teachers implement- activity). ing brain breaks, moments breathing activities.

our students manage stress and become kinder, happier and more compassionate people.

Susan Kaiser Greenland's book, "The Mindful Child." Below are some tips Greenland shares:

Before a known stressful event, complete a relax- Fields ation routine;

bikes, throw a frisbee);

Provide outlets for strong feelings (everything to Promoting Resiliency,"

While we know that of mindful eating and deep stress is here to stay, we want our parents to feel At MPFS, we want to help confident knowing MPFS is developing healthy habits for purposeful lives. Consider ways to manage your stress and model for your This is the premise of children, and in doing so, take a moment to breathe.

**RESOURCES:** 

 "The Shyness Workbook for Teens," Bernardo the 2018-19 school year. J. Carducci and Teesue H. To learn more, visit www.

• "What To Do When • Exercise as a family You're Scared and Worried: (walk around the block, ride A Guide for Kids," James J. Crist

• "The Mentor's Guide

Media-Providence Friends School is a Quaker day school for students age 3 through grade eight, located in Media, P., providing a challenging academic program infused with values. Community involvement and service play an integral part in curriculum, connecting MPFS students with the larger world. MPFS is now enrolling for mpfs.org or contact Angela DiMaria, assistant head of school and director of admissions and academic program, at 610-565-1960 ext. 104 to schedule a personal

## Sacred Heart Academy loves science

Academy (SHA) love sci-

It's not surprising since a science lesson can call for rubber boots for stomping through the campus wetlands or for wading in the niques from rocks. One stunearby Ithan Creek, taking water samples. Studying the law of physics is a "ball" when your physics teacher climbs a ladder to hang a bowling ball from the ceiling for a class activity.

is a well-loved and engaging course at SHA.

Recently the fourthgrade science class welthe Department of Anthropology at the University of

sentation was on how prim- from bacteria, winning an itive man designed tools from rocks to gather food. Leader's hands-on presentation demonstrated prehistoric tool-making techdent was selected to wear a cave woman costume and work with chipping a rock to create a pointy head to be used as a primitive knife.

The Upper School Girls in Medicine Club recently ob-No matter the age, no served a cholecystectomy ence teachers and students matter the teacher, science at Lankenau Hospital. Last spring, the Girls in Medicine Club presented at the 14th annual Annenberg High School Science Symcomed Dr. Leader from posium on the development. application and ethics of CRISPR-cas9, a gene-edit-

Students at Sacred Heart Pennsylvania. Leader's pre- ing technology developed award for the best creative piece.

Physics and Astronomy Professor Dr. Gordon Richards from Drexel University came to talk with middle school students on the subject of the moon and the earth and brought his special telescope for students to safely observe the sun.

The sky's the limit for the enthusiastic team of sciat SHA.

Learn more at the Feb. 2 open house from 11 a.m. to 1 p.m. Fifth- and sixth-grade scholarship exams at 8:45 a.m. Kindergarten Discovery Day at 9 a.m.

www.SHAbrynmawr.org.







### Westtown School to host second annual Winter Fest



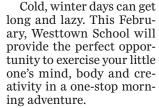




Saturday, February 9th

A morning of art, science, reading, and fun for 3 - 7 year olds.

**Registration required:** westtown.edu/winter



Westtown teachers and community volunteers will lead families through an active morning that is sure to send everyone home for a long winter's nap.

On Saturday, Feb. 9, Westtown School will host the second annual Winter Fest from 9:30 to 11:30 a.m. This event for children ages 3 to 7 is free and open to the public. Pre-registration is a must and is required for admission, as this event will fill to capacity.

Attending families will body exploring the arts and sciences in the Westtown Young guest are invited to



and create a natural bird feeder and much more!

"During Winter Fest last year, Westtown's Athletic Center buzzed with the energy of little ones, parents, grandparents and friends enjoy an interactive, fun instead of the squeaks of morning for the mind and sneakers and the whistles of referees," says Ellen Songle, Westtown's director of par-School Athletic Center. ent engagement. "As families walked between floors, try yoga and mindfulness, it was energizing to see chilmake their own snow, run dren playing with Cubetan obstacle course, design tos, building supports for

the marshmallow design challenge, learning about birds in their native habitat, stretching their bodies and minds in the dance studio and exploring all of the other activities."

Don't miss this opportunity to get out of the house and have fun!

To register, visit www. westtown.edu/winter.

Questions? Email community@westtown.edu.



# Academy of Notre Dame de Namur named Apple Distinguished School

The Academy of Notre Dame de Namur has been recognized as an Apple Distinguished School for 2018 to 2021 for continuous innovation in learning, teaching and the school environment.

Apple Distinguished Schools are centers of innovation, leadership and educational excellence that use Apple products to inspire creativity, collaboration and critical thinking.

"With our five-year strategic vision, Our

Time to Inspire, the academy committed to providing our students with a dynamic, stateof-the-art learning environment that will prepare them to succeed in an ever-evolving, information-based and highly technological society," said Dr. Judith Dwyer, Notre Dame's president. "I am grateful to our board of trustees for offering their full support for our technology initiatives, to our faculty who embraced the integration of new technolo-

gies throughout our curriculum and to the team of faculty, staff and students who participated in the application process. We are pleased to receive this recognition as an Apple Distinguished School."

Tyler Gaspich is the academy's director of academic technologies and served as the project leader for the yearlong Apple Distinguished School application pro-

"Through preparation and submission of an interactive e-book, we dents have the technodemonstrated the innovative ways technology is used at Notre Dame to provide teachers and faculty with a decentralized, borderless learning experience," Gaspich said.

"During the 2016 and 2017 academic years, we introduced a one-toone MacBook initiative. which provided every teacher and student with

a MacBook Air," Gaspich said. "Faculty and stulogical tools needed to foster and encourage innovation across the curriculum — from participating in global classroom activities with our sister schools around the world to the use collaborative software to ondemand world language learning through our DiLL software."

"Notre Dame has a long tradition of teaching excellence," Dwyer said. "With this recognition as an Apple Distinguished School, we shall continue to infuse our curriculum with new programming for creative and collaborative learning."

Entrance exams for middle school applicants will be held on Saturday, Jan. 26, and practice exams for interested middle and high school students will be offered on March 2.



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**Anita Bradley, Director** Mary Kay Bowden, Assistant Director www.aumpreschool.com



### Registration for Kindergarten and First Grade Students New to T/E 2019

Registration for kindergarten and first grade students new to T/E School District will take place in each elementary school according to attendance areas. Information regarding school attendance areas may be obtained by calling the Transportation Department at 610/240-1680.

Children are eligible to attend kindergarten if they have reached the age of five years on or before September 1. Children who have reached the age of six years on or before September 1 will normally be enrolled in first grade.

Official birth certificate with raised seal, verification of immunizations for diphtheria-tetanus, pertussis, polio, measles, mumps, rubella, hepatitis B and

varicella, or verification that the child has had chicken pox, along with 2 proofs of residency are required in order to complete registration.

Registration will be 9:15 to 11:45 a.m. and 1:00 to 3:00 p.m. on these dates:

Beaumont:

February 11-12, 2019

(Phone: 610/240-1400)

Devon:

February 6-7, 2019

(Phone: 610/240-1450)

Hillside:

January 28-29, 2019

(Phone: 610/240-1500)

**New Eagle:** 

January 31-February 1, 2019 (Phone: 610/240-1550)

Valley Forge:

January 30-31, 2019

(Phone: 610/240-1600)

Tredyffrin/Easttown School District, 940 West Valley Road, Suite 1700, Wayne, PA 19087

