

# Back to SCHOOL

August 31, 2017

NEW JERSEY HILLS MEDIA GROUP  
[www.newjerseyhills.com](http://www.newjerseyhills.com)



# TIPS TO IMPROVE YOUR CHILD’S MATH SCORES

The following article is provided by State-Point.

At a time when math is becoming an increasingly important subject for students to master, students are exploring ways to better understand the subject of math and improve their test scores.

To help students stand out from the pack and increase their math grades and scores, consider the following.

**Don’t skip ahead.** One math skill builds on another. The same way that skipping an

episode of a plot-driven show will make you feel lost when you return to the program, missing a math lesson can create confusion all semester long. To keep up, be sure to pay careful attention in class, taking copious notes, doing all your assigned homework, and being sure to talk to the teacher about what you missed on sick days. Don’t move to the next chapter until you have full comprehension of the current chapter. If the class is moving at a pace that feels too fast, visit your teacher before or after the

school day for some extra help, or consider working with a tutor.

**Invest in better math gear.** Higher level math courses require the right tech tools. Since tests are most often timed, be sure to select a calculator with fast processing speeds, an easy interface that reduces the amount of time it takes to work out an equation, and is permitted on standardized tests.

For example, the intuitive icon-based menu of the fx-CG50 PRIZM from Casio, has a natural textbook display that makes it easy to use. Supporting students from middle school to college, it also offers USB connectivity that helps students take their lessons from calculator to computer. More information can be found at CasioEducation.com.

**Form a study group.** The benefits of being in a study group are numerous, from accountability to expanded opportunities to explain the material to others. Different students will bring different skills to the table, helping everyone fill in knowledge gaps. Consider forming such a group with classmates, and setting regular meetings to go over the latest material together.

Math class doesn’t need to seem so formidable. Improve your grades and test scores with the right tools and study habits.



Help students stand out from the pack by increasing their math grades and scores.

# Kid’s Korner

## CALDERONE SCHOOL OF MUSIC

NJ Registered Professional School  
Private Instruction On All Instruments For All Ages

### CERTIFIED TEACHERS

Piano, Organ, Keyboard, Voice, Guitar, Woodwinds,  
Brass, Drums, Strings, Accordion  
Suzuki Strings Plus Program

EST. 1975

### “KINDERMUSIK CLASSES”

AGES 18 MONTHS -7YRS.

**973-467-4688**  
256 Morris Ave., Springfield

**973-428-0405**  
34 Ridgedale Ave., E. Hanover

*The Next* Kids Korner  
Appearing in  
Parenting 2018  
To advertise call your ad rep today  
to reserve your space.

## • WHAT’S INSIDE •

Tips To Improve Your Child’s Math Scores . . . . .	2
Top Tips For Making Back To School A Success . . . . .	3
Top Car Buying Tips For Young Drivers . . . . .	4
How To Build Healthy Habits For The School Year And Beyond . . .	5
Five Ways To Tame The Back-To-School Madness. . . . .	6
Why Is Gotta Dance Fun?. . . . .	7

## • INDEX OF ADVERTISERS •

Calderone School of Music . . . . .	2
Closet Experts . . . . .	7
Flemington Department Store. . . . .	8
Gill St. Bernard’s School. . . . .	6
Gotta Dance. . . . .	5
Morristown Festival of Books . . . . .	3
Soo Bahk Do Karate of Gillette . . . . .	4
Sprout House . . . . .	7
Theater Dance Center . . . . .	4

## BACK TO SCHOOL

is published by New Jersey Hills Media Group,  
Suite 104, 100 South Jefferson Road, Whippany, N.J. 07981.

### PUBLISHERS

Elizabeth K. Parker and Stephen W. Parker

### SPECIAL SECTIONS EDITOR

Roberta Burkhart

Executive Editor Elizabeth K. Parker	Vice President of Sales and Marketing
Business Manager Stephen W. Parker	Jerry O’Donnell
General Offices Manager Diane Howard	Advertising Designers
Assistant Executive Editor Philip Nardone	Toni Codd and Sally Harris



# TOP TIPS FOR MAKING BACK TO SCHOOL A SUCCESS

The following article is provided by Brandpoint.

Summer days are getting shorter. Summer fun is winding down for the season. Bedtimes are starting earlier. And parents seem to be oddly excited.

Back to school is right around the corner. For most kids, the thought of going back to school can be a drag. But it doesn't have to be.

Marley Dias, 12-year-old founder of #1000BlackGirlBooks, knows a thing or two about balancing extracurricular activities and back-to-school readiness.

According to Marley, preparing for back to school is the key to success. "Twins know, going back to school can be stressful and to conquer it with a smile takes guts," said Dias. She offers these seven simple tips for parents to help make a smooth transition back to school.

**1. Get Back to a Routine.** A healthy routine is essential to getting your body clock back on schedule. A week before school starts, the family should wake up early and eat a healthy breakfast, lunch and dinner. For that week, everyone should try to go to bed at a reasonable hour.

**2. Power Your Inner Potential.** Seventy percent of the immune system is located in your gut. I take a daily probiotic like Renew Life Ultimate Flora Kids Probiotic to stay



Back to school is right around the corner. For many kids, the thought of going back to school can be a drag. But it doesn't have to be.

healthy and operate at my best. Probiotics help keep my gut healthy, which improves my sleep, mood and memory, all important aspects to being a good student, especially during the first few weeks when you still feel sluggish from summer.

**3. Reconnect with Friends.** Your kids'

friends have been away at camp, on vacation or visiting relatives all summer long. Chatting with friends gets kids excited about the new school year and helps avoid the back-to-school jitters.

**4. Set Goals.** Having your kids set goals helps them attack the school year with pur-

pose. Challenge them to improve at a subject, try a new sport or make a new friend. Ask them to write down their social and academic goals; you can't get anywhere without a plan!

**5. Shop!** Indulge in a new outfit or cool locker supplies for your kids. Buy those fun items, but also the functional ones that last throughout the year.

**6. Getting Organized at Home.** Getting organized now helps them tackle all of those upcoming assignments. Help them review old work to jog their memory. Plan outfits the night before. Pre-pack lunches and snacks. Post all assignments and activities in a visible spot in the house. And lastly, set up a home homework space. Kids need a dedicated place to focus.

**7. Pick a Place to Just Breathe.** Pick a peaceful spot at home to practice deep breathing and relaxation. The school year is a hectic time. Take a moment to push pause on all electronics. This quiet moment will help each member of the family prep their mind and body for everything the school year brings.

Getting back into a routine after summer takes guts. Make sure yours are up for it. To help keep your complex digestive system thriving and restore good bacteria, visit [www.RenewLife.com](http://www.RenewLife.com). #beinghuman-takesguts

## KIDFEST

@MORRISTOWN

# FESTIVAL OF BOOKS

WHERE KIDS & AUTHORS MEET

SATURDAY, OCT. 14

10:00 AM - 4:00 PM

BEST-SELLING CHILDREN'S AUTHORS & FUN ACTIVITIES FOR ALL AGES—FREE!

Presbyterian Church Parish House  
65 South St., Morristown

NEWBERY AWARD-WINNER  
**KATE DICAMILLO**  
(SVP REQUIRED)

GYMNAST  
**LAURIE HERNANDEZ**  
(TICKETED EVENT, LIMITED SEATING)

RAIN OR SHINE

**KATE DICAMILLO • CRESSIDA COWELL • LAURIE BERKNER**  
**Laurie Hernandez • Scott Westerfeld • Wendy Mass**  
**Lauren Tarshis • Jacky Davis & David Soman • Tad Hills**  
**James Preller • Tracey Baptiste • Donna Jo Napoli**  
**Ame Dyckman • Susie Jaramillo**

Official Festival Sponsor

Official Author Sponsor

Morristown Festival of Books is a fund of CFNL, a not-for-profit corporation, and we proudly support literacy and education in our community, this year through a partnership with the Morris Educational Foundation.



# BACK-TO-SCHOOL: TOP CAR BUYING TIPS FOR YOUNG DRIVERS

The following article is provided by StatePoint.

During back-to-school season, students are often on the hunt for what may be their first car. There are many factors to consider beyond budget, and experts say this can be a difficult process to navigate.

"With hundreds of makes and models to choose from, young car buyers can find it challenging to select the best match for their new lifestyles," says Brian Moody, executive editor at Autotrader.

There may likely be conflicting priorities

between the student who will be driving the car and the parents who may be funding the purchase.

To help families select cars for young drivers, as well as prepare them for safe travels, the experts at Autotrader are sharing tips and insights.

- Consider new vs. used vs. hand-me-down: New cars don't typically require much maintenance, which can make them good choices for young people, who should be focused foremost on their driving. Plus, new cars have all the latest safety features.

However, new cars can mean depreciation, as they lose value at a much faster rate than used cars. While a used car will likely be cheaper, it may come with more maintenance costs. Lastly, parents may consider simply giving their current vehicle to their child, assuming the car is in good driving condition.

- Prioritize Safety: The latest safety features are particularly important for those with less experience behind the wheel. Before selecting a vehicle, consider reviewing crash test ratings from the National Highway Traffic Safety Administration at [safercar.gov](http://safercar.gov).

- Rethink Value: Value doesn't necessarily mean buying the least expensive car. Remember to take into consideration fuel economy, resale value and practicality. Is this a vehicle that will spend more time in the shop than on the road? Also consider which services will come with the purchase. Some new cars, for example, come with free scheduled maintenance for a specific number of miles. You can also narrow down your options based on which cars are most affordable to insure.

- Technology: Young drivers today are

likely going to be keen on selections with in-car technology. Voice-activated Bluetooth, hands-free calling and music streaming are just a few features that may appeal to your young driver.

To help you further navigate the car-buying landscape, visit [autotrader.com/collegecars](http://autotrader.com/collegecars).

Whatever way you acquire your new vehicle, it is important to remember that regular maintenance will extend the life of your car. To keep the paint and finish in good condition and looking good, frequently wash your car. Check tire pressure, inspect wiper blades, the engine, belts, hoses and coolant, and check alignment and suspension.

While knowing how to perform these routine tasks is an invaluable skill, you may prefer taking your car to a professional. Find a trusted mechanic near your home or campus. That way, you'll know who to call should you have an issue down the line.

Use this back-to-school season as an opportunity to become a savvy car shopper, a safer driver and a more responsible car owner.



**SOO BAHK DO KARATE OF GILLETTE**

**Courage  
Concentration  
Confidence**

**Enroll  
Now for  
Fall  
Classes**

630 Valley Road • Gillette • 908-647-4194 • [www.karate4peace.com](http://www.karate4peace.com)



**THEATER DANCE CENTER**

**ONLINE REGISTRATION FALL 2017**

**OPEN HOUSE**  
 AUGUST 26<sup>TH</sup> 1:00-4:00  
 AUGUST 29<sup>TH</sup> 10:00-4:00  
 SEPTEMBER 9<sup>TH</sup> 1:00-4:00  
 SEE WHY  
 TDC HAS BEEN TRAINING DANCERS FOR MORE THAN 25 YEARS !!

REGISTER ONLINE OR IN PERSON BY AUGUST 30<sup>TH</sup> AND RECEIVE A **FREE DANCE BAG!**

NEW CLIENTS ONLY!

FRIENDS CAN SAVE \$\$\$  
 BRING A FRIEND TO OPEN HOUSE AND YOUR BOTH GET \$5.00 OFF YOUR REGISTRATION FEES

**CONGRATULATIONS "BROADWAY MELODY"**  
 YOUR IT UP DANCE CHALLENGER  
 WINNER OF NATIONAL BEST MUSICAL THEATER AND "TRAIN"  
 NATIONAL PEOPLES CHOICE WINNER!!!

230 US HIGHWAY 206 SUITE 403 • FLANDERS\* NEW JERSEY  
 (973) 584-5020  
[WWW.THEATERDANCECENTER.COM](http://WWW.THEATERDANCECENTER.COM)



## SOO BAHK DO KARATE OF GILLETTE

Students from a recent Soo Bahk Do Karate of Gillette summer class focused on building character, improving listening skills and concentration, and increasing strength, coordination, and balance. The karate studio has been serving Long Hill Township since 1982.



# How To Build Healthy Habits For The School Year And Beyond

*The following article is provided by Brandpoint.*

Bells are ringing across the country as kids settle into classrooms for a year full of fun, friendship and plenty of learning.

While exciting, adjusting to new school schedules is a hectic time. Healthy habits are often forgotten as the focus shifts to studies, assignments and extracurriculars.

"Parents and caregivers can make a big difference in helping kids lead a healthy lifestyle during the back-to-school season and beyond," says Deanna Segrave-Daly, a mom and registered dietitian. "A few proactive steps can set kids up for success in and out of the classroom."

Segrave-Daly offers six easy ideas you can try to help encourage your kids to build healthy habits that last a lifetime:

## Prioritize Sleep

Sleep is something families often sacrifice due to busy schedules. Remember, kids need significantly more sleep than adults to support their rapid mental and physical development, according to the National Sleep Foundation. School-age children should strive for nine to 11 hours of sleep each night. Establish a nighttime routine and prioritize sleep every night.

## Eat Breakfast

We all know that breakfast is the most important meal of the day – especially for our kids. Help them jump-start their day with a quick breakfast of healthy foods like fruit, eggs and whole-grain cereal. For those busy mornings, grab fridge-free, GoGo squeeZ YogurtZ, made with real low-fat yogurt and fruit, for a wholesome option they can easily eat in the car or bus with a banana, toaster waffle or whole-wheat toast.



Don't forget healthy habits when the hectic back-to-school season begins. These helpful tips can help teach children to adopt healthy habits that last a lifetime.

## Encourage Exercise

Kids should do at least 60 minutes of physical activity each day, according to the Centers for Disease Control and Prevention. Hopefully some of this physical activity can take place during the school day, but there are lots of easy ways to build healthy activity into daily life at home. Make a habit of going on a family walk after dinner (a great chance to unwind and reconnect) or challenge kids to bring their books up the stairs or to another room one at a time. Take 10-minute "dance party" breaks during homework or see who can jump rope the longest.

## Manage Screen Time

It's important for families to be mindful of screen time for kids. The American Academy of Pediatrics recommends kids ages 2-5 limit screen use to one hour per day of high-quality programs. For children 6 and older, place consistent limits on the time spent using media and monitor the types of media used.

## Snack Well

Kids love to snack, and it's important to keep nutritious options on hand for when hunger strikes – it helps them avoid emergency vending machine stops. Stock your pantry with healthier snacks like GoGo squeeZ applesauce pouches. These fridge-free pouches, made from natural ingredients, are easy to grab on the way to soccer practice, music lessons or the playground. They're also an easy lunchbox addition!

## Adjust The Attitude

Mental wellness is part of overall wellness. Keep in mind the power of a positive attitude toward education. Encourage kids to look at issues from different angles, appreciate diversity and be resilient. Have conversations with children and truly listen to their concerns to build trust and solve problems.

Finally, it's the adult role models in a child's life that really set them up for success.

"If you model healthy habits, your child is likely to follow your lead," says Segrave-Daly. "Try to routinely eat well, sleep well, exercise and have conversations about the good and bad parts of your day. Your kids are paying attention even when it seems like they aren't!"

Register  
Now!

**gottadance**  
Fun. Fit. Focus

Classes Start  
September 7th!

Try a Complimentary Class-Ages 2 1/2 to Adult!



**Preschool, Ballet, Tap, HipHop Jazz, Broadway, Acrobatics & More!**

Gotta-Dance.com Studios in **Basking Ridge, Warren, Martinsville & Branchburg** 877-233DANCE (2623)



# FIVE WAYS TO TAME THE BACK-TO-SCHOOL MADNESS

The following article is provided by Brandpoint.

It seems like you just adjusted to managing your children's summer schedules, juggling camps and making sure all that free time doesn't get them in trouble. Now it's time to switch gears. Summer is nearly over and school is about to begin.

Back-to-school time might mean new outfits, reconnecting with old friends and fun new classes for your kids, but it is not uncommon to feel like your brain is in a bit of a scramble.

Despite the impending chaos, with a little planning you can glide right into back-to-school mode and be on top of your game. Here are some tips to make the transition seamless.

**1. Start early.** You've probably heard that it's never too early to get your back-to-school shopping done. This is true – in fact, the number one rule for back-to-school success is: Don't procrastinate! Before summer is over, start getting the kids back on a normal sleep schedule and make sure they know where the bus stop is or what route to take to get to school. The earlier you start, the easier their first day will be!

**2. Prepare lunches ahead of time.** Who wants to go through the mad dash of packing a lunch in the morning when you're al-



With a little planning, parents can glide right back into back to school and be on top of their game.

ready pressed for time? Take 15 or 20 minutes on Sunday to make sandwiches (for freshness, keep the bread separate from meat or other toppings) and divide snack

items like Snack Factory(R) Original Pretzel Crisps(R) into small bags. You'll be amazed at how much easier it will be to get your kids out the door!

**3. Digitize and post schedules.** There have probably been times that you thought you might need a personal assistant to keep track of everyone's activities and schedules. In addition to hanging up a calendar you can easily mark up, take advantage of calendar software that allows you to sync with your entire household so everyone gets automated reminders and updates.

**4. Keep after-school snacks on hand.** The last thing you want is to come home to hungry kids after a long day at work, especially if you have teenagers who seem to always be asking for something to eat. Keeping a well-stocked pantry with snacks like Pretzel Crisps, which are made with no trans fat, saturated fat or cholesterol, is the simple and tasty way to keep your kids satisfied.

**5. Set up a command center for your kids.** Parenting is largely a battle against chaos. What is clean and tidy one minute is a mess the next. This is not a situation you want to be in the first week of school! Set up designated stations in your home where your kids can keep school supplies, shoes and outerwear.

By rolling up your sleeves and staying organized, you might even find that getting the school year off to a smooth start can be surprisingly easy. Now, if you can just make doing homework and bedtime so simple!

## GILL ST. BERNARD'S

# BALANCE MATTERS

### ADMISSION OPEN HOUSES

Sunday, October 22, 1:00 p.m.  
Sunday, November 19, 1:00 p.m.

908-234-1611, Ext. 245  
Gladstone, NJ  
Preschool - Grade 12  
gsbschool.org

Like us on Facebook

### Academics

Preschool - Grade 12 college preparatory curriculum, award-winning faculty and cross-disciplinary study including a unique two-week immersion and discovery program.

### Athletics

Conference, sectional, county and state championship teams. Fifteen percent of the Class of 2017 graduates will be competing at the collegiate level.

### Arts

Winner of 19 Paper Mill Playhouse Rising Star Awards since 2007, including two for Outstanding Overall Production of a Musical.



# WHY IS GOTTA DANCE FUN?

Gotta Dance dancers are not only part of a fun and loving class, but also become part of a larger family.

Dancers learn new and exciting dance moves, and also build social skills with their peers. The friendships can last a lifetime.

Just ask Shannon, a dedicated Gotta Dance family member who "met her best friend on her first day of Rainbows class 20 years ago!"

## How does Gotta Dance create fit dancers?

Gotta Dance dancers are always having fun in our active environment. They never stop moving once the music turns on and continue grooving to their own beat at home. At the end of each season, dancers have the opportunity to perform their beautiful movement to their friends and family in the end-of-the-year concerts.

## What encourages our dancers to stay focused?

Gotta Dance educators are professionally trained and inspire dancers to find their perfect rhythm of the music and make art with their bodies. Gotta Dance Preschool educators follow an age-appropriate designed syllabus, in the form of a coloring book, which reinforces the skills learned in class.



Gotta Dance dancers learn new and exciting dance moves, and also build social skills with their peers. Our dancers are not only part of a fun and loving class, but also become part of a larger family.



Gotta Dance preschool educators follow an age-appropriate designed syllabus in the form of a coloring book, which reinforces the skills learned in class.

*Celebrating Our 31st Anniversary*

**CLOSET EXPERTS**

**GET ORGANIZED!**

**LET US ORGANIZE YOUR CLOSET**

- Closets • Office • Garage
- Laundry Room • Pantry • Basement • Attic

**At Affordable Prices that will allow you to do them all!**

*The perfect solution to closet pollution at a fraction of franchise closet prices!*



*We quote our prices over the phone.*

**10% OFF** Your First Closet

**973-366-3022**

*With this coupon. Expires 10/31/17.*

**973-366-3022**

**www.closet-experts.com**

Email us at: [sales@closet-experts.com](mailto:sales@closet-experts.com)

**Sprout House, Inc.**

*Nurturing the child's aesthetic, creative, social, emotional and intellectual development*



**Since 1986**

**Hands on Learning**

- Nursery School - age 2½ and up
- Rising Fives - Pre K
- Full Day Kindergarten
- Extended Care 7:30am-6pm
- Summer Program

**200 Main Street, Chatham, NJ 07928**

**973-635-9658**

[www.sprouthouse.org](http://www.sprouthouse.org)

[sprouthouse5@verizon.net](mailto:sprouthouse5@verizon.net)

A New Jersey Non-Profit Corporation. Sprout House is an equal opportunity school.



# Flemington Department Store Anniversary Savings!

**NOW  
THRU  
SEPT 30<sup>TH</sup>**

*The* **BEST  
TIME  
TO BUY**

**0%  
FINANCING...  
STOP IN FOR  
DETAILS**

**Flemington Department Store's  
Anniversary Sale!**

**FREE  
FURNITURE  
DELIVERY!**  
Within a 100 Mile  
Radius of Our  
Store

*Our 2 Acre  
Showroom features  
quality furniture  
and bedding for  
every room in  
your home.*

**Buy American  
and Save!**  
Flemington Department Store  
is proud to feature many  
manufacturers who proudly say  
"Our Product is...  
**Made in America**"

*An  
impressive  
array of  
quality  
apparel!*

*Full  
service  
flooring  
department!*

## FLEMINGTON DEPARTMENT STORE

**FURNITURE • MATTRESSES • FLOORING  
APPAREL • FOOTWEAR • WORKWEAR**

**(908) 782-7662 • [www.flemingtondepartmentstore.com](http://www.flemingtondepartmentstore.com)**

**151 ROUTE 31 • FLEMINGTON, On Left 2 Miles North of the Flemington Circle**

**Store Hours: Mon.-Fri. 9am-8pm • Sat. 9am-6pm; Sun. 11am-5pm**

