



Summer 2019



EDUCATION *guide*



Daily Local News **DAILY**  **TIMES** **THE MERCURY** **THE REPORTER** **The Times Herald** **The Trentonian**

THE ADVANCE **MAINLINE** medianews  **THE PHOENIX**  **Berks-Mont** **NEWS NETWORK**

EDUCATION

The Entrepreneurial Spirit of Bishop Shanahan High School STEM

Bishop Shanahan High School is known for a faith-based community, academic excellence, championship athletics, stellar fine-arts, and dominating business and debate clubs. Shanahan students are taking these accomplishments to the next level with an entrepreneurial spirit, especially in the areas of science, technology, engineering, and mathematics (STEM).

The BSHS STEM team is leading the charge by continuing the development of their award-winning device, CRLA. CRLA, the Cardiopulmonary Resuscitation Lifesaving Assistant, improves the success rate of cardiopulmonary resuscitation (CPR). As a portable device, CRLA allows both untrained and trained personnel to perform CPR



more effectively by utilizing a student-designed electronic component. This device has the potential to be as prevalent as the Automated External Defibrillators (AED), another life-

saving device found in businesses, schools and other public buildings. While CRLA is still being refined and tested, it aims to save the lives of the 350,000 Americans who die of car-

diac arrests each year due to a lack of adequate medical attention.

The potential of this device was acknowledged on May 10, 2019, when the BSHS STEM Team was

named Grand Champion and won the overall Medical Category Award at the fifth annual Governor's STEM Competition. The STEM Team went on to be acknowledged on the floor of the Pennsylvania House and Senate for their device. The team also placed first at the Chester County Intermediate Unit's Innovative Inventions Competition and West Chester University's Business Idea Competition.

STEM Team leader, Alana Pappas '19, shared: "Working with the STEM Team at Shanahan has been one of the best experiences of my life so far, and I am so thankful for all that we have been able to accomplish thanks to support from the Shanahan community. My four years at Shanahan have prepared

me spiritually, academically and professionally. I am excited to see what the future holds for CRLA.

Congratulations to all the members of the BSHS STEM Team who have worked hard to make this essential CRLA device a reality: Greta Barnes, David Carangan, Michael Alec Gomba, Julia Hirs, Alana Pappas, Brendan Pappas, Carlo Ursal, and Brian Whiteford who are continuing the development of CRLA; and Bryce Alexis, Alexis Ocampo, and Ethan Xydis who worked with the team throughout the school year. The STEM Team also extends their gratitude to community supporters Communications Test Design Inc. (CTDI) and Suzanne Vietri, and to faculty moderator Dr. John Janasik, PhD.

Friends 
SCHOOL Haverford

For 134 years, Friends School Haverford has offered an intellectually-rich academic program on its beautiful campus, guided by Quaker philosophy and the tenets of progressive, constructivist education. By promoting academic scholarship, creativity, respect, integrity, and kindness, Friends School Haverford nurtures the voice within each of our students and empowers them to speak their truth.

Join us for an Open House

October 2 > 9-11 am

October 19 > 9-11 am

November 6 > 9-11 am

REGISTER ONLINE >

friendshaverford.org/openhouse/

Private Tours Available

call 610.642.2334



COME
VISIT

bshs | Bishop Shanahan High School
People of God; People for Others



Class of 2024, Apply Online NOW!

| | | |
|---|--|--|
| Shadow Days October 2019 - April 2020 8:00 AM - 2:00 PM | 8th Grade Scholarship Exam Saturday, October 12, 2019 8:00 AM - 12:00 PM | Fall Open House Sunday, November 17, 2019 12:00 PM - 3:00 PM |
|---|--|--|

220 Woodbine Road, Downingtown, PA 19335 • 610-343-6206   

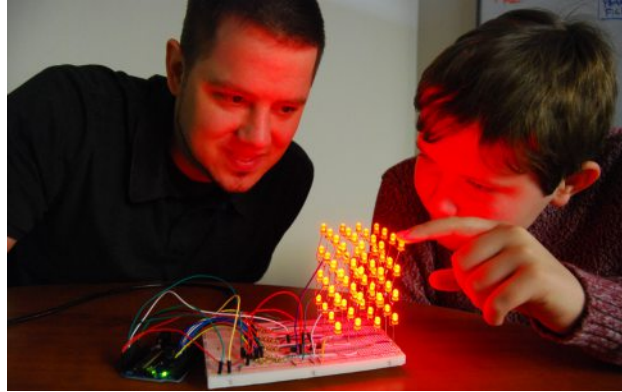
www.shanahan.org

CO-EDUCATIONAL | QUAKER VALUES | NURSERY SCHOOL - GRADE 8
851 Buck Lane | Haverford, PA 19041 | 610.642.2334 | friendshaverford.org

EDUCATION

PA Cyber Charter School serves K-12 throughout the state

Serving students in kindergarten through 12th grade, The Pennsylvania Cyber Charter School, known as PA Cyber, is one of the largest, most experienced, and most successful online public schools in the nation. PA Cyber's online learning environments, personalized instructional methods, and choices of curricula connect Pennsylvania students and their families with state-certified and highly-qualified teachers, and rich academic content that is aligned to state standards. Founded in 2000, PA Cyber is headquartered in Midland in Beaver County and maintains a network of support offices throughout the state.



PA Cyber's Joel Cilli demonstrates a programmable LED light cube to a PA Cyber student.

As a public school, PA Cyber is open for enrollment by any school-age child residing in the Commonwealth of Pennsylvania, and does not charge tuition to stu-

dents or families. Imagine your child brighter, happier and more confident. Imagine your child at PA Cyber, where the learning never stops. www.pacyber.org

EDUCATION

Successful tips for finding a tutor

Many children are natural-born students who take to their academics like ducks to water. Others may not catch on as quickly as their parents desire. Every student has unique learning requirements, and sometimes all it takes is some one-on-one intervention with an experienced tutor to turn the academic tide.

The National Tutoring Association reports that the number of individuals offering private tutoring has increased dramatically in recent years, which can make finding a tutor challenging. It also means parents may face stiff competition in regard to procuring the services of qualified tutors. But parents can employ various strategies to improve their chances of finding skilled tutors to work with their children.

- Specify what you need done. The more clearly you define what you and your

child hope to gain from individualized instruction, the more capably you can zero in on a tutor who will meet those needs effectively. Some students need reinforcement for testing, while others may struggle with a particular skill set. The more specific you are when illustrating your needs, the more likely you are to find someone who can help address those areas that need improving.

- Seek recommendations. Ask around for recommendations from other parents or educators. Speak with school personnel to find out if someone on staff may tutor in his or her off hours.

- Try a favorite teacher. Many students may have a favorite teacher, past or present, with whom they developed a rapport. If your child fits that mold, contact this teacher to see if he or she tutors students on the side.

- Call the library. Many times high school or col-

lege students offer free or reduced-rate tutoring at local libraries. These sessions can be just as beneficial to young students as sessions with professional tutors.

- Consider a tutoring center. Nationally recognized tutoring organizations can be invaluable to students struggling with their studies. Explore the cost options of one-on-one sessions versus small group instruction.

- Look for specialized tutors. Certain tutors specialize in certain subjects or skills. Lean toward those tutors for advanced lessons in tricky subjects like maths and sciences.

Upon hiring a tutor, give it a few lessons to see if the tutor clicks with your child. Set benchmarks for success that the tutor can work toward. If the relationship is not working, start the process over.

Article courtesy of Metro Creative Connection

Looking to make
the best educational choice
for your child?

Choose Pennsylvania's most experienced, tuition-free, K-12 online public school.



 **PAcyber**
The Pennsylvania Cyber Charter School

The Learning Never Stops
PAcyber.org

Superior Education in the Art of Dance

**Newly Renovated Facility!!
Come check out the fresh designs!**



**“Open House & Registration”
for Fall 2019 is**

**Saturday, August 24 from noon to 7pm and
Wednesday, August 28 from 5-8pm**

We're the ONLY regional school with Olympic experience!

Performing in Athens, Greece in 2020 and accepting MORE dancers!

- | | |
|---|--|
| <ul style="list-style-type: none"> • Ballet & Pointe • Tap • Hip-Hop • Jazz • Modern Dance • Break Dancing • Irish Step • Creative Movement • Pilates • African • Musical Theater | <p>Reasons to Choose Us:</p> <ul style="list-style-type: none"> • The ONLY school in the state that danced at Carnegie Hall, Lincoln Center, International Dance Fest-Poland and in London during the 2012 Olympic Games. • Degreed International Director who has taught dancers in the Alvin Ailey Company, San Francisco Ballet, and as back-ups for Beyoncé among others. |
|---|--|

**Performed at London Olympics '12,
at Lincoln Center '14, & Carnegie Hall '16 & 18!**

Pottstown Dance Theatre

610-323-2569

72 W. Main St., Pottstown

www.pottstowndance.com



EDUCATION

Make the transition to high school easier

Over the course of an academic career, the average student switches schools three to four times. Elementary school gives way to middle school or junior high. From there, students will transition to high school. If a student chooses to keep their academic journey going after high school, college or trade school awaits.

Adolescence is a transitional period when many students may be learning how to make decisions and taking their first significant steps toward becoming independent adults. That can make the transition from middle school to high school more complicated than previous transitional periods young people experienced.

Several changes take place in high school that can impact students' anxiety levels.

- Students go from being the oldest in middle school to the youngest in high school.
- The student body population typically increases dramatically.
- Curriculum becomes more demanding than it was in middle school.
- School hours change, often requiring students to wake up earlier.
- A new school may mean students are funneling in from different feeder schools. Long-time friends may be separated depending on where they ultimately choose to go to high school.

A 2016 survey from the Pew Research Center found that 70 percent of teens say anxiety and depression are a “major problem” among their peers.

To help make high school a positive experience and less likely to induce anxiety, students and their parents can employ these tips.

- Establish a consistent routine. The education resource CollegeVine advises students to build good study habits, create a calm and organized homework environment and focus on studies while keeping distractions at bay.
- Encourage extracurricular activities. Activities outside of the classroom are a great



way for students to make friends and involve themselves socially with their peers. Such extracurriculars can lead to strong friendships that flourish throughout high school and beyond.

• Buddy up. Just as they might have done upon entering kindergarten, students on the cusp of starting high school can find someone who will be attending the same school and go over schedules and potential meet-up times. They can make plans to sit together at lunch as they both get acclimated to their new environments.

• Attend open houses. Families can tour the campus to get a feel for the layout of their children's school. Ask for a map of the school grounds so students can get an idea of where their schedules will require them to be throughout the course of the day.

The transition to high school is a significant one in the life of a teenager. Families can employ various strategies to make that transition go smoothly.

Article courtesy of Metro Creative Connection

West Fallowfield Christian School
academic excellence combined with faith, respect, and service

| | | |
|--|--|--|
| <ul style="list-style-type: none"> - 3 day preschool - 4 or 5 day kindergarten - interscholastic athletics | <ul style="list-style-type: none"> - Christian values - local missions - extra academic support available | <ul style="list-style-type: none"> - middle school electives & clubs - art, music, physical education - financial aid offered |
| <p>THE ACADEMY AT WFCS a unique high school co-op for 9th-12th grades</p> <ul style="list-style-type: none"> - on-campus two days a week, - high-quality instruction & academics in a nurturing environment |  <p>Since 1941</p> | <p>BUSING FOR K-8 FROM: Avon Grove, Coatesville, Octorara, Oxford, Pequea Valley, and Solanco school districts</p> |

We'd love to meet you!
795 Fallowfield Road Atglen, PA 19310 (610) 593-5011 www.wfcs.org



EDUCATION

Strong faith, academic excellence at St. Teresa of Calcutta Education Center

St. Teresa of Calcutta Education Center is committed to academic excellence while laying a strong faith foundation for all students. We promote an educational setting based on the teachings of St. Teresa of Calcutta. Our committed and caring teachers and staff provide a strong faith based learning environment with a vigorous academic curriculum. Our Education Center houses a Child Care and Pre-School Program as well as a Kindergarten through eighth grade school.

Our students are immersed in a spiritually strong, loving and supportive school setting. We begin and end each day in prayer and reflection. Students receive daily religious instruction as well as prepare school liturgies which give them a deeper understanding of the Mass. Student's portrayal of the Christmas Nativity and the Living Stations of the Cross further strengthens their faith. Students throughout the school year participate in prayer services, retreat days, Adoration, Stations of the Cross, and Crowning of Mary during the May Procession.

Our strong faith base parallels our academic excellence. In 2017 we became a National Blue Ribbon School of Excellence. This prestigious award puts our academic performance in the top 15% in the nation. This year fifteen of our eighth grade students were eligible to sit for the Neumann Scholarship exam. In November, we were proud to announce a Neumann Scholar. In addition to these achievements, our graduating eighth grade class was awarded a remarkable \$201,000 in scholarships and grants. These awards are a testament of our ongoing commitment to aca-



ademic excellence.

If you are looking for a school with a strong faith base and excellent academic curriculum with an exceptional teaching staff, your search is over. Registration is open for the 2019-

2020 school year. Come see what sets us apart from other schools. For a personal tour, please call 610-287-2500. St. Teresa of Calcutta Education Center, 256 Swamp Pike, Schwenksville PA 19473.



AUMP

A Preschool

For Two Years & 7 months,

Three & Four Year Olds

9:00-11:30

Optional Extended Day

Until 2:00 or 3:00 PM

Well Trained Caring Staff

Scholarships Available

610-642-5741

Anita Bradley

Director

www.aumpreschool.com

St. Teresa of Calcutta Education Center

256 Swamp Pike Schwenksville, PA 19473
Limerick Township

2017 National Blue Ribbon School of Excellence



Enrollment for Grades K-8th

- *Middle States Accredited
- *Wireless Campus *Information Center
- *Google Classrooms *Chromebooks
- *PA Certified Faculty *Strong Spiritual Life
- *Student Government *Full Day Kindergarten
- *State of the Art Science Lab



Enrollment for Preschool & Child Care Program

- *6 weeks to Preschool 4
- *Before & After School CARES

Registration is now open.

Call today for a personal tour of our school.

We would love you to join our Family!

610-287-2500 ~ www.stcschool.com



THE EPISCOPAL ACADEMY:
Inspiring future leaders since 1785.

Discover EA at OPEN HOUSE:

Middle & Upper School: Sunday, Oct. 28

Lower School (PreK-5): Saturday, Nov. 3

Independent | Pre-K - 12 | Co-ed | Newtown Square
www.episcopalacademy.org

EPISCOPAL
ACADEMY



EDUCATION

West Chester Area School District educates and inspires

The mission of the West Chester Area School District is to educate and inspire students to achieve their best. We are proud of our educational programming and philosophies.

While student achievement is the primary focus of the District - which is consistently ranked among the best in the state and the nation, with 93 percent of students attending college after graduation - we recognize that a successful education extends beyond core subjects. To realize the District's mission and prepare students for life in the 21st Century, we must firmly commit to educating the whole child.

To educate the whole child means providing support for academic, physical, cognitive, social, and emotional devel-

opment.

Some of the ways the District accomplishes this goal include:

- Social-emotional learning (SEL)
- SEL professional development for teachers
- Mental health supports for students in all grade levels
- Multi-Tiered System of Support (MTSS) - This team approach works to identify a student's academic, social, or emotional issues and put interventions in place.

▪ The Achieve, Progress, Transition Program (APT) for high school students - This program meets the needs of students who have mental health concerns or students who are struggling academically

▪ Parent Workshops that address the educational and

emotional needs of students

- Career Exploration for high school students
- Full Day, play-based kindergarten
- Progressive homework policy
- Elimination of class ranking
- School Start Times Taskforce

The West Chester Area School District strives to create a supportive and trusting school environment where students can feel safe and thrive. The definition of student success has changed; it is no longer merely about test scores and grades. While those things remain the primary focus of education, educating the whole child creates better students, better people, and ultimately a better society.




SACRED HEART
ACADEMY
— BRYN MAWR —

Founded in 1865, SHA is an international, independent, all-girls, K-12, Catholic school on the Main Line.

UPPER SCHOOL OPEN HOUSE

SATURDAY, SEPTEMBER 21 | 10:00 AM - 12:00 PM

SCHOLARSHIP-ENTRANCE EXAM

GRADES 5,6,9

SATURDAY, OCTOBER 19 | 8:45 AM

Registration Required: SHAbrynawr.org

Proud member of the International Network of Sacred Heart Schools

480 S. BRYN MAWR AVENUE • BRYN MAWR
610-527-3915

EDUCATION

Getting kids the homework help they need each day

Homework has long been a way to reinforce lessons learned in the classroom and ensure that the learning process continues when students leave school each day. A recent survey of teachers conducted by the University of Phoenix College of Education found that high school teachers assign about 17.5 hours of homework each week (3.5 hours per class), middle school teachers assign about 3.2, and elementary school teachers assign about 2.9 hours per week.

Thanks to ever-evolving curriculums and new problem-solving methodologies - particularly in mathematics - parents may no longer have the expertise to help their children with their homework, leading to confusion and frustration. So



where does a parent and student turn when homework has become challenging?

Students who are struggling should not feel embarrassed about the fact that homework has be-

come an issue. Such students should speak with their parents, teachers or school counselors if they

are having difficulty with their homework. Such discussions alert teachers that there are potential issues. Teachers can be important resources because they can give specific advice on assignments or strategies for tackling complex processes.

Next up, students and parents can consult with older students who have already “been there, done that” in terms of assignments. Oftentimes high school and college students volunteer their time for community service hours. Ask at the local library or at schools in town if older students offer homework help.

Families also can do their best to make the environment at home conducive to homework. Scholastic suggests setting up a schedule that includes a

time indicating when assignments must be completed. In addition, setting up a quiet, distraction-free zone for doing homework can help kids concentrate on their assignments. Students can tackle harder assignments first, as they will likely take the bulk of the time, and then move on to the easier assignments. If homework is taking a long time to complete, parents can speak to teachers about when it might be alright to offer youngsters some extra help.

If these homework helpers are ineffective, families can hire private tutors who can work on homework with the student and reinforce classroom lessons.

Article courtesy of Metro Creative Connection

Devereux | PENNSYLVANIA
ADVANCED BEHAVIORAL HEALTH



JOIN OUR TEAM!

Devereux Advanced Behavioral Health Pennsylvania's Approved Private Schools – located in Downingtown, West Chester, Malvern and Glenmoore – offer high-quality, innovative special education programs that work in tandem with families and school districts to ensure that students can return to their local schools and communities with the tools they need to succeed.
Populations served: Intellectual / developmental disabilities, behavioral health and autism.

We are hiring Special Education Teachers and Educational Support Staff.

Apply today at jobs.devereux.org/pa

EEO / Drug-Free Workplace; Testing Required

EDUCATION

State-of-the-art Riley Center opens on Notre Dame campus

The Academy of Notre Dame de Namur celebrated the opening of the new, 30,000 square foot Riley Center for STEM Education with a blessing and dedication ceremony on Friday, April 12. The new facility forms the cornerstone of Notre Dame's five-year strategic vision to create a state-of-the-art, 21st century learning environment on the Academy's 19th century Villanova estate.

Notre Dame's President, Dr. Judith A. Dwyer, welcomed guests, students, faculty, and staff from the Center's entrance plaza. "The Academy of Notre Dame de Namur has been celebrating milestones since 1856. We proudly stand in the legacy of Saint Julie as well as the hallmarks of the Sisters of Notre Dame de Namur and their pioneering leadership within the Catholic faith community. The Riley Center continues that legacy as we recognize the ability of the STEM disciplines



The Academy of Notre Dame de Namur's new Riley Center for STEM Education includes state-of-the-art laboratories and space dedicated to robotics, design and innovation.

to heal and enhance the quality of life throughout the world."

The Center was designed by

SMP Architects, Philadelphia, and anchors the southern edge of campus to define a new academic

quad flanked by the Mansion and Connelly Arts Center. The design of the Center reflects the historic nature of Notre Dame's campus, while introducing a forward-looking facility that embraces twenty-first learning. The Center includes technology enabled active learning (TEAL) environments that include eight science laboratories, three lab prep rooms, eight mathematics classrooms, a design thinking and entrepreneurship classroom and labs dedicated to design and innovation, robotics and coding. A suspended kinetic art installation by noted artist and sculptor Brad Howe highlights the Center's dramatic STEM Gallery.

The STEM Gallery forms a transparent architectural link between the Academy's quad and restored Rose Garden. The Gallery also serves as the crossroads between the two wings of the building, which house math and sci-

ence classrooms. The math classrooms occupy the north side of the building, which is clad in stucco and stone gables to embrace the traditional campus context. The science classrooms, in turn, occupy the south side and are rotated forty-five degrees to maximize the ideal solar exposure and views. These classrooms are clad in a more contemporary metal siding that is combined with elements of stucco and stone to remain contextual with the campus.

"This campus will always be home to us and we welcome the Riley Center for STEM Education as our newest place to learn to be our best selves, to be leaders in the world, no matter where our journey takes us. On behalf of the entire student body, thank you for this amazing opportunity to further enrich our Notre Dame experience. We are all so proud to be part of this legacy." – Emma Kichula '19, Student Council President

West Chester Area School District

Educating & Inspiring Students To Achieve Their Personal Best



Ten elementary, three middle, & three high schools

- Comprehensive & challenging academic curriculum
- Blended Learning & WCU Dual Enrollment classes
- Business & vocational programs
- Play-based full-day kindergarten program
- Gifted student programs
- Special Education support
- Music, art, & athletic opportunities
- 1:1 Computer Initiative
- Dedicated & skilled teaching staff



Voted Best Communities for Music Education by NAMM

Consistently ranked among the top public schools in the nation by US News & World Report and Newsweek

National Blue Ribbon Schools designation by U.S. Department of Education



West Chester Area School District • Superintendent Dr. James Scanlon
Spelman Education Center • 782 Springdale Drive, Exton, PA 19341 • 484-266-1000
www.wcasd.net • facebook.com/WestChesterAreaSchoolDistrict • Twitter @WestChesterASD • Instagram @westchesterasd

How will Notre Dame
inspire your daughter?

Successful Students. Accomplished Graduates. Compassionate Leaders.

2019-2020 Admissions Calendar

Open House Sunday, September 29, 10 am to 1 pm

Ninth Grade Entrance Exam October 12

Sixth and Ninth Grade Entrance Exams October 20

Experience ND Day October 23



ACADEMY of
NOTRE DAME
de NAMUR

INSPIRING YOUNG WOMEN
SINCE 1856

*A Catholic, independent school
for young women in grades 6 through 12*

EDUCATION

Encourage extracurricular activities for non-athletes

Sports are a popular activity for adults and children alike. While adults may not have the time to hit the hardwoods or toss the ball around as much as they used to, sports continue to be as popular as ever among young people. According to the State of Play: 2018 report from The Aspen Institute, 69 percent of children between the ages of six and 12 participated in a team or individual sport at least once in 2017.

As popular as sports are, some students are not inclined to lace up a pair of cleats or compete with their peers on the athletic playing fields. In fact, the State of Play: 2018 report found that just 37 percent of kids between the ages of six and 12 participated in a team sport on a regular basis in 2017. Lack of interest in sports is nothing for parents to worry about, though it is important that parents encourage their kids to participate in extracurricular activities, which can

pay a host of dividends.

Why participate in extracurricular activities?

Extracurricular activities do more than just provide something for kids to do once they're dismissed from school. Certain activities may help kids perform better academically. In analyzing data on more than 25,000 second school students, the United States Department of Education found that those who reported consistent involvement in instrumental music during middle school and high school performed significantly better in mathematics by grade 12 than kids who did not participate in music programs.

Participation in extracurricular activities as a youngster also may pay dividends well into the future. A 2017 study from researchers at Rutgers University found that people who were involved in

extracurricular activities in high school were likely to stay involved in their communities throughout their lives.

Extracurricular activities for non-athletes

Sports might be a popular extracurricular activity, but there are still plenty of additional activities for kids who have no interest in sports.

- **Music:** School bands or community music programs provide opportunities for kids to learn an instrument and connect with fellow music lovers.

- **Volunteering:** Many organizations welcome teenager volunteers, recognizing that kids who volunteer as teens are more likely to continue doing so as adults, which can help charities and other organizations meet their missions. Volunteering even allows kids to further indulge an existing passion. For



example, kids who love the beach can volunteer with a local environmental organization that works to clean up local beaches and waterways.

- **Writing:** Youngsters with an interest in writing can participate in local creative writing groups. Such groups can be great places to

brainstorm story ideas and learn about the creative writing process.

Participating in extracurricular activities can enrich young peoples' lives and lay the foundation for a rich, fulfilling life.

Article courtesy of Metro Creative Connection

Devereux | PENNSYLVANIA
ADVANCED BEHAVIORAL HEALTH



Devereux Advanced Behavioral Health positively impacts the lives of tens of thousands of children, adolescents and adults – and their families – every year. We change lives by unlocking and nurturing human potential for people living with emotional, behavioral and cognitive differences.

Available Services:

- Approved Private Schools (4010 funding available)
- Assessments and Evaluations
- School-based Consultation and Support
- Acute Psychiatric Children and Adolescent Hospital
- Outpatient Services
- BHRS Services
- Autism Assessment Center
- Residential Treatment for Children and Adolescents

For more information, visit devereux.org or call (610) 542-3000 or (800) 345-1292

EDUCATION

How to prevent busy kids from overextending themselves

Today's teenagers are busy. According to the American Time Use Survey from the Bureau of Labor Statistics, the average high school student spends just under an hour and a half each weekday participating in extracurricular activities that include playing sports, working/volunteering and religious activities.

With so much to do and lots of encouragement to participate in their communities, teens can easily find themselves overextended. Extracurricular activities are important, and some have even been linked to improved academic performance. But it's equally important that high school students avoid burnout, which can adversely affect their academic performance and how much they enjoy school and other activities.

Parents can employ various strategies to help busy teenagers avoid overextending themselves.

- Learn the signs of burnout



and look for them. Even the most overextended teenager probably enjoys many of the activities he or she engages in. So it's unlikely that kids will self-report burnout to their parents, teachers, coaches, or other authority figures. Parents can learn to spot the signs of burnout to identify

if their child is overextended. According to Understood.org, a website sponsored by 15 nonprofit organizations devoted to helping parents of kids between the ages of three and 20, procrastination, negative attitudes, testiness, difficulty concentrating, and a disinterest in things kids

once liked are some potential indicators of burnout. Parents who notices any of these signs in their children might want to look at their kids' schedules to see if their children are simply taking on more than they can chew.

- Teach kids time management skills. Time management skills can help kids make effective and efficient use of their time. Encourage kids who are struggling with their schedules to use a calendar to plan their weeks. Knowing what's expected of them each day can help kids develop a plan to get everything done. In addition, when kids make a list of their daily activities, parents can go over that list with them to see if they're taking on too much. Discuss the calendar with kids, and if kids express feelings of exhaustion or burnout, go through the calendar to see where they can free up some time, even if it means cutting some activities out of their schedules entirely.

- Teach kids the art of prioritizing. Parents know that some tasks are more important than others. But kids may not be so savvy. Teach kids how to prioritize, emphasizing that academics always come first. Give kids some credit if they're initially resistant to dropping some activities, as that can indicate an admirable willingness to commit. But emphasize that school comes first, and that activities that are low priority might need to be sacrificed during the school year. In addition, point out that certain activities that are not school-related can be revisited in the summer, when kids typically have less hectic schedules.

Burnout can be harmful to high school students. Parents can work with their children to ensure they aren't overextending themselves.

Article courtesy of Metro Creative Connection



VILLA MARIA ACADEMY HIGH SCHOOL

EMPOWERING YOUNG WOMEN SINCE 1872



Join us for our Fall 2019 Events

OPEN HOUSE

All ages welcome
October 6

ENTRANCE-SCHOLARSHIP EXAM

8th graders
October 20 or 26

VISIT VILLA DAY

8th graders
October 17 or 18
November 7, 8 or 22
December 12

Register online at www.vmahs.org
370 Central Avenue, Malvern, PA 19355 ★ 610-644-2551



Woodlynde School

Ready for College. Ready for Life.

A Nation-Leading College Prep School For **Over 40+ Years**
Serving Students Who Learn Differently

- Co-Ed, K-12
- 100% College Acceptance
- One of a Select Few Wilson® Accredited Partner Schools in the U.S.
- Dedicated Learning Specialists
- Social and Emotional Learning Embedded into each School Day
- Robust Arts, Athletics, Travel, Leadership, and Student Life Programs
- **FREE** Afterschool CARES and Homework Assistance Programs



Explore our K-12 and Literacy Institute programs!

Register for a 1-on-1 private tour today.

610-293-6548 | www.woodlynde.org



445 UPPER GULPH ROAD, STRAFFORD, PA 19087-5498

EDUCATION

The benefits of a strong school counseling program

Educators deserve recognition for their hard work as they help to develop the minds and attitudes of tomorrow's leaders. When offering such gratitude, it's important that school counselors, who are often the unsung heroes of the educational landscape, receive their due.

Counselors are a support system through which students can manage emotions, navigate social changes and set goals. According to the Southington Public School District in Connecticut, school counseling services are vital to improving students' academic performance by identifying barriers to learning. Counselors work with students individually or in small groups to help children work through

difficult issues and get the most out of school.

School counselors also serve as a liaison between the student and parents. They may be the first person a student looks to for advice when trying to work through an issue. However, counselors also may facilitate communication when students are experiencing difficulty discussing challenging subjects with their parents.

Counseling teams also work with teachers to offer support. Counselors may gather and share resources with teachers to help improve teaching efficacy, making suggestions after observing students in the classroom environment, according to the counseling career resource Best Counseling Degrees.

In a high school or higher education setting, counselors may help students identify skills, strengths and potential career paths. They can act as advisors and help students choose their courses.

Counselors may have experience in various disciplines. While some counselors may offer psychological counseling, others may specialize in identifying learning disabilities or work in career placement capacities.

Counselors generally serve as advocates for students. They help children adjust to new schools, recognize causes and effects of their behaviors, develop social skills, and navigate the often challenging world of academics.

Article courtesy of Metro Creative Connection



Brandywine Orthopaedics has introduced ImPACT Applications' concussion assessment tools in their practice!

Sarah Kauffman, CRNP joins the network of ImPACT Applications trained care providers.

A Concussion is a traumatic brain injury caused by a bump, blow, or jolt to the head that results in a change in brain functioning.

Concussion symptoms, lasting various lengths of time, may include:

- Amnesia
- Blurred vision
- Disorientation
- Nausea
- Confusion
- Fatigue
- Fogginess
- Loss of consciousness
- Headache

PIAA recognized concussion management protocol for Student Athletes

Appointments in 24 hours, Call Today

610-792-9292

**Premier Orthopaedics and Sports-Brandywine Institute
of Orthopaedics Division
1561 Medical Drive | Pottstown
119 E Uwchlan Ave | Exton**

Saint Aloysius Parish School

SAINT ALOYSIUS PARISH SCHOOL

REGISTRATION IS OPEN TO NEW FAMILIES FOR THE 2019-2020 SCHOOL YEAR.

Voted Best Private School in Montgomery County in 2018 and 2019!

Come see why we were voted the Best Private School for the past two years. We offer a highly academic, Catholic education for students in grades PreK3 through 8th.

You are invited to schedule a guided tour by calling
610-326-6167
Saint Aloysius Parish School

844 N. Keim Street, Pottstown, PA 19464
For more information about Saint Aloysius Parish School please visit the school website at: www.saintaloyssiusschool.com.

Follow us on Facebook at:
www.facebook.com/saintaloyssiussps/

EDUCATION

How to help children make new friends at school this year

The average student likely spends more time at school and participating in extracurricular activities with classmates than he or she does at home. In close proximity to so many peers, it may seem like making friends would be a snap. However, some students have trouble connecting and can use a little push to make friends.

The family and parenting resource Parenting Science notes that research indicates that the most popular children are those who exemplify certain traits. These traits include being caring; a willingness to share; a willingness to offer help; and strong verbal skills. Children who embrace these traits may prove better at making friends. Parents may find that youngsters need some encouragement to build their social circles, and the following are some ways parents can offer that encouragement.



- Encourage kids to seek out someone on their own. It may be challenging to walk up to a group and introduce yourself. Encourage students to seek out someone who is alone and then strike up a conversation, which can be less intimidating than approach-

ing a group. Emphasize to kids that other students may also be a little shy and looking to make friends.

- Practice conversation starters at home. Children can work with their parents to come up with topics that can help foster com-

munication. These can include ice breakers and common interests, such as favorite television shows or video games.

- Teach kids approachable body language. Wearing earbuds or exhibiting negative body language, such as crossed arms or avoiding eye contact, can make a person seem less approachable. Smiling, engaging in conversation and being friendly can make it easier to make friends.

- Ask teachers to help. The education resource Understood says teachers can give children responsibilities, such as the opportunity to hand out snacks or papers, which can build confidence and provide opportunities for kids to converse with their peers.

- Help children be active listeners. An active listener is someone who makes it clear that he or she is paying attention. Making eye contact, orienting the body toward the speaker and making rel-

evant verbal responses are some active listening strategies that can help kids more fully engage with their peers. Feeling valued and listened to may encourage other children to be more friendly and engaging.

- Ask open questions. The social networking advisement site Young Scot suggests having students ask open questions, such as: "How was your summer?" or "What sports do you like to play?" These types of questions can kick-start in-depth conversations.

- Join a team or club. Students often make friends in social or extracurricular settings, such as on a sports team. With a shared interest, it's easy to find topics to discuss.

Making friends in school can make time spent in the classroom more enjoyable for youngsters.

Article courtesy of Metro Creative Connection



Saint Francis Academy...
Teaching God's children since 1743

- Full Day Kindergarten
- Half and Full Day Preschool
- Before and After Care
- STEM Program
- Instructional Support
- Smart Boards and Chromebooks in the classrooms

**Traditional Family Values taught in a safe,
Faith-filled Environment**



St. Francis Academy
Live, Love, Learn

668 Pine St., Bally • Phone 610-845-7364

www.sfabally.org

Mr. Phil Repko-Principal
Registration is open.

CALL FOR A TOUR!!

Ecole Française Internationale
de Philadelphie

French International School
of Philadelphia

BEYOND BILINGUAL, BEYOND BORDERS



- Bilingual program from Preschool to Grade 8
- Diverse school community and global focus
- Before and after school care and extracurricular activities
- US and French accreditations
- New students are admitted at the age of 3, 4, or 5 with no prior knowledge of French!

CALL
(610) 667-1284

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

EDUCATION

Consider Saint Mary Catholic School for a high-quality education

The new school year is just around the corner and many parents are beginning the process of finding the right school to ensure the best education for their child's future. Parents want the level of academic rigor that will best prepare them for the twenty-first century, while also providing experiences and opportunities to shape the values they will carry with them throughout their life. The elementary school years are the most crucial part of this development and are the foundation upon which all future learning is based.

As with any important decision, it requires extensive research, and usually includes visits to the school, review of school policies, and meeting with administrators and teachers. At Saint Mary Catholic School in Schwenksville, we suggest that your search begin with this one thought in mind: Besides yourselves, the adults who will spend the most time with your child are their teachers. It is reasonable for parents to look for an academic environment with values consistent with those at home.

Here are some facts about Saint Mary Catholic School that we believe will be helpful in deciding if our school is the best fit for you and your family.

Saint Mary Catholic School is the Parish School of Saint Mary Catholic Church, located in Historic Schwenksville, PA. It is NOT a Regional School. Our school has been a model of academic excellence for 60 years and continues to enrich and educate young minds. Beginning with Agnus Dei Academy pre-school (3 and 4-year-olds), and continuing through 8th grade in our elementary school, we prepare our students to



become the leaders of tomorrow.

Students at Saint Mary Catholic School are surrounded by a community of accomplished and dedicated teachers and staff who have a wealth of teaching experience. They strive to inspire,

nurture, enrich, and challenge each and every one of our students to reach the highest achievement level possible in all areas of study. Going beyond the textbook, they challenge their students to ask questions and

SAINT MARY » PAGE 14

The DonauSchule

**NEW Beginner Class
for teens and adults!**

**German Language
and Cultures**

Saturday Mornings at
Paoli Presbyterian Church
School Rooms
ages 3 to adults

CLASSES START SEPTEMBER 14

www.donauschule.org
rlosncy@gmail.com
Sprachbad Schule! - est 1993

SAINT MARY CATHOLIC SCHOOL

LEARNING TODAY, LEADING TOMORROW

ACADEMIC EXCELLENCE

At Saint Mary Catholic School we recognize that all children are created in the image and likeness of God, each gifted with unique talents and abilities.

DEDICATED TEACHERS

At Saint Mary Catholic School, students are surrounded by a community of accomplished and dedicated teachers and staff.

LIFELONG LEARNING

At Saint Mary Catholic School we focus on teaching the whole child, knowing that we learn for life, not just for school.



WITNESS THE DIFFERENCE
COME SEE US! | PRE-K to GRADE 8

40 SPRING MOUNT ROAD, SCHWENKSVILLE, PA 19473
WWW.SMSK-8.ORG • 610.287.7757 EXT. 244



Discover The Montessori School for your child

Now Enrolling!

Call 215-542-0740 or email
admissions@themontessorischool.us to schedule your visit!



The Montessori School
1701 Jarretstown Road, Dresher, PA 19025
215-542-0740 / discovertms.org
TMS serves children from 18 Months through Grade 6

Saint Mary

FROM PAGE 13

find answers by “Thinking Outside the Box.” It is obvious to our parents and students that our teachers have a great love for their subject matter. This allows them to help their students master the material while developing the skills necessary to become lifelong learners. Our faculty also expects all students to respect and strengthen their fellow students, as they all follow the example of the apostles and Our Savior Jesus Christ.

At Saint Mary Catholic School, we recognize that all children are created in the image and likeness of God, each gifted with unique talents and abilities. To ensure that we meet the needs of all our students, we have on staff a full time, highly skilled learning support teacher, who specializes in educating and empower-

ing students with learning differences and/or different learning styles.

Because of our long history as a parish school, we are blessed with faithful and supportive alumni who, along with our present students, feel a great sense of pride in the school. Our history gives evidence of our leadership in spiritual guidance and educational achievements.

At Saint Mary Catholic School, we understand that academic achievement and personal growth is a trial and error process. Therefore, we focus on teaching the whole child, knowing that we learn for life, not just for school. Our curriculum includes religion, honors math and algebra, language arts, science, social studies, foreign language, technology, music, art, and Physical Education.

Our Visual Arts Department offers our students a well-rounded integrated arts curriculum. It encourages

and fosters creative problem solving, critical thinking, and it builds self-esteem and discipline, along with self-expression, perseverance, and a collaborative mindset. Adding to the richness of our visual arts program is the infusion of our ceramic pottery kiln. Students from grade K-8 are introduced to the entire process of ceramics making, learning the virtues of patience and hope in that process. Other visual arts include fiber arts, mixed media, art history, science, technology, electronics, and math (STEAM) projects. And students have many opportunities to display their artwork at school and in our surrounding communities.

Our Performing Arts Program offers a rich variety of opportunities for our students in both music and drama. The importance of drama and performing arts in education is significant. It helps develop imagination, cooperation, concen-

SAINT MARY » PAGE 15



POPE JOHN PAUL II
HIGH SCHOOL



**REGISTRATIONS FOR FALL 2019
STILL BEING ACCEPTED
CONTACT THE ADMISSIONS OFFICE AT:
484-975-6500 X 3033**

**181 RITTENHOUSE RD ROYERSFORD PA 19468
WWW.PJPHS.ORG**



A Living Education

The Camphill School's mission is to create wholeness for children and youth with intellectual and developmental disabilities.

Please visit
our website
camphillschool.org
for more details

**The
Camphill
School**
Glenmoore, PA



Saint Mary

FROM PAGE 14

tration, creative thinking, and communication skills. In our music and performing arts classes this year, Saint Mary students will be singing, dancing, and experiencing the joy of music and performing arts through playing a variety of instruments, such as recorders, hand chimes, guitars, and drums, just to mention a few. In addition to English, singing will be done in ASL, SPANISH, and LATIN languages. We have two school choirs, Cherubim and Seraphim. Theater arts is also experienced in our curriculum in our 7th and 8th grade classes. Programs include our Christmas play, Christmas pageant, Living Stations, a school wide talent show, Spring Musical, and a dinner theater. Our students have many opportunities to develop their talents and

perform for our school and parish community, as well as singing and performing for a variety of surrounding communities from Souder-ton to Philadelphia. At Saint Mary Catholic School, we believe that music and the performing arts hold a prominent place in the spectrum of Arts and is of paramount importance in the development of the WHOLE child.

We are committed as a Catholic School and recognize the need to adapt to an ever-changing world. Therefore, we are constantly updating educational strategies, technology, and curriculum to offer the tools that will help our students maximize their potential. With the commitment of our devoted faculty and staff, we are dedicated to providing a safe, secure learning environment that fosters and supports each child to reach their full potential academically, socially, and spiritually.

The best way to know if

Saint Mary Catholic School is the right school for your child and your family is to visit us. This will give you an opportunity to meet administrators and teachers and to experience our atmosphere and personality first hand. At the end of the day, choosing the best school for your child is a highly personal decision, based on your family, your values, and most importantly, the special interests of your child. As you make this decision, please consider Saint Mary Catholic School. It is our hope that you will find it as we do: the beginning of a beautiful journey for you and your "Most Valuable Treasure."

To schedule a personal tour for your family, contact Suzette Moyer at smoyer@smsk-8.org or call 610.287.7757 ext. 244. More information can be found on our website at www.smsk-8.org. Saint Mary Catholic School is located at 40 Spring Mount Road in Schwenksville.



*Flexible & individualized
public online education
Grades K - 12*

PALCS makes it possible!

palcs.org • 1.877.725.2785

Rated #1 online school in PA



**Thank you for voting us
BEST PRESCHOOL**

**THE GATEWAY
SCHOOL**



- Full-Day Kindergarten, Preschool, Camp
- Joyful learning for children ages 2.7-Kindergarten
- Language arts, math, science, social studies, foreign language, music, drama
- Serving the Main Line for 70 years.
- Admissions, the provisions of services and referrals of clients shall be made without regard to race, color, religious creed, disability, ancestry, national origin, age, or sex.

24 Old Gulph Road, Wynnewood, PA • 610-642-5444
contact@thegatewayschool.org



FRIENDS' CENTRAL SCHOOL



Time for a Change?

Limited spaces remaining in select grades – personal tours available this summer!

Contact us at admission@friendscentral.org

Over 30% of our 2015-2019 graduates matriculated at top 25 colleges and universities



Education for Excellence Since 1845

friendscentral.org