

North Shore



PARENTS

 THE SALEM NEWS

Wednesday, January 25, 2017



NORTH SHORE MUSIC THEATRE THEATRE ARTS EDUCATION

FOR CHILDREN OF ALL SKILL LEVELS • AGES 7 - 18

8 WEEK SPRING SESSION

MONDAYS or SATURDAYS (March - May)

- **Triple Threat II** - ages 7 to 10
- **Music Theory for the Stage** - ages 11 to 14
- **The Fundamentals of Acting** - ages 12 to 18

VACATION WEEKLONGS

FEBRUARY VACATION WEEK (February 20 - 24)

- **Musical Theatre Dance Techniques** - ages 7 to 10
- **Building Stage Characters** - ages 11 to 14
- **Audition Techniques** - ages 12 to 18

MARCH VACATION WEEK (March 20 - 24)

- **Musical Theatre Dance Techniques** - ages 7 to 10
- **Building Stage Characters** - ages 11 to 14
- **Audition Techniques** - ages 12 to 18

APRIL VACATION WEEK (April 17 - 21)

- **Building Stage Characters** - ages 7 to 10
- **Musical Theatre Dance Techniques** - ages 11 to 14
- **Music Theory for the Stage** - ages 12 to 18

BILL HANNEY'S
NORTH SHORE
MUSIC THEATRE



SUMMER SESSIONS

FOR CHILDREN AGES 7 - 18

JULY SESSION 1

JULY 3 - JULY 7

Morning Classes - 9:00am to 12:45pm
 Ages 7 to 10: **Triple Threat I**
 Ages 11 to 14: **The Fundamentals of Stage Acting**
 Ages 15 to 18: **Audition Techniques**

Afternoon Classes - 1:15pm to 5:00pm
 Ages 7 to 10: **The Fundamentals of Acting**
 Ages 11 to 14: **Beginner Dance Techniques**
 Ages 15 to 18: **Building Stage Characters**

JULY SESSION 2

JULY 10 - JULY 14

Morning Classes - 9:00am to 12:00pm
 Ages 7 to 10: **Beginner Dance Techniques**
 Ages 11 to 14: **Music theory for the Stage**
 Ages 15 to 18: **The Fundamentals of Stage Acting**

Afternoon Classes - 12:30pm to 3:30pm
 Ages 7 to 10: **Music Theory for the Stage**
 Ages 11 to 14: **Audition Techniques**
 Ages 15 to 18: **Movement for the Stage**

JULY SESSION 3

JULY 17 - JULY 21

Morning Classes - 9:00am to 12:00pm
 Ages 7 to 10: **Audition Techniques**
 Ages 11 to 14: **Building Stage Characters**
 Ages 15 to 18: **Musical Theatre Dance Techniques**

Afternoon Classes - 12:30pm to 3:30pm
 Ages 7 to 10: **Movement for the Stage**
 Ages 11 to 14: **Acting Through Song**
 Ages 15 to 18: **Music Theory for the Stage**

JULY SESSION 4

JULY 24 - JULY 28

Morning Classes - 9:00am to 12:00pm
 Ages 7 to 10: **Building Stage Characters**
 Ages 11 to 14: **Movement for the Stage**
 Ages 15 to 18: **Improv for the Stage**

Afternoon Classes - 12:30pm to 3:30pm
 Ages 7 to 10: **Acting Through Song**
 Ages 11 to 14: **Improv for the Stage**
 Ages 15 to 18: **Intermediate Dance Techniques**

AUGUST SESSION 1

JULY 31 - AUGUST 4

Morning Classes - 9:00am to 12:00pm
 Ages 7 to 10: **Musical Theatre Dance Techniques**
 Ages 11 to 14: **Believable Transitions: Scene into Song**
 Ages 15 to 18: **Acting Through Song**

Afternoon Classes - 12:30pm to 3:30pm
 Ages 7 to 10: **Believable Transitions: Scene into Song**
 Ages 11 to 14: **Musical Theatre Dance Techniques**
 Ages 15 to 18: **Intermediate Acting**

AUGUST SESSION 2

AUGUST 7 - AUGUST 11

Morning Classes - 9:00am to 12:00pm
 Ages 7 to 10: **Intermediate Dance Techniques**
 Ages 11 to 14: **Intermediate Acting**
 Ages 15 to 18: **Believable Transitions: Scene into Song**

Afternoon Classes - 12:30pm to 3:30pm
 Ages 7 to 10: **Intermediate Acting**
 Ages 11 to 14: **Intermediate Dance Techniques**
 Ages 15 to 18: **Voice and Dialects for the Stage**

2-WEEK SUMMER INTENSIVE

SEUSSICAL JR.

August 14 - 25 • ages 7 to 18

EDUCATION DEPARTMENT
978.232.7200 x 7289
NSMT.ORG/EDUCATION
 62 DUNHAM ROAD • BEVERLY, MA

FOOD FOR THOUGHT

There are many benefits to family meals

Families who resolve to spend more time together may reap a host of benefits. One of the easiest ways to enjoy family company is to dine together, with researchers saying it's one of the most important things parents and other caregivers can do for children.

Hectic schedules have made it commonplace for many families to grab meals on the go, whether on the ride to school or during the commute home from work. Family meals may also play second fiddle to sports practices, extra hours at the office and trips to the gym. However, according to family therapist and Harvard Medical School professor Anne Fishel, sitting down for a nightly meal is great for the brain, the body and the spirit.

According to a study from researchers Sandra L. Hofferth and John F. Sandberg titled "How American Children Spend Their Time," which appeared in the

Journal of Marriage and Family, family meals are linked to fewer behavior problems, as measured by a child's score on the Behavior Problems Index. And that is not the only advantage to family meals.

A survey conducted in 2000 from the Obesity Prevention Program at Harvard Medical School found that the 9- to 14-year-old children who ate dinner with their families most frequently ate more fruits and vegetables and consumed less soda and fried foods.

Conversations around the dinner table also provide an opportunity for children to expand their vocabulary and knowledge about key issues. A 2006 article in New Directions for Child and Adolescent Development found dinnertime conversation boosts vocabulary even more than being read to. Young kids learned 1,000 rare words at the dinner table, compared to only 143 from

parents reading storybooks aloud. At the family dinner table, parents can teach their kids how to speak well when among other adults and children without the distractions of television, phones and other electronic devices drawing kids' attention away.

It's not just their vocabulary that expands. Family dinners can help grow palates and get children to try new foods.

Experts in the Department of Child Development and Family Science at North Dakota State University say that family meals help provide a regular, consistent opportunity to create an environment of inclusion for everyone in the family. Family meals also become a way to carry on family traditions and instill a sense of family unity.

Eating together may also help prevent certain poor adolescent behaviors. Teens who have fewer than three family dinners a week



Regular family meals can benefit children in various ways.

are 3.5 times more likely to abuse prescription drugs and to use illegal drugs other than marijuana; three times more likely to use marijuana; more than 2.5 times more likely to smoke cigarettes; and 1.5 times more likely

to try alcohol, according to Court Appointed Special Advocate reports.

Family meals are more than just a chance to enjoy good food together. Such meals may benefit children for years to come.



\$100 OFF BIRTHDAY PARTY!
Call 978-750-7971
to book your party and mention coupon for discount. Based on availability. Offer not valid with other offers.
Expires 12/22/17
Valid only at CoCo Key Boston North Shore

Escape the Bitter Cold this Winter at CoCo Key Water Park!



- Jam Packed with wet & wild fun for the whole family!
- Enjoy an Overnight Package or purchase a Day Pass, either are a guaranteed splashtastic time!
- Lazy River, Four Giant Water Slides, Parrot's Perch... we have it all!

\$10 OFF DAY PASSES
Limit 4
Present coupon at time of purchase.
Expires 12/22/17
Blackout Dates: 2/18/17-2/26/17; 4/15/17-4/23/17; 11/23/17-11/26/17
Valid Only at CoCo Key Boston North Shore

DoubleTree by Hilton Boston North Shore
50 Ferncroft Road
Danvers MA 01923
978-646-1062

Book Your Stay Today at CoCoKeyBoston.com!

Help kids overcome a fear of needles

Immunizations are an integral part of a healthy lifestyle. Physicians and various health organizations advise that children and adults adhere to a specific schedule of vaccinations that can help them develop antibodies to fend off a variety of illnesses. Unfortunately for kids who fear needles, most immunizations are administered intravenously.

Children fearful of needles are typically hesitant, if not petrified, to receive their immunizations. However, failure to receive recommended vaccinations increases a child's susceptibility to various diseases, and kids who do not receive their immunizations may be running afoul of the law. The American Academy of Pediatrics' immunization schedule calls for children to get the bulk of their vaccines before age 2. Additional vaccines, however, must be administered later in life. And while many children outgrow their fear of needles as they approach adolescence, some may still resist. To make the immunization process less painful for children, parents can take certain steps.

Put on a smile

Children take their cues from their parents. If you show nerves or let on that you are nervous about the immunization shots, your son or daughter



may take note of your apprehension and become even more scared of needles than he or she already is. Make light of what is going to happen if the child understands what the visit is all about. Downplay any discomfort and resist the urge to say "don't worry." It may actually give the child the impression there is something to worry about.

Be open and honest

Older children may appreciate hearing the truth instead of being told a tall tale about the immunization process. Explain that the needle will only briefly penetrate the skin, meaning the procedure will be done very quickly.

Don't make shots a form of punishment

The threat "behave or the doctor will give you a shot," is not helpful at all. It will only compound fears of shots and paint the picture that they are a punishment rather than a necessity.

Listen to concerns

Let your child speak to you about why he or she is nervous about receiving a shot. Offer your support in a warm, matter-of-fact way.

Offer a distraction

Let the child hold a video game or incentivize the process by promising a sweet or favorite treat, which can take your child's focus off of the shot being administered.

Hold your child

Kids may find that sitting on a parent's lap assuages their fears. For older children who can't fit on your lap, let them hug you or hold your hand for comfort.

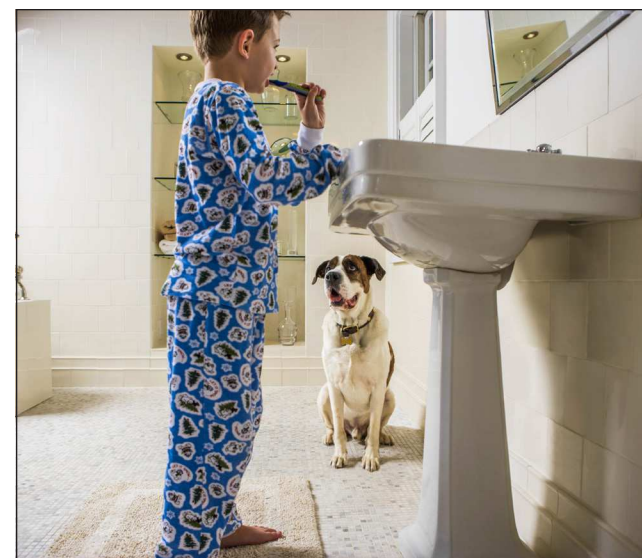
Use a topical anesthetic

Ask the doctor or nurse if there is a numbing swab or spray that can be used to take the bite out of the needle.

Lead by example

Take your child with you when you receive vaccinations, so that he or she can witness that the process is both quick and painless.

Immunization shots are seldom fun for children or adults, but there are strategies to make the entire process less painful.



The earlier dental care is part of a child's routine, the more likely he or she is to accept it as part of everyday life.

Encourage kids to take care of their teeth

Parents of young children know that getting kids to brush their teeth can sometimes feel like pulling teeth. Kids have a long history of disliking dental care, which can frustrate parents who know the importance and long-lasting benefits of proper dental hygiene.

While many youngsters may never excitedly run to the bathroom to brush their teeth, parents can try various approaches to get kids to embrace proper dental care.

■ **Start early.** Parents should not hesitate to begin cleaning kids' teeth once the first tooth appears. The earlier dental care is part of a child's routine, the more likely he or she is to accept it as part of everyday life. The American Academy of Pediatric Dentistry recommends using a soft-bristled brush with a small head. Ideally, use a toothbrush designed for infants, brushing teeth once per day at bedtime. The AAPD advises taking kids to visit a pediatric dentist when the first tooth appears, or no later than the child's first birthday.

■ **Make it a group effort.** Young children love to imitate their parents' actions

and behaviors, and moms and dads can use that adoration to their advantage when trying to get kids to brush their teeth. Brush teeth together as a family, making it seem like an enjoyable twice-daily activity. Get down on kids' level and show them how to brush. If kids are resistant, engage them in conversation while brushing so they don't even realize they're cleaning away.

■ **Involve kids in choosing their dental care products.** While parents should be mindful of the type of toothbrush their children use, always sticking with products recommended by their child's pediatric dentist, let youngsters choose their toothbrush and toothpaste. Kids might prefer a particular flavor of toothpaste, and a colorful toothbrush with a favorite film or television character might make kids more enthusiastic and less fussy about brushing.

■ **Compliment kids after positive dental appointments.** When pediatric dentist appointments go well, compliment children and express your pride in them for taking dental hygiene as seriously as they do.

Research shows sleep deprivation in youth linked to ailments

School-aged children are busier than ever before, and some may be sacrificing sleep to accommodate their lifestyles.

The National Sleep Foundation says school-aged children need between nine and 11 hours of sleep each night to function at a healthy level. Sleep deprivation can be linked to a host of health ailments, including issues affecting the development of the brain. Growing evidence suggests that lack of sleep can cause disturbances in metabolic rates that could affect the risk for cardiovascular disease, diabetes and obesity.

A recent study from Johns Hopkins University found that, for each additional hour of sleep a child gets, the risk of that child becoming overweight or obese decreases by 9 percent. Children who slept the least,

according to the research, had a 92 percent higher risk of being overweight or obese compared to children with longer sleep duration. The NSF adds that poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that impact kids' ability to learn in school.

To promote good sleep habits in children, parents and other caregivers are encouraged to do the following:

- Establish consistent sleep/wake routines
- Ensure children avoid excess caffeine, particularly late in the day
- Create a cool, dark sleep environment
- Keep televisions and other media devices out of bedrooms
- Help children work through stressors that may impact sleep



School-aged children need between nine and 11 hours of sleep to function at a healthy level, according to the National Sleep Foundation.

Fight the flu

Follow these practical tips to combat cold and influenza season

When cold and flu season strikes, millions of Americans find themselves coughing, sneezing, congested, aching, uncomfortable — and sometimes, downright miserable. The widespread prevalence of these symptoms sweeps the country each year and affects people of all ages.

According to the Centers for Disease Control and Prevention, Americans suffer from 1 billion colds annually. While adults catch an average of two to three colds per year, children suffer even more, especially during cold season.

“The cold and flu are both highly contagious viral infections,” said Dr. Keri Peterson, a Manhattan-based physician. “While they spread easily, there are some easy measures that families can take to protect themselves from getting infected, and even while they are sick, to prevent

prolonged illness and recover more quickly.”

To protect you and your family, and to prevent the spread of illness, Peterson offers these tips for navigating cold and flu season:

- Wash your hands with soap and water regularly, especially after touching dirty surfaces like doorknobs and keyboards. Thorough washing should take as long as singing “Happy Birthday” twice.

- Don’t touch your eyes, nose or mouth. These are direct entry points for germs. Most adults touch their face about 16 times a day, and children even more often, increasing the spread of germs.

- Germs live on surfaces and spread to humans through skin contact, so anything that you touch frequently can be a threat. Use disinfectant wipes to wipe down your workspace daily, as well as your telephone, mouse and keyboard. Make sure you regularly disinfect doorknobs

and shared electronics like TV remotes. Also, wash your children’s toys after playtime.

- Studies indicate flu viruses thrive best in cold and dry places, making winter air an ideal breeding ground. Use a humidifier to keep humidity levels in your home between 40 and 60 percent to reduce viruses’ chances at survival. Humidifiers can also help relieve cold and flu symptoms and discomfort.

- Everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination should take place soon after the vaccine becomes available to the public, preferably in October.

- Watch your symptoms. Cold symptoms come on gradually and progress over time, typically starting with a sore throat, then a runny nose and eventually a cough. On the other hand, the flu hits fast and furious with the sudden onset of fever, aches, fatigue, cough and headache.

- Fever can sometimes occur



Photo courtesy of Getty Images

While adults catch an average of two to three colds per year, children suffer even more, especially during cold season.

with a cold and is usually mild; with the flu it is common and higher, ranging from 100-102

degrees. Taking your temperature is a good way to help determine which type of virus you have.

Winter Festival and Open House

February 11

10:00 AM - 1:00 PM



Education That Inspires

Open Classrooms Tours are scheduled every month.

Let's plan your visit today.

978-927-1936

admissions@waldorfmoraine.org

Celebrating 30 years
Waldorf School
at Moraine Farm

701 Cabot Street, Beverly | 978.927.1936 | waldorfmoraine.org

Pre-K through Grade 8

An accredited member of AISNE, AWSNA and WECAN.

SAFETY FIRST

To keep children of all ages safe, consider these suggestions

New and experienced parents, alike, must keep many things in mind when welcoming a child into their homes. Babies do not come with instruction manuals, but kids of all ages need their parents to perform various functions, including keeping them safe.

The Centers for Disease Control and Prevention says unintentional injuries, or those that result from burns, falls, poisoning, road traffic and drowning, are the leading cause of morbidity and mortality among children in the United States. But even injuries that do not result in fatalities can still be serious. An estimated 9.2 million children per year visit hospital emergency rooms for unintentional injuries. For children 12

months old and younger, falls account for more than half of the nonfatal injuries.

Child safety is not an issue to take lightly, and parents and other caregivers must remain up-to-date on the latest guidelines regarding safeguarding children. The following are some safety tips and areas of concern parents may want to pay particular attention to.

FALLS

As children learn to move around their world, stumbles are to be expected. However, there are steps parents can take to minimize injuries.

- Keep babies and young kids strapped and secured when using infant seats, swings, car seats and strollers. Always keep the devices

close to the ground, and not placed on top of a table or other furniture.

- Install safety gates at the top and bottom of all staircases.
- Install window guards to prevent window falls.
- Visit only those playgrounds that have installed shock-absorbing surfaces beneath the play equipment.

WATER ACCIDENTS

A child can drown in mere inches of water. As a result, parents must be extremely diligent to prevent accidents.

- Never leave a child unattended around any source of water, even for just a few seconds.
- Empty all tubs, containers, and kiddie pools of water immediately after use.

- Use locks to seal toilet lids, and keep doors to bathrooms closed.

- Install fences around home pools. Gates should be self-closing and self-latching.
- Always test the temperature of bath water to ensure it is comfortable and will not scald a child.

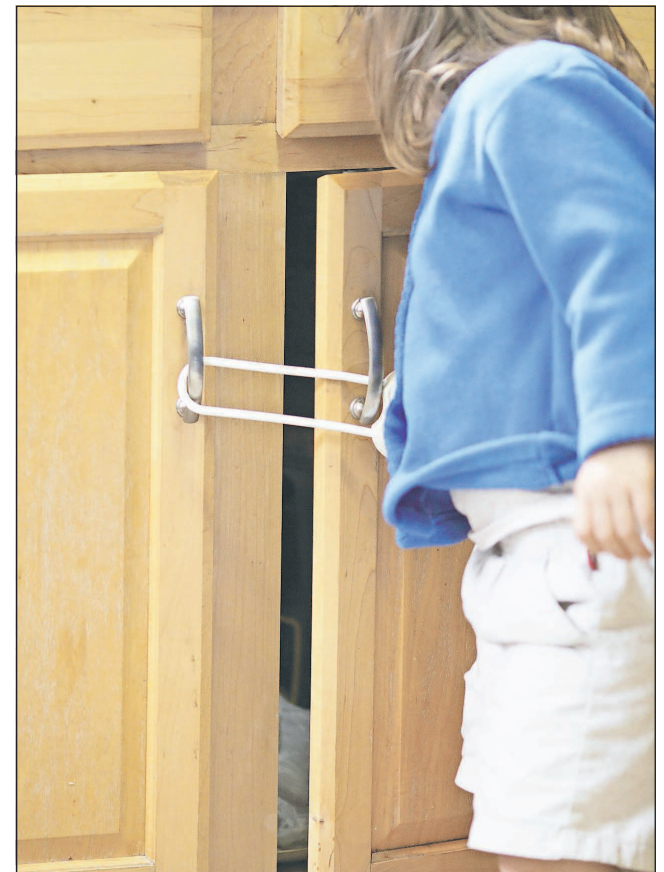
TOYS

Toys are a part of a child's life, and they should bring joy, not danger.

- Keep a child's age in mind when purchasing a toy or game.
- Small toy parts can pose as choking hazards for young children, so inspect toys frequently for chips.
- Each year in the United States, more than 2,800 kids are treated in emergency rooms after swallowing button batteries. Keep the following away from young children: remote controls, singing greeting cards, digital scales, watches, hearing aids, thermometers, children's toys, calculators, key fobs, t-light candles, and flashing holiday jewelry or decorations.

RISKS FOR OLDER KIDS

As children age, the ways to protect them change. The National Children's Advocacy Center suggests these guidelines:



Keeping curious kids out of danger requires diligence on the part of parents and caregivers.

- Parents should learn all they can about their children's activities and friends.
- Teach children to refuse anything from strangers.
- The buddy system is a good idea when walking home from school or other events.
- Make sure kids know that strangers can be found online, too. Teach kids to avoid sharing personal information with individuals they meet on social media.
- Develop a family safety plan for meeting up when outside of the home.

Music Together® of Salem



MUSIC TIME. FAMILY TIME. QUALITY TIME.

(781) 599-5571

www.musictogethersalem.com

REGISTER TODAY!

*Music & Movement Classes for children from age 0 to 7
and the adults who love them!*

*Babies only (0-8mo) *Mixed Age (0-5yo)*Big Kids (5-7yo) *
Fun exploration of singing, instrument play, fingerplay, dramatization, dance!

Marblehead * Salem * Beverly Farms



Dr. Scott B. Clark
optometrist

**CONTACT US TO SCHEDULE
YOUR EYE EXAM**

Over 60 years of serving the North Shore's eyecare needs

WE ACCEPT:
HMO BLUE • HARVARD PILGRIM • FALLON • TUFTS • MEDICARE

491 Rantoul Street, Beverly MA
978.922.4732

Millennial parents struggle with high cost of living

Better money management today can lead to brighter financial future

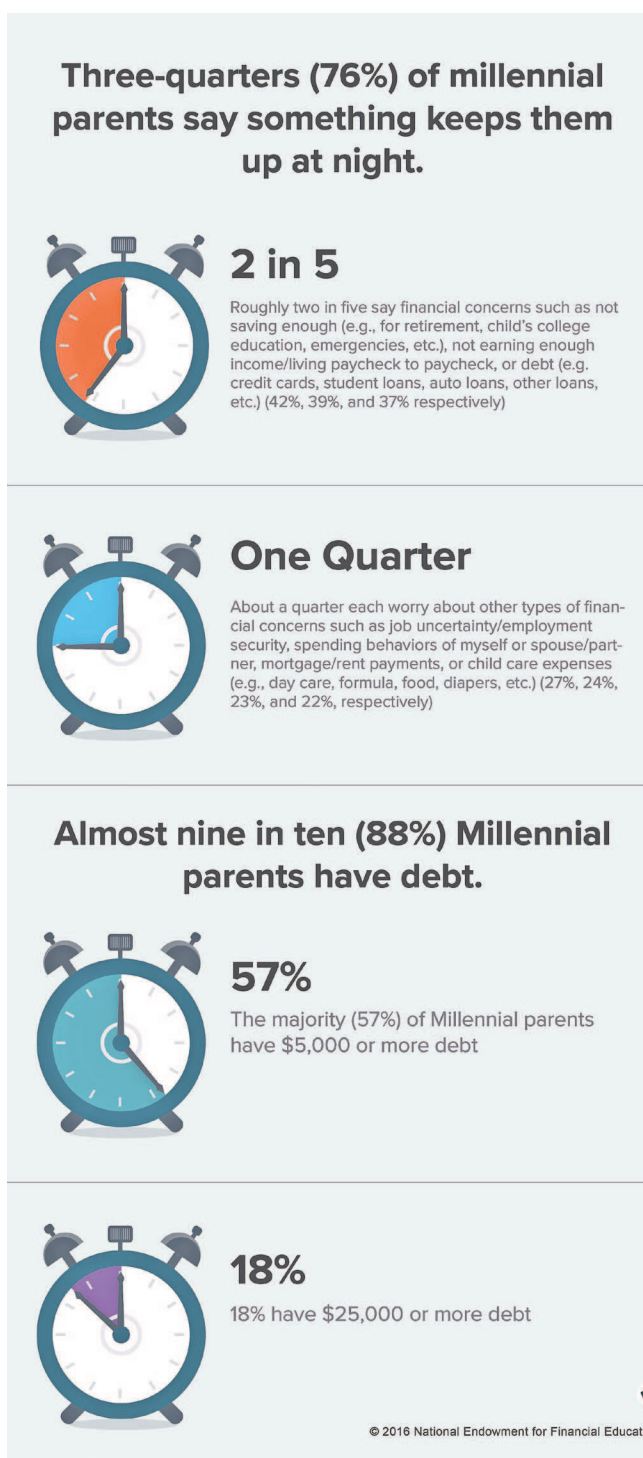
For many young adults, heavy debt and lower-paying jobs lead to a delay in traditional life goals, like buying homes and starting families. Research, however, suggests that millennials' financial worries are adding up to more than stress and disappointment, particularly once they become parents.

Two in five young parents rate their financial health as unsatisfactory and 40 percent said financial stress is putting a strain on their relationship, according to a survey from the National Endowment for Financial Education and Parents Magazine. More than half of millennial parents concede they would surrender a year of their life to have more financial security.

"Being a parent takes patience, forgiveness and a lot of silent counts to 10, but it also takes a lot of money," said Paul Golden, director of Smart About Money, a nonprofit foundation inspiring educated financial decision-making for individuals and families through every stage of life. "Many young adults start off with significant student loan debt. When you add housing, groceries, utilities, transportation expenses and health care costs, the strain increases, and oftentimes the math in the household budget doesn't add up."

The price tag of raising a child is more than \$304,000 based on the projected inflation-adjusted cost of rearing a child until age 18, not counting college. Managing that financial pressure begins with planning for the future and truly understanding the costs associated with adding a baby to the family or buying a new home, Golden added.

"Regularly paying attention to your money and



practicing major life transitions before they happen is an important step toward achieving financial health," he said.

As a parent, you have many financial responsibilities to balance, but planning for the future can

help prevent unforeseen expenses from tipping your scales.

■ **Debt reduction.** Make a plan to pay off excessive debt, particularly credit cards. Tackle your lowest balance first to gain momentum then take on

the next smallest. Additionally, pay attention to higher interest rates that are costing you a lot of money.

■ **Use a budget.** Get a budget and spending plan in place to keep track of your expenses. Try an envelope system with monthly allowances for groceries, entertainment, utilities, etc.

■ **Start saving.** Build an emergency fund. Aim for a small, achievable goal as low as \$500 then set the bar higher. Participate in your employer-sponsored savings program to boost retirement savings, especially if there is a match. Make it an automatic payroll deduction and increase it when your paycheck goes up. As far as your child's college savings, save what you can, when you can. Every little bit will help

when education bills come due.

■ **Child care.** Consider establishing a flexible spending account if one is offered by your employer. Parents can use pretax dollars to pay up to \$5,000 in child care expenses in most states.

■ **Review insurance and important paperwork.** Create a will either by using an online program or hiring a professional to name your child's guardian, and designate at what age any payouts, savings or investments will be distributed. With health insurance, notify your employer within 30 days of the birth to ensure that the child is eligible for any dependent benefits. Purchase appropriate health care coverage to protect

your family. Review your employer's life insurance plan and determine if it is adequate for your needs. If not, consider purchasing additional life insurance.

■ **Save for the future.** Put money for short-term expenses (one to five years) in safe investments, such as savings accounts and certificates of deposit. These low-interest-rate investments will not grow dramatically, but they will not lose money either. Money you will need beyond five years should have the opportunity to grow at a risk level you are comfortable with. Use a combination of steady-earning savings accounts and more volatile stock and bond mutual funds to help protect you against long-term losses.

North Shore Christian School

Imagine a school rooted in the principles of truth, character, and excellence. A vibrant and diverse community committed to academic excellence and innovative learning. Imagine a place where dedicated teachers encourage each child to think deeply and to serve others.

This is North Shore Christian School.

Lynn Campus 26 Urban St. Lynn, MA preschool to grade 8	Beverly Campus 35 Conant St. Beverly, MA preschool to grade 6	Now Enrolling! www.nschristian.org 781-599-2040
--	---	---

OPEN HOUSES:
BEVERLY CAMPUS - THURSDAY, MARCH 16TH 9-11 AM
LYNN CAMPUS - THURSDAY, MARCH 16TH 6-8 PM
AND SATURDAY, MARCH 18TH 9-11 AM



There's always
something to do at the
**PEABODY ESSEX
MUSEUM!**

FAMILY PROGRAMS

LUNAR NEW YEAR FESTIVAL

Saturday, January 28 | 10 am–4 pm

Come celebrate the sights and sounds of the new year. Join us for music, art making and exciting lion dances to welcome the Year of the Rooster.

SCHOOL VACATION WEEK LUNAR LANDING 2.0

Monday, February 20–Friday, February 24
10:30 am–4 pm

Investigate the science, technology and innovation driving lunar exploration. Meet a real astronaut, immerse yourself in a portable planetarium, design a spacecraft and much more!

STORY TRAILS

Sunday, February 26 | 2–3 pm

If you have ever had a hard time letting go of clothing, learn how to repurpose them as we read *I Had a Favorite Dress* by Boni Ashburn. Then find inspiration in the *WOW*® exhibition as you design iron-on patches under the guidance of fiber artist Ann Campos.

Details at pem.org/calendar
All programs included with admission

**Kids and Salem residents
are always free!**

A WIN FOR PREVENTION

Learn how to recognize and avoid youth-sports injuries

Children benefit in various ways from their involvement in youth sports. Being part of a team fosters feelings of belonging, inspires collaborative play and strategy and can be an excellent form of exercise. Still, despite the benefits, parents often worry about the injury risk their children face on the playing fields.

Those fears are justified. A Safe Kids Worldwide survey of emergency room visits found that a young athlete visits a hospital emergency room for a sports-related injury more than a million times a year, or about every 25 seconds. The Centers for Disease Control and Prevention says more than 2.6 million children, from newborn to 19 years old, are treated in the emergency department each year for sports- and recreation-related injuries.

Some of the more common injuries young children face have to do with the skeletal and muscular systems of the body. The American Academy of Orthopaedic Surgeons stresses that children's bones, muscles, tendons and ligaments are still growing, making them more susceptible to injury. Fortunately, with some education, many youth-sport injuries can be prevented.

Sprains and strains

Sprains are injuries to



Children's bones, muscles, tendons and ligaments are still growing, making them more susceptible to injury.

ligaments, or the bands of tough, fibrous tissue that connect two or more bones at a joint. Strains impact a muscle or a tendon, which connects muscles to bones. Clinical research has linked

acute strains and sprains to improper warm-up before sports, fatigue and previous injuries. Preparticipation conditioning and stretching can help reduce the risk of injury.

Periostitis

Periostitis is commonly known as "shin splints." This is an overuse injury that occurs in athletes who are engaged in activities that involve rapid deceleration. Periostitis causes inflammation of the band of tissue that surrounds bones known as the periosteum, and typically affects people who repetitively jump, run or lift heavy weights.

To head off potential pain in the shins, young athletes can gradually build up their tolerance for physical activity. Supportive shoes or orthotic inserts may also help. Incorporating cross-training into a regimen also can work.

Repetitive-use activities

Swimmers, tennis players, pitchers and quarterbacks

may experience something called a repetitive-use injury. This is pain in an area of the body that is used over and over again. Inflammation of muscles and tendons may appear, but repetitive-use injuries also may result in stress fractures, which the National Institute of Arthritis and Musculoskeletal and Skin Diseases defines as hairline fractures in bones that are subjected to repeated stress.

Rest between exercises can help alleviate these types of injuries. Ice, compression, elevation and immobilization may be used if pain is persistent.

Growth plate injuries

Kids Health says growth plates are the areas of growing tissue near the ends of the long bones in the

legs and arms in children and adolescents. A growth plate produces new bone tissue. If the growth plate is injured, it cannot do its job properly. That may contribute to deformed bones, shorter limbs or arthritis. Growth plate injuries most often result from falling or twisting.

While there's no surefire way to prevent growth plate injuries, getting proper and immediate care after an injury can help prevent future problems. An orthopedic surgeon has the expertise to diagnose and treat these injuries.

Youth sports injuries are common but preventable. Warming up, being in good physical shape and not overtaxing a growing body can help kids avoid pain and impairment.

Garden City Pediatric Associates, LLC

Providing Patient Centered Care 365 Days a Year



Garden
City
Pediatric
Associates

**ACCEPTING
NEW PATIENTS**

Tel: 978-927-4980

Fax: 978-922-9115

Women's Health & Medical Arts Building

83 Herrick Street, Suite 1003

Beverly, Massachusetts 01915

www.gardencitypediatrics.com

Proud of our

Beverly Hospital/Boston Children's Hospital Affiliation

Multi-Year Winner of Reader's Choice Awards



A Warm and Loving Environment

For Children 15 mos.
to 7 yrs.

CHILD CARE CENTER

- Toddler, Preschool & Kindergarten Readiness
 - Full- & part-time programs • Mon.-Fri. 7:15-5:30 • Year 'round
- Contact Ellen Clarkson at ellenclarkson@hotmail.com

323 LOCUST ST., DANVERS (978) 774-4344



To and Through College

Bentley Academy Charter School (BACS) prepares all of its students for personal and academic success to and through college.

OPEN HOUSE

COME SEE WHAT'S BUILDING AT BENTLEY ACADEMY!

Please join us on one of the following dates:

Tuesdays @ 8:45AM

January 3, January 10, January 17, January 24, January 31, February 7, February 28

Thursdays @ 6:30PM

January 5, January 12, January 19, January 26, February 2, February 9, February 23

BACS scholars gain an unmatched elementary school experience that supports students' vision of themselves as collegiate scholars with a focus on self-improvement that will prepare them for the rigors of middle school, high school, college, and beyond. BACS is a K-5 in-district charter school (within Salem Public) serving a diverse student body. We invite you to come see what's building at Bentley Academy Charter School!

Bentley Academy
Charter School
25 Memorial Drive
Salem, MA 01970
P| 978.740.1260
F| 978.740.1164



Culture of
Achievement



Rigorous
Curriculum



Differentiated
Instruction

THE BACS APPROACH



Excellence in
Leadership



Expanded
Learning Time



Partnership

It's not too early to get prepared for summer camp season

Summer camp season is just around the corner. Each summer, millions of children depart for campsites around the country to swim, hike, craft and enjoy the companionship of friends.

Summer camps in North America were first established in the 1880s and were attended by children without their parents for overnight stays. By the 20th century, summer camps had become an international phenomenon, and various organizations hosted traditional summer camps or camps geared toward religion, sports, music and other subjects and activities. According to the American Camp Association, each year more than 14 million children and adults in the United States attend camp. America is home to more than 14,000 day and resident camps (8,400 are overnight camps and 5,600 are day camps). Non-profit groups are the largest sponsors of summer camps.

Many people put off summer camp planning until it is too late. Parents should keep in mind that camps begin registration early in



Start gearing up now for summer camp plans to guarantee kids attend the camps they prefer.

the year and have specific cut-off dates for enrollment. Parents who want to beat the crowds this year can use this guide to help plan a

summer camp agenda.

- Attend an orientation seminar. Take the time to visit prospective camps for a tour, and use this open

house as an opportunity to learn more about the programs offered. If available, find a camp employee to discuss your child's eligibility for enrollment. Some camps may offer webinars for convenience.

- Fill out the enrollment package completely. Each camp has its own requirements for registration. Expect to submit some personal information, including a medical background and proof of insurance, names and numbers of emergency contacts, and any other pertinent information as it applies to the camper. This may include allergies, fears, physical or mental disabilities, or even preferences in camp courses.

- Establish payment schedules. Summer camps vary in price. The ACA says that camp costs range from \$100 to more than \$1,500 per week. Many accredited camps, however, offer some sort of financial assistance for children from families with limited financial means. If cost is a factor, be sure to broach the subject.

- Prepare children for the physical challenges a camp may

present. Summer camp activities may be rigorous, and campers may need to be cleared by a physician before starting. Be sure to schedule your child a physical and bring along any pertinent forms. Children also can increase their levels of physical activity compared to the often sedentary nature of winter. Such preparation can prevent injuries when engaging in outdoor and physical activities.

- Shop for supplies. Camps are likely to provide a list of requirements with regard to clothing and other equipment campers will need. Make sure kids have enough shorts, T-shirts, socks, athletic shoes, swimsuits, toiletries and other camp necessities before they leave.

- Keep children in the loop. Engage children in the planning process to help alleviate their fears and get them excited about summer camp.

Summer camp can foster lifelong memories. Parents can help kids prepare in advance for the fun that's soon to arrive.

BEVERLY LITTLE LEAGUE SPRING BALL 2017 SIGN UP NOW!



Register online now for Beverly T-Ball and
Little League for Boys & Girls ages 5-12 years

Season runs late April through June

Register at one of our player evaluations or online.

Go to www.beverlylittleleague.org

for more details and to register.

PLAYER EVALUATIONS

For all players age 8+
Sunday, February 12th and 26th
Beverly High School field house • 3:30 - 8:30 p.m.

Questions?

Email us at beverlylittleleague@gmail.com or

Call us at 978-922-4595

YOUR CHILD
DESERVES
THE BEST
POSSIBLE
START.

Tour your local Goddard
School and experience
why it's the best
preparation for social
and academic success.

MIDDLETON
244 Maple Street
978-762-7620

GoddardSchool.com



THE
GODDARD SCHOOL[®]
FOR EARLY CHILDHOOD DEVELOPMENT

Events for families on the North Shore

THURSDAY, JAN. 26

Discovering Nature Through Story, Music, and Art: Hibernation, 1 to 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Third class in four-part series. Stories, poetry, nature walks, discussions on how plants/animals survive winter. For ages 4-6. Full class enrollment costs \$48 per adult/child pair for Mass Audubon members; \$60 for nonmembers. Register at www.massaudubon.org/ipswichriver.

Family Chinese New Year celebration, 3:30 to 4:30 p.m., Peabody Institute Library, 82 Main St., Peabody. Stories and crafts with Chinese Zodiac symbols, paper cutting, and calligraphy. For preschool ages and up. Free, open to the public. Register at 978-531-0100, ext. 32, or www.peabodylibrary.org.

"Stiltskin: A Musical," 7:30 p.m., Hamilton-Wenham Community House, 284 Bay Road, Hamilton. Original musical based on Rumpelstiltskin fairy tale. Appropriate for all ages. Shows continue Saturday, Jan. 28, 3 and 7:30 p.m.; and Sunday, Jan. 29, 2 and 6:30 p.m. \$18 in advance at 978-468-4818, ext. 10, or www.stage284.org; \$25 at door.

SUNDAY, JAN. 29

Family hike, 12:30 to 3 p.m., meet at Mundy Bridge, 1/4 mile north of intersection at North Liberty and School Street, Middleton. Nature walk through "beaver meadow" wooded trails. Presented by Middleton Stream Team. 978-777-4584, www.middleton-streamteam.org.

Snowy Owl Prowl, 1 to 3 p.m., Crane Wildlife Refuge, Argilla Road, Ipswich. Three-mile hike through sand dunes in search of snowy owls. For ages 13 and up. \$9 The Trustees of Reservations members, \$15 nonmembers. Registration required at www.tinyurl.com/CraneOAP.

MONDAY, JAN. 30

Little Yogis, 10 to 11 a.m., Peabody Institute Library South Branch, 78 Lynn St., Peabody. Ms. Betsy leads yoga class with music and stories. For ages 3-5 and their caretakers. Free, open to the public. Registration required at 978-531-3380 or www.peabodylibrary.org.

WEDNESDAY, FEB. 1

Baby Story Time, 10 a.m., Peabody Institute Library, 78 Lynn St., Peabody. Stories, rhymes, songs for ages 18 months and under. Free; open to the



Associated Press

Strap on your snowshoes for a winter exploration in the woods. Ipswich River Wildlife Sanctuary's Family Snowshoe and Winter World Hike takes place Feb. 4, from 1:30 to 3 p.m., in Topsfield.

public. Register at 978-531-3380 or visit www.peabodylibrary.org.

Toddler Story Time, 11 a.m., Peabody Institute Library, 78 Lynn St., Peabody. Stories, rhymes, songs for ages 18-36 months. Free; open to the public. Register at 978-531-3380 or visit www.peabodylibrary.org.

Discussion with Ron Lieber, 7 p.m., Trustey Family Theatre, Shore Country Day School, 545 Cabot St., Beverly. New York Times columnist and author of "The Opposite of Spoiled" discusses how to engage children in philanthropy. Free and open to the public. Register at www.shoreschool.tix.com.

THURSDAY, FEB. 2

Discovering Nature Through Story, Music, and Art: Groundhog Day, 1 to 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Final class in four-part series. Stories, poetry, nature walks, discussions on how plants/animals survive winter. For ages 4-6. Full class enrollment costs \$48 per adult/child pair for Mass Audubon members, \$60

nonmembers. Register at www.massaudubon.org/ipswichriver.

Friendship Yoga, 3:30 to 4:30 p.m., Peabody Institute Library South Branch, 78 Lynn St., Peabody. Girls-only yoga class with music, poetry, and self-esteem building. For ages 6-10. Free; open to the public. Registration required at 978-531-3380 or www.peabodylibrary.org.

FRIDAY, FEB. 3

Pre-K Owl Prowl, 4 to 6 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn about owls through stories, hands-on activities, nature walk. Hot chocolate and cookies served. For ages 3-6. Mass Audubon members: \$8 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

"Peter Pan Jr.," 7 p.m., Holten Richmond Middle School, 55 Conant St., Danvers. Performed and produced by more than 100 Holten Richmond students. \$10 general admission; \$7 for students and seniors. Showtimes also Saturday, Feb. 4, 1 and 7 p.m.

Purchase tickets at door (limited amount) or www.hrto.org.

SATURDAY, FEB. 4

Family Snowshoe and Winter World Hike, 1:30 to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Snowshoe hike in search of wildlife. Beginners welcome. For ages 6 and up. Mass Audubon members: \$8 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

An Introduction to the Moon, 7:30 to 9 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn about our moon and stargaze using a large reflector telescope. For ages 10 and up. Mass Audubon members: \$7 adult, \$6 child; nonmembers: \$9 adult, \$7 child. Register at www.massaudubon.org/ipswichriver.

MONDAY, FEB. 6

Little Yogis, 10 to 11 a.m., Peabody Institute Library South Branch, 78 Lynn St., Peabody. Ms. Betsy leads yoga class with music and stories.

For ages 3-5 and their caretakers. Free; open to the public. Registration required at 978-531-3380 or www.peabodylibrary.org.

WEDNESDAY, FEB. 8

Baby Story Time, 10 a.m., Peabody Institute Library, 78 Lynn St., Peabody. Stories, rhymes, songs for ages 18 months and under. Free; open to the public. Register at 978-531-3380 or visit www.peabodylibrary.org.

Toddler Story Time, 11 a.m., Peabody Institute Library, 78 Lynn St., Peabody. Stories, rhymes, songs for ages 18-36 months. Free; open to the public. Register at 978-531-3380 or visit www.peabodylibrary.org.

THURSDAY, FEB. 9

Friendship Yoga, 3:30 to 4:30 p.m., Peabody Institute Library South Branch, 78 Lynn St., Peabody. Girls-only yoga class with music, poetry, and self-esteem building. For ages 6-10. Free; open to the public. Registration required at 978-531-3380 or www.peabodylibrary.org.

SUNDAY, FEB. 12

Snowshoe Classic 5K, 9 a.m., Brooksby Farm, 4 Felton St., Peabody. Snowshoe race. Sign-in from 9 to 9:45 a.m.; race at 10 a.m. Breakfast snacks, beverages served before and after race. Limited adult/children snowshoes available to rent; first come, first serve. \$25 per person before Wednesday, Feb. 1; \$30 after. Register at www.peabodyrecreation.com. A final determination concerning race status will be made Feb. 10. 978-536-7132 or 978-536-7130.

Sense of Wonder Walks: Red Fox and Friends, 1:30 to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Story time with "Fox's Dream" by Keizaburo Tejima followed by nature walk. Search for tracks or signs left by foxes and other mammals. For ages 3 and up. Mass Audubon members: \$7 adult, \$6 child; nonmembers: \$9 adult, \$7 child. Register at www.massaudubon.org/ipswichriver.

MONDAY, FEB. 13

Little Yogis, 10 to 11 a.m., Peabody Institute Library South Branch, 78 Lynn St., Peabody. Ms. Betsy leads yoga class with music and stories. For ages 3-5 and their caretakers. Free; open to the public. Registration required at 978-531-3380 or www.peabodylibrary.org.

WEDNESDAY, FEB. 15

Baby Story Time, 10 a.m., Peabody Institute Library, 78 Lynn St., Peabody. Stories, rhymes, songs for ages 18 months and under. Free; open to the public. Register at 978-531-3380 or visit www.peabodylibrary.org.

Toddler Story Time, 11 a.m., Peabody Institute Library, 78 Lynn St., Peabody. Stories, rhymes, songs for ages 18-36 months. Free; open to the public. Register at 978-531-3380 or visit www.peabodylibrary.org.

SATURDAY, FEB. 18

World of WearableArt opening day festival, 10 a.m. to 5 p.m., Peabody Essex Museum, 161 Essex St., Salem. New exhibit features avant-garde wearable artworks. Festival activities include art-making workshops, performances, demonstrations. Free; open to the public. 866-745-1876, www.pem.org.

TUESDAY, FEB. 21

February Vacation Adventure Days: Maple Sugaring, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. First event in four-part series. Learn how to find sugar maple trees and tap them for sap. See how sap is converted to syrup at the sugarhouse. Pancakes served. For children in grades K through five. Full enrollment: \$175 Mass Audubon members, \$187 nonmembers. One-day registration: \$57 members, \$68 nonmembers. Register at www.massaudubon.org/ipswichriver.

Tracks and TelItales for Kids, 1 to 3 p.m., Crane Wildlife Refuge, Argilla Road, Ipswich. A 1.5-mile hike from the Barn to Pine Grove. Look for tracks and telItales left by wandering animals. Hot chocolate at Pine Grove to follow. Children require adult supervision. The Trustees of Reservations members: \$9 adult, \$6 child; nonmembers: \$15 adult, \$10. Registration required at www.tinyurl.com/CraneOAP.

WEDNESDAY, FEB. 22

February Vacation Adventure Days: Winter Homes, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Second event in four-part series. Explore the Sanctuary and learn how animals survive winter. Work as a team to build a nature shelter. For children in grades K through five. Fees and registration at www.massaudubon.org/ipswichriver.

THURSDAY, FEB. 23

February Vacation Adventure Days: Carnivores Dining Out, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Third event in four-part series. See animal bones, fur, scat, tracks and chews. Search for birds and animals during nature walk. For children in grades K through five. Fees and registration at www.massaudubon.org/ipswichriver.

Winter Wander, 1 to 3:30 p.m., Crane Wildlife Refuge, Argilla Road, Ipswich. Two-mile hike from Cedar Point Trail to Steep Hill Beach. Learn about winter wildlife and changes in landscape. Hot chocolate and campfire at Pine Grove to follow. For ages 6 and up. The Trustees of Reservations members: \$9 adult, \$6 child; nonmembers: \$15 adult, \$10 child. Registration required at www.tinyurl.com/CraneOAP.

FRIDAY, FEB. 24

February Vacation Adventure Days: Awesome Owls, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Final event in four-part series. Discover what local owls look like, how they eat, what they sound like. Owl pellets dissection activity featured. For children in grades K through five. Fees and registration at www.massaudubon.org.

www.massaudubon.org/ipswichriver.

Snowman-Building Contest on the Grand Allée, 1 to 3 p.m., Crane Wildlife Refuge, Argilla Road, Ipswich. Prizes awarded to winners in multiple categories. Hot chocolate served. Children require adult supervision. \$6 The Trustees of Reservations members, \$10 nonmembers. Registration required at www.tinyurl.com/CraneOAP.

SATURDAY, FEB. 25

Sugaring Off Tours, 12:30 and 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn how to find sugar maple trees and tap them for sap. See how sap is converted to syrup at the sugarhouse. Pancakes served. For all ages; children under 3 are admitted free and must be carried. Mass Audubon members: \$9 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

SUNDAY, FEB. 26

Sugaring Off Tours, 12:30 and 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn how to find sugar maple trees and tap them for sap. See how sap is converted to syrup at the sugarhouse. Sample maple syrup products. For all ages; children under 3 are admitted free and must be carried. Mass

Audubon members: \$9 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

FRIDAY, MARCH 3

Owl Prowl for Families, 7 to 9 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Night hike in search of barred, great horned, eastern screech owls. Indoor owl presentation featured. For ages 5 and up. Mass Audubon members: \$8 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

SATURDAY, MARCH 4

Sugaring Off Tours, 10:30 a.m., 12:30 and 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn how to find sugar maple trees and tap them for sap. See how sap is converted to syrup at the sugarhouse. Sample maple syrup products. For all ages; children under 3 are admitted free and must be carried. Mass Audubon members: \$9 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

SUNDAY, MARCH 5

Sugaring Off Tours, 10:30 a.m., 12:30 and 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn how to find sugar

maple trees and tap them for sap. See how sap is converted to syrup at the sugarhouse. Sample maple syrup products. For all ages; children under 3 are admitted free and must be carried. Mass Audubon members: \$9 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

SATURDAY, MARCH 11

Sugaring Off Tours, 10:30 a.m., 12:30 and 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn how to find sugar maple trees and tap them for sap. See how sap is converted to syrup at the sugarhouse. Sample maple syrup products. For all ages; children under 3 are admitted free and must be carried. Mass Audubon members: \$9 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

SUNDAY, MARCH 12

Sugaring Off Tours, 10:30 a.m., 12:30 and 2:30 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn how to find sugar maple trees and tap them for sap. See how sap is converted to syrup at the sugarhouse. Sample maple syrup products. For all ages; children under 3 are admitted free and must be carried. Mass Audubon members:

\$9 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

SATURDAY, MARCH 18

Spring Flapjack Fling, 8:15 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Enjoy pancake and learn how maple syrup is made on a sugaring tour. For all ages. Breakfast: 8:15, 9:15, 10:15, 11:15 a.m., and 12:15 p.m.; \$7 for adults, \$5 for children. Tours: 9, 10, 11 a.m., and noon; Mass Audubon members: \$9 adult, \$7 child; nonmembers: \$10 adult, \$8 child. Register at www.massaudubon.org/ipswichriver.

SUNDAY, MARCH 19

Sense of Wonder Walks: Where Have all the Insects Gone?, 1:30 to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Indoor bug-themed activities followed by nature walk. Search for hibernating and active insects. For ages 3 and up. Mass Audubon members: \$7 adult, \$6 child; nonmembers: \$9 adult, \$7 child. Register at www.massaudubon.org/ipswichriver.

WEDNESDAY, MARCH 22

Early Spring Terrific Toddlers: Signs of Spring, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. First session in four-part series. Nature walk; look

for spring season clues. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

THURSDAY, MARCH 23

Early Spring Terrific Toddlers: Signs of Spring, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. First session in four-part series. Nature walk; look for spring season clues. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

WEDNESDAY, MARCH 29

Early Spring Terrific Toddlers: Early Spring Buds, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Second session in four-part series. Nature walk in search of tree buds. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

THURSDAY, MARCH 30

Early Spring Terrific Toddlers: Early Spring Buds, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Second session in four-part series. Nature walk; look

Please see **EVENTS**, Page S14



We find genius in every child.

Genius Hour is a period of time set aside for students to engage in passion-based learning. Students make the leap from gaining knowledge from others' discoveries to making discoveries of their own.

- > problem-solving
- > project management
- > advanced research skills
- > creativity, judgement, communication, organization, persistence

Project-based learning encompass so much more than TEST PREP. Witness the benefits yourself with a student-lead tour and visit with the Admissions Director. Rolling admissions while spaces exist.

Call today: 978 741-0870

The Phoenix School
89 Margin Street
Salem, MA 01970

admissions@phoenixschool.org
phoenixschool.org



The Phoenix School

Lorraine Touchette is a certified therapist in DBT (Dialectical Behavioral Therapy), a cognitive treatment model used to affect change.

Lorraine offers group/individual DBT sessions for pre-teens, teens, young adults, and adults. Areas of expertise include Crisis Coaching (24/7 for self-harm), Coordination with other Treaters, Mindfulness, Interpersonal Relationships, Emotion Regulation, Distress Tolerance, Coordination with School Staff.

All covered by insurance.

Call 978-356-4900 or email lorraine@dbtipswich.com for scheduling and more information. We look forward to supporting you.



Lorraine A. Touchette, LICSW
25 Market Street
Suite 112
Ipswich, MA 01938
www.dbtipswich.com



EVENTS

■ Continued from Page S13

session in four-part series. Nature walk in search of tree buds. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

FRIDAY, MARCH 31

A Guide to the Early Springtime Night Sky, 7:30 to 9 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn about springtime constellations and stargaze using a large reflector telescope. For ages 10 and up. Mass Audubon members: \$7 adult, \$6 child; nonmembers: \$9 adult, \$7 child. Register at www.massaudubon.org/ipswichriver.

SATURDAY, APRIL 1

Parent-Child Build a Bluebird House, 1:30 to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Featuring short presentation on local birds. All supplies provided; bring hammers. For ages 6 and up. \$19 for Mass Audubon member families; \$23 for nonmembers families; \$12 for extra birdhouse kits. Register at www.massaudubon.org/ipswichriver.



Staff file photo

Children's librarian Karen Frey reads to a group of toddlers during a toddler story time at the library. Several story times are planned this winter at the Peabody Institute Library.

WEDNESDAY, APRIL 5

Early Spring Terrific Toddlers: Early Spring Mud, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Third session in four-part series. Nature walk through mud in search of worms and invertebrates. Wear waterproof boots and dress for mess. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

THURSDAY, APRIL 6

Early Spring Terrific Toddlers: Early Spring Mud, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Third session in four-part series. Nature walk through mud in search of worms and invertebrates. Wear waterproof boots and dress for mess. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

FRIDAY, APRIL 7

Big Night, 6 to 8 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. One-hour tours through Vernal Pool Trail in search of wood frogs and mole salamanders. Tour groups leave every 10 minutes between 6 and 6:50 p.m. For ages 4 and up. Rain or shine. \$8 Mass Audubon members, \$10 nonmembers. Register at www.massaudubon.org/ipswichriver.

WEDNESDAY, APRIL 12

Early Spring Terrific Toddlers: Early Spring Birds, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Final session in four-part series. Nature walk in search of birds, bird-themed activities. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

THURSDAY, APRIL 13

Early Spring Terrific Toddlers: Early Spring Birds, 9:30 to 11 a.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Final session in four-part series. Nature walk in search of birds, bird-themed activities. For ages 2 and 3. Full enrollment: \$60 per adult/child Mass Audubon member pair; \$72 per nonmember pair. Register at www.massaudubon.org/ipswichriver.

SATURDAY, APRIL 15

Salamander Meander, 1:30 to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Search the sanctuary's wetlands and vernal pools for amphibians. Featuring indoor presentation introduction. For ages 6 and up. Mass Audubon members: \$7 adult, \$6 child; nonmembers: \$9 adult, \$7 child. Register at www.massaudubon.org/ipswichriver.

TUESDAY, APRIL 18

April Vacation Adventure Days: Amazing Mammals, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. First event in four-part series. Participate in nature hikes in search of plant-eating mammals, obstacle courses, creative activities. For children in grades K through five. Full enrollment: \$175 for Mass Audubon members; \$187 for nonmembers. One-day registration: \$57 for members; \$68 for nonmembers. Register at www.massaudubon.org/ipswichriver.

WEDNESDAY, APRIL 19

April Vacation Adventure Days: Winged Wonders, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Second event in four-part series. Hunt for bugs and insects and learn about the sanctuary's birds, dragonflies, butterflies.

For children in grades K through five. Fees and registration at www.massaudubon.org/ipswichriver.

THURSDAY, APRIL 20

April Vacation Adventure Days: Water World, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Third event in four-part series. Hike to Hassocky Meadow, explore vernal ponds, search for birds and amphibians. For children in grades K through five. Fees and registration at www.massaudubon.org/ipswichriver.

FRIDAY, APRIL 21

April Vacation Adventure Days: Soil Scientists, 8:30 a.m. to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Final event in four-part series. Learn about dirt, the critters that live there, how to start a garden. For children in grades K through five. Fees and registration at www.massaudubon.org/ipswichriver.

SUNDAY, APRIL 23

Sense of Wonder Walks: Trees Do Amazing Things, 1:30 to 3 p.m., Ipswich River Wildlife Sanctuary, 87 Perkins Row, Topsfield. Learn about common species of trees during nature walk. For ages 3 and up. Mass Audubon members: \$7 adult, \$6 child; nonmembers: \$9 adult, \$7 child. Register at www.massaudubon.org/ipswichriver.

DANVERS LOCATION
100 Newbury Street, Rte. 1
Danvers, MA 01923
Tel.: 978-304-1762



MIDDLETON LOCATION
4B Lookout Lane
Middleton, MA 01949
Tel.: 978-774-7840

Recreational Classes For Ages 18 Months To Adults Girls' and Boys' Gymnastics Classes

Preschool Gymnastics, Dance, Cheer Tumble, YJ Ninja Warrior,
Girls and Boys Competitive USA Gymnastics Teams

February Vacation Programs

YJ Gymnastics 1/2 Day - Gymnastics Basics Clinic - Preschool Open Gym - I Need My Back Handspring Clinics
YJ Ninja Challenge

Register online at www.yellowjacketsgym.com

THE ACADEMY AT PENGUIN HALL

All-Girls | Grades 9 through 12



About The Academy

The Academy at Penguin Hall's Mission is to educate, enlighten and empower young women to live and to lead exemplary lives.

Discover The Academy

Come for a shadow day or campus tour. Explore our extraordinary campus and experience our curriculum designed for the way girls learn.

Summer Enrichment

The Academy is pleased to offer Summer Programs for girls age 12 - 17. Visit PenguinHall.org for more information.

PenguinHall.org

Accepting Applications for Fall | 978-468-6200

+ Notre Dame Children's Class

Preschool – Grade 2
Forty-Nine Years of Building Foundations
for
Lifelong Learning



**Personal Tours
by Appointment**
Tuesday and Thursday Morning
Call to Schedule
978.468.1340

Notre Dame Children's Class
74 Grapevine Road, Wenham, MA 01984
notredcc@aol.com ~ 978.468.1340 ~ notredamechildrensclass.com