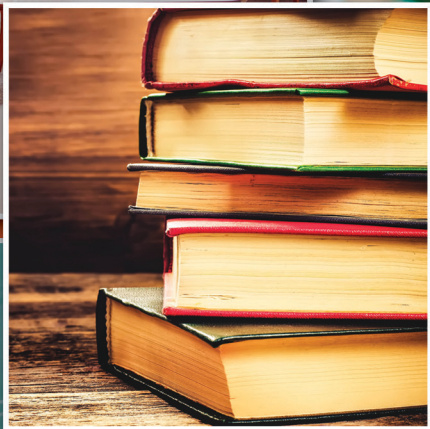


Fall 2019

EDUCATION

guide



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EDUCATION GUIDE

How to instill a love of reading in youngsters



Reading is a rewarding activity that can benefit people throughout their lives. A great way to pass time on a rainy or cold day stuck inside the house, reading also can provide a host health benefits, some of which may surprise even the most avid reader.

According to a review from the Cochrane Library, a scientific review board in the United Kingdom, mentally challenging tasks may be beneficial for people with mild to moderate Alzheimer's disease. Mental stimulation improved scores on memory and thinking tests for people with dementia.

But the benefits of reading are perhaps even more profound for children. The University of Michigan C.S. Mott Children's Hospital notes that reading and writing skills can help children perform better in the classroom and even benefit them down the road in their professional lives. When children read, they develop skills such as phonemic awareness, which is the ability to hear, identify and play with individual sounds in spoken words.

Reading also can help kids develop their vocabulary and reading comprehension skills.

As much as parents promote reading to their youngsters, getting kids to embrace reading can be difficult. That may be especially true today, when children have distractions like tablets, phones and social media competing for their attention. Parents who want to make reading part of their family lifestyle can try these tips, courtesy of the C.S. Mott Children's Hospital.

- Turn off your devices. The AAP says children younger than 18 months should be discouraged from using screen media other than video chatting. Children between 18 and 24 months of age should only use digital devices together with their parents. For children older than two years of age, screen use should be limited to no more than one hour per day. Turning off these devices and promoting reading limits kids' exposure to digital media while providing a perfect opportunity to read.

- Set an example. Children mimic their parents' behavior. Kids who see their parents reading books, magazines and newspapers may be more likely to embrace reading than youngsters who do not see their parents reading.

- Read as a family. The C.S. Mott Children's Hospital notes that reading together with children is a wonderful way for parents to foster a language-rich environment in their families. Reading can open lines of communication between parents and children, providing a chance for them to discuss books and their themes.

- Visit the library. A trip to the library can help children discover books that align with their interests. Such books may serve as a catalyst for a love of reading in youngsters.

A love of reading can benefit youngsters in numerous ways. Parents can try various strategies to instill a love of reading in their children.

Article courtesy of Metro Creative Connection



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EDUCATION GUIDE

Manage hectic school mornings

If a typical school morning sees your family rushing around and out the door with nary a moment to spare, only to be left feeling like you ran a marathon by 9 am, a new approach to your routine might be necessary.

Mornings, especially in households in which parents who work outside of the home and have one or two kids requiring drop-off at their respective schools, can often be hectic. Start-

ing off the morning feeling harried and stressed can carry over into the mood of the day, affecting productivity as a result.

According to Dr. David Anderson, PhD, senior director of the ADHD and Disruptive Behavior Disorders Center at the Child Mind Institute, busy mornings can be the most stressful moments of the day. Homework hour and getting prepared for bed are other typically stressful

times of the day for families.

If less stressful mornings are a goal for your family, try these strategies.

Start the night before

Doing as much preparatory work the evening before can make quite a difference in taming hectic mornings. Things that can be done in advance include checking and stocking backpacks, signing pa-

MORNINGS » PAGE 4



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EDUCATION GUIDE

Counseling at Villa Maria helps students find their path

"We view college counseling as an individual journey as opposed to a process," says Kristin Cortese, Villa Maria's Director of College Counseling. "Our students apply to schools that match both their academic aspirations and their personalities. Over 92% of last year's class was accepted to one of their top choice colleges."

Villa Maria's Counseling Department takes a team approach - through their four years at the school, every student has both a school counselor and a college counselor. The school counselor guides the student and works with her college counselor to help her achieve her personal goals.

"The students at Villa are special. We're able to recognize that, foster it, support

it, and shout from the rooftops how special they are," says Elizabeth Hashagen, Director of School Counseling. "We help them truly believe it, so that they reach their ultimate success."

In addition to its five full-time counselors, Villa Maria has a full-time test prep coordinator who hosts mock standardized tests and helps students with testing and the college essay.

"Lots of families end up paying hundreds and thousands of dollars for test prep outside of school," says Cortese. "But at VMA, we have embedded that inside the curriculum once every other day."

The counseling office takes its theme from the school's sports teams, the Hurricanes, calling itself the "I" of the Hurricane.

Students Identify, Investigate, Implement, and Imagine over the four years of the counseling curriculum.

Freshmen Identify, developing their vision for a year of transition and success, academically, personally, and socially.

"Freshmen want to become a part of the sisterhood and figure out who they are and where they fit in. Our school counselors work with the class to bond them and to help them start to understand themselves," says Grace Opdyke, Counseling and Test Prep Coordinator.

Freshman year culminates with a trip to Disney World in Orlando, where the class attends the Disney Youth Education Series, or YES, to explore personal branding, leadership, and perseverance.



Senior Kaira Mack works with Grace Opdyke, Counseling and Test Prep Coordinator.

"At Disney we learned that even if you know what you want to do with your life, you have to learn how to get there," junior Kaitlyn Porta says.

Sophomores Investigate, exploring how they interact with the world around them. They use the college and career search platform to learn more about potential careers and majors that may satisfy their personal-

ity and interests.

Juniors Implement an individualized plan to position themselves for college and career goals, with a focus on test prep. They learn to articulate their strengths and complete coursework in preparation for writing personal essays and participating in college admissions interviews.

Seniors Imagine their possibilities, building on

their plans to complete the college application process and select a school. Students also prepare for the expectations of college and the transition from high school to greater independence.

"My counselors are there 24/7. The college process can feel overwhelming, but they help you through every step," says senior Giuliana Romeo.

Mornings

FROM PAGE 2

perwork, making lunches, setting out clothing, showering, and having breakfast foods ready to go.

Establish a 'launch pad'

Ann Dolin, a Virginia-based education specialist, suggests having a launch pad, or a place where all school-related items are prepped and stored. It can be a basket, box or another container big enough to contain school items. Children can drop and pick up the items as needed.

Make the routine the boss

Positive Parenting Solutions founder Amy McCready says families can implement a "when-then" routine that sets the tone for the morning. "When everyone is dressed, hair combed, breakfast eaten, and school supplies packed, then you can watch 10 minutes of an educational cartoon." This puts the routine in control rather than making the parents the bad guys.

Make kids responsible

Too often parents add more stress to their plates by showing up at school with forgotten lunch boxes

or band instruments. Instead, parents can stop rescuing their children and help train them to be more responsible - an essential trait.

Chart wake-up times

It may seem like micromanaging, but scheduling wake-up and bathroom times can help everyone know where they should be and when they should be there. It also helps avoid bottleneck situations in the bathroom or kitchen.

Keep morning madness to a minimum with some simple strategies.

Article courtesy of Metro Creative Connection



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EDUCATION GUIDE

Simple ways to help kids lose weight



Childhood obesity is a serious public health challenge of the 21st century. In fact, childhood obesity is so prevalent that the World Health Organization identifies it as one of the most serious public health challenges of the 21st century. As daunting a task as tackling childhood obesity may seem, it's a problem that can be solved. The WHO notes that, in 2016, an estimated 41 million children across the globe were overweight. That's a troubling statistic.

OBESITY » PAGE 7



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EDUCATION GUIDE

The benefits of music instruction for young learners

Many children are introduced to music instruction at school. After being introduced to band, chorus and various instruments, students may be eager to explore music.

Young students are often introduced to the recorder or ukulele in the early grades and then given the opportunity to join primary bands as they move through elementary school and into middle school. Some children also may want to supplement school music lessons with private music tutors, who can provide more in-depth instruction.

Parents considering making a commitment to music instruction may find that kids benefit from being involved with music in many ways, some of which may be surprising.

· The New England Board of Higher Education says several studies show that consistent music education improves vocabulary and reading comprehension



skills. Emerging evidence points to an area of the brain that controls both musical ability and language comprehension as being more closely related than previ-

ously thought.

· Music education may help young children learn words and how to pronounce them, as learning to play music enables them to

process the many new sounds they hear from others.

· Researchers have discovered a strong relationship between participating in school arts and academic success as demonstrated by students' grade point averages, according to the National Association for Music Education.

· The relationship between music and academic performance has been studied for decades. As far back as 1988, studies have been conducted about the benefits of music education. An analysis of data from the National Educational Longitudinal Study of 1988 demonstrated a significant correlation between participation in school music groups and achievement in math and English. And a 1996 study published in *Nature* found first graders who participated in special music classes as part of an arts study program saw their reading skills and math proficiency increase dramatically.

· Introducing music lessons to young children can have profound effects on their social development. Music fosters greater trust and cooperation, as well as a sense of community and belonging.

· Another benefit of music education is it allows children to harness their creativity and express it in a healthy way.

· The music instruction company Music U says children with developmental disorders and mental health issues might be able to unlock their potential with music. Music therapy has been shown to affect significant change in children with autism-spectrum disorders, learning disabilities, attachment disorders, cerebral palsy, and more.

Music instruction both in and out of the classroom can be a benefit to young learners.

Article courtesy of Metro Creative Connection








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Obesity

FROM PAGE 5

as overweight and obese children are likely to remain so into adulthood, increasing their risk for various diseases, including diabetes and cardiovascular disease.

Parents of children who are overweight or obese may find it difficult to get youngsters to change their lifestyles and adopt healthy behaviors that can help them lose weight and keep the weight off. Like adults, many children are creatures of habit, particularly when it comes to diet. And getting kids to change those habits is not always so easy. However, a few simple strategies might be all it takes to help kids lose weight and get on the path to a healthier lifestyle.

· Limit sugar intake. The WHO recommends reducing kids' sugar intake. So-

das and juices, even fruit juices, are often loaded with sugar. Many children drink these beverages every day, with some even consuming multiple servings per day. Water is a healthy alternative to soda and juice, and parents can slowly transition their youngsters away from sugary beverages by diluting the beverages with water and only allowing kids to have them on special occasions.

· Switch things up at snack time. Many children eat daily snacks, and that's perfectly normal. Youngsters are growing and, as a result, tend to get hungry between meals. What parents serve at snack time can have positive or negative effects on youngsters' weights. The American Academy of Pediatrics recommends parents use snack time as a way to increase kids' intake of fruits and vegetables. Fruits and vegetables are nutrient-

dense, and the WHO says increasing fruit and vegetable intake is a great way to fight childhood obesity.

· Focus on more than the dinner table. Getting overweight and obese kids to eat healthy diets is just one aspect of helping them lose weight. Routine physical activity is another essential part of a successful weight loss plan. The WHO recommends that children get at least 60 minutes of moderate- to vigorous-intensity physical activity every day. Parents can promote a physically active lifestyle and limit the time kids spend on devices or playing video games by only allowing access to such distractions after kids have been physically active.

Overweight and obese children may need help and some extra encouragement as they try to lose weight.

Article courtesy of Metro Creative Connection



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EDUCATION

The role of free play in early education



Glance at a typical family schedule and you would no doubt see that afternoons are jam-packed and many children - even the youngest among them - have full itineraries of structured after-school activities.

In an effort to raise well-rounded and intelligent children, many parents enroll their youngsters in all sorts of extracurricular activities, including sports leagues, travel teams, enrichment clubs, and musical instruction. While these activities benefit kids in myriad ways, it's also beneficial to let kids be kids and to provide ample time for them to engage in free play.

According to the popular toy and learning company Alex Brands, structured activities can teach children how to follow rules and routines and help them build developmental skills.

But free play can improve critical skills as well. One of the biggest benefits to free play is it can foster kids' creativity and help kids discover their interests on their own. Free play also helps children learn independence and how to keep themselves occupied.

The United Nations recognizes free play as a basic right of every child and underscores its importance. Despite this, unstructured play seems to be on the decline, with more structured activities taking over young children's days.

Even in school settings free play has given way to more time spent at desks and devices in preparation for standardized testing. Recess, which has been cut or reduced in many school districts, has become a hot-but-ton issue for many free play ad-

vocates. The development of Recess for All Florida Students, as well as proposed legislation in other states, has redirected attention to free play and the importance of it. Recess is a form of free play and provides students with a break from the rigors of learning.

In a 2011 article in the American Journal of Play, Peter Gray, Ph.D., a researcher at Boston College, indicated that "lack of play affects emotional development, leading to the rise of anxiety, depression, and problems of attention and self-control." Gray also indicated that without play, "young people fail to acquire the social and emotional skills necessary for healthy psychological development."

Free play also can benefit youngsters in the following ways:

- Enables kids to learn dexterity and improve on other strengths;
 - fulfills exercise requirements for growing kids;
 - helps kids conquer fears and develop confidence;
 - establishes natural leadership roles and hierarchy in social groups;
 - contributes to emotional well-being by giving children a respite from schedules; and
 - helps teach self-responsibility, which may translate to better behavior at home and in school.
- Free play is an important component of learning and exploration for children. A mix of structured and unstructured activities is key to raising well-rounded individuals.

Article courtesy of Metro Creative Connection

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EDUCATION GUIDE

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St. Teresa of Calcutta School has exemplified this success in the past couple of years. In 2017 St. Teresa of Calcutta School was named a National Blue Ribbon School of Excellence. This prestigious award, which is based on student performance on the Terra Nova Standardized Tests, put us in the top 15% of schools for academic performance in the nation. In 2018 over half of the eighth grade class was eligible to sit for the Neumann Scholarship Exam. Later that year we were excited and proud to announce we had a Neumann Scholar! In addition to these achievements our 2019 graduating class was awarded over \$200,000 in scholarships and grants to Archdiocesan and private high schools.

Most recently we were recognized by the Archdiocese of Philadelphia with the 2019 School of Distinction Award. This award recognizes the growth of our students by 95 percent at every grade level tested in every content area over two consecutive years on the Terra Nova Standardized Tests. And finally, one



of our third grade teachers, Mrs. Jane Merritt, was just named a Hall of Fame Teacher by the Foundation For Catholic Education and The Montgomery County Advisory Board.

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EDUCATION GUIDE

Students celebrate International Day of Peace and march for climate action

MEDIA, DELAWARE COUNTY
» Students from preschool through 8th grade at Media-Providence Friends School honored International Day of Peace with an all-school assembly that included a meditation on water and its meaning in our lives and queries for reflection on protecting our planet.

The assembly also included presentations of individual Climate Action statements by each student shown with themed artwork, a Unity paper quilt symbolizing Community (individual squares created by Middle School students), and postcards written to students in El Paso conveying Empathy for the violence their community has experienced.

Finally, students in middle school, accompanied by kindergarten and first graders, led a performance of the song "With My Own Two Hands" by Play-

ing For Change. After the assembly, 4th-8th grade students participated in a Climate Action March to the Delaware County Courthouse with signs and banners they created themselves about the importance of climate action.

Media-Providence Friends School is a Quaker day school for students age 3 through grade 8, located in Media, Pennsylvania, 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 the 2019-20 school year. To learn more, visit mpfs.org or contact Angela DiMaria, Assistant Head of School and Director of Admissions & Academic Program at 610.565.1960 x104 to schedule a personal tour or by visiting mpfs.org/visit.



MPFS students in 4th-8th grade initiated a climate march by creating their own signs and banners, and organizing a march from the classroom to the Delaware County Courthouse in Media.



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EDUCATION GUIDE

Partnership makes English more accessible for adult learners

It's a weekday at Chester County Library. Look around the Reference department and you'll notice pairs of adults, deep in conversation, poring over books, laptops, and papers together. Often, these are student-tutor pairs, working with the Adult Tutoring program based in the Chester County Library in Exton, Pa. The program is a partnership between the Library and the Chester County OIC, a Coatesville nonprofit organization that provides free adult literacy education, life skills, and English-as-a-Second-Language programs. The OIC prepares individuals for employment and economic self-sufficiency and also provides language skills for native English speakers, including reading, writing, math, or test prep.

The Adult Tutoring program strives to match students with tutors who will develop individualized approaches for their students. Laura Jenkins is a tutor who has been with the program for over five years. She currently works with Chin Wei Huang, a Taiwanese immigrant who recently passed her citizenship test. Chin Wei's primary focus now is on improving her conversational abilities. A skilled baker and cake decorator, she's launching a home-based business and says Laura is working with her on the vocabulary and topics specific to her needs as a budding entrepreneur. As for Laura, she finds that tutoring ESL students allows her to "see our language and culture through the eyes of others."

At present, there is a



Laura Jenkins and Wei Huang

great need for tutors. The Adult Tutoring program depends on volunteers to provide free help to adults in need. Tutors and students are asked to make a one-year commitment, meeting

for 12 hours a month. No previous teaching experience is necessary, although tutors are required to have a four-year college degree. Online training for tutors is provided through the PA

Department of Education.

In addition to being home to the Adult Tutoring program, the Library houses a substantial collection of literacy materials, including 'leveled' readers (books written at appropriate ESL levels), guides for tutors, abridged novels, citizenship resources, bilingual stories and conversation guides, workbooks for students, and more. Additionally, the Library subscribes to the popular ESL newsletter 'News for You' and the digital learning program 'Mango Languages,' which offers online English courses. The helpful staff of the Library can help direct ESL learners to appropriate resources for improved literacy.

In January of 2019, Chester County Library and the CC-OIC received a collabor-

ative grant in the amount of \$10,000 from The American Dream Literacy Initiative, which is made possible through the Dollar General Literacy Foundation. The grant funds have made it possible to purchase new collection materials for learning, add ESL conversation groups, and support tutor education. The collaboration has strengthened the partnership between the OIC and the Library.

The Adult Tutoring office encourages anyone interested in the possibility of volunteering as a tutor to learn more by calling or visiting. For more information, contact Debbie Rikess at 610-280-2605, drikess@cc-oic.org. Visit www.chescolibraries.org to learn more about the Library's resources. Walk-ins are also welcome!



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EDUCATION GUIDE



How being bilingual benefits kids

Being bilingual is a necessity for millions of people across the globe. While many United States citizens may never need to speak any language other than English, that's not the case for people who reside in other parts of the world. Even some citizens of America's neighbor to the north, Canada, may need to learn both French and English depending on where they live.

Fluency in more than one language can produce some surprising benefits. For example, a 2017 study published in the journal *Proceedings of the National Academy of Sciences of the United States of America* found that lifelong bilingualism may help to delay the onset of dementia by as much as five years. In addition, numerous studies, including one conducted by an economist at MIT, found that people fluent in more than one language can earn tens of thousands of dollars more than their monolingual peers over the course of their careers.

Perhaps in recognition of

the benefits of bilingualism in an increasingly global world, foreign language programs are now part of the curriculum at many daycare facilities and preschools. That might come as a surprise to parents who did not begin studying foreign languages until junior high or even high school. But the U.S. Department of Health & Human Services notes that the following are some of the ways that being bilingual can benefit kids.

Cognitive development

The DHHS notes that a nearly 20-year-old study from the National Clearinghouse for Bilingual Education found that bilingual students had an easier time understanding math concepts and solving word problems than their peers who were not bilingual. The DHHS also notes that researchers have uncovered numerous additional cognitive benefits to being bilingual as opposed to monolingual. These benefits include

a greater ability to use logic, focus, remember, and make decisions.

Social-emotional development

Researchers with the National Academy of Science found that children who grow up in bilingual households exhibit better self-control than those who grow up in monolingual households. That's an important benefit, as the DHHS notes that self-control is a key indicator of academic success. The DHHS adds that bilingual children benefit socially from being bilingual because they are capable of making new friends and building strong relationships using their second language as well as their first.

The ability to speak more than one language fluently can produce some surprising benefits that children can use to their advantage in school and throughout adulthood.

Article courtesy of Metro Creative Connection



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EDUCATION GUIDE

Charity & Justice at the Heart of Bishop Shanahan High School

In 2010, an earthquake destroyed portions of Haiti. This natural disaster evoked an immediate response from the students of Bishop Shanahan High School (BSHS) who were anxious to do something that would help the suffering of the Haitian people. Students, faculty and parents united together to generously respond. To ensure that the people of Haiti received much needed funds, BSHS partnered with Catholic Relief Services (CRS). The students' minds and hearts were ignited. A budding sense of global awareness prompted the administration to invite CRS to present about international needs, charity and justice. Through this partnership, the students at BSHS have made a commitment to global solidarity with eagerness and enthusiasm. This partnership has grown from speaking events, to an annual global awareness month, and now to a robust Global Awareness Pro-

gram.

Through this program, well-developed curriculum, annual themes, faculty development, and student presentations will punctuate the school year. Global awareness studies will be cross-calendar, cross-curricular and allow all students to study and learn from a different culture, and also to respond to the needs and problems around the world.

This year focuses on early childhood learning, especially in Zimbabwe. Prior to the start of the 2019 - 2020 academic year, all students and faculty took part in a One School, One Book venture, reading *I Will Always Write Back: How One Letter Changed Two Lives* by Martin Ganda, Caitlin Alifirenka and Liz Welch. Additionally, music classes have been learning native Zimbabwean music. Art classes are constructing traditional Zimbabwean masks. Even mathematics courses have incorporated Zimbabwean cul-

ture through an intensive study about currency.

"Each student will be building a Global Awareness Portfolio throughout their four years at Shanahan," shared School Minister, Father Donia. "It will be a tangible archive in which students can see all that they've been immersed in locally and globally. This portfolio will be something students can take into college and even their careers."

Shanahan's commitment to global awareness has resulted in an increased ability among students to think critically about complex local and global issues. It also has cultivated empathy and an ethical mindset among students and faculty alike. Furthermore, an embedded culture of global awareness has allowed students to learn how to exercise their own rights while honoring their responsibilities to others. BSHS cultivates global citizens who possess fluency in technol-



ogy, linguistics, cultural understanding, and charity. Efforts to more deeply understand Zimbabwean culture, childhood learning, and the needs of Africa will continue throughout the school year ahead.

Follow BSHS at shanahan.org, on Facebook, or on Instagram as the school community delves into its Global Awareness Program. All are welcome to the Fall Open House on Sunday, Nov. 17 from 12 noon to 3 p.m.

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8:00 AM - 2:00 PM

8th Grade Scholarship Exam
Saturday, October 12, 2019
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12:00 PM - 3:00 PM

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www.shanahan.org

EDUCATION GUIDE

We're Bloomsburg University – we're here to work

At Bloomsburg University, we believe opportunity belongs to those who are ready to work for it and unafraid to do something great with it.

But it's not just for us. What makes us Huskies, makes all the difference. Following our instincts. Pushing on where others turn back. Huskies come from all walks of life, but charge forward as a team. It's a spirit that defines our pack and a grit that stands out wherever we go.

You're not here to sit back and listen. You're here to be challenged in the classroom and out in the field. Our BU experience is designed to push you, inspire you, and prepare you for whatever is up ahead. You'll be led by dedicated faculty and staff who are here to guide your climb through every intellectual pursuit.

Program for program. Professor for professor. Our faculty live to sharpen your intellect, impart real-world knowledge, and challenge you to blaze your own path, no matter how steep. Our commitment to Professional U gives you experience every step of the way. Whether it's workshops, Husky



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rians and professionals of all kinds.

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