

# B1 CHOICES IN EDUCATION

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## YOUR MONEY

# Why new grads shouldn't fear a recession

By Trea Branch  
*NerdWallet*

In 2023 alone, there have been over 118,000 U.S. tech layoffs, according to Crunchbase News, a business publication. That's in addition to two major bank collapses and two federal rate hikes. The class of 2023 will graduate into this economic upheaval while facing another variable: student loan payments.

This can be an overwhelming and confusing time for those set to begin repayment of student debt, says Barry Coleman, vice president of program management and education at the National Foundation for Credit Counseling. Coleman cites the expected end of a three-year pause on federal student loan payments, legal challenges to federal student debt relief programs and the potential impact of inflation on the job market as reasons new graduates could feel uneasy.

But new grads don't need to panic. Here's how they can weather a potential recession and the financial uncertainty that might come with it.

## Have a plan for your student loans, no matter the economy

Understanding your student debt is one of the best strategies to stay on top of your loans, regardless of how the economy is performing, says Betsy Mayotte, founder of The Institute of Student Loan Advisors.

There is typically a six-month grace period after graduation before you're required to make your first



ASSOCIATED PRESS FILE PHOTO

The cap of a University of Iowa graduate is decorated with writing reading "Cancel student debt" during a commencement ceremony for the College of Liberal Arts and Sciences in 2022 at Carver-Hawkeye Arena in Iowa City, Iowa.

student loan payment. Before this first payment is due, gather details like the types of loans you have and who holds them, advises Mayotte.

Then, know your expected income, your expenses and how your student loan payments will fit into your budget, says Coleman. This will limit any surprises once repayment begins.

## If you have a job, pay off student debt faster

If you land a job, you have more flexibility. A steady income gives you

the opportunity to explore putting more money toward your student loan debt — if you're already contributing to your retirement and emergency savings.

For borrowers who have the capacity to make more than the minimum payment on their student loan, this is the chance to get rid of student debt as quickly as possible, notes Coleman, while saving as much money as they can on interest.

And don't overlook your employer.

Twenty-one percent of employers offer company-paid financial services as part of their benefits package, explains

Jim Link, chief human resources officer for the Society for Human Resource Management. Programs can include access to financial advisors at no cost to the employee, or even student loan repayment programs — both of which could offer additional protection in a slow economy.

## If you don't have a job, know your options to stay current

Graduating without a job offer can be terrifying, especially if the economy is

expecting a downturn. But with low or no income, you can take steps to stay on top of your student debt, even in a recession.

Start with your loan servicer, the company that manages your loans. Let them know as early as possible that you're not employed, says Coleman. Ask what your options are to avoid delinquency — which is missing a student loan payment.

There are many repayment options for federal student loan borrowers, says Moyette. You can lower your payments — even to zero dollars — with an income-driven repayment plan, or temporarily stop payments

through student loan deferment.

Just note that interest can still accrue while in deferment, and this increases your total student loan balance. Once you land a job and you're in a position to repay your student loan, do so as soon as possible so you're not facing a significantly larger debt down the road, advises Coleman.

And while conducting your job search, it may be worth considering a career with a nonprofit organization or government entity if you have federal student loans. These positions could qualify you for Public Service Loan Forgiveness — where your remaining student loan balance is forgiven after 10 years of qualifying payments.

## Get free help managing your debt

Even in a slow economy, you can get student loan help from organizations like The Institute of Student Loan Advisors and the Student Borrower Protection Center that won't charge anything.

Whether you're exploring how to pay your loans off faster or how to afford the monthly payments, nonprofit organizations like those available through the National Foundation for Credit Counseling can connect you with counselors and help you create an action plan, says Coleman.

However the economy unfolds, new grads can create a strong plan for their student loans that will serve them both in tough and robust economic times.

## REGION

# Judson Center encourages inclusivity during Autism Awareness Month

## Studies show Autism Spectrum Disorder is increasing among children

April is Autism Acceptance Month, a time to embrace the inclusion of individuals diagnosed with autism in all facets of life — from education to the workplace to family interactions. The nonprofit Judson Center is a trusted leader in autism services in Michigan, and the agency encourages everyone to celebrate the abilities and differences of children and adults with autism.

"Our goal here at Judson Center is to go beyond

raising awareness of autism by promoting acceptance of those with autism," said Judson Center President and CEO Lenora Hardy-Foster. "We welcome and support their diversity, strength, contributions and value. It's natural for human beings to want to be accepted for who they are, and it is especially important for children to feel comfortable to be themselves as they grow and develop."

Autism spectrum disorder (ASD) is a neurobiological disorder that impacts the development of social and communication skills, sensory regulation, and behaviors. The latest studies from the Centers for Disease Control and Prevention (CDC) estimate 1 in 36

children have ASD. That's up from 1 in 44 children in 2018. Boys are nearly four times more likely to be diagnosed with autism than girls.

"Autism is the fastest-growing developmental disability in this country, and it is important that families receive an early diagnosis and treatment," said Judson Center Chief Operating Officer Susan Salhaney. "Experts believe one of the reasons for the increase in the prevalence of autism is better awareness and screening. Each individual who receives an ASD diagnosis is unique, and our trained and certified autism professionals create treatment plans that are just as unique for each person."

Judson Center's Autism

Connections program offers a comprehensive continuum of care for families, including Applied Behavior Analysis (ABA) therapy, diagnostic evaluations, parent training, social skills groups, and speech and occupational therapy.

"When we choose to see autism as something to be embraced and not some-

thing to be eradicated, we are able to better equip individuals with autism to communicate their needs and connect with the world in a new way," said Judson Center's Director of Autism Connections Sarah Sorise. "This approach promotes dignity, fosters inclusion and helps us walk beside our clients and their fam-

ilies into a future where they can thrive as their full selves."

For more information on Judson Center's Autism Connections program, call 866-5-JUDSON or visit [www.judsoncenter.org](https://www.judsoncenter.org).

Source: Judson Center



PHOTO COURTESY OF JUDSON CENTER

Dearborn Chamber of Commerce members join Dearborn Mayor Abdullah Hammoud, Judson Center President and CEO Lenora Hardy-Foster and U.S. Rep. Rashida Tlaib (D-12th District) to cut the ribbon at the new location.



PHOTO COURTESY OF JUDSON CENTER

Judson Center Board Chair Steve Ebben and Judson Center President and CEO Lenora Hardy-Foster accept a framed Congressional proclamation from U.S. Rep. Rashida Tlaib (D-12th District).



# Choices in Education



A special supplement of the News-Herald and Press & Guide newspapers.

## How women are finding rewarding careers in the construction industry

As multiple industries still face workplace shortages, one solution is emerging, especially in traditionally male-dominated fields like construction: recruit more women. According to recent data from the Bureau of Labor Statistics, nationwide, the number of women in construction has hit an all-time high, with women now making up 11% of the construction industry. Although that's historically a record high, business owners like 84 Lumber's Owner and President Maggie Hardy aim to do better.

"Building a culture that nurtures the talents of younger workers and seasoned associates, to put them on the track of success, is one of the most important things to retain talent," explained Hardy. "If you're seeking a career transition, whether from the hospitality industry, the military, or something else, our company doesn't require any prior experience. We can train you on everything you need to know, and our 'promote from within' culture provides growth opportunities that can't be found elsewhere."

### Building on a legacy

After taking on leadership from her



Photo courtesy of Brandpoint

father at age 26, Hardy focused on the professional market, helping 84 Lumber top \$1 billion in sales for the first time in 1993, and now over \$8.7 billion in 2022. She balances the company's traditional approach to doing business with adapting to ever-changing customer needs. Today, the company is a certified National Women's Business Enterprise and the largest privately owned building materials supplier in the U.S., with 310 facilities, including component manufacturing plants, custom door shops, and millwork shops plus engineered wood product centers in over 35 states - also offering turnkey installation services for a variety of products including framing, insulation, siding, windows, roofing, decking and drywall.

Under Hardy's leadership, 84 Lumber was named one of America's largest companies by Forbes and made the Inc. 5000 list of America's Fastest Growing Companies of 2022. That growth has required active recruiting and training of employees from all walks of life to fill a variety of roles.

"We have an on-site training center dedicated to training and development of associates," said Hardy. "We teach associates the construction and building materials industry and store operations. We have online, self-paced learning tools to help with product knowledge and learning the roles. It's an important piece of the puzzle for attracting and retaining top-tier associates."

### Growing business by nurturing talent

Many women in the field didn't consider construction as a vehicle for career success but have since changed their minds, like store co-manager Shannon LaMonte. "I come from a family of contractors," explained LaMonte. "But I never thought to pursue a career in construction, mostly because it was intimidating. 84 Lumber has given me all the tools to be successful in something I've always wanted to be part of."

Others started in one aspect of the business, only to learn there were more opportunities outside traditional roles. "At 18, I began working for a lumber yard as a cashier. I found the atmosphere energetic and exciting," recalled Niki Flynn, now in outside sales. "I started at 84 Lumber 17 years ago as a coordinator and drove myself to learn all aspects of the company."

Women in the industry encourage others to try something new - because you may be surprised at your own abilities. "84 Lumber allowed me to expand my knowledge with multiple positions," said Plant Manager Polly Jean (PJ) Miller. "Don't be intimidated by work in the construction field. If it's something that truly interests you, don't be scared to step up and learn."

### A uniquely satisfying career

Kristi Allen, owner of WoodCastle Homes and one of the trailblazers behind The House That She Built, cites the skills women bring to construction, and how rewarding the field can be.



Photo courtesy of Metro Creative Connection

"We tend to be detail-oriented and organized, which are extremely important skills in building a home," Allen explained. "Many women, including myself, have been able to carve out a niche for themselves in construction that allows them to succeed professionally and personally. My job as a general contractor allows me to do the thing I love, which is building homes for families."

To keep up with growth, 84 Lumber is hiring new associates in stores and manufacturing facilities nationwide. Visit [84Lumber.com/careers](http://84Lumber.com/careers) to apply, and learn more about the company on Facebook, Instagram or LinkedIn.

Story courtesy of Brandpoint

# Vibrant MINDS Vibrant FUTURES

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# Choices in Education

A special supplement of the News-Herald and Press & Guide newspapers.

## 3 ways parents can encourage social emotional learning in children

Most parents would agree the quality of their children's education plays a key role in their overall development. While parents are optimistic about the future of education, they also recognize children have educational needs beyond what is considered the standard.

A Harris Poll survey on behalf of KinderCare found 83% of parents believe it's important for children to be raised with social emotional skills, 84% believe it's important children learn to treat others the way they want to be treated and 83% believe kindness should be a core value in the way children are educated. Now, parents want a focus on social emotional skills, mental health, kindness and understanding differences.

Consider these three ways parents can encourage social and emotional learning in their children:

1. Practice emotional literacy at home. Disagreements among parents and siblings are almost inevitable at home. While this can seem challenging to handle, it can serve as an opportunity for children to practice emotional literacy by identifying their feelings and the feelings of others. It also gives children the opportunity



Photo courtesy of Family Features

to practice their listening skills and put themselves in the other person's shoes. By



Photo courtesy of Metro Creative Connection

using these skills, children can develop a stronger sense of empathy and understand how their emotions drive their actions.

2. Practice mindfulness with a relaxing activity. Mindfulness can help children understand and regulate their emotions, especially when it becomes a regular habit. Parents can instill this habit in their kids by picking a set time to do activities in a calm space at home every day such as reading a book, listening to calm music or something as simple as deep breathing.

3. Provide unplugged opportunities to connect with other children. Activities that don't revolve around a screen and encourage in-person socialization with peers can provide opportunities for children to practice building their social emotional skills. Programs like KinderCare's Champ Camp include indoor and outdoor group activities as well as field trips designed to help children use their natural creativity and curiosity to learn and develop important social skills.

To learn more about social emotional learning, visit [kindercare.com](http://kindercare.com).

Story courtesy of Family Features/KinderCare

## How to help children build a growth mindset

There is no perfect time to consider the habits you want to keep and the ones you'd like to develop. And there is no better time than now to consider how to help your children develop a growth mindset.

"We know one of the greatest boosts to parents' confidence over the past year came from knowing their children's whole selves are being nurtured, and we want to see that trend continue," said Carter Peters from KinderCare Learning Center's education team. "A growth mindset helps children try new things despite fear of failure. It's the kind of thinking that allows inventors and creative thinkers to get excited about trying something new and ensures they have the cognitive flexibility and problem-solving skills to work through hurdles."

Adults can often easily spot when children are engaged in creative thinking and prideful of their work, but that confidence may be lost as failures turn into insecurities. By nurturing a growth mindset and showing children they can learn and develop new skills in any area, it better sets them up for long-term success.

Consider these three tips to help children build a growth mindset:

• Praise effort. It's easy to fall into the habit of praising successes. However, praising

can reframe how they approach challenges and teach them that difficult doesn't mean impossible."

• Encourage the process. People often withhold praise until there's a result, which leads children to hurriedly scribble a picture to hold up for a "good job" instead of taking time to focus on their efforts. When children know adults will encourage them during the process, instead of only upon the achievement, they're more likely to try new things or master a new skill. For example, try providing encouragement such as, "I can see you're focused on drawing that tree. It looks so lifelike because you're putting so much thought into what you're doing."



Photos courtesy of Family Features



Photos courtesy of Family Features

effort encourages children to try new things without the fear of failing. It also teaches children personal growth and achievement are possible, even if their overall effort wasn't a success.

"Young children often get excited to try something new," Peters said. "By praising effort and showing children they'll still be loved and valued despite the outcome, you

Once their project is finished, continue the encouragement by hanging up their artwork or school projects in a prominent place.

• Model a growth mindset. You can model a growth mindset for children by narrating your actions when you are facing a challenge: "I am having a difficult time putting this shelf together, but it's OK. I'll take a break then read the instructions again." Remove negative words from your vocabulary, such as "I can't" or "I'm stupid." Even when you are joking, children may not be able to tell the difference. You can also ask your children to join you in problem-solving. Take time to hear their ideas and try them even if you think they won't work. This not only supports the development of their growth mindset, but the quality time and encouragement reinforces their sense of self-worth and builds confidence.

For more tips to help children develop a growth mindset, visit [kindercare.com](http://kindercare.com).

Story courtesy of Family Features/KinderCare



## 21st Century Virtual Learning Program



- Crestwood School District's 21st Century Virtual Learning Program for the 2023/2024 School Year is open to Residents and Non-Residents.
- Parent(s)/Guardian: complete the application at [csdm.k12.mi.us](http://csdm.k12.mi.us) if you are interested in registering future 7th - 12th grade students in the Crestwood School District's 21st Century Virtual Learning Program for the 2023/2024 School Year.
- Completion of one application per student is required.
- Acceptance to the 21st Century Virtual Learning Program is dependent on students meeting eligibility requirements and availability, acceptance is **NOT guaranteed**.
- 21st Century Virtual Learning Program applications will be accepted **March 27th through the end of May 26th, 2023**.
- Parents will be notified of acceptance by **June 16th, 2023**. The program will follow the same school calendar and daily instructional hours as face-to-face students. Student may be allowed to participate in extracurricular activities and athletics in accordance with MHSAA guidelines and school [code of conduct](#) policy.

- برنامج التعلم عن بعد عبر الإنترنت في منطقة مدارس كريستود التعليمية للقرن الحادي والعشرين للعام الدراسي 2023/2024 مفتوح للمقيمين ضمن حدود منطقة كريستود وخارج حدودها أيضاً.
- ولي الأمر (أولياء الأمور) / الوصي: أكمل طلب التسجيل على الموقع الإلكتروني [csdm.k12.mi.us](http://csdm.k12.mi.us) إذا كنت مهتماً بتسجيل طلاب الصف السابع إلى الثاني عشر المستقبليين في برنامج التعلم عن بعد عبر الإنترنت في منطقة مدارس كريستود للقرن الحادي والعشرين للعام الدراسي 2023/2024.
- مطلوب إكمال طلب واحد لكل طالب.
- يعتمد القبول في برنامج التعلم عن بعد عبر الإنترنت للقرن الحادي والعشرين على استيفاء الطلاب لمتطلبات الأهلية والتوافر، القبول غير مضمون.
- سيتم قبول طلبات برنامج التعلم عن بعد عبر الإنترنت للقرن الحادي والعشرين من 27 آذار (مارس) وحتى نهاية 26 أيار (مايو) 2023.
- سيتم إخطار أولياء الأمور بالقبول بحلول 16 حزيران (يونيو) 2023. وسيتبع البرنامج نفس التقويم المدرسي وساعات التدريس اليومية مثل الطلاب الذين يتقبلون وجهاً لوجه في المدرسة. قد يُسمح للطلاب بالمشاركة في الأنشطة اللامنهجية وألعاب القوى وفقاً لإرشادات MHSAA وسياسة قواعد السلوك في المدرسة.





# Choices in Education



A special supplement of the News-Herald and Press & Guide newspapers.

## Making sense of college costs and financial aid

That moment when your child receives an acceptance letter to a coveted college is a time to feel pride in their achievements and excited about their future. It's also a time to make sense of the school's price tag. That's where financial award letters come into play.

"You'll receive an award letter from each school your student was accepted to listing all the details of the financial aid package," says Angela Colatriano, College Ave Student Loans. "This information helps you figure out what's covered and how much your family is expected to pay."

Unfortunately, if you're like many parents, you may not be prepared for everything you read in these award letters. In a recent College Ave Student Loans survey, only 30% of parents who received award letters said they received as much aid as they expected, and 74% said they found the expected family contribution surprisingly high. Colatriano also notes that because the layout of these letters varies from school to school, it can be hard to compare their terms.



Photo courtesy of StatePoint Media

To help you decipher your financial aid award letters and figure out how to pay for college this fall, consider these tips and insights:

1. Sort grants and scholarships from other aid. If your child was awarded a federal grant or scholarships from the college, they will be listed on your award letter. These do not need to be repaid and are applied directly to the school's tuition. You can also pursue outside scholarships. One easy one to apply for is the College Ave \$1,000 monthly scholarship sweepstakes. Encourage your student to apply for scholarships year-round, as every little bit helps.
2. Delve into federal aid. The award letters will show you if your student qualified for the Federal Work-Study program. Likewise, schools will list any federal student loans you're eligible to receive. Don't forget to complete the Free Application for Federal Student Aid (FAFSA) each year to qualify.
3. Meet the gap. If after accounting for grants, scholarships and federal aid there is still a gap between school costs and what you can afford, consider how you can reduce costs or get more funding. For example, you may reconsider your choice of school or have your student take on a part-time job. You might also want to shop around for a private student loan. If you do so, make sure you borrow only what you need. Also, look for a lender offering favorable terms, repayment options and interest rates. College Ave Student Loans offers resources to help you navigate paying for college, including a student loan calculator to show what your monthly payments could look like. To learn more, visit [CollegeAve.com](http://CollegeAve.com).



Photo courtesy of Metro Creative Connection

4. Look before you leap. Remember that most types of financial aid come with terms and conditions. For example, a scholarship may require a student to maintain a certain GPA for it to be renewed the following semester. Federal and private loans will have interest rates and repayment terms. Before accepting or pursuing any type of financial aid, be sure you understand what's involved.
5. Get assistance. When in doubt, don't be afraid to reach out to your school's financial aid office for assistance. They are a great resource to help you and your family navigate the financial aid process.

"With so many competing financial pressures, it's more important than ever for college-bound families to understand the ins and outs of their financial aid offers and what they're responsible to cover each year," says Colatriano.

Story courtesy of StatePoint Media

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Beginning April 1, 2023 through September 6, 2023.

Lincoln Park Public Schools is also offering "limited" enrollment for grades six through twelve (6-12). The School of Choice Open Enrollment period for grades 6-12 begins

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Enrollment/applications can be completed online at [www.lpps.info](http://www.lpps.info) or at the Administration Building, 1650 Champaign, Lincoln Park.

For more information please call: **313-389-0200** ext. **20323** or **20520**.

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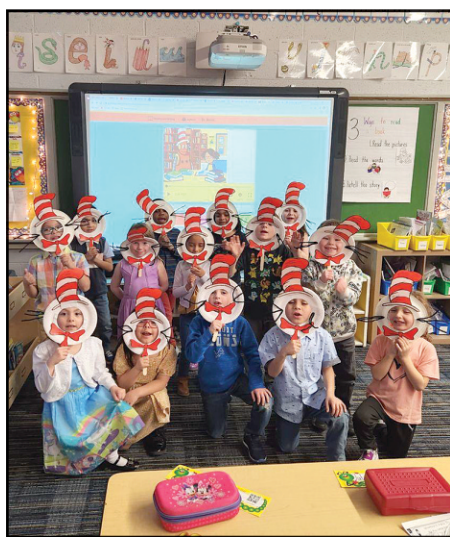
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# HOME

In the end, the strength of our community - our "home" - comes from those things that define us.

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# Choices in Education



A special supplement of the News-Herald and Press & Guide newspapers.

## Fun and educational ways to celebrate Earth Day

Earth Day is an annual holiday that has been celebrated since 1970. Despite somewhat humble beginnings, much of the globe now celebrates Earth Day, which took place this year on Saturday, April 22.

Earth Day has long drawn attention to issues affecting the planet and its climate. The effects of those issues have grown increasingly noticeable in recent years, which makes this Earth Day and all subsequent celebrations an ideal opportunity to celebrate the planet while learning about the many challenges it faces in the years to come. The following are some unique, fun and educational ways to celebrate the planet during Earth Month.

- Leave the car at home. Winter weather is a distant memory by late April in many places, making Earth Day an ideal time to travel by foot or by bicycle instead of by car. That's not only fun, but also a great opportunity to learn about carbon emissions. The United States Environmental Protection Agency reports that a typical passenger vehicle emits about 4.6 metric tons of carbon dioxide each year. Vehicles also emit a substantial amount of methane and nitrous oxide. This is why gas-powered vehicles are so often linked to climate change, much of which is driven by greenhouse gas emissions. A car-free Earth Day can be fun and serve as a catalyst for conversation about the effects of gas-powered vehicles on the health of the planet.

- Volunteer with a local environmental organization. Environmental organizations are committed to the ideals behind Earth Day all year long. However, each Earth Day many of these organizations sponsor eco-conscious efforts to help the planet and raise awareness about issues like climate change. Volunteering with a local beach or park cleanup or signing up to walk and raise money for

a local environmental charity makes for a fun and educational way to spend your Earth Day.

- Get your hands dirty and plant. The National Forest Foundation notes that planting trees can have a profound and positive impact on the planet. According to the NFF, planting more trees helps



Photo courtesy of Metro Creative Connection

forests to sequester carbon, which can have a significant effect on climate change. The NFF estimates that 100 mature trees can remove 50 metric tons of carbon dioxide equivalent and 430 pounds of pollution from the atmosphere. Even if you can't work with a local forestry organization to plant more trees in a nearby forest, planting native trees on your own property can help combat climate change.

- Involve children in your efforts to combat climate change. Today's adults likely won't be the ones forced to confront the more challenging consequences of climate change. Unfortunately, that cost is likely to be passed on to future generations. That makes this Earth Day a great time to involve kids more directly in efforts to combat climate change. Explain the significance of avoiding the car, volunteering or planting trees in terms that kids can understand, emphasizing that the future of the planet could very well be in their hands.

Earth Day takes on greater significance each year as the effects of climate change become more noticeable. This year the holiday can be celebrated in various ways that are both enjoyable and educational.

Story courtesy of Metro Creative Connection



Photo courtesy of Metro Creative Connection

## Choosing your career? Why the insurance industry may be the path for you

Whether your career is just beginning or you're looking to shift gears, the insurance industry may be the right place for you. The industry employs nearly 3 million people in the United States and depends on a diverse workforce from various professional backgrounds. However, experts say that persisting myths may prevent talented job seekers from exploring these careers.

"Many job seekers have preconceived notions about what a career in insurance looks like, and they are not always accurate. The fact is that an insurance industry career offers virtually unlimited job opportunities and chances to learn, grow, benefit from new experiences and make a difference in your community," says Carrie Martinelli, vice president of Talent at Selective Insurance.



Photo courtesy of StatePoint Media

Martinelli also notes that you don't need an insurance background to get hired and thrive. An informal survey of Selective Insurance employees revealed that 42% had no prior insurance experience before landing their current role.

To help job seekers break into the industry and find success in their new careers, Selective Insurance offers the following tips and insights:

1. Don't assume your background isn't a fit. You may be surprised to learn that the industry does not just hire talent for traditional sales, underwriting, safety management, actuarial and claims roles. It also requires the expertise of legal experts, innovation strategists, and finance, marketing and IT security professionals. In fact, the Insurance Information Institute notes that even art historians and drone pilots are needed to



Photo courtesy of Metro Creative Connection

make the industry tick. Before assuming your background isn't a fit, contact an insurance firm to learn how your experiences and interests translate to an insurance position.

2. Seek to grow in your new job. In a recent Conference Board survey, 96% of respondents said it was "important" or "very important" to develop their work-related skills continuously. There's a good reason this sentiment is so popular. Professional development helps employees grow, learn and thrive, preparing them for more advanced positions or new areas of responsibility. Consider how such opportunities can benefit your career and take time to learn about the company's professional development program during any interview process. Selective Insurance, for example, provides in-person and virtual training, simulations, peer coaching and mentorship opportunities for all employees throughout their tenure with the company.

3. Find a sense of purpose. Insurance industry employees are unsung heroes who can help improve challenging situations. They provide expertise to help protect valuable assets like businesses, homes and vehicles. They also offer support and guidance after an unexpected loss, making these careers an ideal fit if you are passionate about helping protect your local community.

To learn about insurance industry job opportunities in your field, visit [selective.com](http://selective.com).

From recent high school and college graduates to mid-career professionals, the insurance industry offers many opportunities.

Story courtesy of StatePoint Media



**Riverview Community Schools**  
One community, every day, charting the course the Pirate way.



SAFE & RESPECTFUL LEARNING ENVIRONMENT



### 23-24 School of Choice

The Riverview Community School District is participating in the State of Michigan's School of Choice program for the 2023-24 school year and is accepting enrollment applications from students who live in any Wayne County school district.

#### Limited Openings: Young 5 – 12<sup>th</sup>

Elementary Schools: Forest, Huntington, Memorial  
Seitz Middle School | Riverview High School

#### Unlimited Openings: K-12

Riverview Virtual Academy



Dual Enrollment Opportunities

**Extra-curricular opportunities at every level – Top tier athletic programs**

Online application process must be completed between

**April 12<sup>th</sup> and May 11<sup>th</sup> at 3 pm**

For more information and the link to apply, please visit our website:

**[www.riverviewschools.com](http://www.riverviewschools.com)**

Riverview Community School District  
13425 Colvin, Riverview, MI 48193  
(734)285-9660, ext. 9

*It is the policy of Riverview Community School District that no discriminatory practices based on gender, sex, race, religion, color, age, national origin, disability, height, weight, or any other status covered by federal, state or local law be allowed in providing instructional opportunities, programs, services, or in policies governing student conduct and attendance.*

**ARRGH**  
Academics ~ Responsibility  
Respect ~ Growth ~ Honor

## Huron School District

**“Completely Committed to Kids!”**

**Announces Limited School of Choice Openings**

**“Great Kids, Great Families, Great Schools”**

*Huron Offers a Big Time Education in a Small Town Setting*

**Section 105 (Wayne County School District Residents Only)**

**Fall Trimester 2023-2024 School Year**



### Openings Include:

School	Grade Level	Vacancies
Ferguson Early Childhood Ctr	Young 5's	1
	K	3
Brown/Miller Elementary	1	2
	2	2
	3	3
	4	2
Renton Junior High	5	3
	6	1
	7	6
Huron High School	8	4
	9	6
	10	4
	11	3
	12	3

Applications are available at the Huron School District Administration Building and online at [www.huronschools.org](http://www.huronschools.org)

**Applications will only be accepted between the dates listed below**  
**May 1, 2023, through May 15, 2023 4:00 p.m.**

Applications and supporting documentation may be dropped off or mailed to:  
32044 Huron River Drive, New Boston, MI 48164

You can also email your application and all supporting documentation to:  
[schoolofchoice@huronschools.org](mailto:schoolofchoice@huronschools.org)

For more information please call 734.782.2441 or visit our website at [www.huronschools.org](http://www.huronschools.org)

**Any Application that is incomplete or received outside of the acceptance window, will automatically be disqualified**



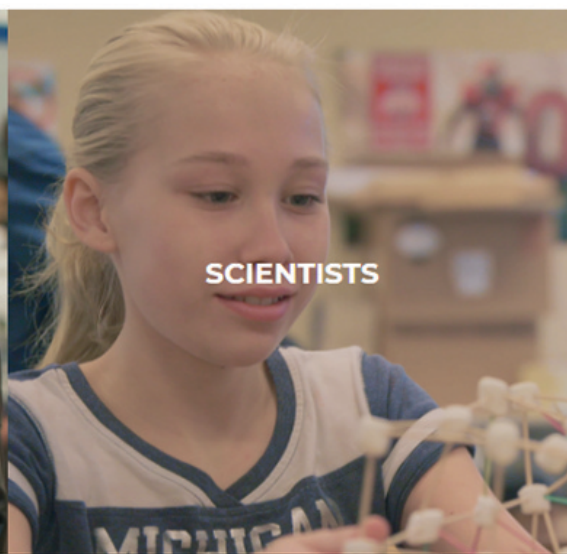
# Gibraltar School District

**SCHOOL OF CHOICE  
AND KINDERGARTEN  
ENROLLMENT IS NOW OPEN!**



## Welcome to Marauder Country

WE ARE  
FUTURE



DOWNRIVER



- K-5 STEM School
- Engineering curriculum in all classrooms
- Technology in the hands of each child
- Authentic Project-Based Learning
- eLab outfitted with collaboration space for innovation and robotics

### Building and Security Upgrades

- Safety and Security upgrades: School Resource Officer on site at the High School & Middle School
- Secure entryways at all buildings
- state of the art camera system
- One to One devices for all students
- Renovated media centers with Makerspaces in all elementary buildings
- Renovated Science Rooms at the High School
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- STEM equipment and furniture at all buildings
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- Earn college credit while on campus at Carlson High School
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- Award-winning athletic facilities
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Career and Technical education available through our partnership with DCTC.

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 734-379-7115



# Allen Park Public Schools

## Schools of Choice

Limited openings for the 2023-24 school year are available in grades

Kindergarten – 11<sup>th</sup> grade



It is the policy of the Allen Park Public School District that no person shall, on the basis of race, color, national origin, sex, age or disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination during any program, activity or employment.

## Join the Allen Park Public School Family

*Make the choice!*



Allen Park Public Schools... *an uncompromising commitment to excellence*

APPS will be accepting applications for out of district students for the 2023/24 school year.

- Applications will be available on our website [allenparkschools.com](http://allenparkschools.com) beginning April 3, 2023
- Completed applications accepted April 3, 2023 through April 21, 2023. (No late applications will be accepted)
- Current residents who moved or plan to move out of the district before 9/5/23 must apply during the SOC application window
- A minimum of 1 applicant per grade (1 – 11) will be accepted. If more applications are received than open spots, a lottery will be held. A wait list will be generated for students not selected by lottery draw

For more information visit our website [allenparkschools.com](http://allenparkschools.com) or contact us at (313) 827-1154 or [schoolofchoice@appublicschools.com](mailto:schoolofchoice@appublicschools.com)

- ✓ All schools and district are accredited by AdvancED/NCA
- ✓ Children thrive in our safe, nurturing and engaging environment
- ✓ A robust, diverse curriculum framework prepares students for an ever-changing world
- ✓ Curriculum review cycle keeps instruction and resources updated
- ✓ Full day Young 5's and Kindergarten offered
- ✓ 100% of our dedicated and caring teachers are certified and NCLB Highly Qualified
- ✓ Long Range Strategic Plan adopted by the Board of Education
- ✓ Responsible practices in financial planning
- ✓ Web-based parent communication
- ✓ Today's technology and modernized facilities
- ✓ A strong PTA/PTSA and volunteer programs



## ALLEN PARK PRESCHOOL

### Open House

Thursday, April 13, 2023 at 6:00 p.m.  
Lindemann Elementary, 9201 Carter, Allen Park MI 48101

### Program Information

Located at Lindemann Elementary  
2-day program – Tue/Thur – Half Day – \$128  
3-day program – Mon/Wed/Fri – Half Day – \$186  
AM Session 9:00 - 11:30 a.m. or PM Session 12:30 - 3:00 p.m.

### Registration

In-district registration begins Monday, April 17, 2023  
Out-of-district registration begins Monday, April 24, 2023

### To Register, Please Visit:

Riley Education Center  
14700 Moore, Allen Park MI 48101  
Registration Office Hours: Monday-Friday 8:00 a.m. - 3:45 p.m.

### You will need:

Completed Registration Form  
Child's Birth Certificate (must be 3 years old by Sept 1<sup>st</sup>)  
Child's Immunization Record  
\$45 Registration Fee (cash/check only)

### Questions?

Please contact: Preschool Office Secretary, Cindi Sutherland  
email: [sutherland@appublicschools.com](mailto:sutherland@appublicschools.com)  
P# 313-827-2662



# Choices in Education



A special supplement of the News-Herald and Press & Guide newspapers.

## How to promote inclusivity for deaf individuals

Millions of people experience hearing loss each year. While gradual loss of some hearing may be a byproduct of aging, hearing loss that is present at birth or developed early in life may be so significant that people are considered clinically deaf.

The World Health Organization says 1.5 billion people across the globe live with some degree of hearing loss. Chronic ear infections and diseases such as measles, mumps, rubella, and meningitis account for more than 30% of hearing loss in children, which is a significant problem in less developed nations. Since communication is so vital to the human race and helps people feel more connected, those who are deaf can feel isolated from others because of their hearing issues. Thankfully, there are ways that the public can be more welcoming and accommodating to the deaf community.

### Learn about hearing loss

The American Speech-Language-Hearing Association indicates there are three basic forms of hearing loss, which are classified based on which part of the ear is damaged.

- Conductive hearing loss occurs when sound can't travel through the outer and middle ear. Soft sounds are challenging to hear and louder sounds may be muffled. Medical treatment or surgery often can remedy conductive hearing loss.

- Sensorineural hearing loss is the most common form of hearing loss. It is caused by damage to the inner ear or the nerve pathway to the brain.

- Mixed hearing loss occurs when conductive and sensorineural hearing loss happen concurrently.

### Enroll in a sign language class

If you know someone at school, work or in the community who is deaf, you can foster a deeper connection with this person by learning sign language. Americans and English-speaking Canadians use American Sign Language, while French-speaking Canadians utilize Quebec Sign Language (Langue des signes québécoise or LSQ). ASL and LSQ classes are readily available, and a person can learn many words and phrases to make it easier to communicate with someone who is deaf. According to the Centers for Disease Control and Prevention, the average person can make out just 40% of conversations by lip-reading, so learning sign language is the best way to foster effective communication.

### Caption or bring in interpreters

Employers and educators can take strides to include more captioning or signed interpretations for lessons, meetings and webinars. Text transcripts or slide shows can be sent as a follow-up to oral presentations.

Many companies are unsure of the resources that might be needed by people with hearing disabilities. By expanding hiring diversity and working with deaf people, managers can foster the growth an organization needs to be more inclusive. The website DeafFriendly.com enables people to rate the level of deaf-friendliness of any company. Companies can use that feedback to make positive changes to their organizations.

Being more inclusive of deaf individuals can be a goal during Deaf History Month and throughout the rest of the year.

Story courtesy of Metro Creative Connection



Graphic courtesy of Metro Creative Connection

## What to do when parents are poor sports



Photos courtesy of Metro Creative Connection

Heated debates with referees and trash-talking players is something one may expect when watching professional sports. But such behavior is not expected of parents on the sidelines of youth sporting events. However, unruly parents are on display with increasing frequency at various youth sporting events.

According to a 2017 survey by the National Association of Sports Officials, adult behavior is the reason more than 75% of all high school referees quit. About 80% of new officials stop after two years on the job. This has led to a shortage of officials across the youth sports landscape.

Richard Weissbourd, a psychologist and senior lecturer at the Harvard Graduate School of Education, says there may be several reasons behind the uptick in poor parental behavior at sporting events. The media and social media platforms have normalized demeaning and degrading people with whom one disagrees without fear of recourse, Weissbourd says. Also, the behavior could stem from parents wanting to compensate for shortcomings in their own youth sports histories. Others may be motivated by notions that winning is all that matters.

Children are the biggest losers when parents misbehave at youth sporting events. Rather than having fun in sports with teammates, youth experience unnecessary stress and anxiety about the game. Some are too anxious to compete in events for fear of losing. Others are being affected by pressure-induced statements thrown in, such as, "I know you are going



Photos courtesy of Metro Creative Connection

to win today." Some kids are embarrassed by their own mothers and fathers yelling at them to do better, or demeaning other players and coaches.

Youth sports leagues are starting to take inventory of unsavory parental behavior at kids' sports events. While it's one thing for parents to be invested in their children's success, it's another to allow it to lead to inappropriate or intense behavior that is far from sportsmanlike. Here's how it may be possible to change patterns.

- **Share a new perspective.** Oftentimes sports events, particularly at the high school level, are recorded and/or streamed for viewing later on. Problematic parents can be called in to view recaps of their behavior which



Photos courtesy of Metro Creative Connection

may be caught on video to see that they may need to tone things down. This could be an embarrassing wake-up call.

- **Rally for changed policies.** Youth sports leagues and schools can be petitioned to implement stricter policies for dealing with parents who are out of control at sporting events. Restriction from attending games could be one avenue, particularly for repeat offenders.

- **Model good behavior.** Coaches and officials can remain calm and collected even in the face of aggression directed their way to illustrate to players how to behave. Furthermore, actions like congratulating the winning team and not supporting cheating or making illegal maneuvers during play should be reinforced.

- **Lend an ear.** Sometimes parents act out at games not because of the game itself, but some other stressor that they may have going on in their lives. Mitigating the situation may come down to listening to a problem and providing a healthy outlet for that frustration.

Reducing incidents involving out-of-control parents at sporting events is becoming a larger priority as issues continue and fewer coaches and officials are inclined to volunteer their time.

Story courtesy of Metro Creative Connection

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MINDS  
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is the **ANSWER!**

**APPLY NOW**

for the

**2023-2024  
SCHOOL YEAR!**

- Dual Enrollment Program
- AP Classes
- Middle School and High School Athletics
- Music, Art, and Drama Programs
- Flexible Learning Opportunities
- Every Student Gets a Chomebook
- After School Tutoring and Summer School Programs
- GSRP "Great Start Readiness Program" for Four Year Olds
- K - 12 School



For more information, please view our website: [www.trilliumacademy.us](http://www.trilliumacademy.us) or contact us at (734) 374-8222. 15740 Racho Blvd., Taylor MI.

## Thinking about next year?



## Now enrolling! Early Head Start & Head Start for the 2023-2024 Program Year

Educational program with resources and family services for income eligible families

**Early Head Start**  
Birth up to  
3 years old &  
expectant mothers

**Head Start**  
3-4 years old  
by September 1,  
2023



Apply here:

English: [bit.ly/enroll2023eng](http://bit.ly/enroll2023eng)  
Español: [bit.ly/enroll2023spn](http://bit.ly/enroll2023spn)

**734-785-7702**



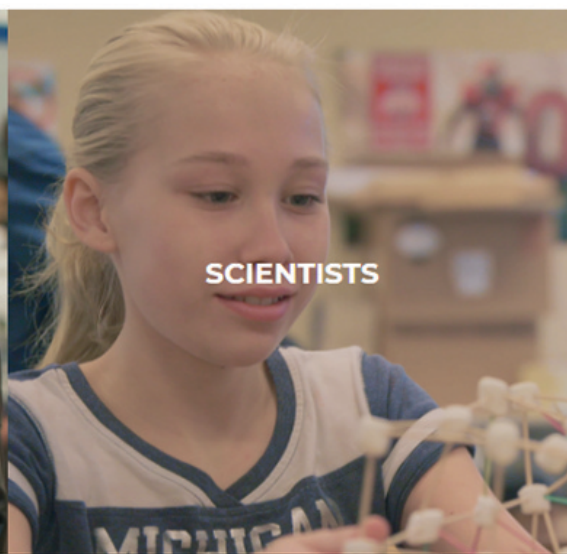
# Gibraltar School District

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# Choices in Education

A special supplement of the News-Herald and Press & Guide newspapers.

## Strategies to encourage kids to read more

Many adults feel there's no better way to relax than curling up with a good book. Though a relaxing afternoon of reading may appeal to adults, kids could prove a little more reluctant to crack a book.

Children have much to gain from reading and being read to. According to the Children's Bureau of Southern California, a nonprofit organization devoted to strengthening vulnerable children, their families and the communities where they live, reading aloud to children supports their cognitive development; improves their language skills; prepares them for academic success; increases their discipline and ability to concentrate; and improves their imagination and creativity. Many of those same benefits apply to kids who read on their own, which may be more appealing as kids advance through elementary school and aspire to become more independent.

Since children have so much to gain from cuddling up with a good book, parents can try these strategies to encourage kids to read more.

• **Allow kids to read the same book.** Parents of young readers or children learning to read undoubtedly know how much children like to read the same book over and over again. Though that might not engage moms and dads, experts note that allowing kids to read the same books again and again is an effective way to foster a love of reading in children. Researchers have linked reading the same books again and again to greater vocabulary acquisition and improved



Photos courtesy of Metro Creative Connection



Photos courtesy of Metro Creative Connection

reading comprehension, among other benefits. Kids are more likely to enjoy reading if they recognize more words and can better understand the stories, so parents can encourage kids to read the same books again and again.

• **Take a book along when running errands or traveling.** The Children's Book Review notes that books can be just as handy in cars as tablets and other devices kids use to watch movies while on the go. Though some children may get car sick when reading while a car is in motion, those who don't have plenty of time to read while in the backseat. On long road trips, promise a movie after kids have read for an hour. When running errands with the kids in tow, encourage them to read by keeping a couple of books or magazines in the backseat at all times.

• **Practice positive reinforcement with emerging readers.** Another way to encourage young readers to pick up a book more often is to praise their efforts even if they struggle with words. Patience can go a long way toward instilling a love of reading in children. If kids are struggling with a word or words, read the sentence aloud with them. Reading also has a tendency to pique readers' curiosity, so parents can encourage kids to ask questions about the

books they read and help them find answers to those questions if necessary.

• **Enroll kids in library reading programs.** Summer reading programs sponsored by local libraries have been found to be conducive to promoting reading in young children. In its report titled "The Role of Public Libraries in Children's Literacy Development," the Pennsylvania Library Association indicated that preschool and summer reading programs encourage children to spend significant amounts of time with books and also encourage parents to play a greater role in their children's literacy development. Participation in such programs is typically free of charge, so there's no reason why families cannot take advantage of these highly effective programs.

Reading benefits children in myriad ways. Parents can look to various strategies to foster a love of reading in their children.

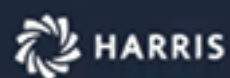
Story courtesy of Metro Creative Connection



Photos courtesy of Metro Creative Connection



## 21st Century Virtual Learning Program



- Crestwood School District's 21st Century Virtual Learning Program for the 2023/2024 School Year is open to Residents and Non-Residents.
- Parent(s)/Guardian: complete the application at [csdm.k12.mi.us](http://csdm.k12.mi.us) if you are interested in registering future 7th - 12th grade students in the Crestwood School District's 21st Century Virtual Learning Program for the 2023/2024 School Year.
- Completion of **one application per student** is required.
- Acceptance to the 21st Century Virtual Learning Program is dependent on students meeting eligibility requirements and availability, acceptance is **NOT guaranteed**.
- 21st Century Virtual Learning Program applications will be accepted **March 27th through the end of May 26th, 2023**.
- Parents will be notified of acceptance by **June 16th, 2023**. The program will follow the same school calendar and daily instructional hours as face-to-face students. Student may be allowed to participate in extracurricular activities and athletics in accordance with MHSAA guidelines and school [code of conduct](#) policy.

- برنامج التعلم عن بعد عبر الإنترنت في منطقة مدارس كريستود التعليمية للقرن الحادي والعشرين للعام الدراسي 2023/2024 مفتوح للمقيمين ضمن حدود منطقة كريستود وخارج حدودها أيضاً.
- ولي الأمر (أولياء الأمور) / الوصي: أكمل طلب التسجيل على الموقع الإلكتروني [csdm.k12.mi.us](http://csdm.k12.mi.us) إذا كنت مهتماً بتسجيل طلاب الصف السابع إلى الثاني عشر المستقبليين في برنامج التعلم عن بعد عبر الإنترنت في منطقة مدارس كريستود للقرن الحادي والعشرين للعام الدراسي 2023/2024.
- مطلوب إكمال طلب واحد لكل طالب.
- يعتمد القبول في برنامج التعلم عن بعد عبر الإنترنت للقرن الحادي والعشرين على استيفاء الطلاب لمتطلبات الأهلية والتوافر، القبول غير مضمون.
- سيتم قبول طلبات برنامج التعلم عن بعد عبر الإنترنت للقرن الحادي والعشرين من 27 آذار (مارس) وحتى نهاية 26 أيار (مايو) 2023.
- سيتم إخطار أولياء الأمور بالقبول بحلول 16 حزيران (يونيو) 2023. وسيتم البرنامج نفس التقويم المدرسي وساعات التدريس اليومية مثل الطلاب الذين يتقابلون وجهاً لوجه في المدرسة. قد يُسمح للطلاب بالمشاركة في الأنشطة اللامنهجية وألعاب القوى وفقاً لإرشادات MHSAA وسياسة قواعد السلوك في المدرسة.





# Choices in Education



A special supplement of the News-Herald and Press & Guide newspapers.

## Signs kids could be hard of hearing

Hearing loss is often associated with aging, and understandably so. Individuals from all walks of life undoubtedly have an aging friend or relative who has experienced some degree of hearing loss, and millions of seniors across the globe would admit to having some difficulty with their hearing. But hearing loss also can affect children and, if undiagnosed, it can have an adverse effect on nearly all aspects of their lives.

The World Health Organization estimates that, as of 2021, approximately 34 million children present with hearing loss that requires rehabilitation. Johns Hopkins Medicine notes that hearing loss in children can be present at birth or develop later in childhood. Hearing loss that develops later in childhood is known as acquired hearing loss, and parents can look for various signs that kids could be losing their hearing. The American Speech-Language-Hearing Association notes that the signs of hearing loss in children may include:

- Delayed speech and/or language development
- Speech sound disorder: The ASHA notes that speech sound disorders include any difficulty or combination of difficulties with perception, motor production, or phonological representation of speech sounds and speech segments
- Difficulty in following or understanding instructions
- Frequent requests for repetition
- Use of increased volume on devices, including televisions, personal music players and tablets



- Difficulty effectively expressing themselves: Children can exhibit difficulty expressing themselves verbally and/or via written language
- Frustration with communication breakdowns
- Feeling of exhaustion at the end of a school day
- Difficulties at school: Children with hearing loss may experience academic, behavioral, or social difficulties in the classroom and on campus

### What causes acquired hearing loss in children?

The causes of hearing loss in children can be as simple as cerumen (ear wax) or as complex as damage to middle or inner structures after suffering trauma to the head. Children's Healthcare of Atlanta notes that over-the-counter ear wax removal drops can effectively clean ears and restore kids' hearing, though such drops may need to be part of routine preventive health care measures. Ear infections, encephalitis, excessive noise exposure, meningitis, the presence of a foreign body in the ear, and viral infections like measles or mumps also can contribute to hearing loss in kids. Physicians can direct treatment of hearing loss based on the cause of kids' hearing loss, but it's worth noting that some hearing loss may require long-term use of hearing aids, surgery or medication.

Though often seen as a byproduct of aging, hearing loss affects millions of children as well. More information about children and hearing loss can be found at [asha.org](http://asha.org).

Story courtesy of Metro Creative Connection



Photos courtesy of Metro Creative Connection

## Water contaminants that impact child health and development

Clean, safe drinking water is essential for human health, especially for children, who are particularly vulnerable to certain contaminants. Local, state and federal policy has had some success in helping clean up drinking water supplies, but there are new reports of emerging contaminants linked to child development. Here's what to know about some of the most common water contaminants linked to child health, along with information about how to filter them:

• **PFAS.** According to Environmental Working Group scientists, the presence of Perfluoroalkyl and polyfluoroalkyl substances (PFAS) in American drinking water is much wider spread than previously thought. Contamination of drinking water or ground water has been detected at almost 1,400 sites in 49 states. This large class of chemicals -- which includes perfluorooctanoic acid (PFOA) and perfluorooctane sulfonate (PFOS) -- is added to a range of products and packaging. They are collectively referred to as "forever chemicals" because they don't break down easily and can last thousands of years. They can also build up in the human body. The Centers for Disease Control and Prevention reports that the blood of nearly all Americans is contaminated with PFAS. A new medical research study recently reported PFAS is altering hormonal and metabolic pathways needed for child growth and development.

• **Lead.** The effects of lead contamination in water have become more well known since the crisis in Flint, Mich. became widely reported on in 2016. However, the Environmental Protection Agency estimates that there are between 6 to 10 million lead service lines still in use in the country. When pipes that contain lead corrode, lead can enter drinking water. Harmful to everyone, even minimal exposure can have a significant impact on children, and has been linked to nervous

system damage, impaired hearing, learning disabilities and impaired blood cell function..

• **Microplastics.** Microplastics are fragments of plastic pollution, which are harmful to water ecosystems and unhealthy to consume. Microplastics are found in both tap and bottled water and in a 2022 study, were noted to be found in human blood. While the health effects of microplastics are still largely unknown, they are emerging as a common drinking water contaminant to be aware of.

### Some Solutions

To learn about the contaminants found in your drinking water, you can access the Environmental Working Group's Tap Water Database. No matter what you learn, it's a good idea to filter your water.



Photo courtesy of Metro Creative Connection

Many home water filters only filter certain contaminants. It's important to look for a water filter that removes chemicals including PFAS, heavy metals including lead, and that provides broader protection against emerging contaminants such as microplastics. One option is the pitcher filters and dispenser filters offered by LifeStraw, which remove not only lead, PFAS and microplastics, but also bacteria, parasites and a variety of emerging contaminants, including pharmaceuticals.

When it comes to child health, PFAS and lead contamination in drinking water is a concerning problem at the local and national level. Fortunately, household solutions exist to make water safer for individuals and families.

Story courtesy of StatePoint Media



Photo courtesy of StatePoint Media

## KICKSTART YOUR CHILD'S EDUCATIONAL JOURNEY!

Now enrolling Kindergarten and Preschool students for the 2023-2024 school year.

When it comes to your child's early education, you have options. See for yourself why Summit Academy North is the best choice! With our comprehensive curriculum, highly experienced teachers, and safe learning environment, we prepare our youngest students for a lifetime of success.



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Small class sizes allow our teachers to work closely with students and ensure each child is appropriately challenged.



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Students receive a top-flight early education in science, technology, reading, engineering, arts, and math.



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Each student has access to technologies that bring learning to life.



### Cultural Appreciation

We celebrate the different cultures that make our school and community so bright!



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We're committed to partnering with families, so please volunteer!



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### ENROLLMENT IS NOW OPEN

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Our program is 100% tuition-free and available to students throughout Southeast Michigan. Enrollment is now open!



If you have questions or would like additional information about our preschool-12 programming, please call 734-789-1428 or visit [www.summitacademy.com/visitus](http://www.summitacademy.com/visitus)

Open House  
All Schools  
May 5th | 5-7 pm  
Enroll Today!



# Choices in Education



A special supplement of the News-Herald and Press & Guide newspapers.

## Start early when planning grad parties

Graduation is an accomplishment so significant that many families commemorate grads' hard work with a party. Whether students are graduating from elementary school, middle school, high school, or college, the decision to fete that feat with a party is pretty popular.

That so many families choose to celebrate graduation with a party underscores the need to plan ahead. The following are some early planning pointers families can consider as students draw closer to the day when they will don their caps and gowns.

- **Pick a date and let it be known.** The dates of commencement ceremonies are typically announced months in advance. That affords party planners ample time to pick a date for the celebration. The earlier planners can pick a date, the greater the likelihood that they'll get to pick a date of their choosing. The longer planners wait, the more likely it is that many dates will be snatched up by the families of fellow grads. Once a date has been chosen, send out save-the-dates so others can avoid scheduling a party on the same day.

- **Speak with fellow parents.** Parents typically plan graduation parties, so one easy way to avoid scheduling conflicts is to work with fellow moms and dads. A joint party might make the most sense if families are planning summer travel or have limited flexibility regarding when they can host.

- **Book reservations early.** Though many graduation parties are held at private homes, some families prefer large family dinners

at local restaurants or gatherings at other public venues. Families who aren't hosting at home should study venue locations well in advance and book reservations as soon as possible. It's especially important to book reservations early, as graduation season typically coincides with the dawn of wedding season, which means there could be steep competition for venues or limited availability.



- **Remain flexible and open to new ideas.** Even early birds may find it hard to book vendors and venues, and planners may not want to settle for second or third options when celebrating an occasion as momentous as graduation. If preferred venues and vendors aren't available during peak graduation season, or if scheduling conflicts are making it hard to pick a date, remain flexible and open to new ideas. One alternative is to schedule a graduation party in mid-summer. This can serve as a sendoff to high school graduates about to leave for college or provide a great way for college grads to get back together with friends before the end of summer. Another option could be to finance a trip for grads and their friends to a nearby amusement park.

Graduation parties are great ways to commemorate all the hard work students did en route to donning their caps and gowns. Planning early can ensure such parties are just what parents and students are hoping for.

Story courtesy of Metro Creative Connection



## Screen time: What research says and what parents can do

Screen time is a hot topic for parents and researchers alike. While digital devices are the norm, and children can certainly use them to their benefit, parents can also help children learn healthy digital habits.

Research is still working out the long-term impact of devices on kids. Here's what's known so far, and what you as a parent can do about it.

- **Devices Before Bed = No Sleep:** It's undisputed: when it comes to bedtime, devices are a big no-no. According to Hoag Medical Group, devices are known to emit a specific light wavelength that messes with sleep patterns. Doctors recommend that kids don't use devices for at least one hour before bed.

The fix: At night, stick to the basics. Read to your children or tell them a bedtime story. When they're old enough to read to themselves, encourage them to stick with the habit of curling up with a good book before light's out.

- **Screen Time Linked to Depression and Anxiety:** According to a study published in JAMA Pediatrics, kids who spend a lot of time in front of screens are at a greater risk for emotional issues and low self-esteem. This is in part because the more time kids are spending in front of screens, the less time they're spending doing healthy activities like socializing or being active. Additionally, certain content can increase anxiety, particularly social media.

The fix: Distract kids with fun, thought-provoking alternatives. Whether it's a trip to the playground, board games or fort-building, putting screens away gives children's imaginations time to flourish.

- **Verbal 'Warnings' Do More Harm Than Good:** Every parent knows the struggle of limiting device use. Handing a tablet over is easy enough, but getting it back? That's when the

struggle begins. According to research, giving kids a warning that screen time is coming to an end increases the chances that kids will fight back and defy their limitation.

The fix: Setting clear limits on tech use is not just important, it's essential. New technology can help you do so much more seamlessly than an idle warning. Think apps that don't lead kids into the next level of a game or give parents control over kids' devices remotely.



Photo courtesy of StatePoint Media

One such tool is a parental control app called OurPact. To start, parents sign up for a free account. After pairing their child's devices, they're able to manage them remotely through at-a-touch blocking or automated schedules. It's great for setting bedtime schedules, ensuring devices don't cause homework distractions and for enjoying ping-free family dinners. It works on Wi-Fi and all cellular connections, meaning you can manage access whether you're at the grocery store or at home. To learn more or download, visit OurPact.com.

And of course, open the lines of communication about device use with your kids early on, and keep the dialogue going. Explain why screen time rules are important and set a good example. If you don't want your kid to look at their device in the middle of a conversation, hold yourself to the same rule.

Story courtesy of StatePoint Media



**Riverview Community Schools**  
One community, every day, charting the course the Pirate way.



SAFE & RESPECTFUL LEARNING ENVIRONMENT



## 23-24 School of Choice

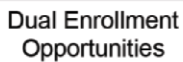
The Riverview Community School District is participating in the State of Michigan's School of Choice program for the 2023-24 school year and is accepting enrollment applications from students who live in any Wayne County school district.

### Limited Openings: Young 5 – 12<sup>th</sup>

Elementary Schools: Forest, Huntington, Memorial  
Seitz Middle School | Riverview High School

### Unlimited Openings: K-12

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**[www.riverviewschools.com](http://www.riverviewschools.com)**

Riverview Community School District  
13425 Colvin, Riverview, MI 48193  
(734)285-9660, ext. 9

*It is the policy of Riverview Community School District that no discriminatory practices based on gender, sex, race, religion, color, age, national origin, disability, height, weight, or any other status covered by federal, state or local law be allowed in providing instructional opportunities, programs, services, or in policies governing student conduct and attendance.*

**ARRGH**  
Academics ~ Responsibility  
Respect ~ Growth ~ Honor



**ATTENTION**  
HOMESCHOOL FAMILIES!!

Have you been looking for enrichment/extracurricular classes for your K-12 students?

The moment you have been waiting for is here! Harbor Homeschool Group in Dearborn is a great resource for hands-on, academically challenging, and engaging elective classes. We just added Fridays for our new families! It's all the classes and teachers you love from Thursdays returning on Fridays to welcome the families that have been on our wait-list! We are a drop-off program, no volunteering is required, and you can feel assured that your students are left in the hands of professional instructors. The best part is, you keep your state funding or have the option to self-pay. For more information go to [harborhomeschool.org](http://harborhomeschool.org) to see the classes we offer. Or schedule a tour to see what a school day looks like Registration is now open!" For funding information please visit [oxfordvirtualacademy.org](http://oxfordvirtualacademy.org) and go to Admissions page.





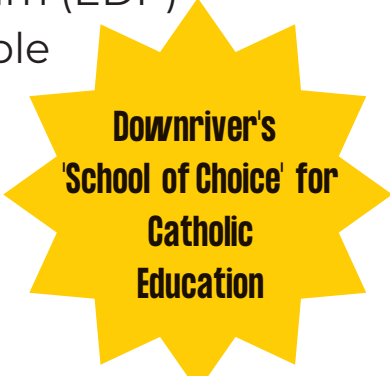


ST. FRANCES CABRINI  
GRADE SCHOOL

ALL THINGS THROUGH CHRIST

Preschool - 6th Grade

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- Full & Half Day Availability
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- Academic Program
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- Attention on Age Appropriate Development
- 1:1 Chromebooks
- Updated Technology and Science Curriculum



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- New Esports Team
- 1:1 Chromebooks



All students attend weekly mass, participate in service days, and have daily religion class; High School students attend yearly retreats.

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For more information contact the Admissions Office :

313.388.0110 x1019

[cabriniparish.org](http://cabriniparish.org)