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April 2020

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Discover the magic of theatre at the Mandel JCC

By Mary Flenner

The Francine & Benson Pilloff Family Performing Arts Camp (PAC) at the Mandel JCC has been inspiring a love for theatre and delivering magical summers to children for over 25 years.

Emma Miller, current PAC Director, attended the performing arts summer camp from second grade through 9th grade and then worked at the camp through college, where she studied theatre direction. Now she lives in New York City, where she directs theatre professionally and teaches arts education. Emma says that the Mandel JCC Performing Arts Camp absolutely was the spark that started it all.

“The Francine & Benson Pilloff Family Performing Arts Camp was

the foundation that built me. It’s been the catalyst for everything I do both personally and professionally. As a person who went through the program, I can’t recommend it enough.”

“I started at the camp when I was seven,” Miller recalls. “I had been to every day camp under the sun and my parents had given up. I had a lot of separation anxiety. My parents were trying creative things to do with me during the day so they gave it a try.”

The Performing Arts Camp is split into two 4-week sessions, from rising kindergarteners through ninth grade. Campers of every age take music, dance and drama; then based on the camper’s age, can also take additional “classes” such as playwriting, directing, miming, poetry, theatre tech and more. Campers in grades 3–8 can opt out of the on-stage performance



to join the tech crew, which also takes field trips to local theatres for exclusive behind-the-scenes tours.

But Miller says the theatre camp isn’t just for kids with an inclination toward theatre or who are seen as budding thespians. The PAC creates a fun and safe atmosphere that, “makes being goofy in front of other people cool and acceptable. You learn about trusting in a group and building confidence,” she explains.

At the end of each session, they put on a camp-wide show with original plays. The shows include things like music reviews, mashups, Broadway, and pop culture and are tailored to each age group and feature characters that they’re familiar with.

“Every kid has a line and every kid has a solo. We don’t do regular casting. We give everyone the chance to speak into a microphone... to grow and shift.”

With play rehearsals only lasting about an hour, Performing Arts campers also spend lots of time outside getting active with sports, swimming, playing games, doing arts and crafts, eating popsicles... enjoying typical summertime fun activities.

Emma shares how the staff works uniquely with each child and that the atmosphere is more like a family than

a summer camp.

“We have a hypernurturing staff. Our primary focus is making kids feel safe, and doing things in a way and style that makes them feel safe. It’s about catering the experience to the child: who they are and how they arrive in the beginning in the summer.”

Miller notes the powerful way that the arts can offer an escape from the rigors of school and the pressures of social media: “It’s a unique opportunity to escape all of that. Put away your phone. Invest in this project and invest in the group.”

Campers have said, “I wish I did this all year... I’m a version of myself that I don’t get to be during the school year.”

“We have kids who may have trouble making it through a school day without an aide, so we find it really gratifying to hear parents comment, ‘I had no idea my kid could do that!’ when they see them thriving and performing,” Miller says.

The Performing Arts Camp runs from 9:00 am to 3:50 pm, but goes by quickly with a day full of activities. Before- and after-care is also available through the JCC.

For more information please visit MandelJCC.org.



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Fairmount Center for the Arts

Enriching lives through the arts

By Deanna Adams

It's well known by now that the arts in all its forms contribute many facets to our well-being. For children, multi-discipline artistic endeavors aid in child development on all levels, including critical thinking, problem solving, and building self-esteem. For adults, it encourages exploration into one's unique way of creating and expressing interests and abilities.

For nearly 50 years, Fairmount Center for the Arts has been nurturing its community for people of all ages with a myriad of artistic offerings that help others discover, learn and develop their talents in a warm, inviting environment.

Originating in a dance studio in the home of professional dancer, Jan Kumen, and her husband, Ron (who served as director), the arts facility was incorporated in 1971 as the nonprofit Fairmount Center of the Creative and Performing Arts. The couple was able to expand their passion when they purchased a three-story, Tudor-style building in Russell Township.

The 9,000-square-foot arts center is comprised of three dance studios, two music studios, and an art studio. The facility provides Geauga County and Cuyahoga County residents a means to explore the arts by offering classes, workshops, community performances and opportunities in dance, art, music, theater, crafts and visual arts, camps, as well as fitness programs. Today, the center serves more than 10,000 annually, from preschoolers to senior citizens.

Jeannie Fleming-Gifford became executive director at the Fairmount Center for the Arts in March of 2018, and is busy honoring its history, along with moving the center forward with new programs and expanded offerings. "Our job is to meet the needs of the community for toddlers all the way through lifelong learning for adults and seniors," says Fleming-Gifford. "My favorite part of this position is being able to offer programs for all ages and abilities and interests. Fairmount has a long his-

tory and I'm so proud and fortunate to keep it growing."

She also recognizes that to move forward, it's important to understand the needs of the community. Since the Fairmount Center resides in a rural area, there has been an increase of off-site programs that broaden the scope of their agendas. "We partner with schools and organizations which allows us to bring many programs out to them, to places like Notre Dame, Chagrin Falls, and other schools and libraries, such as West Geauga."

Art programs are offered for toddlers through adults and include ceramics, weaving, pencil and colored pencil drawing, along with painting in watercolor, acrylic or oil. An annual spring art exhibition showcases works by professional and emerging artists, as well as accomplished students and faculty art.

Private music lessons are available in voice, piano, viola, guitar, ukulele or saxophone, for ages 5 and up. Students participating in music lessons can perform in recitals that are presented throughout the year.

Fairmount theatre classes span preschool ages through adults where students learn theatre games and improv, scenes and scripts, and are introduced to musical theatre. There is also Fairmount Youth Theatre that involves young actors, ages 7 – 14, in which they stage two annual musical productions each year (fall and spring). No theatre experience is required and all registered participants receive a role in the production.

There are several unique programs that Fleming-Gifford is particularly proud of. "Our shining star at the top is our dance programs," she says. "We have professional ballet dancers from Verb Ballet in Shaker Heights who share their passion and expertise with their students. It's a big wow for us, and a real quality program."

She adds that they encourage male dance instruction as well, emphasizing the talent of instructor, Mr. Dan Shepard, who began teaching there in 2018. "We have so many male students now that we've been considering offering a separate dance class for them," she says proudly. "It's wonder-



ful that, for being rather small, we're able to have these top professionals as part of our faculty."

"We're unique in the sense that the Fairmount Center offers more than just the core arts," she says, referring to the distinctive programming they offer. Among those include their "Pull Back the Curtain" speakers series, where notable arts experts present a talk about what they do behind the scenes. "We always have an interesting mix of speakers and look forward to our next one, Hans Clebsch, horn player for the Cleveland Orchestra." And every August, there is the highly anticipated juried art show, the annual Fairmount Art Exhibition, now in its 44th year. Entry forms will be available in May.

"We also have short-term workshops that require no long time commitment, as well as the longer term programs for those who want to gain or perfect a skill, be it in a creative way or a means of problem solving," Fleming-Gifford says.

In addition, Fairmount Center for the Arts offers a variety of camps for children, ages 3 through 15 years,

featuring a multitude of art activities. Camp programs run from June through August and include half-day, full-day, one-day and one-week options.

And Fairmount is not just for kids. Their adult programs include tap, adult ballet, yoga, Zumba, and classes in art, ceramics, painting, and drawing. "Our primary market is families and children," Fleming-Gifford says, "but we do get a good amount of adults and seniors during the day for our fitness classes, such as Zumba, our drawing and painting classes, and even music lessons.

"I grew up as a music kid," she adds. "I received my degree in music and have spent my career working with arts organizations. I love to help the community grow in this way, and we're all especially excited to celebrate our 50th anniversary this September."

Fairmount Center is located at 8400 Fairmount Road, just west of Chillicothe Road, in Russell Township. For more info call (440) 338-3171, or visit them online at www.fairmountcenter.org.

How to talk to your kids about the coronavirus

By Cheryl Maguire

Will I get sick?
Why are they closing the schools?
I'm scared.
I'm upset that I can't go to ballet class.

These are some of the questions and comments I've heard from my three kids over the past week. Given the recent school closures, lack of toilet paper and bombarding messages about handwashing, it is understandable why kids may feel confused or scared. Most parents are fielding similar concerns and are wondering how to respond.

Recognize your feelings

Before you discuss the coronavirus with your kids, acknowledge your own feelings about the situation.

"It is important to recognize your own anxiety before talking to your child. If I am feeling anxious, I choose not to talk to my child. Instead, I allow myself to calm down and then approach the topic," says Dr. Soma Mandal.

Remain calm

Even though you may feel anxious you should

try to refrain from showing these feelings to your child.

Dr. Alexandra Solomon, a Northwestern University professor, clinical psychologist and author of "Loving Bravely" says, "In the therapy world, we stress the importance of 'regulating the regulator.' In order to be able to provide regulation, parents need to feel regulated."

She recommends that parents practice self-care by staying informed but also unplugging. She also suggests that parents shore up their foundation by eating healthy food, getting adequate sleep, and exercise. She stresses limiting alcohol and drug use and taking breaks before becoming irritable or impatient.

Dr. Robin Goodman, a clinical psychologist agrees with Dr. Solomon by saying, "Fear can be contagious so above all, parents need to monitor and manage their own worry especially with their children. Being calm is also contagious so it is better to spread calm."

Validate their feelings

When you recognize and accept your child's feelings as being valid then it can help them to feel calm and understood.

Dr. Solomon says, "Our goal as parents is to



validate their stress and encourage them to practice healthy coping strategies like distraction, focusing on what's going well, exercise, and radical acceptance (radical acceptance means reminding ourselves that this is beyond our control)."

Assess what they already know

Kids have heard about coronavirus from their friends, the Internet, and on TV. Before providing any information ask them what they know about the pandemic.

Dr. Damon Korb, a behavioral and developmental pediatrician at The Center of Developing Minds and author of "Raising An Organized Child" says, "Children need information, just like adults. Start by finding out what they already know. Clear up any misconceptions and explain the concern at a developmentally appropriate level." *continued on next page* →

April is National Child Abuse Prevention Month

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Dr. Madal agrees with Dr. Korb by saying, "I invite my daughter to let me know what she has heard first and what she has questions about so we can start the conversation there. I give her the room to let me know her feelings about it, including feeling scared and confused."

Be honest and reassure

It is okay to let your child know you don't have all the answers. You can also explain the reasons for the school closures are to try to prevent the spread of the virus.

Dr. Solomon explains that living through this pandemic is challenging because of the uncertainty. She says, "We don't know when life is going to return to normal, but we also don't want to lie to our kids. We can tell kids the essential truth and reassure them that you will be together every step of the way."

She suggests using distraction as a method of coping. She recommends shifting the focus away from the coronavirus and towards a game, a walk, or a movie on TV.

"When you are reassuring children it is always important to be honest. We talk about how one can get sick, but how you can protect yourself the best way you can. Washing hands with soap and water, covering a cough and sneeze, staying away from other sick people, eating healthy food and getting plenty of sleep is what I call ways to overpower the germs," says Dr. Madal.

Dr. Korb explains that when children are anxious parents should be patient, tolerant, and provide reassur-

ance. He says, "Reassure your child by explaining the steps that your family is taking to remain safe such as social distancing, hand washing, and visiting a doctor if feeling sick."

Create and maintain routines

Routines provide comfort, security and predictability for children, so it is important to create and continue these practices.

Dr. Lea Lis, adult and child psychiatrist, a clinical professor at NYU says, "Stick to familiar routines. Wake them up the same time every day. Go to bed at the same time every day, and make sure to get plenty of exercise, even if all of their sports and activities are canceled."

She also recommends prioritizing education since kids love to learn and learning provides a distraction from their worries. The website, www.amazingeducationalresources.com, provides a list of websites offering free educational materials for kids. Visit www.travelandleisure.com for links to museums you can visit virtually.

Dr. Korb says, "Parents can emphasize the things that are not going to change like the routines and rules and expectations. Bedtimes will be the same. Rules on electronics will still exist. Kids can still chat with friends and relatives through the phone, games, and the Internet."

Kids are resilient. When we provide a safe, comforting environment for them, it will help them to persevere through this pandemic.

Cheryl Maguire holds a Master of Counseling Psychology degree.

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Watch for regular posts about local businesses and organizations offering virtual and in-home activities to keep the kids (and you) busy.



Virtual Parties

Great ideas to celebrate your child's birthday...without spreading germs



By Cheryl Maguire

“Will I be able to have my birthday party?”

My daughter's 12th birthday is in April and she has been planning her birthday party for the past month. With the recent lockdowns and social distancing recommendations related to the coronavirus, she will probably have to come up with an alternative plan for her party.

Before the coronavirus wreaked havoc on children's party plans, there were also kids who are not able to socialize at parties due to compromised immune systems. Here are some suggestions for ways to celebrate without spreading germs.

CREATE A VIRTUAL PARTY

One way to interact with friends from a distance is to have a virtual party using apps like Google Hangout, Zoom, or Skype. My daughter has been using Google Hangout to practice her musical theater play with the kids in her class. This technology allows people to see and speak to everyone, so it is the next best thing to being in a room together.

If someone isn't able to connect due to a lack of technology access, then go old school and put them on your speaker phone so they can hear and participate in the conversations.

VIRTUAL PARTY THEME IDEAS

You are probably wondering how do you simulate a kid's birthday party when they can't physically interact?

It is important to remember that the main goal of a party is for your child to have fun with their

friends. This is still possible, but may require some creative thinking.

One way to do this is to have a theme that all the partygoers will be excited about. Most games like pin the tail on the donkey are not an option but there are several ideas for themes that will include everyone and create a festive mood.

Movie Theater Themed Party

If the birthday kid is a movie lover, you could create a movie themed party. On the invite ask the partygoers to dress up in their favorite movie character outfit or T-shirt. You could create a movie trivia game or a “would you rather game” using movie-themed questions. After playing the games, the group can then watch a movie selected ahead of time. Before the party, you will need to figure which movies everyone owns or can stream together.

Cook-Off Themed Party

For the future chef tween and teen, you could have a cook-off party. Everyone must find five items in their house and create a dessert or any meal the birthday person selects. Then their parents judge the creation on creativity and taste. You could also play trivia cooking games or swap your favorite recipes.

Lego Themed Party

For the Lego lover, you could create a Lego-themed party. Everyone will need a bucket of Lego bricks. You could play games like who could build the tallest tower in five minutes and then their parents would measure each one to determine the winner.

Some other suggestions are that everyone makes whatever they want and then the parents determine who has the most creative structure. Or everyone makes an animal and you must guess what type of animal the Legos are supposed to be.

After you are done building, go on virtual Legoland rides by searching the ride on YouTube. Before the party create a list of rides that you want to visit to keep things moving along.

Green-Themed Party

For the environmental lover, you could have a green-themed party. Everyone could wear their favorite environmental-themed outfit like a flower T-shirt or picture of the Earth.

You could play an upcycle game by having them use five items in the recycle bin and then creating an animal or their favorite environmental setting such as the beach.

You could also create a scavenger hunt where they find items outside like a white stone or red flower assigning each item points. They could take their device with them as they hunt so that the kids at the party can see each other during their travels.

Drawing or Paint Themed Party

Before the party ask the parents what type of art supplies they own. Most kids have a set of markers, crayons and paints.

One suggestion is to all draw or paint the same picture. Mo Willems, author of children's books like “Don't Let the Pigeon Stay Up Late!”

See *VIRTUAL PARTIES* on page 9



Top Baby Names for 2020

Names.org released predictions for the most popular baby names of 2020. New entries in the top 10 for boys this year includes Henry and Alexander, while Mila cracked the top 10 for girls.

The rankings were determined by analyzing the most recent data from the Social Security Administration, trends from the past five years, and current user interest from millions of visitors to the site.

Top 10 Boy Names for 2020

1. Liam
2. Noah
3. William
4. Oliver
5. Lucas
6. Benjamin
7. Elijah
8. James
9. Henry
10. Alexander

Top 10 Girl Names for 2020

1. Emma
2. Olivia
3. Ava
4. Isabella
5. Charlotte
6. Sophia
7. Amelia
8. Mia
9. Mila
10. Harper

Virtual parties from page 8

and “Knuffle Bunny” has a drawing channel on YouTube where you can learn how to draw characters from his books like “Piggie and Elephant.” You could have everyone watch the video at the same time and then share your drawing.

You could also create cards for people in nursing homes, hospitals or the military to let them know that you are thinking of them.

Virtual Disneyworld

If your kid is a Disney fan, have them dress up as their favorite Disney character and ask their friends to do the same. You can play Disney related games and then go on virtual Disney rides by searching the ride

on YouTube. Before the party create a list of rides that you want to visit to keep things moving along.

FUN AND FESTIVE

Try to decorate the room that your child will be streaming the party from with the theme in mind to set the mood for all the partygoers. Plan the games and festivities before the party starts so that it will keep the fun levels high throughout.

By the time the party is over, your child will hopefully have so much fun that they will forget about the fact they didn’t see their friends in person. And the best part for you is that you won’t have to clean up a mess created by a room full of kids.



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CAMP STAFF

MIKE MORAN: Inducted into Ohio Basketball Hall of Fame in 2020; former head coach at John Carroll University w/ 459 career wins; guided JCU to 14 OAC titles, 12 trips to the NCAA Tournament & one Final Four appearance; former VASJ head coach where his teams won 2 state championships.
PETE MORAN: Head coach of John Carroll University.
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THREE YEAR PROGRAM
BEGINNING AT AGE THREE



Finding the right PRESCHOOL for your child



By Jan Pierce

When it's time to search for the perfect preschool for your little one, you want to be sure you're making the right decision. If you're lucky enough to have friends who've done their research and are happy with their choice, you're fortunate. You'll have first-hand recommendations.

Be aware of the difference between daycare and a functioning preschool. Daycare facilities provide custodial care, but don't always offer an educational curriculum. Daycares often take children of all ages and offer extended hours. A preschool usually has limited hours and may or may not offer before- and after-school care. In a daycare children of all ages may be grouped together while a preschool offers segregated age groups.

Where to begin

There are many considerations before choosing, but be sure you start your search early. Many excellent preschools have long waiting lists. In general you'll be looking for a school that provides the following:

- The convenience of proximity to your home and/or your workplace.
- A solid reputation and up-to-date accreditation and licensing. The state has approved the school.
- Clear rules and regulations, health/illness policies, pickup and drop-off times.
- Clean, well-kept facilities with

adequate indoor and outdoor play areas.

- Qualified, caring staff.
- Stimulating curriculum and age-appropriate toys.
- A philosophy and climate pleasing to you and right for your child's temperament.

The NAEYC (National Association for the Education of Young Children) has a database of accredited preschools you can access at families.naeyc.org/find-quality-child-care. This site lists currently accredited day cares and schools all across the nation and is updated weekly. Spend a little time on their website for top-notch thinking about early childhood education.

Questions to ask

You'll want to do your homework to find the right school for your family. Here are some questions to ask before narrowing your search and visiting several schools:

- Is there currently room for my child? Is there a waiting list?
- What are the fees? How and when are we billed?
- How do you communicate with parents? (phone calls, emails, newsletters, website, etc.)
- What is your staff to student ratio? (NAEYC recommends one adult to every four to nine children as optimal at ages 2–3 and one to eight to ten for ages 4–5.)
- Do your staff members have credentials and training? Are they background-checked? Up to date on CPR? Receiving ongoing training?



- What is your educational philosophy? (academic-oriented, exploration, faith-based, etc. Some distinct philosophies include Montessori, Waldorf, or Reggio-Emilia.)
- What health/hygiene standards are enforced? (immunizations, sick child rules, hand-washing, etc.)
- How do you handle discipline?
- Are meals and snacks provided? Are naps taken?
- What safety precautions are in place? (strangers on-campus, release policies, sign-in/out)
- Can you give me a list of references? (be sure to follow up and call them.)
- Can you provide a sample of your weekly curriculum and activities? How often do you change the activities?

As you gather information you'll be able to narrow your list down to two or three good choices. When you're ready, go ahead and schedule a visit to the school. Decide whether you want to do this with your child or on your own.

You'll be looking for all of the above qualities of a good school, but more than that you want to get a "feel" for the school. Do you feel welcome? Are the children busy and engaged in work or play? Is the facility pleasing to the eye and orderly? Do you get the sense that you'd feel comfortable leaving your child in this school's care? Are the children happy?

Jot down your first impressions and any new information you find during the visit. You may want to use the Preschool Visit Checklist provided on the next page.

If for any reason, you don't feel comfortable with the school environment, trust your instincts and look for another school. It might be preferable to find a safe daycare situation and use that until you can locate a preschool of the highest standards.

You want the perfect preschool and your child deserves it. All the time and effort you put into your search will pay huge dividends in a happy, healthy, and well-cared for child.

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Ask how you might qualify for a scholarship!

For more info email:
Jenny Millett, Principal
JMillett@OLLEuclid.org



East 200th Street • Euclid, OH 44119 • 216-481-6824
www.OLLEuclidSchool.org

Preschool Guide

Starting Point

(216) 575-0061
(800) 880-0971

www.starting-point.org

Starting Point for child care and early education, a nonprofit agency, is northeast Ohio's child care and early education resource and referral source, serving families, early childhood professionals and the community. Starting Point works to:

- Link families with child care services
- Increase the supply of child care
- Improve the quality of child care
- Stimulate early education alternatives
- Address child care and early education issues

The agency serves Ashtabula, Lake, Cuyahoga and Geauga counties.



Cleveland Metropolitan School District

(216) 838-0110

ClevelandMetroSchools.org/
EarlyEd

It is the vision of the Cleveland Metropolitan School District (CMSD) that every student in Early Childhood grades preK – grade 3 will be successful in a rigorous instructional program. CMSD's Early Childhood program addresses the language and cognitive development of students in addition to social and emotional needs and the physical needs of every child.

The mission of the Early Childhood Office is to create a rich and stimulating, child-centered environment in every classroom. Parents will find developmentally-appropriate teaching strategies in a center-based setting in every classroom. CMSD continually strives to optimize the conditions for learning for their youngest learners. Each student is valued for his or her unique qualities, experiences and learning style as they work toward the ultimate goal of becoming successful and



DISCOVER STARTING POINT!

SEARCH.

For child care, early education, preschool and out-of-school time programs

LEARN.

About programs and activities for your child or teenager

CONNECT.

With experts who'll answer your questions and offer guidance



216-575-0061 | 800-880-0972



starting-point.org/parents.html

Cleveland Schools cont'd

independent learners.

Visit ClevelandMetroSchools.org/EarlyEd to see the required documents for enrollment and their Preschool locations.

Call (216) 838-0110 to enroll today – seats are limited!

Cleveland Montessori

12510 Mayfield Road, Cleveland
(216) 421-0700
www.clevelandmontessori.org

Cleveland Montessori has been serving the Little Italy and Greater Cleveland Community for 25 years. Students from preschool through 8th grade are met with respect and compassion as they strive to meet their individual potential in beautifully prepared classrooms that offer social, emotional and academic experiences in a diverse and unique urban setting. A Cleveland Montessori education begins at the preschool level with the focus on developing independence, concentration and confidence to build a foundation for lifelong learning with multi-age

children working and learning together. Close proximity to the resources of Little Italy and University Circle provides culturally rich extensions to classroom learning.

Applications for preschool (three and four year olds) are being accepted for the fall. As a courtesy for not being able to observe during the current closures, application fees are being waived. Contact their Admissions Director for more information and to discuss enrollment for your child.

Communion of Saints School

2160 Stillman Road
Cleveland Heights
(216) 932-4177
communionofsaintsschool.org

Communion of Saints preschool program follows a play-based, child-centered philosophy enhanced by their welcoming Catholic tradition.

Both classes encourage active, hands-on learning while following Diocesan standards and guidelines; supporting children to

explore and discover their world through play has been established to be the optimum way for young children to learn.

Children will engage in dramatic play to encourage pre-literacy skills, build with blocks and sort objects to establish mathematical concepts, create process-based art to encourage aesthetic understanding, and move their bodies in both the large-muscle room as well as the outdoor play area to develop physical growth.

Preschool class – age 3+
8:30–11:00 a.m.*

Monday, Tuesday & Wednesday

Pre-K class – age 4/5
8:30–11:00 a.m.*

Monday-Friday

**There is an optional extended day from 11:00 a.m. – noon for both classes.*

For more information or to schedule a tour, please call (216) 932-4177, visit their website at communionofsaintsschool.org or send an email to: admissions@communionofsaintsparish.org.

Gilmour Academy

35001 Cedar Road, Gates Mills
(440) 473-8165
admissions@gilmour.org
www.gilmour.org/montessori

Gilmour's Montessori preschool program begins with its toddler program for students 18-months to 36-months-old (three or five days/week; half-day or full-day). Students ages 3–4 then move to the Montessori preKindergarten (five days/week; half-, three-quarter- or full-day) followed by the Montessori kindergarten program for ages 5–6 (five days/week; full-day). The kindergarten is a hybrid program, blending Montessori practices with traditional pedagogy in preparation for Gilmour's traditional grades 1–12.

The Montessori preschool experience encourages a lifelong love of learning. Students are provided unique opportunities that include Spanish instruction beginning at age 3; interaction with lower, middle and upper school students; experiential learning opportunities such as reading with therapy dogs,



Diversity. Growth. Joy.

A PreK - 8th grade AMI Montessori program with over 20 years of proven excellence, Cleveland Montessori serves all aspects of a child's development — social, emotional, cognitive and spiritual. We invite you to get to know us better and to see if we are a fit for your family. Call to arrange a personal tour or join us at an upcoming open house.

NOW ENROLLING FOR THE FALL!

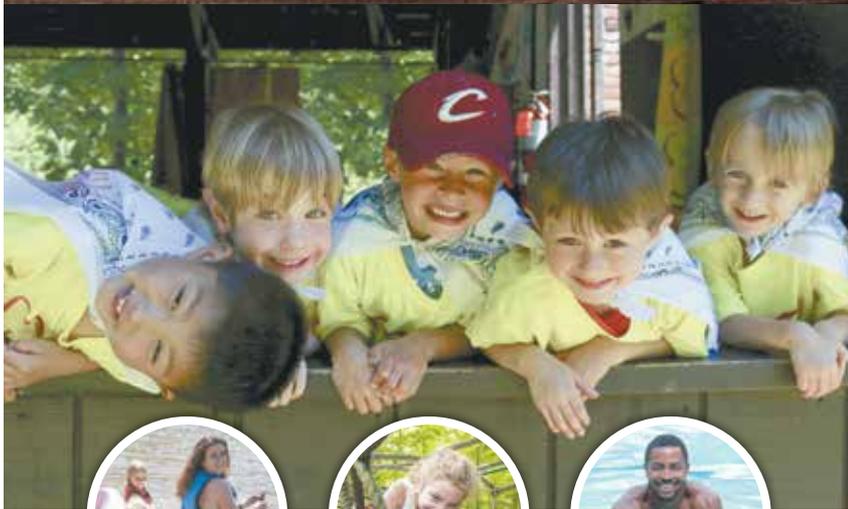


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M A N D E L J C C

GET READY FOR KINDERGARTEN WITH J-DAY CAMPS!



Our Summer Program Focuses on Key Skills to Prepare Children for Kindergarten While Having Fun!

Camp Gives Your Child the Opportunity to:

- Build independence & self confidence
- Foster empathy and develop emotional resilience
- Navigate relations with peers and adults
- Strengthen conflict resolution and problem solving
- Increase social competency

What to Expect:

- Low camper to staff ratio (5:1)
- Frequent Communication about your child's experience
- Daily pictures posted
- Quality and experienced staff

Plus:

- **NEW** Weekly Friday Cookouts
- Daily swim lessons & free swim – towels Included

Camp is transformative for all kids, especially as they transition into Kindergarten. My son learned independence, self-care, and had the absolute best time! – Sara, Parent

Anisfield has had a strong impact on the children who recently graduated our program... it helped them strengthen their sense of self and confidence. It provided them with the experience they needed to feel confident and ready to take on the next steps! – Jackie, Mandel JCC Early Childhood Teacher



REGISTER TODAY!

(216) 831-0700, ext. 1349 • mandeljcc.org/daycamps

Preschool Guide

Gilmour School cont'd

collecting eggs from their chicken coop, planting in their gardens and more; and a variety of after-school activities for those who would like to extend their day. Upon completion of the Montessori preschool program, students move seamlessly into the lower school and on to the middle and upper schools, where they continue to develop as curious learners.

Gross Schechter Day School

27601 Fairmount Boulevard
Pepper Pike
(216) 763-1400
www.grossschechter.org

Gross Schechter Day School's Early Childhood Center (6 weeks and up) encourages creativity, exploration and self-discovery in a nurturing and caring environment filled with the joy of Jewish learning and living.

Their curriculum is designed to foster growth in all areas of a child's development. Children have the opportunity to share and

play in a cooperative setting as they build positive, lifelong bonds with their classmates and teachers. Creative exploration is encouraged through art, music, technology, movement and yoga. Children also experience a rich variety of learning experiences including math, science, building, manipulatives, books and sensory play.

Jewish practices and the Hebrew language are incorporated into their daily classroom activities to help foster children's Jewish identity.

Call (216) 763-1400 or visit www.grossschechter.org for more info.

Mandel JCC Early Childhood Program

26001 S. Woodland Road
Beachwood
(216) 831-0700, ext. 1375
mandeljcc.org/preschool

Mandel JCC Early Childhood program, for children ages 18 month to pre-K, is committed to helping young children learn and experience new and extraordinary things every day. From exceptional



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Mandel JCC cont'd

child care, beautiful classrooms, a children's garden and swim and yoga lessons, all this and more can be found at The J.

In partnership with parents and families, The J's Early Childhood program provides quality care and education for more than 100 young children annually. Their experienced and nurturing staff help children learn, grow and gain independence in a safe and developmentally appropriate environment, all within a Jewish framework. Families of all races and religions attend The J's Five-Star-Step-Up-to-Quality rated child care and preschool programs. As one parent said, "We are so impressed with the staff and facility. We couldn't be happier with the Mandel JCC Early Childhood program. You have had such a positive impact on my child."



Montessori School of University Heights

23599 Cedar Road, Lyndhurst
(216) 381-8388
www.ms-uh.org

The Montessori School of University Heights has been serving young children and their families since 1968 as a preprimary school dedicated to helping the child become the unique person his/her Creator intended in a Christian atmosphere of peace, love, and respect. Their approach involves:

- Providing comprehensive, individualized opportunities for growth. Each child is introduced to the materials as the child becomes ready for the concepts that the material embodies. Children develop order, concentration, coordination, independence, and self-discipline.
- Engaging children in a caring, supportive community. Their multi-age environment, serving children ages 3 through 6 years old, provides a family-like atmosphere. Children develop compassion and confidence.
- Respecting each child's developmental abilities and personal-

ity. Montessori children enjoy choosing their own work each day guided by adults who are sensitive to each child's unique personality. Children experience joy in learning. Call to schedule a personal tour.

Our Lady of the Lake School

175 East 200th Street, Euclid
(216) 481-6824
olleuclidschool.org

Early learning is essential to lifelong success. Little ones should grow to love learning in a warm, caring environment with lots of individual attention and a full range of resources for young learners. At Our Lady of the Lake School, you will find that they are like a family. Your child will learn good habits and attitudes in their loving Catholic community. Through patient and respectful methods, their earliest learners develop a positive sense of themselves, which will make a difference throughout their lives.

Our Lady of the Lake Preschool nurtures the whole child, with small classes, highly qualified teachers and an excellent school culture. Their curriculum meets all state

standards, stimulates curiosity, builds self-esteem, challenges physical and intellectual abilities, fosters creativity and encourages self-expression and social skills. And access to quality facilities provides their preschool students opportunities not available elsewhere, including: full gymnasium; arts programs; Makerspace; on-site library.

They make busy schedules possible, with both half-day and full-day programs, as well as a full-day aftercare option. Space is limited, so call now for registration information.

University School

us.edu/summer
Junior Kindergarten to Grade 8
20701 Brantley Rd., Shaker Heights
(216) 321-8260
Grades 9 to 12
2785 SOM Center Road
Hunting Valley
(216) 831-2200

University School's Junior Kindergarten curriculum focuses on activities that encourage the devel-

Continued on page 16

18 months - Kindergarten
Montessori

Gilmour's Montessori program fosters independence and focuses on hands-on experiences, developing a love of learning that will last a lifetime.

Learn more at gilmour.org/montessori



Nature-Based learning begins in the Toddler classroom!



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EDUCATING THE MIND
EMPOWERING THE HEART

Full-Day and Half-Day options

Before and After Care and afternoon drop-in options

Children can arrive as early as 7 a.m. and stay as late as 6 p.m.

Gilmour Academy is an independent, Catholic, coed school in the Holy Cross tradition. Montessori (18 months - Kindergarten) and Grades 1-12 Lower School | 35001 Cedar Road | Gates Mills, OH gilmour.org/montessori

Preschool Visit Checklist

(answer yes or no)

1. Do the stated learning goals match mine?
2. Do the goals address all areas of my child's development including social play, control of emotions, language skills, learning letters and numbers, engaging in science, art and physical development?
3. Am I comfortable with the school's discipline policies?
4. Is the school licensed by the state? Is it accredited by a national association like the NAEYC?
5. Does the lead teacher have a bachelor's degree or certification in Early Childhood Education?
6. Are support workers trained?
7. Is there one adult for every ten children?
8. Are there separate learning centers for various activities such as art, reading, dramatic play, writing, etc.?
9. Does the school use a well-known quality curriculum preparing children for kindergarten later on?
10. Does the class follow a daily routine that offers a variety of activities? Do the children play both outdoors and inside?
11. Are parents free to drop in without making an appointment?
12. Does the school have a means of regularly communicating with parents? Do they report the activities of the past week or month?
13. Do you feel welcome?
14. Are the teachers warm and caring with the children? Do they have conversations with the children as they work or play?
15. Are the children happy and engaged?
16. Do children have the opportunity to choose their activities part of the time?
17. Are the children talking and interacting with each other?
18. Are books and read-alouds a regular part of the day?
19. Is children's art work and other work samples displayed?
20. Are the furniture, equipment and toys age appropriate? In good working condition?

As you check yes or no to each of these questions, decide which of them are deal-breakers for your family and which are not as important. Jot down notes as they occur to you and feel free to ask more questions of the staff and administrators.

Preschool Vocabulary

Becoming familiar with the following terms may help you make your preschool decision.

The Montessori Method focuses on maintaining the individuality of each child in the learning process. Each child learns at his or her own pace and students are not compared. Teachers are specially trained at Montessori institutions.

The Reggio Emilia Approach focuses on providing opportunities for problem solving through creative thinking and exploration.

The Waldorf Approach places an emphasis on imagination in learning providing students with opportunities to explore their world through their senses, participation and analytical thought.

The Bank Street Approach places emphasis on learning through multiple perspectives, both in the classroom setting and out of doors.

The High/Scope Approach allows children to be in charge of their own learning. They're taught to make a plan for each day's activities and participate in review sessions as they plan and brainstorm for the next day's work.

Child-centered: This term describes a method that takes the children's interests into account when planning activities. The child is allowed to choose.

Teacher-led is the opposite of child-centered as the adult selects lessons and leads them. It is a more structured type of learning.

Child-led: This method believes that children learn best when they are engaged and interested. It allows for a high degree of child initiation and allows individualized learning experiences rather than group work.

Faith-based: This term describes preschool programs run by faith organizations such as churches and synagogues.

Cooperative: These settings ask parents and families to assist in the running of the program. They may sign up to volunteer sometime during the week.

Developmentally Appropriate: This term means the school plans the curriculum and activities based on ones appropriate to the age of the children in the class.

Prekindergarten: This term may be used interchangeably with pre-school. It means the program has a class enrolled in the year before kindergarten, usually age four. These settings may be more structured to ensure the child is ready for the educational rigors of kindergarten.

Now Enrolling!
Infant Care - 8th Grade

SCHECHTER
GROSS SCHECHTER DAY SCHOOL



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admissions@grossschechter.org | 216-763-1400 x417

eLEVate the mind

University School cont'd

opment of early cognitive language and math skills, along with science, language, art, music, physical education, and outdoor play. Their faculty encourage these youngest boys to develop the academic, social, and emotional skills needed to enter kindergarten the following year with self-confidence and independence.

Join them at camp this summer! Their Preschool Day Camp is designed to engage prekindergarten boys in a creative and stimulating environment. Boys can enjoy one,

two, or three weeks of explorations that will guarantee a unique journey of discovery: "3-2-1 Blast off!"; "Coding Fun"; and "Think It, Create It, and Watch It GO!" The camp is run by dynamic US teachers.

Programs are held at the Shaker Heights campus, which features a primary wing designed for young boys, and an innovative design lab, STEAMworks.



PreK Enrollment

- Preschool prepares children for success in kindergarten.
- Limited seats are available across the District.
- Your child must be 4 years old by September 30, 2020 to be eligible.

ENROLL TODAY!
216.838.0110

What to bring:
(required documentation for preschool enrollment)

- Child's birth certificate
- Complete & current immunization record
- Current physical exam documentation
- Current dental exam documentation
- Valid photo ID / guardian documents (if applicable)
- Proof of address (utility bill, mortgage or lease agreement, tax info, pay stubs)
- Child's medical insurance card (depending on preschool placement)
- Proof of income (depending on preschool placement)

All documents must be supplied in order to enroll. Students may be registered for Preschool at any neighborhood CMSD school or at the Office of Early Childhood at East Professional Center: 1349 E 79th St, Cleveland.

Multilingual Multicultural Education Center	216.838.0140
Preschool Special Education	216.838.1963
Project ACT (families in transition)	216.838.0243



ClevelandMetroSchools.org/EarlyEd

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lakeerieink.org 216-320-4757 /lakeerieink



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Monday April 27th 3 to 6 p.m.
Sunday May 24th 3 to 6 p.m.
Sunday June 6th & 21st 3 to 6 p.m.
Rising River Farm
6618 Chagrin River Rd
Chagrin Falls, OH 44022

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AGES 4-12 | ROBOTICS | ANIMATION | FUN LEGO® THEMES

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CLEVELAND 216.990.8988

Just For Laughs!

Here are some silly jokes that we hope will bring a smile to your face. We found them randomly online. Feel free to share the silliness with family and friends. Read at your own risk!

A snail who was tired of being slow went and bought a sports car with a big "S" painted on each side. Whenever someone saw him zooming past, they'd say, "Hey, look at that S-Car Go!"

A man tells his doctor, "Doc, help me. I'm addicted to Instagram." The doctor responds, "Sorry, I don't follow you."

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, "What's the word on the street?"

My wife told me to take the spider out instead of killing him. Went out. Had a few drinks. Nice guy. He's a web designer.

(We warned you these were silly!)

I told my wife she was drawing her eyebrows too high. She looked surprised.

Today at the bank a lady asked me to check her balance. So I pushed her over.

I wonder what my parents did to fight boredom before the Internet. I asked my 18 brothers and sisters and they didn't know either.

I forgot my cell phone when I went to the toilet yesterday. We have 245 tiles.

I think I want a job cleaning mirrors. It's just something I can see myself doing.

What concert costs only 45 cents?
50 Cent featuring Nickelback.

I was addicted to the hokey pokey, but I turned myself around.

I was wondering why a Frisbee appears larger the closer it gets...then it hit me.

Son: Daddy, can you put on my shoes?
Dad: I can try but I don't think they'll fit.

Dad: "Can I see your report card, son?"

Son: "I don't have it."

Dad: "Why?"

Son: "I gave it to my friend. He wanted to scare his parents."

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

"Coronation"

A few things to keep in mind with your newly simplified schedule

By Stacy Turner

These are challenging times, filled with uncertainty and fear for people of all ages as this pandemic touches everyone's lives, regardless of where they live. In an effort to slow the rise of illness, communities are practicing 'social distancing', a novel new concept that has become common, thanks to Covid-19. When our busy schedules are suddenly still, it may seem a bit unnerving. That's where faith and hope come in.

By now, you and your family are probably trying to settle into a new normal, sequestered at home. Your kid's schools may have provided online or paper copies of assignments to be completed over the next few weeks, giving you time to settle into a schedule that works for your family. As you and your family try to make the best of this unprecedented time together during what my kids are referring to as a "coronation," you may wonder how you'll deal with the next few weeks at home without driving each other nuts. As you look over your new, more simplified schedule, courtesy of this virus vacation, you may want to keep a few things in mind.

Make time in this unprecedented quiet to read something. If your family is like mine, they probably don't have much time to read for fun during the hectic school year. On the bright side, some time has just been freed up, so take advantage of it. If you're looking for something new, check out your local library. While libraries have closed their local branches, most offer online access for downloading ebooks, audiobooks, and streaming tv shows and movies. And as the days at home, with limited access to social circles begins to grate on you or your kids, maybe it's time to reread "The Diary of Ann Frank" to gain a bit of perspective.

With social distancing in effect, both you and your kids may need some ideas of how to spend time -- both together and apart -- without driving each other up a wall. With messaging, social media, and connec-

tivity apps, reaching out to coworkers and clients, or friends and far-away family for needed social interaction is easy to do. And offline, I've found that our dog is a great listener who's game for a walk anytime of day.

With heightened concerns over germs and the sale of more cleaning products than ever before, chances are you've got the supplies and plenty of time to clean something. Think beyond proper hand-washing techniques and sanitizing of communal areas. Having uninterrupted time at home gives you and your kids time to clean and organize those areas that your previously busy schedule hasn't allowed. Not the height of fun, but feeling productive can be rewarding.

Although some spring sports seasons have been canceled, my kids still hold out hope that they'll be able to enjoy at least a part of their season. So they're continuing with workouts as a team of two. If you've been going to the gym or class to exercise, don't you give up, either. Find something similar online, or try a new workout on your own; share it on social media to stay accountable. And make time to go outside for some fresh air. Whether you plan a scavenger hunt, a quick run, walk the dog, or get a head start on spring clean up, a change of scenery can change your perspective for the better.

Reach out to elderly family members and neighbors to offer assistance or just let them know you care. If you're heading to the store, find out what they need and drop it off for them. Calling or sending a card will spread compassion, not disease. Pull out those intricate patterned adult coloring books, or unearth those neglected craft kits or recipes and create something. Have your kids join you -- the results may not be pin-worthy, but you'll have fun together. And during this time of refocusing on home and family, don't forget your faith. These days, the directive is to stay home. Use this unprecedented time to be still, and remember that in spite of all the uncertainty, God will see us through.



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23700 Mercantile Road, Beachwood

Rear of National Biological Building

(216) 896-0295

Website: jsgymnastics.com

Email: jsgymnastics@jsgymnastics.com

UPCOMING SESSIONS

Spring 2: Tuesday, May 5 - Sunday, May 31, 2020

(Mini session with reduced fees. Call for info.)

Summer: Wednesday, June 17 - Saturday, August 1, 2020

- Closed for all religious and national holidays
- All closed holidays are factored into session dates
- No makeup classes needed

SUMMER CO-ED WARM-UP CAMPS

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One-day camps | Ages 4-14 | Sibling discount available

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- Full-day option: 9am-3pm, \$50 per
- Your choice of days & times

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- Girls ages K-12th grade • Boys ages K-7th grade
- Instruction on all Olympic events, gymnastic games, challenge courses, and open gym
- Beginner through competitive gymnastic campers
- \$300 for the week



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