

Choices in Education



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

Tips for choosing high school electives

The curricula at many secondary schools is designed to provide students with the education they need to go on to higher learning and/or enter the workforce. While certain subjects are on the educational menu in every school, students also have opportunities to pick unique subjects that cater to their interests and potential career goals. Classes that the school requires are often listed as core classes. Those that students are free to choose are called electives.

Electives exist outside of the required curriculum. Many education experts say that electives provide a great chance for students to experiment and determine if any niche subjects or topics appeal to them. According to psychologist Regine Muradian, who works with students on learning and study skills, electives also can increase a student's desire to learn by offering a respite from the pressures of required courses.

Schools vary regarding how many elective classes high schoolers may take each year. Electives typically are a more prominent component of upperclassmen's schedules because they may have already completed most of the core curriculum requirements. Here are some tips for selecting electives.



Photos courtesy of Metro Creative Connection

- **Go with what you know.** Pick courses that tie into already established interests. If you love to write and get to the bottom of a story, then a journalism class may be ideal.
- **Step outside your comfort zone.** Another way to pick electives is to try new things and explore classes in that way. Maybe you

never thought about computer programming before, but think it could be interesting to dabble?



Photos courtesy of Metro Creative Connection

- **Choose with future major in mind.** If you have an idea of which subject to study in college, you can select electives that align with that major. Someone who plans to major in finance may select an elective in marketing or business management, for example.
- **Think about what colleges want.** Colleges accept applicants based on academic performance, but they're also looking for students who check an assortment of boxes. Think about which electives may help you look more attractive to admissions departments. Classes in STEM, public speaking, debate, and international affairs might help you stand out.
- **Diversify your skills.** Richard Detweiler, researcher and president emeritus of the Great Lakes Colleges, says a top preparatory factor to earning a six-figure salary is not one's college major, but having taken a large share of classes outside of one's major. Diverse courses throughout high school and college can put students on a successful path.

Choosing electives need not be complicated. Students can opt for different strategies to select classes that will complement core learning.

Story courtesy of Metro Creative Connection

How students can get the most out of tutoring

No student's academic career is free from challenges. Classroom challenges can help students get more out of their coursework, which can benefit them as their academic careers progress and prepare them to excel in the professional arena.

Students can sometimes overcome challenges on their own or with a little extra assistance from educators and parents. When coursework is especially challenging, students may benefit from working with tutors. Direct one-on-one communication with a tutor can help students fully understand complex concepts that parents may not understand. In certain instances, educators cannot always pause lessons to help struggling students in the classroom, particularly if others in the class are ready to move on. So tutors may be just what students need to unlock their academic potential and stay the course as their knowledge of a specific subject expands.

The partnership between student and tutor is most effective when each person fully commits to a tutoring session. Professional tutors are paid to be committed, and it's up to students to match that commitment. Making the most of working with a tutor comes down to preparation, interest, a willingness to put in the work, and a host of additional factors.



Photos courtesy of Metro Creative Connection

- **Prepare for each tutoring session.** Students should prepare for each tutoring session just like they do for other activities they care about, including extracurriculars. Student musicians would not arrive to a recital without their instrument, nor would athletes arrive for a game without their equipment. Prior to the beginning of a tutoring session, double-check to ensure you have all the necessary materials, including books, class notes, past and current assignments, and a syllabus for the class. If possible, send the tutor the syllabus

in advance of the first session, and note the challenges you're having in regard to the material.



Photos courtesy of Metro Creative Connection

- **Recognize the student-tutor dynamic is a two-way street.** Tutors should not be the only ones to speak during a session. Students can prepare questions prior to each session and then ask any additional questions that come to mind during the session. Open, free-flowing communication can help students gain a stronger grasp of the material, and it's the responsibility of both tutors and students to keep lines of communication open. If a tutor's approach is not resonating, speak up and ask for more clarification.
 - **Actively engage.** Tutors may give some additional work to help students learn the material. Students should not write off such assignments because they won't be graded. Active engagement in tutoring, both during sessions and between them, can ensure students get the most out of tutoring.
 - **Be patient.** Tutors are typically utilized when students have trouble understanding complex subjects. That complexity means it will likely take time before students fully grasp what tutors are teaching them. Students should stay patient and not grow discouraged if it's taking awhile to grasp material. Celebrate any progress that is made, however incremental it may be. Small steps forward can lead students down a successful path that could ultimately end with mastery of a complex subject.
- Tutors help millions of students fulfill their academic potential each year. The most successful student-tutor relationships are characterized by hard work on the part of both parties.

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Unique academy and educational tracks in school

Schools continue to evolve and change their curriculum to meet the needs of modern students. Many schools now recognize the importance of helping students develop skills that will help them be competitive in the world and workforce. One way they are doing so is through the development of educational academies or specific academic tracks to give students an advantage later in their academic careers. Here's a close look at such offerings, which tend to be primarily at the high school (secondary school) level.

Early college academy

Early college academy, also known as early college high school, is a program that enables high school students to earn two-year associates degrees at the same time as they earn high school diplomas, according to U.S. News & World Report. The Early College High School Initiative was established in part in 2002 by the Bill & Melinda Gates Foundation. Early colleges have expanded over the last 20 years, and these programs may work in different ways. Some bring high schoolers to college campuses to take courses in-person, or there may be remote course offerings. Others provide college courses in a high school setting. High schools develop complementary relationships with accredited colleges in the area, typically community colleges. Upon completion of the programs, students in the early college courses will receive associates degrees. Advantages to an ECA is that students already have completed two years of college, which saves time and money.



Photos courtesy of Metro Creative Connection

Dual enrollment/Advanced placement

High schools have been offering this option for some time now. Dual enrollment classes are essentially

college courses that high schoolers take while in high school. Professors from nearby colleges may teach these courses right in a high school classroom. High school teachers also may be trained to instruct a college's approved coursework. At the end of the course, the student will have received credits for that college course.

Advanced placement (AP) classes are classes with college-level curricula created by the College Board. AP students must pass AP exams at the end of the classes. Certain colleges will accept AP classes as college credit depending on students' scores on the tests. Both of these avenues may help students earn college credits, provided the school they attend will accept the credits.



Photos courtesy of Metro Creative Connection

Career tracks/pathways

Students may choose to follow particular tracks in high school if they pick a college major or choose a trade school. Sometimes these programs are called pathways. Nevertheless, they may be offered in Visual Arts, STEM, Business Management, Automotive Repair, Hospitality, or Mathematics. While students will still get an array of core classes, by enrolling in a track, their electives and certain other classes may be geared toward a particular pathway. For example, an eligible math course for a business student may be accounting as opposed to calculus for a general education student. These pathways help develop passions and interests and enable high schoolers to grow accustomed to the customization of a degree.

High school has evolved to introduce students to higher education in novel ways.

Story courtesy of Metro Creative Connection

Keep summer days fun and busy when camp ends

Many adults have fond memories of attending summer camp when they were children. The American Camp Association reports that each year more than 14 million children and adults take advantage of the camp experience. Summer camp is a place for kids to learn new skills, make new friends, experience being away from home for extended periods of time, and explore new locales.

Summer camp program lengths vary. Some children attend local camps that may last a week or two, while others attend sleep-away camps that last a little longer. Since summer vacation typically lasts between eight to 10 weeks, parents may discover there still is plenty of downtime after summer camp ends. Here are some ways to fill the gap between the end of camp and the start of a new school year.



Photos courtesy of Metro Creative Connection

Schedule a vacation

What better way to keep the magic of summer going than by rolling summer camp right into a family vacation? Give kids time to enjoy a few days to relax at home, but then buckle up for the next adventure. This can be a trip away from home, or a series of day trips or activities guided by all members of the family.

Organize a sleepover exchange

Parents of school-aged children can coordinate with one another to fill up a week or more with sleepovers. Each family can take a night or two, and the kids can jump from house to house extending the fun with one another. Sleepovers can occur inside the home or under tents in the yard.

Recreate favorite camp activities at home

Why not take what makes camp entertaining and try it at home? Copy the camp's itinerary and engage in similar activities, such as canoeing or nature hikes. On nights when the weather cooperates, everyone can gather around a fire pit to roast marshmallows.



Photos courtesy of Metro Creative Connection

Enroll in a recreational program

Some towns offer free or low-fee activities to residents through their parks and recreation departments. If budgeting does not allow for a camp experience, there are likely town-wide activities that can fill the gaps until it's time for children to go back to school. Some even may offer after-hours childcare options for parents who have scheduling conflicts with work.



Photos courtesy of Metro Creative Connection

When summer camp ends, parents have different options they can explore to keep children engaged and supervised until a new school year begins.

Story courtesy of Metro Creative Connection



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Tips to make your back-to-school shopping game plan

Staying on top of consumer trends can make for a better shopper experience this back-to-school season, helping you land the best deals on the right products at the right time.

The results of a new survey from Sensormatic Solutions, a leading retail solutions provider of Johnson Controls, show that despite new shopping options popularized during the pandemic, such as buy-online-pick-up-in-stores (BOPIS), 79% of respondents plan to conduct their back-to-school shopping in stores this year, a slight increase from 2022. The most important factors when shopping in-store include price (91%), product availability (75%) and a safe and comfortable store environment (44%).

"Consumers are still viewing in-store shopping, particularly in the back-to-school season, as an experience to be enjoyed rather than an errand," says Kim Melvin, global leader of marketing and communications at Sensormatic Solutions. "Retailers are accommodating and encouraging this point of view, and it's creating a better, more responsible, and more agile industry for customers and retailers alike."

Consumers are also less worried about how the current U.S. economy will impact their back-to-school shopping budget than they were last year. Despite talk of a recession, 51% say their budget will not be impacted or that they even plan to spend more this year, a notable increase as compared to 43% in 2022. Consumers plan to spend the most on clothing and apparel (70%), shoes (58%) and school supplies (53%).

No matter how much you've budgeted for back-to-school shopping or what items you plan to spend the most on, you can use these top strategies from Sensormatic Solutions to make your back-to-school shopping experience successful and stress-free:

- 80% of respondents plan to begin their back-to-school shopping in July or August – an increase over last year – so don't wait. If you're like many shoppers, and price and product availability are heavily factored into your shopping habits, you may want to jump on the trend of shopping earlier in the season to ensure you'll find the supplies you need at the best prices.

- Don't worry about what days you plan to head to the store. In-store traffic is likely to be steady throughout the week, with 35% of consumers saying they're more likely to shop on weekdays, 32% saying weekends and 33% saying they have no preference.



Photo courtesy of Adobe Stock

- With 75% of respondents saying product availability is an important factor when shopping in-store, consider planning out your shopping list to ensure retailers have your items in-stock before you arrive. Thankfully, technologies like inventory intelligence are making brick-and-mortar shopping more reliable and convenient.

For additional survey results and insights, visit sensormatic.com/resources/ar/2023/back-to-school-survey-2023.



Photos courtesy of Metro Creative Connection

"Gearing up for a new school year is always exciting for both parents and kids. And with a bit of knowledge of how your fellow consumers plan to get their seasonal shopping done, you can develop smart shopping strategies," says Melvin.

Story courtesy of StatePoint Media

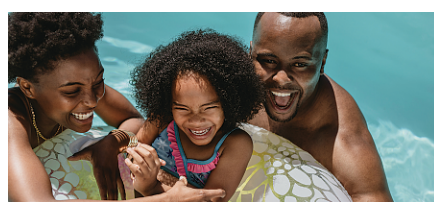
3 steps for safe fun in the summer sun

With an abundance of activities available throughout the summer months, from swimming and hiking to organized sports and spontaneous backyard games, the sunshine leads to fun almost everywhere you look. It's important to keep in mind a few safety precautions to help enjoy those moments to the fullest, whether your family's excitement takes place near the water, at the ballpark or around the neighborhood.

Consider this advice from the experts at the American Heart Association for a safe summer.

Stay hydrated

Hot and humid months lead to more outdoor activities where the warm temperatures may lead to sweating and loss of fluids and electrolytes. Keeping the body hydrated is important for optimal functioning, especially in the heat. Be sure to drink plenty of water by bringing refillable water bottles and containers when summer calls for fun on the go. In addition to drinking plenty of water, you can supplement intake by eating foods with high water content like melons, lettuce and cucumbers. Be aware of the signs and symptoms of mild dehydration, including a dry or sticky mouth, headache, muscle cramps, fatigue or decreased urination. More severe cases may include nausea or vomiting, confusion, dizziness, rapid or irregular heartbeat, rapid breathing, seizures or unconsciousness.



Photos courtesy of Getty

Keep skin healthy

Taking steps to protect skin starts before you ever step into the sun, as it may be easy to get caught up in the joys of summer and forget about those damaging rays. Avoiding time spent outdoors in the midday hours helps limit exposure, but it also may not be realistic for busy families with sporting events, pool dates and more. Wearing sunscreen can help reduce the risk of sunburn, skin cancer and early onset of wrinkles; experts recommend using SPF 30 or higher at least 30 minutes before heading into

the sun and reapplying at least every two hours throughout long days outdoors. Also consider wearing clothing that protects skin, such as sunglasses, a large-brimmed hat and light, long-sleeved shirts and pants.



Photos courtesy of Getty

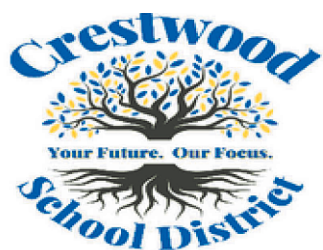
Learn CPR

With summer comes rest, relaxation and fun, but it can also bring increased risk with more time spent in the heat and around water. An average of 33 drownings occur in the U.S. each day, according to the Centers for Disease Control and Prevention, with one-third of them proving fatal. Knowing CPR - cardiopulmonary resuscitation - could be the key to saving someone from cardiac arrest or drowning. If performed immediately, it can double or triple a cardiac arrest victim's chance of survival, according to the American Heart Association. However, only about 40% of people who experience out-of-hospital cardiac arrest receive help before professionals arrive.

Because about 72% of out-of-hospital cardiac arrests happen in homes, you will likely be trying to save the life of someone you love - a family member, spouse, parent or friend - if called upon to perform CPR. Call 9-1-1, or send someone to do so, then push hard and fast in the center of the person's chest until medical assistance arrives. Use an AED, if available, following the prompts. If you have been trained, have a pocket mask and are willing and able, give breaths as they are important for children and in situations like drowning. You can learn more about Hands-Only CPR and conventional CPR through resources provided due to the national support of Elevance Health Foundation.

Find more ways to keep your family safe this summer by visiting [heart.org](https://www.heart.org).

Story courtesy of Family Features/American Heart Association



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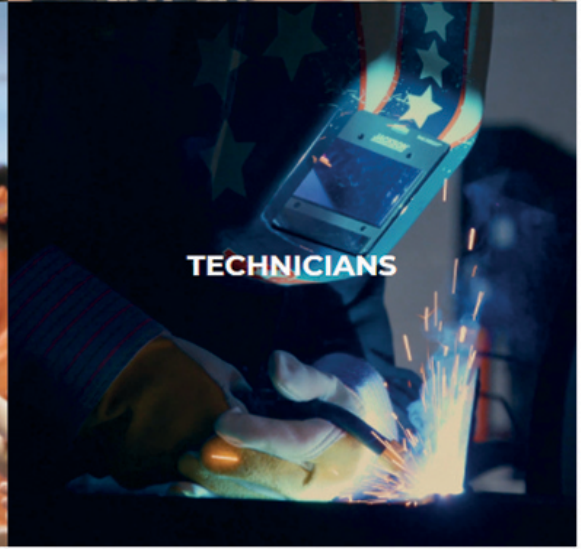
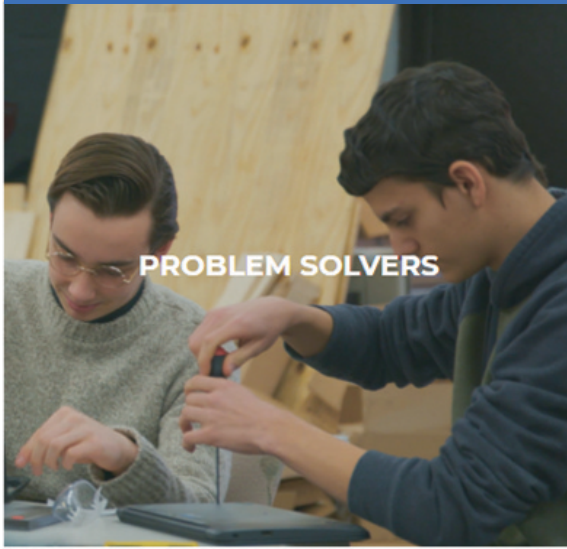
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Kid-friendly snacks and treats perfect for sharing

When hunger strikes and family fun calls for a snack to keep the excitement going, take your kiddos to the kitchen to whip up a tasty treat for all to enjoy. Whether you're celebrating a special occasion or watching favorite movies, turn to an ingredient like popcorn that encourages creativity. Plus, it's a delicious way for adults to turn back the clock and recreate childhood memories while making new ones with the family.

Consider these popcorn-inspired snacks to serve during your next adventure:

- Take yourself back in time to your own childhood with a classic pairing that never goes out of style: Peanut Butter and Jelly Popcorn. This version offers a fun way to jazz up popcorn for kids and adults alike with a sprinkling of strawberries and dried cranberries on top for added nutrition.
- When it's time for a little fun in the sun or a trip to the park, sweeten up the celebration with this Graham Cracker Picnic Mix that's a flavorful, kid-favorite combination of popcorn, bear-shaped graham crackers, marshmallows, fudge-covered pretzels and miniature cookies.
- Pizza is hard to beat as a snacking solution the whole family can enjoy, and this Grab and Go Pizza Popcorn is no exception. Ready in just minutes by mixing popcorn, Parmesan cheese and seasonings, little ones can help prepare a batch quickly before heading out the door.
- Colorful and fun, these Minty Green Popcorn Clusters are simple to make and a perfect treat to share. Just melt together marshmallows, butter, salt, green food coloring and peppermint extract before tossing with popcorn and green candy-coated chocolates.

To find more family-friendly snack time favorites, visit Popcorn.org.

Peanut Butter and Jelly Popcorn

Servings: 4-6

- 8 cups popcorn
- 2 tablespoons raspberry jam
- 1/2 cup white chocolate chips
- 3 tablespoons smooth natural peanut butter
- 1/4 cup freeze-dried strawberries
- 1/4 cup dried cranberries

In a large bowl, stir popcorn and jam until evenly coated. Transfer to a parchment paper-lined baking sheet.

In a small heatproof bowl over small saucepan of barely simmering water, add white chocolate chips and peanut butter. Cook, stirring occasionally, 3-5 minutes, or until smooth and melted.

Drizzle peanut butter mixture over popcorn mixture. Sprinkle with strawberries and cranberries.

Refrigerate 10 minutes, or until peanut butter mixture is set; break into pieces to serve. Store in airtight container in refrigerator up to 1 week.

Graham Cracker Picnic Mix

Yield: About 12 cups

- 1/4 cup vegetable oil
- 1/4 cup sugar
- 5-6 drops pink neon liquid food color or desired color
- 1/2 cup unpopped popcorn kernels
- 1 package mini pastel marshmallows
- 1 cup bear-shaped graham crackers
- 1 package white fudge-covered pretzels
- 1 cup mini cookies



In large pot over medium heat, stir oil, sugar and food coloring.

Stir in popcorn kernels; cover. Cook until popcorn begins to pop. Shake pot over heat until popping slows.

Remove pan from heat and pour popcorn into large bowl.

Add marshmallows, graham crackers, pretzels and cookies then toss lightly.

Grab and Go Pizza Popcorn

Yield: 6 quarts

- 6 quarts popped popcorn
- olive oil cooking spray
- 1 cup grated Parmesan cheese
- 2 teaspoons garlic salt
- 2 teaspoons paprika
- 1 tablespoon Italian seasoning

Place popcorn in large, sealable plastic container or 2 1/2-gallon plastic sealable bag.

Spray popcorn lightly with cooking spray.

Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly.

To serve, scoop popcorn into reusable plastic cups.

Minty Green Popcorn Clusters

Yield: 32 clusters

- 12 cups unsalted, unbuttered, popped popcorn
- 4 cups mini marshmallows
- 2 tablespoons butter or light olive oil
- 1/2 teaspoon salt
- 1 tablespoon green food coloring
- 1/4 teaspoon peppermint extract
- 1 cup green candy-coated chocolate candies

Place popcorn in large mixing bowl.

In saucepan over medium heat, melt marshmallows, butter and salt, stirring occasionally, until smooth.

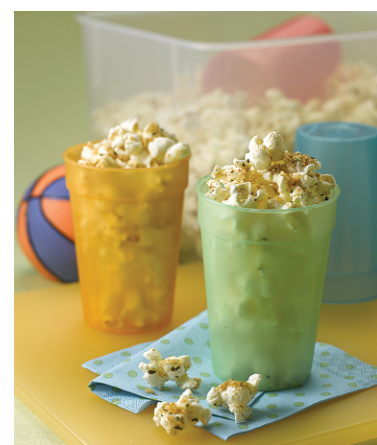
Remove from heat; stir in food coloring and peppermint extract.

Toss marshmallow mixture with popcorn; cool 2-3 minutes, or until cool enough to handle. Toss with chocolate candies.

Shape 3 tablespoons of popcorn mixture into small cluster; repeat with remaining popcorn mixture. Place on wax paper-lined baking sheet; cool completely

Story courtesy of Family Features

Photos courtesy of Family Features/Popcorn Board



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Choices in Education

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



Photo courtesy of Metro Creative Connection

Starting your career can be both an exciting time and a daunting experience. While there's no secret formula to becoming successful in the workplace, there are steps you can take and skills you can build during the early stages of your career that can help you move toward your long-term goals.

Many young professionals face unique challenges, but with the right guidance and advice those obstacles may lead to opportunities for personal and professional development. Passionate about mentoring young professionals and sharing her methods for success, Morgan DeBaun, founder and CEO of digital media and technology company Blavity, partnered with Sharpie - makers of a wide selection of permanent markers, pens, highlighters and more for the classroom, office and home - to share these tips.

• Be proactive. Take initiative and identify areas you can contribute beyond your assigned tasks. Instead of waiting to be asked to do something, draft an email, spreadsheet or project board that could benefit the team. Showing a willingness to go above and beyond may lead to additional projects or responsibilities being sent your way in the future.

• Write everything down. Putting your dreams and goals to paper can help you commit to them, track progress and stay on course to achieve them. Additionally, particularly in meetings, your brain is processing new information, ways of thinking and operational systems all while you are trying to come across as engaged and personable. Jotting down key action items and learnings along the way can save you later. Being an active listener and note-taker can increase your ability to retain information and contribute to your team.

Featuring no-smear, no-bleed technology with best-in-class ink, an option like the Sharpie S-Gel pen promises exceptionally smooth writing experiences. To put her best work forward, DeBaun uses the Medium Point (.7mm) White Barrel. The high-performance gel pen enhances handwriting with its sleek, professional look and offers a variety of ink colors, barrel styles and points to choose from, making it a must-have for professionals looking to make a statement.

• Identify useful productivity tools. Look for tools and programs that can help make you more productive and successful then leverage them in your personal workflow. Whether it's an email scheduling tool, calendar software or favorite writing utensil, ensure you are taking advantage of things that can help you succeed.

• Develop and strengthen your organizational skills. Regardless of what role you are in, being systemized and structured in the way you work can help keep you on track as you grow in your career. Whether it's a smartphone app, old-fashioned to-do lists on paper or desktop reminders on your computer, find a system that works for you and stick with it - refining the approach as you go - for best results. For example, with a variety of available ink colors, the Sharpie S-Gel can make it simple to color code calendars and to-do lists, which can make prioritizing tasks a cinch.



Photo courtesy of Family Features/Sharpie

• Embrace teamwork and learn from your peers. Across your company, you are likely working with bright, talented people who may have completely different skill sets and ways of working and thinking than you. Set up 15-20-minute virtual coffee chats to meet people not on your team during your first 90 days as a way to connect with your coworkers and learn more about not only them but the company and its environment as a whole.

• Say yes to opportunities. Whether it is a work event, new project, meeting or class, take advantage of prospects presented to you. Taking advantage of opportunities to network, learn and grow in your career can help lead you on the trajectory you are aiming for.

Find the must-have tools to set your career on the right path at Sharpie.com.

Story courtesy of Family Features/Sharpie

Tips for encouraging exploration and learning in the kitchen

Planning, preparing, serving and cleaning up after mealtimes are skills that can be beneficial to everyone. Yet when it comes to meal prep, many families find it easier to tell children to go play rather than bringing them into the kitchen to help create meals.



Photos courtesy of Metro Creative Connection

"One of the best ways to encourage children to try new foods or simply eat their vegetables is to allow them the opportunity to plan and prepare a meal," said Emily Hicks, a registered dietitian nutritionist for KinderCare Learning Centers. "Involving children in meal planning, preparation and serving in age-appropriate ways helps give them some autonomy in a world in which they often feel they do not have many choices. This can help reduce stress and food fights at mealtime, creating a more peaceful and enjoyable experience for everyone."

Meal preparation can also bring certain classroom lessons such as counting and fractions to life as children measure ingredients. It can also be an opportunity for an impromptu science lesson about the parts of plants and animals people eat and the nutritional benefits of healthy foods.



Photo courtesy of Family Features/KinderCare

Consider these tips to get kids more involved in mealtimes:

1. Choose mealtimes when the family is typically together and make preparation a team effort. Allow children to pick out vegetables or other items at the grocery store

(or from the fridge, freezer or pantry) to prepare. Alternatively, if you have a few meal options planned for the week, children can help decide what to make on which days. The key is to empower children to make choices, thus helping develop a sense of responsibility and encouraging variety in food choices.

2. Allow children to help wash produce, stir food in mixing bowls, get tools like cutting boards from the cupboard and more. Children can help peel or chop foods or stir pots or pans with adult guidance. Even younger children can assist by using child-safe utensils to peel or chop food, sprinkle toppings, pour dressings or combine pre-measured meal components.



Photos courtesy of Metro Creative Connection

3. Children can help place food on the table and serve themselves at young ages. Young children may find it easier to serve themselves by using measuring cups instead of serving utensils. Encourage children to try some of each food on the table but try not to push them to eat anything in particular. Instead, give them time and multiple opportunities to try different foods. If they are able, teach children how to pass food to others at the table and engage in conversation. Sharing at the table can help foster social development and family connections.

4. After mealtime, children can help clean up and put things away. Even if they can't reach the sink, children can help clear items from the table. They can also assist with putting dishes in the dishwasher or ferrying clean dishes to an adult to put back in cupboards and drawers. Additionally, they can help wipe up spills and crumbs, and push in chairs, too.

"The benefits of family mealtime go beyond health," Hicks said. "Involving your children in your mealtime routines can bring food and fun to the table, creating a sense of belonging that will boost the whole family's well-being. Remember, you don't have to stick to a routine 100% of the time to be beneficial. Just do your best to keep routines when possible and practice balance."

For more tips to help incorporate children into meal planning and preparation, visit kindercare.com.

Story courtesy of Family Features/KinderCare

4 top tech devices to enhance education



Photo courtesy of Getty Images

Gone are the days of paper and pencil being the necessities for learning. Schoolwork has gone digital, meaning it's time to gear up your students for success with the top tech that keeps them connected in the classroom and beyond.



Photo courtesy of Getty Images

Listen and learn

Whether students are listening to pre-recorded lessons, immersing themselves in audiobooks or simply enjoying some favorite music while completing schoolwork, high-quality earbuds can help block out noise for maximum productivity. For example, the Moto Buds 600 ANC Wireless Earbuds feature Snapdragon Sound technology that delivers advanced wireless audio quality. A game changer for wireless audio, it eliminates the gap between wireless and wired connections for high-resolution music and synced entertainment.



Photo courtesy of Getty Images

From kid-friendly smartphones and earbuds to connected wearables and devices that keep learning fun, consider these on-trend solutions as your kids head back to school.

Find more schooltime tech by visiting Qualcomm.com/snapdragonbts.



Photo courtesy of Getty Images

Opt for kid-friendly wearables

If a smartphone is a bit too advanced for your little learners, an age-appropriate smartwatch that keeps them connected may be a better fit. Empower kids to be kids with an option like the Snapdragon Wear 4100-powered Verizon Gizmo Watch 3 with a range of benefits from 4G LTE cellular connectivity to games and GPS-safe zones. This smartwatch is designed with safety and fun in mind without the distractions of a smartphone so you can have some peace of mind while keeping students focused in the classroom.

Keep in touch during schooldays

Hectic schedules during schooldays and workdays can leave parents feeling out of the loop. When your children are ready for a ride home or a practice, game or activity gets canceled, ensure you can be the first to know by keeping them connected with the OnePlus 11 5G powered by the Snapdragon 8 Gen 2 Mobile Platform. It combines power with effortless elegance and is driven by extreme hardware with Dolby Atmos Speakers, Dolby Vision, 80W SUPERVOOC Charging and 3rd Gen Hasselblad Camera for Mobile.

Story courtesy of Family Features/Qualcomm
Photos courtesy of Family Features/Qualcomm



Photo courtesy of Getty Images

Power at-home productivity

Students (and parents, too) can accomplish more after school like homework, studying and socializing with the Dell Inspiron 14 laptop powered by the Snapdragon 8cx Gen 2 Compute Platform. Equipped with the Qualcomm AI Engine, this processor enhances audio and visual experiences. Effortlessly multitask and shift between apps without sacrificing speed or battery life, given the power-efficient processor that helps deliver long battery life even in thin, light and quiet designs that don't require a loud, hot fan.



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K-12 Robotics offerings connects professionals, teachers and students involved in the region's robotics-related efforts.



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Choices in Education



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

3 ways people of all ages can make the most of International Youth Day

August 12 is International Youth Day, a United Nations effort to celebrate youth activists, combat ageism and help bridge gaps between generations working toward the same change.



No matter your age, it's likely you've questioned your ability to make a difference. Research from the global nonprofit Points of Light shows that 73% of people believe that volunteering is more important than ever, yet 66% think they can't make a big impact in their communities. Activists on the ground prove otherwise. That's why Points of Light, which is dedicated to inspiring and equipping people to take action, has recognized thousands of volunteers for their contributions to their communities through The Daily Point of Light Award.

"Points of Light's research found that Gen Z is the most civically engaged generation to date. Our youth honorees demonstrate that people of all ages can strengthen communities and solve persistent problems," says Diane Quest, interim CEO, Points of Light.

To inspire you to action this International Youth Day, the

organization is sharing the stories of youth honorees, along with three elements from The Points of Light Civic Circle®, a framework for helping individuals get civically engaged:

Volunteer

Nonprofit organizations and NGOs need volunteer power to deliver support to the communities they collaborate with. If you're an adult wanting to facilitate youth volunteerism, consider organizing a youth-specific event or helping transport the young people in your life to an event. To find a volunteer opportunity that aligns with your interests and availability, check out Points of Light Engage, a database with hundreds of thousands of in-person and virtual volunteer opportunities.

The power of volunteering is apparent when considering Daily Point of Light Award honoree Nate Buescher, a high schooler who prepares food for



a local food pantry and distributes home-cooked meals to tent cities around Chicago. Buescher began fighting food insecurity at age 7 with the Honeycomb Project. Today, he mentors younger volunteers while maintaining his own service projects.

Voice

The youth voice is vital, pointing us to which concerns are most important to future world leaders and helping broaden perspectives. Use your voice to advocate for causes you care about by posting on social media, attending a rally or contacting a government leader. Adults can amplify youth voices by sharing with their networks, or organizing forums for youth to be seen and heard.

Seventeen-year-old Daily Point of Light Award honoree Maanit Goel used his voice when organizing a rally of fellow activists on the Washington State Capitol steps to support legislation protecting the Chinook salmon and orca populations. He also regularly addresses state legislators, and travels statewide to speak to K-12 students about environmental issues.

Listen and Learn

Social justice and environmental issues are nuanced, involving many people with different perspectives shaped by their own experiences. Listening and learning is one way to honor others' lived experiences and get a fuller scope of an issue.

Young people can commit to thoroughly researching causes they care about, talking to those working toward solutions and holding space for those impacted. Adults can connect with the young people in their lives, inviting dialogue that allows for sharing different perspectives and finding common ground.

These are the driving ideas behind the work of high schooler Kristie

To, who became a leading force in Asian American racial justice when she founded Hearts Against Hate. Among the initiatives of her nonprofit is distributing Asian history and Asian American Pacific Islander civil rights curriculum to children.

"Cultural sensitivity starts with exposure, and that's what we're trying to do with these elementary schoolers," says To.

To learn about other avenues for social engagement, check out the Points of Light Civic Circle by visiting pointsoflight.org/civic-circle.



"There are many formal channels for civic engagement, but simple actions make a difference too," says Quest. "Whether it's carrying groceries in for a neighbor or donating books to the library, the important thing is to get started when you see a need in your community."

*Story courtesy of StatePoint Media
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Choices in Education



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

The basics of ADHD

September marks the beginning of a new school year for millions of children. A new school year contains a host of challenges for every student, but some, particularly those with attention deficit hyperactivity disorder (ADHD), may face steeper challenges than others.

ADHD is common in both the United States and Canada. The American Academy of Pediatrics reports that ADHD affects between 4 and 12 percent of school-aged children, while the Center for ADHD Awareness, Canada indicates between 5 and 7 percent of Canadian youngsters have



Photo courtesy of Metro Creative Connection

the condition. Such figures are disconcerting, particularly when considering the adverse effects of ADHD on academic performance. In fact, a 2019 study published in the Journal of the American Academy of Child and Adolescent Psychiatry found that ADHD was associated with substantially lower performance in school independent of socioeconomic background factors. The stakes are high regarding ADHD and academics, so as a new school year begins, students and their families can familiarize themselves with the condition to ensure it does not interfere with their efforts to do their best in the classroom in the year ahead.

What is ADHD?

The AAP describes ADHD as "a chronic condition of the brain that makes it difficult for children to control their behavior." Such characterization explains why the link between ADHD and poor academic performance is so strong. The AAP notes that children with ADHD often have trouble getting along with other children and, if they have issues with attention, they can have difficulty learning.

Behavioral symptoms of ADHD

The AAP notes that ADHD includes three distinct groups of symptoms: inattention, hyperactivity and impulsivity. Children with inattention may daydream and have a hard time paying attention, often do not seem to listen, may be easily distracted from work or play, and may not follow through on instructions or finish tasks. Children with hyperactivity may be in constant motion, exhibit difficulty staying seated, frequently squirm or fidget, talk too much, and be incapable of playing quietly. Children with impulsivity may frequently act and speak without thinking, run into a street without first looking for oncoming traffic, be incapable of waiting, and frequently interrupt others.

It's important for parents to recognize that children with ADHD will not necessarily have all the symptoms. Symptoms are classified by the type of ADHD a child has, and a physician will indicate that upon diagnosis. ADHD cases are usually determined to be inattentive only, hyperactive/impulsive or combined ADHD, which includes symptoms of inattention, hyperactivity and impulsivity.

When should I alert a physician?

The AAP notes that all children exhibit the symptoms noted above from time to time. However, a physician should be alerted when children exhibit those symptoms on a regular basis for more than six months.



Photo courtesy of Metro Creative Connection

ADHD can affect children both academically and socially. More information can be found at healthychildren.org.

Story courtesy of Metro Creative Connection

4 ways to help lighten the burden for educators

Teachers are more than leaders in their classrooms, they are leaders in the communities they serve, committed to educating the leaders of tomorrow, and their value cannot be overstated. To provide an optimal learning environment that equips their students for success, teachers often go above and beyond, sometimes at great personal expense.



Photo courtesy of Getty Images

In fact, an analysis by My eLearning World estimates teachers will spend an average of \$820.14 out of pocket on school supplies during the 2023-24 school year, the largest amount ever, which doesn't include all of the hours dedicated beyond the traditional school day.

To help alleviate some of the burden, consider these ways parents, guardians and community members can contribute and support the efforts of educators.

Volunteer in the classroom

One of the easiest ways to learn what life is like in the classroom and truly understand the needs is to spend some time there helping out. Many school districts could use volunteers to assist with one-on-one tutoring, organizing library books, chaperoning field trips, speaking to classes about career paths and more. Start by checking with your child's teacher or calling the front office to see what opportunities might be available.

Assist with classroom registries

Well-equipped classrooms are essential to student success, but teachers cannot do it alone. To help assist educators in reducing out-of-pocket expenses for classroom supplies, Walmart's Classroom Registry allows teachers to create personalized lists of items they need, making it easy for the community to contribute to and

support their efforts. Tailored to educators with personalized creation flow and recommended classroom items unique to each grade level - including popular items such as stationery, classroom decorations, art supplies, classroom treats and rewards such as stickers and "edutainment" items - teachers can share their lists quickly and easily through direct links to their custom registries. Registries are also discoverable via the registry search using the teacher's last name and state.

Work with your student at home

Not all learning takes place in the classroom. In fact, you can model the importance of your child's education at home and create good habits such as doing homework at a certain time each night, getting a good night's rest before school and using lessons learned in the classroom during family time. Contact your child's teacher to learn more about the lesson plan and what you can do at home to assist with your student's education.

Attend school board meetings to voice support

Because important decisions that impact teachers are often made by those not in the classroom every day, keeping tabs on the issues impacting teachers and local school districts can help you advocate for educators if the need arises. Start by attending a few school board meetings to learn how they operate and get a handle on issues directly impacting teachers. Then make your voice heard - or run for the school board - to support policies and actions that serve teachers' best interests.



Photo courtesy of Metro Creative Connection

Find customized classroom wish lists and more resources to support teachers at Walmart.com.

Story courtesy of Family Features



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Choices in Education

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Performance pointers that can help student athletes avoid injury

Professional sports teams often note that injuries are part of the game. That notion is never too far from professional athletes' minds, but it can be a harsh reality for student athletes to confront, especially if they have never before



been sidelined by injury. Though there's no foolproof way for athletes to avoid injury, student athletes and their families can consider these preventive measures to reduce their risk of being sidelined.

• Use diet to athletes' advantage. A healthy diet benefits people from all walks of life, and it can be especially beneficial for student athletes. Precisely what defines a healthy diet depends on variables specific to the athletes, such as age and gender, but Nemours Children's Health notes that balance is vital for teenage athletes. Avoid cutting back on carbohydrates, which provide fuel for young athletes. When choosing carbs, opt for fruits, vegetables and whole grains instead of sugar-laden options like candy bars. The latter can provide a quick energy burst but then cause an energy crash that makes athletes feel fatigued. In-game fatigue can increase risk of injury. In addition, calcium and iron can be vital to young athletes looking to avoid injury. Calcium helps strengthen bones while iron carries much-needed oxygen to athletes' muscles. Protein is important for athletes, but Nemours notes that most teenage athletes who eat healthy diets already get ample protein. As a result, protein powders and shakes are not necessary for teenage muscle growth.

• Make a good night's rest part of athletes' routine. A good night's rest is vital for student athletes, as it ensures they aren't playing tired.

Tired athletes have slower reaction times and that can increase injury risk. Adequate sleep also benefits athletes' performance. A 2015 study published in the journal *Physiology & Behavior* found that athletes who increased their nightly sleep from seven to nine hours experienced significantly improved performance after doing so.

• Emphasize the rules of the game. The rules of the game aren't in place solely to encourage fair play. Rules also are designed to keep athletes safe. For example, student athletes who play contact sports, including football and soccer, should be taught proper ways to tackle so they can avoid injuring themselves and others. Coaches can reinforce these lessons during practices and even games if the need arises.

• Prioritize offseason conditioning. Rest and recovery is vital for any athlete, but especially student athletes whose bodies are still growing and changing. Offseasons have largely fallen by the wayside, but parents can protect their student athletes by encouraging them to avoid year-round competition. During periods when student athletes aren't competing, they can



forgo in-season workout routines to reduce their risk for overuse injuries while also improving their conditioning through cardiovascular workouts. Running on a treadmill, using an elliptical machine and/or swimming are great activities that make it easy for student athletes to keep their bodies in shape as their muscles and joints recover from the season.

Story courtesy of Metro Creative Connection

Photo courtesy of Metro Creative Connection

Tips for parents and kids to stay organized this back-to-school season

The start of a new school year carries with it so much potential, particularly when students -- and their parents -- stay organized. Amid the back-to-school chaos, use these tips and gear recommendations to help keep everyone on track, whether they are at school, at home or on-the-go:

Notes and big ideas



Color-coded notebooks and binders, along with labeled dividers, can help you keep your coursework straight and your note-taking organized. Take your color-coding a step further by extending the concept to the tools you write with. Pilot Pen's G2 gel pen is a go-to for busy students and parents with its smooth, long-lasting gel ink that's able to keep up with busy schedules. Science has shown that writing a to-do list with an appealing color can lead to greater productivity. Inspired by color trends and color psychology, the G2 Harmony Collection colors were developed to promote balance, relaxation and hope, helping students get more done, stay positive and achieve their highest potential this school year. G2 is available in four point sizes and over 35 colors, so it's ideal for note-taking, writing down big ideas, goal-setting and more.

Planning and scheduling

With the back-to-school season comes a flurry of planning and scheduling -- from after-school activities to field trips. Parents and kids alike can stay on top of all the last-minute changes with a desk calendar and an erasable pen. Pilot's FriXion line of erasable pens and markers write smooth and erase clean, so you can edit plans as often as they change. It's much easier to remember tasks and events when you've

recorded the details in a central location, so start a habit of entering all activities into your calendar as soon as they're planned. The smooth gel ink and precise point of the FriXion Synergy Clicker is great for detailed planning, while FriXion Fineline brings colorful, mistake-free writing to notes and calendars.

Lockers, backpacks and desks

Use organizational tools anywhere school supplies are stored, such as lockers, backpacks and home study areas. Simple shelving and magnetic door organizers can maximize storage potential in any locker, whereas a backpack with multiple pockets allows you to arrange items by subject. Periodically empty your backpack completely; you may be surprised by the loose papers you find at the bottom. Use the opportunity to re-order items as-needed and to wipe down the bag's interior. Parents and kids should keep clutter to a minimum in home workspaces with filing systems and supply trays. This will help prevent important papers and other items from going missing and improve productivity.

Down to the details

If you're smudge-prone, use quick-dry ink for effortlessly clean lines. When it's time to study, this will make reading your notes a lot easier. Pilot's Precise Rolling Ball, available in capped and retractable styles, features a precision tip -- great for organized notes and homework.



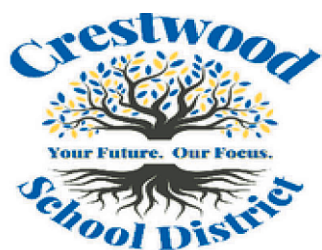
For more back-to-school inspiration and tips, visit powertoopen.com.

Staying organized is easier said than done for families and students. However, relying on tools meant for the task at hand, whether that's note-taking or event scheduling, can make it much simpler.

Story courtesy of StatePoint Media

Photo courtesy of StatePoint Media

Photo courtesy of Metro Creative Connection



21ST CENTURY VIRTUAL LEARNING PROGRAM برنامج التعلم عن بعد للقرن الحادي والعشرين

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- Balances flexibility and structure with weekly deadlines.
- Weekly progress reports for students and parents/guardians.
- Online, real-time gradebook access.
- Variety of activities and question types to enable students to demonstrate their understanding of the content.
- Writing-based projects to further students' knowledge of key standards.
- Constructive feedback provided by teachers via written feedback and audio comments.



STUDENT SUPPORT

- Daily, synchronous homeroom session and a dedicated homeroom teacher.
- 1:1 support from content area teachers via Office Hours and tutoring sessions.
- Writing Lab and Math Lab available for more intensive support and remediation.
- Comprehensive delivery of Special Education Specially Designed Instruction (SDI).

PARENT/GUARDIAN SUPPORT

- Real-time visibility to attendance tracking.
- Robust parent portal, which includes a program calendar and pertinent announcements, work submission log, teacher feedback, activity report, and weekly progress indicator.

ملخص عن البرنامج

- تتوفر دروس متعددة عبر الإنترنت على مدار الساعة طوال أيام الأسبوع (24/7) وتتضمن محاضرات ودروساً وموارد تكميلية.
- يوازن بين المرونة والشدة بما يتعلق بالمواعيد النهائية الأسبوعية.
- تقارير التقدم الأسبوعية للطلاب وأولياء الأمور / الأوصياء.
- الوصول إلى سجل الدرجات عبر الإنترنت وفي الوقت الفعلي.
- مجموعة متنوعة من الأنشطة وأنواع الأسئلة لتمكين الطلاب من إظهار فهمهم للمحتوى.
- مشاريع قائمة على الكتابة لتعزيز معرفة الطلاب بالمعايير الرئيسية.
- ملاحظات بناءة يقدمها المعلمون من خلال التعليقات المكتوبة الصوتية.

دعم الطلاب

- يومياً: صف مباشر في ساعات عمل محددة ومعلم مخصص لكل صف.
- دعم 1:1 من معلمي الصف عبر ساعات العمل المحددة وجلسات دروس التقوية.
- عمل مكثف على الكتابة والرياضيات لمزيد من الدعم والعلاج.
- تقديم تعليم خاص شامل، التعليم المصمم خصيصاً (SDI)

دعم أولياء الأمور/ الوصي

- تتبع حضور الطلاب يومياً وفي الوقت المحدد.
- استعمال دائم ومنظم لتطبيق parent portal، والذي يتضمن رزمة البرنامج والإعلانات ذات الصلة بالبرنامج، وسجل عمل الطلاب، وملاحظات المعلم، وتقرير النشاط، ومؤشر التقدم الأسبوعي.

LEARN MORE لمعرفة المزيد

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كيفية التسجيل HOW TO ENROLL

<https://www.csdm.k12.mi.us/academics/21st-century-virtual-learning-program/>

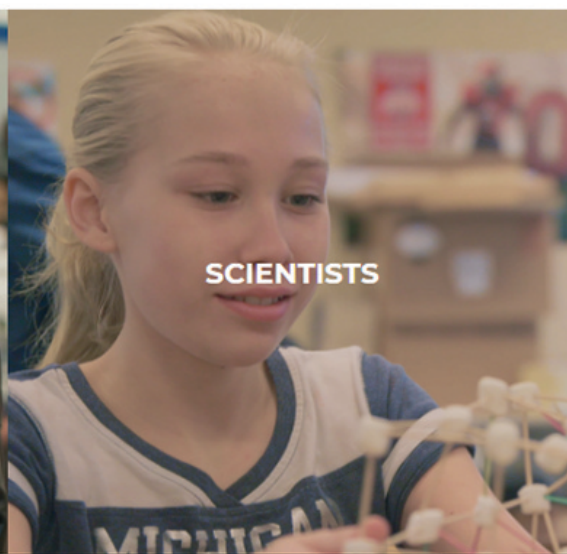
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Choices in Education



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

Everything you need to know about student loans

More American families are borrowing for college. At the same time, merit aid and the use of personal income and savings is falling.

That's according to an annual College Ave Student Loans survey of college students at four-year universities, conducted with Barnes & Noble College Insights. The survey also found college affordability is top-of-mind for the majority of students (57%). Despite financial concerns, 81% of students report that a college degree is crucial for their future.



"The mix of methods that families use to pay for college has shifted, however one thing remains consistent: students and families value the investment in higher education," says Angela Colatrisano, chief marketing officer of College Ave.

To borrow smart for college this fall, consider these tips and insights:

Exhaust all options

Before turning to private student loans, first exhaust other sources of financial aid. Complete and submit the Free Application for Federal Student Aid to be considered for grants, scholarships, work-study programs and federal student loans. If your selected school is one of the 400 institutions that requires the CSS profile, submit that too to qualify for institutional aid. Finally, search for private scholarships offered by companies and non-profit organizations. One easy one to apply for is the College Ave \$1,000 monthly scholarship sweepstakes.

If you do need to borrow, turn to federal student loans in the student's name first, which generally offer the lowest rates and come with additional benefits. They don't depend on credit scores, and offer longer deferments and forbearances, income-driven repayment plans and student loan forgiveness.

Private student loans

Federal student loans have annual and aggregate loan limits. If you find yourself needing to borrow parent or private loans to cover remaining costs, consider these factors:

- **Costs.** Compare costs of different loans by looking at the actual interest rate you'll be charged, not the lowest advertised rate. Understand the difference between variable and fixed interest rates, and be aware of any fees and available discounts, such as those offered for using autopay.

- **Cosigners.** A creditworthy cosigner doesn't just increase the odds of loan approval, even if the student can qualify on their own, cosigning may yield a lower interest rate, reducing the overall cost of the loan.

- **Total debt.** Borrow only what you need. With private loans, you can usually borrow up to the total cost of attendance. However, borrowing less than the maximum can help you save over time. A simple rule of thumb you can use to determine how much student loan debt you can afford: If total student loan debt at graduation, including federal and private loans, is less than the student's annual starting salary, you can likely repay the loans in 10 years or less.

- **Repayment.** Look for repayment flexibility to match your needs. For example, College Ave Student Loans offers 5-, 8-, 10- and 15-year repayment options, along with the choice of deferring payments until after graduation or beginning payments right away. No matter what option you select, understand the terms.

For more resources, including an online student loan calculator, and to learn more about paying for college, visit CollegeAve.com.



Private loans for college can play an important role in financing your education. By researching your financial aid options, applying for scholarships and comparing private student loan options, you can minimize college costs, so you can better manage your finances after you graduate.

Story courtesy of State Point Media

Photo courtesy of Fabio Camadonna / iStock via Getty Images Plus

Photo courtesy of Metro Creative Connection

Parenting Young Children Navigating bedtime battles, aggression and body exploration

Parenting young children is full of love and joy, but it also comes with inevitable challenges.

In fact, according to research conducted by The Goddard School, 83% of parents of children 6 years old and younger have concerns about their children's behavior. The most common concerns are sleeping habits and aggression.



When it comes to sleep, aggression and another top-of-mind topic for parents of young children - body exploration - understanding what's to be expected and the appropriate steps to take can mitigate negative experiences for parents and children alike.

To help parents dealing with these situations, Dr. Lauren Starnes, senior vice president and chief academic officer at The Goddard School, and Dr. Jack Maypole, pediatrician at Boston Medical Center and member of The Goddard School's Educational Advisory Board, offer this guidance and reassurance.

Bedtime battles

Sleep deprivation and parenthood often go hand-in-hand, especially during a child's first 12 months. It may be a surprise to some families that establishing sleep routines for preschoolers can also be challenging. For toddlers and 2-year-olds, the difficulty may be in their newfound freedom of toddler beds. For older preschoolers, the struggle may be the child's burgeoning imagination - having scary thoughts, bad dreams or fear of being alone.

For young children, one of the most important elements at bedtime is establishing consistent, predictable sleep routines and not reinforcing sleep disruptions with unintended positive reinforcement like extra attention when they sneak out of bed or climb into bed with their parents.

Aggression

Aggressive behavior is common among toddlers and preschoolers. It may look like a sudden shove, kick or snatch of an item. As children mature and gain greater self-control, these behaviors can be redirected and eventually outgrown. Toddlers and 2-year-olds frequently show aggression due to communication frustrations or when seeking independence.

Three- and 4-year-olds more readily exhibit this behavior as they look to control their surroundings, as a cause-and-effect experimentation or reciprocal modeling of behavior that they may have seen elsewhere. The root cause of aggression can often be visually observed and the response will vary accordingly.

Body exploration

Body exploration and self-stimulation is a common behavior seen in older preschool-aged children. In the preschool years, body exploration is done out of curiosity and as a comforting behavior. Self-stimulatory exploration is most commonly seen at naptime, bath time or bedtime.

Some children may attempt to explore the genitals of others. While the latter may be uncomfortable, it's important to address privacy, boundaries, consent and respect for others in age-appropriate ways.



To access a wealth of actionable parenting insights, guidance and resources - including a webinar with Starnes and Maypole that dives deeper into how to address challenges with sleep, aggression and body exploration - visit GoddardSchool.com.

Story courtesy of Family Features/The Goddard School

Photos courtesy of Getty Images

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Educational program with resources and family services for income eligible families

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Apply here:

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The School of Choice Enrollment Window is August 7th to 11th, 2023 for K-11 & August 7th to September 8th for Atlas Online Learning

FOR MORE INFORMATION CALL (734) 246-4600 EXT. 6208 OR VISIT OUR WEBSITE WWW.SOUTHGATESCHOOLS.COM

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- Elementary STEM
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North Pointe IB Elementary K-5



ATLAS
Southgate Online Learning
Online Learning



Tiny Titans
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Open spots for K-11 go to SouthgateSchools.com for more info!



K-12 Robotics offerings connects professionals, teachers and students involved in the region's robotics-related efforts.



Asher Alternative High School is available for students who are seeking credit recovery, GED or ESL education opportunities outside of the traditional high school environment. Asher also provides enrichment opportunities for adults.

EARLY MIDDLE COLLEGE

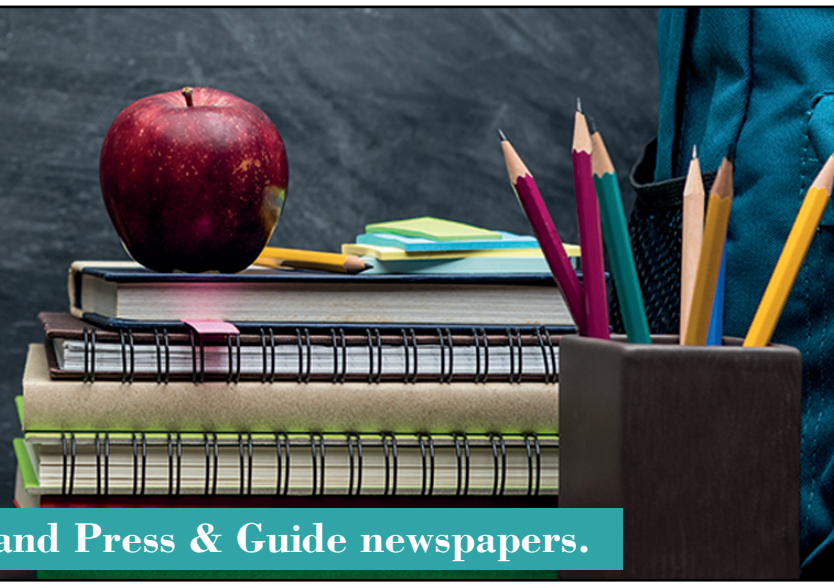
Anderson High School has partnered with Wayne County Community College District (WCCCD) to offer students the opportunities for free college credits.

CTE

Anderson High School offers Career Technical Education (CTE) programs to prepare students for employment and or advanced training in the chosen career area. The programs offer opportunities for FREE high school and or college credits.

Choices in Education

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



Bus safety tips for back-to-school season

Another school year means millions of children across the United States will begin and end each day with a bus ride. The way many kids ride to school today, however, is the same as it was 25 years ago - in diesel school buses, which have been shown to be harmful to children's health, the community and the climate.



Investments are being made to clean up the nation's school bus fleet, like the Environmental Protection Agency's (EPA) Clean School Bus Program, which will provide \$5 billion over five years to help replace existing buses with low- and zero-emission models. One alternative energy source, propane, is an environmentally friendly and affordable option that can be implemented today to provide a better tomorrow for more students. The low-carbon emissions energy source is abundantly available and can work in tandem with other energy sources, including electric, to move the nation's school bus fleet further down the path to zero emissions and ensure every child has a safe, clean, healthy ride to school.

In addition to speaking to your children's school district officials about alternative school bus solutions, there are lessons parents can teach their children about how to remain safe before, during and after their daily trips on school buses. Consider these tips from the experts at the National Association of Pupil Transportation.

Before the bus arrives

- Ensure backpacks are packed securely so papers and other items don't scatter as the bus approaches.
- Create a morning routine that puts kids at the bus stop five minutes before the scheduled pickup time. This helps avoid a last-minute rush, when safety lessons are easily forgotten, and ensures kids are safely in place for boarding.
- Encourage children to wear bright, contrasting colors so they can be seen easier by drivers.



• Instruct children to walk on the sidewalk. If there is no sidewalk, advise them to stay out of the street, walk single-file, face traffic and stay as close to the edge of the road as possible.

• Walk young children to the bus stop or encourage kids to walk in groups. There is safety in numbers; groups are easier for drivers to see.

• If kids must cross a street, driveway or alley, remind them to stop and look both ways before crossing.

• Verify the bus stop location offers good visibility for the bus driver; if changes are needed, talk with nearby homeowners or school district officials to implement changes. Never let kids wait in a house or car, where the driver may miss seeing them approach the bus.

• Remind children the bus stop is not a playground. Balls or other toys can roll into the street and horseplay could result in someone falling into the path of oncoming traffic.

• Instruct children to stay at least three steps away from the road and allow the bus to come to a complete stop before approaching it.

On the bus ride

• When boarding the bus, items can get bumped and dropped. Caution children that before picking anything up, they should talk to the driver and follow instructions to safely retrieve their possessions.

• Teach safe riding habits: Stay seated with head, hands and feet inside at all times; keep bags and books out of the aisle and remain seated until the bus stops moving.



• Instruct children to never throw things on the bus or out the windows and to never play with or block emergency exits.

• Remind kids that loud noises are off limits so they don't distract the driver. That includes cellphones and other electronic devices; instruct children to put them on mute or use headphones.

Leaving the bus

• Remind children to look before stepping off the bus. If they must cross the street, teach them to do so in front of the bus by taking five big steps (approximately 10 feet) away from the front of the bus, looking up and waiting for the driver to signal it's safe.

• For parents who meet their kids at the bus, eliminate the risk of your children darting across the street by waiting on the side of the street where they exit the bus.

• Make the bus ride part of your daily "how was school?" discussion. Encourage kids to talk about the things they see and hear on the bus so you can discuss appropriate behaviors and, if necessary, report any concerns to school administrators.

Benefits of propane buses

Every day, 1.3 million children in the United States ride to school in 22,000 propane-powered school buses, which are currently in use by more than 1,000 school districts across 48 states. Alternative fuels, such as propane, offer multiple benefits for school districts and students alike because propane buses reduce harmful emissions, save money and provide a safer ride for students.

Student health

Propane reduces harmful nitrogen oxide emissions by up to 94% compared to diesel and emits near-zero particulate matter emissions. Both emissions, which can be found in the cloud of smoke emitted from the tailpipes of diesel buses, are known triggers for asthma, bronchitis and other respiratory problems, according to the EPA.

Reliability

Propane has a range of 400 miles and the performance needed to drive long distances without stopping to recharge or refuel.

Cost savings

While propane and electric are both options for clean student transportation that also reduce

the harm to air quality, the cost is not equal. On average, an electric school bus costs \$375,000, meaning districts can purchase three propane-powered buses (which are only \$6,000 more expensive than diesel buses) for the price of one electric bus. In fact,



a study from the World LP Gas Association found the cost savings of getting rid of all diesel buses and replacing them with propane would save enough money to hire 23,000 teachers due to lower long-term fuel and maintenance costs.

Find more information and learn how to talk to school district officials about adopting clean school buses at BetterOurBuses.com.

Story courtesy of Family Features

Photo courtesy of Getty Images

Photos courtesy of Family Features



Riverview Community Schools

One community, every day, charting the course the Pirate way.



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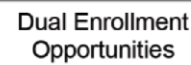
The Riverview Community School District is participating in the State of Michigan's School of Choice program for the 2023-24 school year and is accepting enrollment applications from students who live in Wayne County or adjacent counties.

Limited Openings: Young 5's, Kindergarten, 3rd, 4th, 5th, 6th, 8th, 9th, 10th, and 11th

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

Unlimited Openings: K-12

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Online application process must be completed between **August 7th and August 21st at 3 pm**

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

www.riverviewschools.com

Riverview Community School District
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(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

Lincoln Park Public Schools is currently offering School of Choice for grades Kindergarten through 5th grade (K-5).
Beginning April 1, 2023 through September 6, 2023.

April 1, 2023 through April 30, 2023.

Enrollment/applications can be completed online at www.lpps.info or at the Administration Building, 1650 Champaign, Lincoln Park.

For more information please call: **313-389-0200** ext. **20323** or **20520**.
Apply early to reserve your child's seat in Lincoln Park Public Schools!

About our Great Start program:
Enroll your child in our free, full-day "Great Start Readiness" preschool program - open to children who will turn 4 years old by September 1, 2023, and meet other criteria.
Call **313.389.0213**

SCHOOL

Today's parents have options when it comes to their children's education - but the best option for your child may be right in your own backyard: **Lincoln Park Public Schools.**



From our vibrant elementary schools to our transitional middle school to our outstanding high school - we have programs, services and personnel ready to help your child learn, grow and excel.

So when it comes to getting the best education possible for your child your **best choice** is right in front of you!



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community, a focus of excellence and an identity for all.

We're proud to have been part of our social fabric for so long - and look forward to continuing our tradition of helping make Lincoln Park a great place to live, work and play.



There's no reason to enroll your child anywhere else...



HOME

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

Such as the neighborhoods in which we live and the schools that have provided generations of Lincoln Parkers with an excellent education.

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