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2020 YOUNG WRITERS CONTEST

This year's topic: Describe your favorite day during the Covid-19 quarantine.

Students in fourth and fifth grades are invited to write 75 to 300-word essays on the topic for a chance to **WIN** some great prizes! In addition, both Winner and Runner-up will have their essay published in the December 2020 issue of Austin Family Magazine!

It's **FREE** to enter! Go to www.austinfamily.com for complete rules

1st Place,
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- \$30 Gift Certificate from Book People
- \$50 Amazon Gift Card
- Winner's plaque presented at his/her school
- Essay published in December issue of Austin Family Magazine

1st Runner-up,
Fourth and Fifth Grades Receives:

- Plaque presented at his/her school
- Essay published in December issue of Austin Family Magazine

Judges:



Carmen Oliver

Carmen is the author of a picture book series, founded the Booking Biz, teaches writing at The Writing Barn and The Highlights Foundation, and speaks at schools, conferences and festivals. See our website for more details.



Bethany Hegedus

Bethany is a children's picture book author, former educator, keynote speaker, workshop leader, and mentor on writing. She is founder and creative director of The Writing Barn and host of Courage to Create podcast. See our website for more details.



Contest Rules:

- Essays must be 75 to 300-words
- Contest date: August 14 to October 14, 2020
- Essays must be received by 5pm on October 14
- Writers must be in the fourth or fifth grade

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August 2020

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FILM review By Jack Kyser
An American Pickle

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Play it product recalls **SAFE**

Recalls of bassinets and strollers



This recall involves wooden **DaVinci Bailey Bassinets** for infants. The recalled bassinets were sold in the following four colors with corresponding product numbers - gray (M0934G), espresso (M0934E), natural (M0934N), and white (M0934W). The model number "0934" is printed on a white label

attached to the mattress support board and on the external product package. The assembled bassinets measure 38 inches long by 20 inches wide by 30 inches high, and each weighs about 21 pounds. The bassinets were sold with a 1-inch waterproof cradle pad. "DaVinci" is printed on the product packaging, instruction manual and product registration card.

Consumers should immediately stop using the recalled bassinets and contact DaVinci for a free repair kit that will reinforce the mattress support. In the meantime, parents are urged to find an alternate, safe sleeping environment for the child, such as a crib that meets current safety standards. DaVinci is contacting all known purchasers directly.

DaVinci has received 13 reports of the mattress support becoming disengaged. No injuries have been reported.

Sold online at www.amazon.com, www.buybuybaby.com, www.target.com, www.jcpenney.com and other online retailers from August 2018 through September 2019 for about \$110.



Belecoo 535-S convertible baby strollers sold in black, pink, blue, khaki, and gray colors are being recalled due to violating the federal Carriages and Strollers standard. A child's torso can pass through the opening between the activity tray and the seat bottom and his/her head can become entrapped, posing entrapment and strangulation hazards. The location of the crotch restraint creates a large opening between the seat bottom and the restraint, and it can become detached, posing a fall hazard to children. The strollers convert into carriages in the bassinet position. Belecoo is printed on the stroller's frame and on the shoulder straps. The model number 535-S is printed on a label on the inside of the rear frame of the stroller.

Consumers should immediately stop using the recalled baby stroller and contact A Better You! For instructions on how to receive a full refund including taxes and original shipping cost. The firm is contacting all known purchasers directly. No injuries have been reported.

The strollers were sold exclusively on www.amazon.com from January 2019 through March 2020 for about \$200.

The US Consumer Products Safety Commission works to protect the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products.

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AROUND

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Texas Sales Tax Holiday is August 7-9



Shoppers can save money on clothes and school supplies during the state's sales tax holiday on Friday, Saturday, and Sunday, August 7-9.

The law exempts sales tax on qualified items — such as clothing, footwear, school supplies, and backpacks — priced below \$100, saving shoppers about \$8 on every \$100 they spend. The date of the sales tax holiday and list of tax-exempt items are set by the Texas Legislature.

"Even though significant uncertainty remains for our public and private schools as a result of the COVID-19 pandemic, the sales tax holiday is a perfect opportunity to save money on school supplies and other tax-free items at a time when many Texans are carefully monitoring their family finances," Hegar said. "Online shopping is covered, so I encourage all Texans to shop online or practice social distancing when making in-store purchases. We want folks to stay safe while saving money."

Apparel and school supplies that may be purchased tax-free are listed on the Comptroller's website at www.texastaxholiday.org.

AISD Fall Athletics

For parents and students curious about how sports will continue in Austin ISD this semester, the district says it plans to resume athletics on September 8, although it is monitoring the Coronavirus conditions daily. Social distancing and mask wearing will be used when possible and feasible, and the district will also look for guidance from the University Interscholastic League, the governing body for all sports in the state of Texas, regarding details surrounding the logistics of each sport and its season.



AISD plans to resume athletic practices and games on September 8. If students are not participating in person, they will participate virtually. AISD coaches have implemented online workouts and online character development lessons for all of athletes at the high school and middle school level. They will be scheduled into these classes with their coaches' approval as long as the athletic period is provided for them at their schools. Parents can reach out to their coach or campus athletic coordinator for more information about their specific program.



Round Rock ISD

The RRISD Board of Trustees is asking the Texas Education Agency (TEA) to not have in-person learning this fall until the seven-day average hospitalization rate is five or less, which is the threshold set by Austin Public Health for Stage 2 response. In the letter to TEA Commissioner, Mike Morath, RRISD Superintendent, Dr. Steve Flores, and Board of Trustees President, Amy Weir, ask for the following:

1. Suspend in-person school until the seven-day average hospitalization rate is five or less, the threshold set by the Austin-Travis County public health agency for a Stage 2 response.

2. Provide additional funding to supplement costs incurred by districts to provide safe and effective learning, specifically by appropriating CARES ACT funding directly to districts rather than supplanting state funding with this federal infusion meant to support pandemic efforts.

3. Suspend the STAAR and the A-F grading system for the 2020-2021 school year.

In an email to employees on Friday, Flores said in part, "Personally, I was disappointed when TEA announced that schools must provide daily, on-campus attendance for students who follow required public health protocols and whose parents wish them to learn on campus each day. The TEA announcement fails to acknowledge our current situation and the ever-changing status of our current public health crisis."

Stepping Stone School Announces Learning Options for School-Age Children this Fall

Stepping Stone School's flexible school-age learning program, first instituted in the spring when elementary schools were closed, has already proven a safe option for parents who are unavailable to oversee their children's online learning. With upgraded environments to meet the needs of school-age children who will be completing their ISD or private school work, Stepping Stone offers safe, clean, individualized learning areas for children, including individual desks, social distancing shields on desks and tables, and 6 feet distancing of each child. Stepping Stone School has enhanced its curriculum to fully support TEA guidelines.

An onsite degreed faculty member will be available to help your children with their Private or ISD curriculum work and technology. Stepping Stone School will also offer TEKS-based curriculum pages to supplement elementary school learning as necessary. In the afternoon, children will join Stepping Stone's regular afterschool programming.

Children will need to provide their own laptops and headphones to participate in their daily online learning, but Stepping Stone School is upgrading its WIFI internet capabilities and speeds so all children attending will have a quality online experience. The faculty will also ensure children log on to their course work at the appropriate times along throughout the day. Stepping Stone also provides a hot healthy, nutritious lunch and three snacks.

For more information about the flexible school-age fall learning options, parents are encouraged to contact their local Stepping Stone School campus administrator. Find campus locations at www.steppingstoneschool.com/platinum-learning-for-life/school-age.

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THE Learning curve

ALISON BOGLE

Bogle is an Austin-based freelance writer and mom of three.

Impactful Books

Many children have some level of awareness of race relations in America right now. Maybe they've heard things on the radio, glanced at the news at home, or have even had frank discussions with friends and family. As a parent, it can be hard to find the "right" way to explain our country's history and what is currently happening. These books by authors of color can help begin to teach your child in an age-appropriate way, building understanding and empathy. They are also a great way to initiate important discussions at home. Your public library is an excellent resource to recommend further reading.

PICTURE BOOKS

"Shades of People" by Shelley Rotner and Sheila M. Kelly

This book for young readers/listeners celebrates the diversity of people and everyday life. It is a good way to begin an age appropriate conversation about the uniqueness of various skin tones.

"Grandpa, Is Everything Black Bad?"

by Sandy Lynne Holman

Noticing that the dark night is scary, black cats are bad luck, and there are negative Black stereotypes on television, a young boy asks his grandfather if everything black is bad. Thus begins a discussion of the rich cultural background of the boy's African heritage.

"Be A King" by Carole Boston Weatherford

A class of young students begins a school project inspired by Dr. Martin Luther King Jr. and learns to follow his example of dealing with adversity. A great introduction to the legacy of Dr. Martin Luther King Jr., this book encourages young readers to reflect on how they can be "kings," and how they can make the world a better place.

"Can I Touch Your Hair?" by Irene Latham and Charles Waters

Great for elementary-aged children, the story is told through the voices of a young white girl and a young Black boy

who are paired together for a poetry assignment. In this book that will spark important conversations, the children explore race and similarities/differences through their poems.

"A Child's Introduction to African American History: The Experiences, People, and Events That Shaped Our Country (A Child's Introduction Series)" by Jabari Asim

A look at heroes, heroines, and critical moments from African American history, from the slave trade to the Black Lives Matter movement.

"Goin' Someplace Special" by Patricia C. McKissack

In segregated 1950s Nashville, a young African American girl braves a series of indignities and obstacles to get to one of the few integrated places in town, the public library.

"No! My First Book of Protest" by Julie Merberg

This board book introduces famous

activists and historic protests through the use of a little one's favorite word – "No!"

"The Story of Ruby Bridges: Special Anniversary Edition" by Robert Coles

This picture book tells of the bravery of Ruby Bridges, the first African American child to attend and desegregate an all-white Louisiana elementary school.

"Sit-In: How Four Friends Stood Up by Sitting Down" by Andrea Davis Pinkney

Appropriate for elementary-aged readers, this book tells the story of four Black college students staging a peaceful protest by sitting down at a "Whites Only" Woolworth lunch counter.

ELEMENTARY AND MIDDLE SCHOOL

"Little Leaders: Bold Women in Black History" by Vashti Harrison

This collection highlights 40 notable Black women throughout U.S. history.

"This Promise of Change: One Girl's Story in the Fight for School Equality" by Jo Ann Allen Boyce and Debbie Levy

In 1956, fourteen-year-old Jo Ann Allen was one of twelve African American students who integrated a Tennessee high school. When hostility erupted at school and among the townspeople, Jo Ann found herself the spokesperson of the student group. This is the true story of her experience and is a thought-provoking read for tweens and teens.

"Black Lives Matter" by Sue Bradford Edwards and Duchess Harris, JD, PhD

A straightforward history of the current movement up to 2016 and the treatment of African Americans, beginning with slavery, covering reconstruction, Jim Crow, and the civil rights movements of the 1950s and 60s.

MIDDLE AND HIGH SCHOOL

"This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do the Work" by Tiffani Jewell

This book aims to give the reader "the language and ability to understand racism, and a drive to undo it." Appropriate for middle school and older readers.

"The Hate U Give" by Angie Thomas

Recommended for those in grade 8 and up, this novel follows sixteen-year-old Starr Carter, who is the only witness to the fatal shooting of her friend by a police officer. A timely tale, sure to spark discussion.



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Breathe. You've Got This!

Family mental health

During COVID-19

BY BARB MATIJEVICH

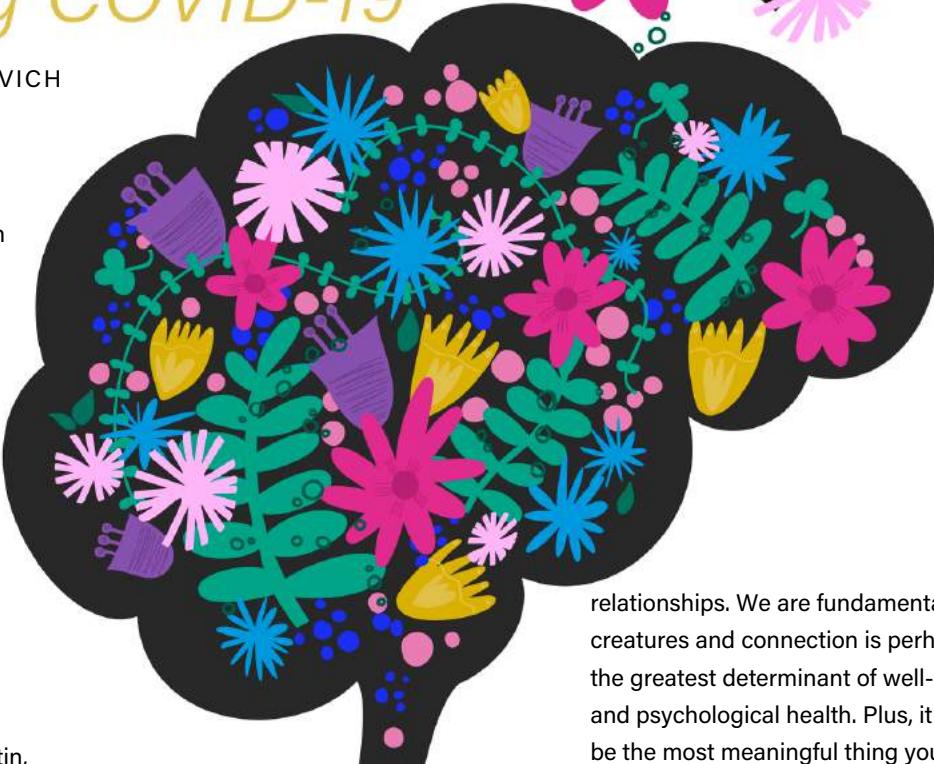
The term "unprecedented" has been used so often in the COVID-19 pandemic that it seems almost meaningless now, but we really are living through an event that the world has never seen before. In a time of prolonged uncertainty, mental health struggles seem to be amplified, and many parents are concerned about the effect that this disruption to routine is having on their family's emotional well-being.

Usually when August arrives in Austin, families begin to look forward to going back to school. This year, no one is exactly sure what that will look like. Regardless if school is virtual, in person, or a hybrid – here are some tips for protecting your family's mental health.

Make Time for Connection

You may already be struggling with how you are going to manage full-

time work, overseeing your children's online learning, household and pet management, and maintaining a healthy partner relationship – but don't forget to have some quality family time. Family connection makes kids feel secure, protected, accepted, and loved, which can set them up for a lifetime of healthy



relationships. We are fundamentally social creatures and connection is perhaps the greatest determinant of well-being and psychological health. Plus, it might be the most meaningful thing your kids remember about this uncertain time.

Here are some **ways you can make quality time happen** in your family:

- Use everyday time together to talk and share a laugh. Family meals are a perfect time to check in with each other.
- Have one-on-one chats with each family member to strengthen

- individual relationships. It can just be five minutes before each child goes to bed.
- Set aside some time with your partner, if you have one. Remember that you are modeling the importance of nurturing relationships for your kids.
 - Do regular, fun things together as a family. Instituting a family board game night each week might get some groans at first, but it provides an opportunity for further connection and communication.
-  **Create a Schedule for Yourself and Your Children**
- Children need structure and clearly communicated expectations in order to make sense of their worlds. An erasable wall calendar might be a big tool in creating a schedule for each child's online learning, breaks, meals, and chores. Involve your kids in setting up the schedule. Try to stay flexible—there will be days your kids need some downtime – but when you have a clear schedule, it takes a lot of pressure off you to continually nag about getting things done.
- "Studies in resiliency during traumatic events encourage keeping a routine to your day," says Deborah Serani, PsyD, professor of psychology at Adelphi University and author of "Sometimes When I'm Sad." "This means eating meals at regular times, sleeping, waking and exercising at set times, and maintaining social (socially distant) contact. Unstructured time can create boredom and spikes in anxiety or depression, which can lead to unhealthy patterns of coping."
-  **Build Physical Activity Into Your Day**
- Physical movement is great for burning off excess energy and fighting feelings of anxiety and depression. It's as easy as a family walk around the neighborhood in the morning before school and work begin – not to mention beating the heat! If your family prefers to stay inside, check out online fitness classes or invest in some equipment to create a small home gym. Remember to put physical activity on your family's schedule.
-  **Limit Your Family's Exposure to the News**
- It is tempting to be tuned into the news 24/7 right now, but ultimately, relentless exposure to news is not healthy and it can be scary, especially for small children. Set firm boundaries on how much news your family consumes and through what source.
-  **Remember that Anxiety Can Be Contagious**
- The most important thing you can do to safeguard your family's mental health is to try to manage your own stress level. Your children will take their cues from how the adults in their lives are reacting to the COVID-19 pandemic. Communicate reasonable concern and enforce responsible social distancing, but try not to focus on worst-case scenarios.
-  **Watch for Signs of Depression**
- The risk for depression is particularly high for tweens and teens when they feel isolated from their friends. The uncertainty of how long the pandemic will last, the increase in time for rumination, and the heightened levels of conflict on social media are all contributing factors to a sense of unease that sensitive kids and young adults may have a hard time expressing. If you have a kid who is at risk for depression, stay watchful for signs of worsening mental health and seek help if necessary.
-  **Acknowledge Painful Changes Due to Social Isolation**
- Allow your kids to talk about their feelings of sadness over the things they are missing due to social isolation. Not every loss is as meaningful as missing graduation or Prom, but loss is loss. Missing an annual celebratory swim party may not seem as important to you, but it might have been the thing your child was looking forward to the most. Try to listen without offering judgment or commentary – sometimes the thing that makes kids feel better is simply feeling heard.
-  **Practice Gratitude**
- This is not the easiest thing to do right now, particularly if your family has felt the more brutal effects of the pandemic, like job or business loss, illness, or lost loved ones. But practicing gratitude for the things we do have has been shown again and again to be hugely beneficial to mental health. For instance, researchers have found that a practice of writing down five things you are grateful for is linked to increased emotional resiliency and health.
-  **Remember that Perfectionism is the Enemy**
- The pandemic is going to end and some sort of normal life will resume. Don't beat yourself up when things are not going perfectly in your household. If the kids watch too much Netflix or play too many hours of video games, it's not the end of the world. Things are going to be topsy-turvy for a while, and if you can't stick to your schedule or can't fit in your at-home workout every day, it's really not such a big deal in the long run. Your kids are not going to fall behind other kids in their schooling because everyone is experiencing the same disruption. It's much more valuable to everyone to cut yourself some slack, use the time to reflect on the important things, and try to keep a sense of "we're all in this together" at the forefront.
-
- Matijevich is a mother, writer, and psychotherapist in Austin.*



Family matters

BETTY RICHARDSON

Richardson, PhD, RN, CS, LPC, LMFT, is an Austin-based psychotherapist.

Thinking About Homeschooling

Q It really scares me to think about my children going back to school with other kids, teachers, and staff. I'm thinking about homeschooling them but I have no idea what is involved or if I have what it takes to successfully do so. What advice do you have for me?

A Thank you for asking this question, which is on the minds of many parents in our area during this time of uncertainty. No one seems to know if the public schools will open in the fall, nor if they will be safe. It is good to take the time now to figure out if homeschooling really works for you and your family.

If homeschooling is an option for you, here are some suggestions:

1. Talk with your children to find out if they are positive or negative about homeschooling. If they are negative, and you still want to do it, maybe you can approach it on a trial basis for a three-month period. You might be able to negotiate acceptance by giving them something they want to learn outside of school like music lessons or some other type of extra-curricular lessons.

2. Consider how much your children need or don't need social interaction with other children. Some kids thrive in quiet play by themselves while others thrive best when working with other kids. And kids lacking in social skills advance socially when schooled with others.
3. Talk to other parents or caregivers who've homeschooled or are homeschooling. Find out what they like about it as well as what they dislike. Ask if these other folks teach everything themselves or contract with others to teach subjects they are not strong in. Do they share teaching resources with other homeschooling people? What printed materials, books, and media do other people use that they like?
4. Read online about homeschooling or read a book on the subject. One such book is "Home School Bravely". Another book is "Homeschooling" by Rhonda Barfield which discusses 12 stories of 21 different families that homeschool.
5. Look into the different types of approaches/philosophies to homeschooling to find the approach that works best for your family.
6. Consider your children's learning styles and if you are committed to learning how to work with these styles. Some kids learn by seeing something, while others need to hear it.
7. What schedule will you keep for schooling? If you can only teach in the evening or only in the morning, is this a time when your children are ready to pay attention and learn?
8. Review the requirements for homeschooling in the state of Texas. The rules as I understand them only require that the "curriculum must be bona fide" and must include reading, spelling, grammar, math, and good citizenship.
9. Think about what records you will keep on homeschooling such as attendance, lesson plans, test scores if giving tests, and perhaps, other records as well.

During this time, give yourself and your kids a lot of leeway to make mistakes and to have days where online learning or homeschooling doesn't work. Allow for a learning curve — you may find that you love homeschooling your kids and decide to do it full-time in the future.



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LIFELINES
BRENDA SCHOOLFIELD

Schoolfield is a freelance medical writer based in Austin, TX.

Does Your Family Need a Reset?

Parents and kids are feeling frustrated and stressed. For many, home is no longer a nurturing oasis but a breeding ground for discontentment and moody outbursts. Before the school year begins, set aside some time for a family reset.

1. Begin with a Family Meeting.

Begin with a family meeting. Don't skip this step—it is vital to the success of the reset. Schedule the meeting in advance at a time when family members are not likely to be hungry, tired, sleepy, or rushed. Have weekly family meetings as you work through the reset. Here is what to cover in your first meeting:

- **Create a home mission statement.** Talk together as a family and develop a home mission statement. Write it down and post it in a prominent place. Your mission statement is the guiding principle for your home. Here are two examples: "Our home is a place of kindness, love, and support for everyone in the family." "Our home is a place where we support each other in work, learning, and having fun."

“

Now is the time to implement new ways that the family can have fun together. Any activity that is enjoyable, active, and engaging will help.”

- **Develop a few family rules.** Every family needs a written set of simple basic rules. Try to limit the list to three or four items. Involve every family member in the discussion. Here's an example of a rule for a family with younger children: "Every family member keeps a safe body (no hitting, kicking, or biting) and a kind mouth (no profanity or bullying)." Here's a rule for a family with tweens and teens: "Every family member maintains appropriate hygiene, which includes bathing, brushing/flossing teeth, and washing hair." Here's another rule that applies to all families: "Every family member is responsible for specific chores so that the work of our home is shared among everyone."
- **Identify stress points.** During your family meeting, brainstorm stress points that your family encounters on a regular basis. It could be your child's refusal to go to bed or constant interruptions of online work meetings. Once you have a list, choose one or two stress points to target for the following week. You can brainstorm

- solutions as a group or assign a family member to come up with potential solutions at a future (but specific) time.
- Develop a "carrots and sticks" menu.** Decide ahead of time on rewards for achieving good behavior as well as consequences for breaking family rules. For these to be effective, children must clearly understand the menu, and parents must implement consistently.
- 2. Amp up family fun as an antidote to boredom and noncompliance.**
- During these months of pandemic restrictions and closures, it is easy for every family member to retreat into their own separate devices. This can have a negative impact on mood and behavior. Now is the time to implement new ways that the family can have fun together. Go for a nature walk. Plan an outdoor camping trip. Ride bikes together. Have a hula hoop contest in the back yard. Play board games. Teach your children how to make a family favorite cookie recipe. Build a bird house. Plant a few tomato plants for a fall garden. Any activity that is enjoyable, active, and engaging will help.
- 3. Develop routines to make life easier.**
- Write down a morning routine and bedtime routine, including a list of timed tasks. Post in a prominent place. This will make every family member's life so much easier. It is stressful to engage in a daily negotiation about whether or not your child bathes in the morning or the evening, explain for the 100th time why it is necessary to brush the teeth, or argue that it is time to get off the device and put clothes on for the day. Use routines to help maintain consistent bedtimes and wake up times, even on the weekends. Good sleep hygiene improves children's behavior, moods, and school performance. Don't forget to include daily exercise in your family's routines too.
- 4. Get professional counseling if you are worried about family dysfunction or mental health issues.**
- If these simple steps aren't enough or a family member is struggling with mental health issues, don't hesitate to get professional counseling. Even a few sessions can make all the difference. Call your health insurance company for a referral or reach out to your pediatrician. The SAMHSA National Helpline at 1-800-662-HELP (4357) is a free referral and information service that is open 24 hours a day. They are currently helping callers set up telemedicine appointments with counselors, even if you don't have insurance.

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West Austin 512-432-5317 | North Austin 512-299-5732

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www.austinbilingualschool.com

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Avery Ranch 512-341-8000 | Grades PreK-8

Pond Springs 512-258-1299 | Grades PreSch-K

Round Rock 512-255-8844 | Grades PreSch-K

www.challengerschool.com

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Central Austin

512-474-1770 | www.kirbyhallschool.org

Grades PreK4-12

REDEEMER LUTHERAN SCHOOL

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North Austin

512-451-6478 | www.redeemerschool.net

Ages 15 mos.-Grade 8

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North Austin

512-451-7105 | www.st-theresa.org

Grades 4-8

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Central Austin

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www.countryhomelearningcenter.com

Ages Infant-Afterschool

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Ages 4-12

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www.snapdragon.com

Ages 2-5 yr.-Afterschool

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Northwest Austin

512-346-2992 | www.spicewoodcountry.com

Ages 2-5

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Downtown

512-610-3500 | www.stdavidsdayschool.org

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Ages Infant-Afterschool

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Round Rock

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Central Austin | www.klru.org/kids



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Ages School

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BETTY RICHARDSON

Richardson, PhD, RN, CS, LPC, LMFT, es una psicoterapeuta situada en Austin.

Pensando en la educación en casa

PRealmente me asusta pensar en que mis hijos regresen a la escuela con otros niños, maestros y personal. Estoy pensando en la educación en casa, pero no tengo idea de lo que está involucrado o si tengo lo que se necesita para hacerlo con éxito. ¿Qué consejo tiene para mí?

RGracias por hacer esta pregunta que está en la mente de muchos padres de nuestra área durante este tiempo de incertidumbre. Nadie parece saber si las escuelas públicas se abrirán en otoño, ni si estarán seguras. Es bueno tomarse el tiempo ahora para averiguar si la educación en casa realmente funciona para usted y su familia.

Si la educación en casa es una opción para usted, estas son algunas sugerencias:

1. Hable con sus hijos para averiguar si están a favor o en contra de la educación en casa. Si están en contra y usted todavía desea hacerlo, tal vez pueda sugerirles a sus hijos intentarlo durante un período de tres meses. Es posible que pueda negociar la aceptación dándoles algo que quieran aprender fuera de la escuela, como lecciones de música o algún otro tipo de lecciones extracurriculares.

2. Considere cuánto necesitan o no necesitan sus hijos interacción social con otros niños. Algunos niños prosperan en el juego tranquilo por sí mismos, mientras que otros prosperan mejor cuando trabajan con otros niños. Algunos otros niños carecen de habilidades sociales y avanzan socialmente cuando se les enseña con otros.
3. Hable con otros padres o guardianes que están educando en casa o alguna vez lo hicieron. Averigüe lo que les gusta, así como lo que no les gusta de esto. Pregunte si esas personas enseñan todo ellos mismos o contratan a otras personas para enseñar temas que ellos no dominan. ¿Comparten recursos didácticos con otras personas que se dedican a la educación en casa? ¿Qué materiales impresos, libros, medios de comunicación usan otras personas que a ellos les gustan?
4. Lea en línea acerca de la educación en casa o lea un libro sobre el tema. Uno de esos libros es "Home School Bravely". Otro libro es "Homeschooling" de Rhonda Barfield, que analiza 12 historias de 21 familias diferentes que educaron en casa.
5. Examine los diferentes tipos de enfoques / filosofías a la educación en casa para decidir cuál funciona mejor para usted.
6. Considere los estilos de aprendizaje de sus hijos y si está comprometido a aprender a trabajar con estos estilos. Algunos niños aprenden viendo algo, mientras que otros necesitan escucharlo, pero que lo haga.
7. ¿Qué horario mantendrá para darles las clases? Si solo puede enseñar por la tarde o solo por la mañana, ¿es este un momento en el que sus hijos están listos para prestar atención y aprender?
8. Revise los requisitos para la educación en casa en el estado de Texas. Según entiendo, las reglas solo requieren que el "plan de estudios debe ser de buena fe" y debe incluir la lectura, la ortografía, la gramática, las matemáticas y la buena ciudadanía.
9. Piense en qué registros mantendrá en la educación en casa, como asistencia, planes de lecciones, calificaciones de exámenes si da exámenes y quizás también otros registros.

Durante este tiempo, dese a sí mismo y a sus hijos mucho margen para cometer errores y tener días en los que el aprendizaje en línea o la educación en casa no funcionen. Permita una curva de aprendizaje, usted podría descubrir que le encanta educar a sus hijos en casa y decide hacerlo tiempo completo en el futuro.

KIDZONE



Shaving Cream Art

Shaving cream art is a wonderful indoor craft for your little ones. It's very versatile and kids can let their creativity run wild! Making beautiful art pieces doesn't get much easier.

Materials needed:

- shaving cream • food coloring • card stock • piece of cardboard
- tooth pick • paper towels • baking tray(s)

Instructions:

1. Spray shaving cream in your baking tray or any non-porous surface you don't mind getting messy. You can spread the shaving cream with a spoon or finger for a smoother surface if you like.
2. Decorate your shaving cream with drops of food coloring in any pattern right on top of the shaving cream.
3. Using a toothpick, wooden skewer, or butter knife tip, move the food coloring around the shaving cream to make a pattern. Dragging outward makes little star patterns.
4. Carefully place a clean sheet of cardstock or paper on top of the patterned shaving cream and press down firmly with your fingers to make sure every inch of the paper is touching the shaving cream.
5. Peel the paper off and place on a flat surface.
6. Using another piece of cardboard or flat tool, scrape the shaving cream so that only the painted pattern transferred underneath shows.
7. Gently dab off any remaining shaving cream from the paper with a paper towel.
8. Let it dry and you have an awesome art piece you can frame or use as scrapbook paper or card decorations!

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CATE BERRY

Cate Berry is a children's book author and mother of two based in Austin, TX.



The Breakup

Summer is winding down, so this past week I sat down with myself for a good long chat. It wasn't hard. I was, after all, available. But because this was going to be a formal chat, I made myself consult the paper calendar and booked a time.

Monday morning looked good. I penciled it in before "morning sighs" and after my sauna walk around the block.

I made coffee. I warmed a bagel. I cut a rose from the garden and set it on the table. And, after some deep breaths, I broke up with myself.

Don't worry, I was gentle. I let myself down easy. I made a transcription in case others wanted some healthy modeling in this arena: Listen, you're wonderful. You're interesting (well, not lately) and full of great things to engage with (although I can't remember what), and you're well-versed in something.

The bottom line is, I'm sick of the same old/same old from you. So, I'm breaking up. We've had some fun these past months of the pandemic. But no more, "what shall I watch on Netflix?" Or, "I'll just check the headlines one more time." No more, "what

the heck's for dinner?" Or, "why am I the only one reloading the toilet paper onto the roll?" I'm done with you and everything you've said, done or thought, lo, these past five months.

So please clean up your area, that includes this coffee cup, and move on down the road.

It felt good! I could breathe again. I was excited to get my life back on track. I was a woman of fresh ideas. Gosh darn it, I did stuff. Like break up with my pedantic, repetitive, no-help, pandemic self. So hopeful in my plan to usher in new things I ran to our summer home (living room) from our winter house (bedroom) and launched the new me!

First, an updated Netflix queue. Forging a new path deserved relaxation. (Plus, there was that new series.) Giddy for new adventures, I opened my laptop. New recipes had been delivered. "Bake me this weekend!" But I felt an odd *déjà vu* strolling into the bathroom as I snapped on a fresh roll of TP and....

I knew I had to break up.

Again.

But first, Netflix.

SUMMER AT-HOME LEARNING

PreK-3 6am-12pm
4-8 12pm-3pm
9-12 3pm-6pm

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