

New Jersey Hills Media Group

PARENTING

May 4, 2017



www.newjerseyhills.com

**The Bernardsville News • Observer-Tribune • Echoes-Sentinel • Hunterdon Review
Randolph Reporter • Roxbury Register • Mt. Olive Chronicle • Madison Eagle • Chatham Courier
Florham Park Eagle • Hanover Eagle • Morris NewsBee • The Citizen**



GO FAR

PREPARING YOUNG MINDS TO CHANGE THE WORLD.

Far Hills inspires academic excellence and life skills such as resourcefulness, resilience, integrity, self-control, and a myriad of other invaluable traits that lay the foundation for lifelong success. We call that RIGOR.

A co-educational day school for PreK-Grade 8

Luke
PreK



fhcds.org | [#falconpride](https://twitter.com/falconpride)

• WHAT'S INSIDE •

Realistic Tips For Today's Busy Moms	3
Summer At KidTherapy: Who Says Learning Can't Be Fun?	4
Soo Bahk Do Karate of Gillette	4
Tips To Make Math Your Child's Favorite Subject	5
Fresh Ways To Enjoy Pizza Night And Make A Balanced Meal.	6
Four Ways To Help Raise Kids' Grades	8
Five Clever Hacks To Simplify Any Family's Morning Routine	9
Little Robots, Major Returns At Far Hills Country Day School	10
Engage Kids' Love Of Nature Through Bird Feeding	12
Five Tips To Help Teens Master Their Money	13

• INDEX OF ADVERTISERS •

Calderone School of Music	8
Far Hills Country Day School	2,14
FDU Camp Discovery	13
Flemington Department Store	16
Gotta Dance	7
JCC Camp Ruach	10
KidTherapy LLC	4
Lakeland Hills Family YMCA	5
Music in the Somerset Hills	6
Newark Academy	9
Raritan Valley Community College	8
Soo Bahk Do Karate of Gillette	6
Speech Therapy Center	12
Sprout House	12
St. Vincent Martyr School	8
The Craig School	5
The Willow School	11
Westmont Montessori	13

PARENTING

is published by New Jersey Hills Media Group,
17-19 Morristown Road, Bernardsville, N.J. 07924.

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

REALISTIC TIPS FOR TODAY'S BUSY MOMS

The following article is provided by State-Point.

Time is perhaps the most coveted thing moms have and it's crucial to manage it effectively for you and your family.

To help moms everywhere make the most of their precious minutes, actress, director, producer, entrepreneur, mother of three and Nutrisystem ambassador, Melissa Joan Hart reveals her secrets that she has crafted from years of juggling different time consuming tasks.

• **Just say "no":** Sometimes you just have to decline requests or pick and choose which ones are doable. And remember, it's okay to ask for a rain check.

• **Limit screen time:** It's easy to fall into the screen time black hole. Instead, be present — put your phone down and limit your children's time in front of their screens. Even talk to your spouse!

• **Set aside 20 "Mom Minutes" daily:** Do something for yourself for 20 minutes every day — meditate, do a quick workout, call a friend you haven't spoken to in a while, or simply do nothing with a cup of coffee in hand.

• **Have one-on-one time with each child:** Create no-fuss activities like coloring or playing cards that you can do with each child individually based on his or her personality. Spending quality time separately will feed your soul and theirs.

• **Try to be guilt free:** As a working mom,

you are doing things for your family even when you are at work, so don't feel guilty about the time away from loved ones.

• **Make simple healthy changes:** Remember that your kids are always watching, so being a good role model when it comes to health and fitness will pay dividends for them and for you. Simple, easy changes in your daily routing can help you with your health goals.

For example, drink a nutrient-rich shake for breakfast, such as Nutrisystem TurboShakes, drink more water throughout the day and maintain a consistent exercise schedule.

And if you want to lose weight, as so many do, Hart says, "look for a plan that works for you. I chose Nutrisystem because it was simple and fit with my lifestyle. I lost 40 pounds and feel better than ever!"

For a kick start to your weight loss efforts, consider Nutrisystem Lean13, a new program designed to help you lose up to 13 pounds and seven inches in your first month. More information can be found at nutrisystem.com.

• **Plan quality couple time:** Make time to reignite your romance. Go out to a movie, take a walk together, write each other love notes.

"Don't put too much pressure on yourself to make grand changes," says Hart. "It's the small details that can make every day just feel better."



Time management can be difficult for today's busy moms, who are pulled in multiple directions throughout the day. But juggling those time-consuming tasks can become a little simpler by following a few, real life guidelines.

SUMMER AT KIDTHERAPY: WHO SAYS LEARNING CAN'T BE FUN?

KidTherapy provides innovative summer programs for your child to maintain and build skills to prepare them for the next school year. We offer creative experiences to develop your child's foundational cognitive abilities for learning and academic success.

Our multisensory interventions target the following areas: communication, motor skills, language processing, attention and focus, social skills, reading and writing, and organization skills.

Does your child experience the following challenges: difficulty following directions, sloppy handwriting, difficulty expressing ideas, coordination difficulty, slow and effortful reading, frustration with school work, poor spelling, difficulty starting and finishing assignments, poor reading comprehension, or problems with attention and focus? Then help is here!

KidSMART: Learning and Literacy Program aims to improve sequencing, memory, attention, reading and thinking. Take your student from slow dial-up to high-speed processing with specific and targeted brain training based

on neuroscience to improve:

- Cognitive Skills: memory, attention, processing, and sequencing
- Language Skills: comprehension and expression
- Reading Skills: accuracy, fluency and comprehension

Our Get-it-Done: Executive Function Program focuses on "Plan-Do-Finish Thinking," which develops a student's capacity to successfully carry out intentions to get ready, initiate and finish homework; handle transitions; organize projects; complete tasks and manage time.

Our Get-It-Write: Multisensory Writing Program aims to develop student's handwriting motor skills and writing composition abilities for fine motor and dexterity, writing organization and structure, print and cursive, and writing content.

Individual and group sessions are being scheduled now. Call KidTherapy's Shelley Chilton at (908) 879-5459 ext. 2, email Kidtherapynj@yahoo.com, or visit www.kidtherapynj.com for more information or to plan a visit.



SOO BAHK DO KARATE OF GILLETTE

Students of Soo Bahk Do Karate of Gillette pose for a photograph at their Belt Promotion Ceremony where they were awarded a new rank after successfully demonstrating their skills and knowledge at a recent test. See their ad on [page 6](#).



KidTherapy is a state of the art sensory integration clinic providing Occupational Therapy, Physical Therapy, Speech Therapy, and Social Skills/Counseling services.

May is Better Speech and Hearing Month! • **FREE PARENT LECTURE** • **THURSDAY MAY 11th at 7 pm**
TIME TO TALK – is your toddler/preschooler's speech and language development on track?

EXCITING SUMMER PROGRAMS

Powerful Interventions to boost reading, writing and organization skills!



95 West Main Street Chester, NJ • 1918 Washington Valley Road Martinsville, NJ

908-879-7067

kidtherapynj@yahoo.com

www.kidtherapynj.com

TIPS TO MAKE MATH YOUR CHILD'S FAVORITE SUBJECT

The following article is provided by State-Point.

For many students, math can seem like a chore. Not only are the concepts sometimes tough at first, but teachers are required to keep their lessons moving at a particular pace, making it easy for any student to get lost in the classroom shuffle.

Parents however, can help make math more fun and engaging at home, helping students excel in school and enjoy themselves in the process. Here are a few ideas and tips for doing so.

- **Pie Graph:** Bring pie graphs to life by using real pies. First, bake together, assigning your child all the tasks that use numbers and math: measuring, counting and setting the timer on the oven. After the pie has cooled, it's time to demonstrate the visual concept of halves, quarters and thirds. Ask your child to convert these fractions into percentages and decimals. Correct answers get a sweet reward!

- **Gear Up:** Math is no fun when one is not equipped to succeed. Ensure your child has a high-quality calculator that's appropriate for his or her grade level. The K-12 line from Casio includes basic calculators, scientific calculators and graphing calculators that contain up-to-date functions that help distill math concepts.

- **Play Shop:** Teach kids how money works,

while reinforcing adding, subtracting, and how tax is calculated. Pretend you are running a "store." Take turns being the customer and the shopkeeper. This is also a great opportunity to learn about budgeting and saving.

- **Use Free Fun Resources:** Online math games can reinforce classroom concepts in a way that is fun and allows students to set their own pace. Check out free online resources like the Lesson Library at casioeducation.com. Their collection of graphing games can be used with a graphing calculator to help students better understand graphic concepts and the equations behind them.

- **Play Ball:** Cater to your student's extracurricular interests. If your child has a love of sports, make a game of assessing team and player statistics. If your child loves music, evaluate favorite songs for patterns, rhythms and intervals. Literature buffs may find that poetry can be mathematical. Those who like to work with their hands will find the need for math in crafting, sewing and model kit building.

Math is not only essential to academic success; its mastery is useful in all facets of life – from understanding one's finances to landing a job in an emerging technology sector. Help students get a leg up in their math classes by encouraging a love for the subject.



If math class feels like a chore, parents can make the subject more fun and engaging with fun and games at home.

THE CRAIG SCHOOL
IS AN INDEPENDENT SCHOOL THAT SPECIALIZES IN
WORKING WITH STUDENTS WITH LEARNING DISABILITIES
IN GRADES 2-12.



- Proven, Research-Based Learning Strategies
- Multi-Sensory Approaches
- Assistive Technology
- Organizational Skills



THE CRAIG SCHOOL

CONTACT ADMISSIONS
973-334-1295 x212
nmoon@craigschool.org
www.craigschool.org

LOCATED IN MOUNTAIN LAKES & BOONTON, NJ



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THE BEST JUST GOT BETTER!



Our summer camp is the best and most popular in the area for kids 2½ to 16 years. Visit our website for details.

LAKELAND HILLS FAMILY YMCA
100 Fanny Road • Mountain Lakes, NJ 07046
973.334.2820 • www.lakelandhillsymca.com

FRESH WAYS TO ENJOY PIZZA NIGHT AND MAKE A BALANCED MEAL

The following article is provided by Brandpoint.

You know a balanced diet that includes plenty of fruits and vegetables is best for your health, but achieving that can be a challenge given everything you have to accomplish in a day.

Daily meal planning doesn't have to be such a chore if you turn to your freezer for a little help. In fact, starting with frozen prepared foods as the foundation of your dinner plate and adding side dishes with fresh fruit, vegetables, whole grains and/or low-fat dairy can make it possible to serve a balanced meal that is quick and tasty. And that works for pizza night, too!

"Eating a balanced meal doesn't mean you have to give up favorite foods like pizza," says Bobby Parrish, Food Network personality and Today contributor. "It just means you need to be mindful of portion sizes and balance out your plate with a nutritious side dish of fresh vegetables, fruit and whole grains."

Research shows that Americans struggle with meeting recommended dietary guidelines. In fact, nine out of 10 people don't get the daily recommended servings of fruits and vegetables, the Centers for Disease Control and Prevention say.



Including pizza night into your family's healthy lifestyle can be accomplished by adding some creative – and delicious – side dishes like fresh salads or favorite vegetable side dishes.

PLEASE SEE FRESH, PAGE 7

MUSIC
in the
SOMERSET HILLS

SUMMER VOICES

REGISTER NOW AT:
MUSICSH.ORG/SUMMER
OR call 973.339.7719

SOO BAHK DO KARATE OF GILLETTE

**Courage
Concentration
Confidence**

*Serving Long Hill Township
since 1982*

*Member Long Hill Chamber
of Commerce*

**630 Valley Road • Gillette
908-647-4194 • www.karate4peace.com**

FRESH: Balance Pizza Night With Some Creative Side Dishes

FROM PAGE 6

A simple way to improve the mix of foods you're eating is by supplementing something you already enjoy – like pizza – with side dishes made up of other food groups.

Nestlé USA's Balance Your Plate educational program aims to help you put together delicious and nutritious meals that incorporate both frozen and fresh foods.

The website www.nestleusa.com/balance provides information, tips and recipes to help consumers create easy, balanced meals that meet dietary guidelines.

By choosing your favorite frozen dishes, like pizza, as the foundation of your meal, you can build a more balanced plate with these tips:

Make at least half your plate fruits and vegetables. For example, if you have a slice of cheese pizza, pair it with a fresh salad or your favorite vegetable side dish.

Figure out your portion by looking at the recommended serving size in the Nutrition Facts label.

Here's an easy idea for pizza portions: picture your hand as a pizza slice and plan to enjoy one or two hands' worth.

Don't be afraid to mix vegetables right into or on top of your pizza. For example, top cheese pizza with fresh tomato and ba-

sil after it comes out of the oven.

Bagged salad greens, spinach or salad kits are a great, speedy way to add greens to your plate.

Parrish, who partnered with DiGiorno to create original side dish recipes, offers these two nutritious and tasty salad recipes to pair with your favorite pizza to create a more balanced meal:

QUINOA AND GRAPEFRUIT HERB SALAD

- 2 cups of cooked quinoa**
- 1 grapefruit**
- 2 tablespoons pistachios, chopped and roasted**
- 1-2 small carrots, grated**
- 1 tablespoon each of fresh parsley and dill, chopped**
- zest of 1 lemon**
- juice of half a lemon**
- ¼ teaspoon kosher salt**
- a couple cracks of black pepper**
- 2 tablespoons extra virgin olive oil**

Bring 1¾ cups of water to a boil and add a ½ teaspoon of salt. Add ¾ cups of dry quinoa. Stir well, reduce to a simmer and cook uncovered for 20 minutes.

Check the quinoa: the water should be

absorbed and the grain should be fluffy. If the quinoa has not unraveled, add another ¼ cup of water and cook until the water evaporates and the quinoa looks cooked.

Fluff with a fork and allow to cool for up to two hours, or you can make ahead of time and refrigerate overnight.

Place the cooked, cooled quinoa in a large bowl. Using a knife, cut away all the skin from the grapefruit and cut all segments directly into the bowl.

Add all the remaining ingredients and mix well. Check for taste. You may need to add more lemon juice.

The salad will keep in the refrigerator for up to three days.

SHAVED APPLE AND ROMAINE CRUNCH SALAD

- 2 hearts of romaine lettuce**
- 1 sweet apple, like gala or pink lady**
- 2 tablespoons raisins**
- 1 tablespoon fresh chives, sliced**
- 2 teaspoons sesame seeds**
- Salad Dressing**
- 3 tablespoons tahini**
- 2 teaspoons agave nectar or honey**
- ½ teaspoon smoked paprika**
- Zest and juice of half a lemon**
- 1 teaspoon extra virgin olive oil**

- 1 teaspoon freshly chopped parsley**
- ¼ teaspoon kosher salt**
- Couple cracks of black pepper**
- 2-4 tablespoons water**

Use a slicer or mandoline to thinly slice the apple. Place the slices in a large bowl and squeeze some lemon juice over the slices to prevent them from turning brown. Slice the romaine thinly and add it to the bowl along with the remaining salad ingredients. Set aside.

For the dressing, add everything but the water to a small bowl and whisk to combine. Add enough water to loosen the dressing so it's able to be poured. Check for seasoning: you may need a little more salt or lemon juice.

Keep the dressing and salad in the fridge until ready to serve. Right before you dress the salad, add 1/4 teaspoon of salt and a couple cracks of pepper to the romaine mixture.

Toss the salad with just enough dressing to coat everything, making sure not to overdress the salad. Once the salad is dressed, it must be eaten and cannot be stored in the fridge.

For more recipes, information and meal ideas, visit www.nestleusa.com/balance.

Dance Me a Story!

Ages 2 1/2 to 5 years

All Studio Locations

Basking Ridge, Branchburg,
Warren & Martinsville



gottadance
fun. fit. focus.

2017

SUMMER CAMPS

View Schedules &
Register Now

Gotta-Dance.com
877-23DANCE

Broadway Summer Experience

Ages 6 to 18 years

Branchburg Studio
July 17th-28th



FOUR WAYS TO HELP RAISE KIDS' GRADES

The following article is provided by StatePoint.

School can be tough, but parents can help by making sure students have all the tools and study habits they need to succeed. Here are four ways to help raise children's grades.

Make Space

It may be tempting for kids to stretch out in front of the television while they do their homework, but a dedicated study space will be more effective and help students stay organized. Place a desk or study table in a well-lit area of the home and ensure it has all the supplies your student will need to be successful.

Make Music

Studies show that learning music is good for the brain. Music education can enhance language development, is associated with spatial intelligence, and can even raise scores on standardized tests.

Piano can be fundamental to that education, so offer your child all the benefits of having one in your home. These days, innovations in technology make it fun and easy for children to embrace their inner musician. For example, the CGP-700 from Casio features a 5.2 inch color touch display. This allows young musicians to get creative and easily choose from hundreds of tones, rhythms, and more. Stereo audio recording and playback allow musicians to record their practices and learn from their mistakes and successes.

Make Some Moves

Make sure your kids get plenty of exercise, as physical activity is linked to academic achievement. Adults can encourage the habit by being good role models. Sign up and train for a 5k as a family. Suggest a bike ride or game of soccer in the park.

Your kids don't have to go out for the varsity team to reap the ben-

efits, but a fitness routine that involves some vigorous activity can help to improve grades.

Make Math Fun

For many students, math is the trickiest subject. But having the most cutting edge tools can help students better understand math concepts and enable them to solve the most challenging equations.

Outfit your child with a graphing calculator that offers the ability to draw three dimensional graphs, such as planes, cylinders and spheres, and view them from various angles to better analyze their shapes. For example, the PRIZM fx-CG50 from Casio has a cross-section option and a special zoom function that enable users to further examine the graph for even greater analysis, and its picture plot function gives users the ability to plot graphs over pictures of real-life scenes.

From music to muscles to math: consider taking a holistic, multi-pronged approach to academics.



Photo by Jacob Lund – Fotolia.com

By providing the right tools and teaching effective study habits, parents can play a big role in helping children raise their grades at school.

*Give your child the gift of
a strong foundation in faith*

St. Vincent Martyr School, Est. 1848



26 Green Village Road • Madison, NJ 07940
973-377-1104 x203

Raritan Valley Community College

118 Lamington Road, Branchburg, NJ 08876

New Classes for All Ages

Register Now
**SUMMER
YOUTH
CLASSES**



Ages 6 to 17

raritanval.edu/youth | 908-526-1200 x 8404

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

FIVE CLEVER HACKS TO SIMPLIFY ANY FAMILY'S MORNING ROUTINE

The following article is provided by Brandpoint.

Getting the family out the door on time every morning is no small feat. Seemingly simple tasks like getting dressed, packing backpacks and making breakfast can quickly turn into chaos.

Before you know it, you're running late and the kids haven't even eaten as you dash to the car.

Stop dreading the stressful start to the day and start taking control of your mornings. A few simple tips and tricks will turn the morning craze into smooth sailing. Plus, when you have a stress-free start, the rest of the day just seems to go better.

Select a week's worth of clothes Sunday night.

Instead of choosing outfits the night prior, supersize your time-saving efforts by doing this task just once on Sunday night.

Involve kids in selecting their clothes for the week so they feel empowered in their choices. Then hang entire outfits in the closet or stack in one drawer dedicated to weekday wear.

When mornings come, kids know exactly where to find the day's duds. Bonus: you don't have to worry about midweek laundry.

Create a routine and set alarms.

Create a morning routine and stick to it. For example, kids wake at 7 a.m., eat breakfast at 7:15 a.m., get dressed and ready at 7:30 a.m., then out the door by 8 a.m. And if the kids need to share a bathroom, set a daily bathroom schedule with alarms to keep kids on track and avoid arguments in the morning.

Get ready before waking up the kids.

Trying to ready yourself for the day while helping the kids is a recipe for disaster. This is why waking before the rest of the family really makes mornings happier. Try getting up 30 minutes before the kids so you have time to get ready and enjoy a cup of coffee. You'll be fully awake, much happier and can focus on helping the kids stay on-task.

Create morning rules.

Just like you don't let kids eat dessert before dinner to ensure they eat well, set rules for the morning to keep things moving. For example, no TV until all morning tasks are completed.

For teens, smartphones and other mobile

devices must remain on the kitchen table until they are ready to go.

Sundays = meal prep.

Make a week's worth of PB&Js on Sunday and put them in the freezer. This way lunch items are ready to go and the sandwiches will be thawed and ready to eat by lunchtime.

For breakfast, make it easy for kids by setting out shelf-stable items they can make themselves. New Jif(R) Peanut Butter and Naturally Flavored Cinnamon Spread keeps mornings interesting. Set out a jar of bread and kids can quickly make a tasty sandwich they'll devour. Learn more at jif.com.

Want to up the ante for breakfast without spending any extra morning time in the kitchen?

Try this recipe for delicious overnight oats that can be made in the evening and customized for each family member.

PROTEIN POWER PACKED OVERNIGHT OATMEAL

- ½ cup old fashioned rolled-oats
- ½ cup vanilla yogurt
- ¼ cup pecans
- ¼ cup fresh blueberries and raspberries
- Large spoonful of Jif Peanut Butter and Naturally Flavored Cinnamon Spread (or Maple if you prefer!)
- 1 to 1½ cups milk (basically cover what's in your jar)
- 1 teaspoon chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey

In a large jar, layer your ingredients starting with about a ½ cup of old fashioned rolled oats.

Then add about a ½ cup of your favorite yogurt, your favorite nuts and fruit.

Next, add a spoonful of Jif Peanut Butter and Naturally Flavored Cinnamon Spread.

If you want, add chia seeds and a drizzle of honey and vanilla extract.

Cover with your favorite kind of milk. You can use cow, almond, coconut or soy milk.

Gently stir ingredients, top with a lid and place in the fridge overnight.

In the morning, you'll have a jar full of yummy oatmeal ready and waiting for you. Choose to eat it cold or warm it up in the microwave.

Recipe is courtesy of WhipperBerry.com



Stop dreading the stressful start to the day and start taking control of your mornings. A few simple tips and tricks will turn the morning craze into smooth sailing.

It's Going to be an Excellent Summer at Newark Academy

June 26 - August 4, 2017

Strive for Excellence!
Northern New Jersey's Premier Academic Program

Pursue your Passion!

Science, Writing, Arts, Math, STEAM, SAT/ACT, Specialized Workshops and more

Prepare to Win!

Mott-Leeney Baseball, Soccer, Basketball, Fencing, Swimming, Volleyball and Field Hockey

Over 50 Summer Programs

NEWARK ACADEMY
FOUNDED IN 1774

91 South Orange Avenue • Livingston, New Jersey 07039
973.992.7000 • ext. 217 for Academics; ext. 212 for Sports

www.newarka.edu/summer

LITTLE ROBOTS, MAJOR RETURNS AT FAR HILLS COUNTRY DAY SCHOOL

Editor's note: The following article was written by Cathy Varga, director of technology at Far Hills Country Day School.

So...you're a parent of an iGeneration student. One who has grown up expecting and using complex technology from birth. And now, your child's school tells you that your child needs to be able to code...robots, no less. Although this seems exciting, you are very concerned that all the focus on science fiction might result in your child having fewer real academic skills, and even worse, have fewer real social-emotional skills than prior generations.

These are really valid concerns, but the answer isn't intuitive. How do we help our students to attain all of the academic and interpersonal skills they will need in the world they will be inhabiting in the not so distant future? At Far Hills, it is part of our mission to "provide each student with brilliant beginnings for success in the modern world."

How can a little robot accomplish such a

daunting task? Let's view a "Day in the Life of a Dot and Dash Robot" at Far Hills:

8:15 a.m. PreKindergarten: I Am the Robot.

Our youngest students are welcomed to school by discovering how to "code" their fellow students. They learn about creating, testing, and adjusting their code as they give commands to their fellow students — who become real world robots in response. Once the idea is mastered, it is an easy transition to the GO app, a pre-reading coding app, which allows young students to command the Dash robot around the room. Coding without reading allows students at any age to think logically (move forward two, turn right) without having to read the words.

8:30 a.m. Kindergarten: Cause and Effect

It is just an average day at Far Hills — students are arriving, unpacking and get-



Interactive robots play a big role in Far Hills Country Day School's mission to "provide each student with brilliant beginnings for success in the modern world."

ting ready for the day. In the Kindergarten science class, students are asked to observe the world around them. They are doing a lesson on cause and effect. Our smallest robot, Dot, who is really just a computer brain attached to motors, sensors, lights and sounds, makes his first appearance. By turning on the Dot robot and handling him, students can see how he reacts to sound, objects, being held upside-down, and having buttons pushed. All this occurs as part of the "autonomous life" type programs that have been pre-programmed to run on a robot as a default. These robots are cute, interactive and reactive to their environments. It is impossible to be around them without wanting to be friends. Students are learning without having to make an effort to do so. And, they are learning about science, robotics, cause and effect, and technology all at once.

9:20 a.m. Grades 1-2: Story Elements

In the next classroom, in grade 2, students are discussing story elements — plot,



climax, beginning, middle and end. Students use Dot to record their plot points and retell the sequential story. They code instructions using an app called Blockly, connect to Dot via bluetooth, and have him retell the sequential story elements using sequential coding constructs. Students are reinforcing language arts concepts, while using coding and robotics as the access to learning. Because they are working in groups, it also reinforces collaboration and fair play.

JCC CAMP RUACH OPEN HOUSE

THURSDAY, MAY 4 • 5:00-7:30PM



\$100 off
First Time Campers!

Offer expires 5/4/17.
Some restrictions apply.



home for the summer
Call today to schedule a tour!
Contact Stacey, our Camp Director
at 908.725.6994, sherman@jcc.org

JCC Designer Handbag Bingo
Thursday, May 18 • 6:15pm

Shimon and Sara Birabara
Jewels Community Center
775 Talamoni Road
Bridgewater, NJ 08807

ROBOTS: The future of learning is at Far Hills Day School

FROM PAGE 10

10:45 a.m. Grades 3–4: Dash as the Tour Guide

Dot's big brother visits a geography and history lesson about the State of New Jersey on a huge state map covering much of the Arcadium floor. Each coding team gets a Dash robot, an iPad with the Blockly coding app and some prepared research facts about New Jersey locations. They are given a location on the map and it is their challenge to navigate to the specific spot and then have Dash describe that location. Coding includes sequences and looping. Math estimation is an important element. Geographic research becomes the script. Partners continue to try and then re-try their code until they are able to easily reach their destination. Partners are given multiple destinations on their tour. Troubleshooting becomes a necessary skill for success.

11:20 a.m. Grade 6: Fractions in the Real World

Because the robots exist in the real world — students can see the immediate effects of their coding play out in real life. Students discuss numerators and denominators by becoming slices of a live pizza pie. Unrolling their pie into a number line — coding pairs

now enlist Dash to help them travel the distances of their numerators and denominators. For example, a number line with 12 parts (denominator) and 3 pieces (numerator) requires students to estimate and have Dash create a 12-part number line. Then, using looping, travel the equivalent of each $1/12$ forward by stopping at the numbers. $1/12$, $2/12$, $3/12$. Once each coding pair masters this fraction, a new numerator and denominator are given. The coding, testing, math concepts and fun continue at a fast pace — allowing students to own the core content, while honing their estimation, and coding skills.

12:05 p.m. Grade 5: S'il Vous Code?

Students enlist the Dot robot to help them refine and practice their French dialogue skills. Students record their own voices onto Dot so that he can respond to their inquiries based on their commands in French.

1:10 p.m. Music: Strike Up the Band

Have you ever seen students write and then perform their own music, band music, in unison and with choreography? How about students writing band music for a Dash Marching Band? That's what our students can do. They use the XYLOPHONE app to create their own compositions with

measures, rhythms and pitches. Then, they use the Dash robots, with their xylophones, to play and dance the choreography. The big finale is to connect multiple Dash robots to one song via bluetooth and watch them perform! Coding, collaboration, creativity, robotics, technology and excitement are all a big part of the robotics wave.

2:20 p.m. Grade 6: Navigating a Polygon

Dash robots, math smarts, along with coding constructs for sequential code and loops, help students design a path which will allow the Dash robot to navigate the circumference of an irregular polygon. Geometry concepts take shape in the real world when students need to estimate lengths of sides and degrees of angles to allow their robot to successfully make the trip. They even have the robots celebrate, sing and dance when they make it!

3:00 p.m. Grades 7–8: Event Driven Coding

Students who have had some exposure to coding via the Mindstorm Robots, #HourofCode, and Scratch block programming get an immersive computer science class including sequential coding, loops (counting, forever, until), if/then decision paths, and event-driven coding. They learn the logic and flow

charts and then instruct their robots to execute the concepts they have created. Coding for events like Center button is pushed, Dot is tossed, Dot hears a clap, Dot sees Dash etc. brings the event code to life and mimics the type of programming needed to create iPhone apps and tackle real world problems. Creating code logic alone is never as meaningful as seeing it come alive on the robots.

Time for dismissal, unless you are part of the Dot and Dash Experience Enrichment Class for Grades 2–5, which turns on their creativity and asks students to turn their robots into dogs learning tricks, road racers, dance party animals, magic eight balls and much, much more.

Dash and Dot need to be plugged back in and get ready for a new day. Students go home having used collaboration, fair play, problem solving, design thinking, logic, computer science, oh, and of course math, science, history, French, music, geography, geology and more.

Yes, they will need to rely on logic, coding and robotics in the future. But, they will also need to rely on themselves and each other. And that is the real strength of robotics in the classroom — to encourage collaboration, inspire creative thinking, reward problem solving, and put students in charge of their own learning. That's a great job for such small robots!



Help your child grow

into a self-motivated, well-informed, upstanding scholar!








Ethics • Ecology • Excellence

For more information, contact the Admissions Office at (908) 470-9500
www.willowschool.org • info@willowschool.org • 1150 Pottersville Road, Gladstone, NJ 07934

ENGAGE KIDS' LOVE OF NATURE THROUGH BIRD FEEDING

Ditch their devices and get them outdoors

The following article is provided by Brandpoint.

Is it difficult to pry your kids away from their electronic devices to get them outdoors? From tots to teens, today's kids love their electronics. After all, where could you find anything to compete with the bright sights and sounds of their favorite video game? The answer may be no farther than your backyard and the brightly colored songbirds visiting during warm weather.

Interacting with nature helps kids in many ways, from helping them understand science concepts and care for the environment, to lifelong physical and mental health benefits. One of the easiest, most enjoyable ways for children to interact with nature is to feed wild birds right in their backyard.

"Feeding birds, planting gardens, anything you do with children that's nature-oriented helps them understand their connection to the natural world," says Elaine Cole, president of Cole's Wild Bird Products. Cole learned her own love of wild birds by feeding them with her father, company founder and birding expert, Richard Cole.



Cole's offers some tips to help engage kids' love of nature through bird feeding:

- Get kids off the couch, ditch their

PLEASE SEE BIRDS, PAGE 14



Having a hard time getting the kids to ditch their devices? The answer may be no farther than the backyard.

Sprout House

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

Now Enrolling for 2017-18



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 • sprouthouse5@verizon.net

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

Cheryl Kaplan, CCC-SLP
Speech Language Pathologist

- Speech • Tongue Thrust Therapy
- Voice Disorders
- Language Disorders
- Auditory Processing
- Oral Motor Therapy



Speech Therapy Center, LLC
www.speechtherapycenter.com

CHILDREN • ADOLESCENTS • ADULTS

Office and Home Visits Available

60 BROADWAY, SUITE #21, DENVILLE • 973.627.6100

FIVE TIPS TO HELP TEENS MASTER THEIR MONEY

The following article is provided by *Brandpoint*.

For most teens, high school is an exciting time, one that offers the opportunity to set their own path and make some of their own decisions. However, with this added independence comes additional responsibility, especially regarding money.

Today teens are spending \$260 billion a year in the U.S., yet only 17 states require completion of at least one financial literacy course for high school graduation.

“So many teens don’t realize how important saving is,” says Angel Carter, an Atlanta teen who was selected by Boys & Girls Clubs of America to serve as national ambassador for its financial education program called Money Matters: Make it Count, created in collaboration with Charles Schwab Foundation. “They don’t understand the importance of saving for their future needs and tracking or prioritizing their purchases.”

Taking part in this program had a profound impact on Carter, along with more than 725,000 other Club teens who have completed Money Matters. And because April is Financial Literacy Month, now is the perfect time for Carter to offer a few tips she learned to help others manage their money.

• **There’s no such thing as “too young” or “too much.”** Because of the way compound interest works, the earlier you begin to save, the less of a burden it is. For example, regularly saving 10 percent of your income is a good savings goal if you’re in your 20s or younger; however, if you wait until your 30s to start saving, that number increases to 20 percent in order to reach the same long-term goal. And if you wait till your 40s, it goes up to 30 percent. So it’s better to start putting money away as early as possible. Talk to your parents or another adult you trust about setting up a savings



By learning to master their money now, teens can get a head start on understanding the importance of saving for the future and prioritizing their purchases.

account, and how much you should regularly set aside.

• **Recognize needs vs. wants.** Being smart about money doesn’t mean you can’t enjoy life, or do fun things with your hard-earned cash; but it does mean you need to plan for them. An easy rule of thumb is to figure out how much you need to set aside in order to meet your expenses, including savings, every month. Anything left over is for having fun. It might seem contradictory, but knowing ahead of time how much spending money you have available helps you know when you can comfortably say “yes,” and when you’re better off passing on an event or an impulse purchase.

• **Know where your money goes.** It may not be particularly fun, but tracking where and how you spend money is just one of

those healthy habits that’s good for you, like eating spinach and exercising. You can record this information with a notebook or an app, but just remember to log your purchases, including all those “small” ones. Being aware of every dollar you spend will help you understand yourself and your spending habits – and can help you find ways to reduce your spending and save even more.

• **Credit is like social media.** You know how parents and teachers are always telling you to watch what you post on social media channels, because someday you’re going to have to apply for a job? Good credit is to your future purchasing what a clean social media history is to job applications: it takes time and commitment to build, and only moments to lose. A good credit score and a history of responsible spending give you options, which is priceless when you want to buy or lease a car, or apply for an apartment or even buy a house later on. How do you build good credit? Manage your checking account carefully, always pay your bills on time, and if you do choose to get a credit card, never charge more than you can afford to pay off in full every month.

PLEASE SEE MONEY, PAGE 14

Success begins at Westmont



An Accredited School Educating Children 1½-6 yrs
Mendham
908-879-6355



I can do it!

Summer Camp

westmontmontessori.org

Camp Discovery

June 26 – August 4, 2017

Florham Campus (Madison, NJ) • Metropolitan Campus (Teaneck, NJ)



Camp Discovery
For children entering 1st thru 7th grade

• **Programs and activities include:**

- Science & Nature
- Arts & Crafts
- Outdoor Sports & Recreation
- Swimming (Madison location)
- Dance & Musical Performances
- World Discovery & Games
- Weekly Trips

• **Certified teachers and experienced college-level counselors**

• **Extended care available**

Leader in Training Camp
For children entering 8th & 9th grades

Register today! Space is limited.
201-692-6500
fdu.edu/campdiscovery

FAIRLEIGH DICKINSON UNIVERSITY

BIRDS: Backyard nature offers engaging pastime for kids

FROM PAGE 12

devices and introduce them to their backyard! Tell children what type of location is best for a birdfeeder, then let them hunt for the spot. Choose a location where a feeder can be seen from indoors (so they can enjoy watching their feathered friends), yet is safe from predators. Let math and critical thinking skills come into play by measuring the distance from the door to the feeder and from the feeder to the nearest shrubs where predators could hide and trees where birds can shelter.

- Take the opportunity to teach the importance of good nutrition – for the child and the bird! Explain how good nutrition helps living creatures stay healthy and energized. Help them understand the nutritional value of food they eat by explaining what birds like to eat and how birds need a healthy diet of nutritious food options like Cole's Wild Bird Feed to support their health and well-being.

- Help kids understand wild birds have food preferences just as they do. Talk about how some birds like to eat bugs, grubs and worms, while others prefer berries and some like seed.

- The feeder you choose will influence the kind of birds that visit. Many types of birds will visit a bowl feeder, and its open shape makes it quick and easy for kids to fill with any type of feed and clean. Giving children the task of filling and cleaning feeders can teach them responsibility and basic life skills, plus they'll take ownership of the feeder and nurturing backyard birds.

- You can also use bird feeding to help kids understand concepts of finance, including spending their money wisely. Try an experiment with them; buy a bag of

cheap birdseed, fill the feeder and watch what happens. Fewer birds will visit and a mound of waste – the filler in cheap feed – will pile up under the feeder. Then replace the cheap feed with a Cole's seed mix and observe results. Kids will see plenty more birds visiting and less waste under the feeder. The experiment can help teach kids that not everything low priced is a good deal.

Ultimately, feeding wild birds should be fun for families. Here are some types of bird feed that should appeal to children's interests:

- Suet – While today's high-energy suet comes in different, convenient forms, like Cole's Nutberry Suet, and Suet Kibbles, kids will love the idea of serving up a big hunk of fat in the form of a Suet cake. Kids can stick it directly on tree bark and branches, which they'll find fun!

- Seeds – Many songbirds prefer seeds. Serving high-quality seed, like black oil sunflower, can help attract songbirds. Learn more about seed mixes and birds who love them.

- Dried mealworms – The early bird may get the worm, but birds, such as bluebirds, flickers and nuthatches, prefer a tasty treat like dried mealworms. Kids will get a kick out of filling up feeders with something yucky-looking for their feathered friends.

"My dad got me hooked on bird feeding by challenging me to identify as many birds at the feeder as possible," Cole says. "I did the same thing with my kids. My dad recently gave my 10-year-old daughter a birding journal. She loves to identify all the birds she knows and anything interesting about them.

"Kids taking part in attracting birds to their backyard is great fun; they'll love getting out of the house, taking charge of their new feathered friends and they'll learn a lot of good lessons through the process."

MONEY: Mastering spending

FROM PAGE 13

managing money responsibly is a tall order, but it is possible, especially if you take control! Think about the kind of lifestyle you want to live, and figure out how much it takes to support yourself in those circumstances. Once you've done that, it's simply a matter of solving for "x." One good way to be astute about finances is to look for a financial education program geared for teens, one that covers budgeting, goal setting, and planning for the future. Some

programs, like Money Matters, even offer virtual reality games to practice for the real world without real-life risk.

These tips are just a few Carter learned through the Money Matters program at her local Boys & Girls Club. A new component of the program, the digital game \$ky, is now available to all teens. The game challenges teens to navigate financial decisions in a fresh, fun way that will keep them thinking prudently about their finances not only in April but in the months and years ahead.

Slide Into Summer at Far Hills!

8 weeks of Smart Fun
at fhcds.org/camp



Science

Engineering

Visual Arts

Outdoor Activities

Blending Learning
Classes

Athletics

Performing Arts



Located in Far Hills, NJ

No More Teachers... No More Books...
No More Crossing Guards... Please Drive Carefully!

School's Out Soon

School's out and children of all ages will soon be busy with their summer games. Games that sometimes include playing in the street. And because children will be throwing both rules and caution to the wind, it's extra important that you, as a driver, pay attention to these driving safety rules.

These Important Driving Safety Tips Are Brought To You By:

- Never pass a camp bus when it is unloading or picking up children
- Keep your brakes in good working order
- Be prepared to stop suddenly
- Watch out for children on bicycles
- Obey all speed limits, traffic lights and stop signs



Bernardsville ShopRite
93 Morristown Rd.
Rt. 202
Bernardsville, NJ 07924
"Helping Families Live Better"



EAGLE FENCE AND SUPPLY

- Sales • Repairs
- Installations
- Do It Yourself
- Commercial • Residential
- Wholesale • Retail
- All Types Of Fence
- Sheds
- Gazebos
- Flags

Deer Fence
Aluminum & PVC Fence
Wood Fence

OVER 40 YEARS EXPERIENCE
YEAR ROUND INVENTORY
FREE ESTIMATES
FULLY INSURED
FAMILY OWNED & OPERATED

visit Our 2 1/2 Acre Showroom Location:
3220 Route 22 West • Branchburg, NJ
www.eaglefence.com
1-800-262-EAGLE
NJ Reg # 12V900000 (3245)

The Palmer School
22 Church St.
Bernardsville, N.J. 07924
908-766-3353
Palmerschool@verizon.net

Now Enrolling for Summer & Fall Infants through Kindergarten

CHIROPRACTIC CARE OF BEDMINISTER, P.C.



Chiropractic Care can have many benefits for children too!

Dr. Nick Mavrostomos
Located in the Bedminster Medical Building
1 Robertson Drive Suite 21, Bedminster, NJ
www.NJChiropractor.com • 908.234.2317

Please drive safely, our children will soon be out of school for the summer.

Established 1820 James E. Dangler 1948-2005

D. BURROUGHS, KOHR & DANGLER Funeral Home, Inc.

106 Main Street
Madison, NJ 07540
P: (973) 377-3232
F: (973) 377-2226


Kip M Dangler, Manager
N.J. Lic. No. 3992

Christine M. Dangler, Director
N.J. Lic. No. 4706

www.danglerfuneralhomes.com

ALL ARE WELCOME AT THE JCC!

JCC CAMP RUACH
home for the summer
Ages 15 Months -9th Grade



Ages 6 Weeks-Kindergarten

Shimon and Sara Birnbaum
Jewish Community Center
775 Talamini Road
Bridgewater, NJ 08807

ssbjcc.org • 908-725-6994

CROWN OIL CORPORATION
EST. 1929

The Full Service Oil Company

P.O. Box 207, 22 River Road
Chatham, NJ 07928
Tel: 973-635-9300
Fax: 973-635-1566

Roselle SAVINGS BANK

Safe and Secure
For More Than 125 Years

235 Chestnut Street
Roselle • New Jersey 07203
(908) 245-1885
www.rosellesavings.com

Other Locations
Bernardsville • Cranford • HighBridge

Member FDIC
Equal Opportunity Lender

FLEMINGTON DEPARTMENT STORE

FURNITURE • MATTRESSES • FLOORING
APPAREL • FOOTWEAR • WORKWEAR

May 1 through May 31, 2017

WE'LL PAY
Your SALES TAX
On Most Furniture & All Area Rugs & Remnants



**FAMILY OWNED
AND OPERATED
FOR OVER
60 YEARS**

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



**Over 50
Furniture Brands**



**0%
FINANCING**
Stop in
for Details

**SEE HOW
MUCH WE
HAVE TO OFFER
in our
120,000 sq. ft.
showroom**



*We pay your sales tax
on all area rugs
and remnants!*

*New Spring
and Summer styles
arriving daily.
Great selection,
quality, and value
from the top
brands you love!
Patagonia,
The North Face,
Under Armour,
Vineyard Vines,
Carhartt, Reef,
Olukai, Billabong,
Prana, and more!*



(908) 782-7662 • 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

