

TODAY'S **family**

October 2022

Cuyahoga

Free!

**Beech Brook
5k Race**

Pumpkins & Piranhas

Halloween event at
Greater Cleveland
Aquarium

**Halloween
and Fall
Events**

Private School Guide

**Five Tips to
Help Teens
with ADHD**

**10
Parenting
Tips for Kids
Ages 0-5**

PLAYING AN INSTRUMENT

**Builds confidence, intellect,
and helps kids make and
maintain friendships**



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Fall Session 2

Sun., October 2 –
Sun., November 12

Halloween Open Gym

Sat., October 22 • 2-4 pm
Register online

Tumbling Turkey Friendsgiving Camp

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Birthday Parties

Two Options!

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TODAY'S
family
Lake, Geauga & Cuyahoga Counties

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**Check out their
Halloween Open Gym!**

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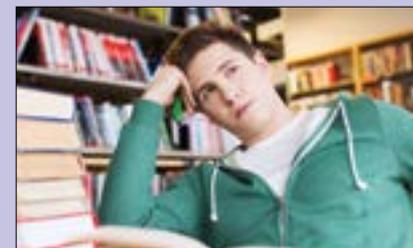
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Patterson Family Fun Fest is back!

When it comes to nature at its best, the beautiful days of autumn speak to our senses. Crisp fresh air and colorful scenes with leaves ablaze wherever you turn welcome you to celebrate the climax of the growing season at Patterson Fruit Farm. Harvest is in full gear with an abundance of apples leading the way. Stop by the farm market to shop and to enjoy the scenes overlooking Lake Erie on Caves Road or bring the family to the Family Fun Fest on the Mulberry Road farm to play for a while.

While the market is open year round, Patterson's add their Family Fun Fest to the action for seven

weeks in September and October. This area costs \$6 per person Monday-Thursday (10 am-6 pm) and \$10 per person Friday-Sunday (10 am-5 pm). Seniors are \$6 every day. This gives families of children preschool through elementary ages a place to enjoy hiking, sliding, playing in straw, climbing and "driving" tractors, viewing the world from the top of their tree house, disappearing in the silo and, in general, enjoying the out-of-doors filled with fun. No reservations needed. Just come when you have a few hours to spend with your family outdoors.

For more info, call 440-729-1964 or visit pattersonfarm.com.



On The Road! Walk Around the World

At the Cleveland Cultural Gardens Sunday, October 9 • 1:30 pm
Free with advanced registration
Walk around the world in 60 minutes, without ever leaving Cleveland! Join the Maltz Museum at the Cleveland Cultural Gardens for an outdoor walking tour of the gardens. Learn about many different cultures through the beauty of nature.

Please note: the tour will begin promptly at 1:30 at the African American Garden, 890 Martin Luther King Jr. Dr., Cleveland.

Arrive five to ten minutes early so you don't miss anything! Families are welcome to explore more gardens on their own after the program.

Register at maltzmuseum.org



Pushing Up the Sky

With Kulture Kids' Robin Pease Sunday, November 20 • 1:30 pm
Maltz Museum, Beachwood
\$5 ages 5+, free for ages 4 & under,
Free for members!

In this Native American legend, the sky is too low to the ground, which is a big problem for all of Earth's creatures. Can the animals and native peoples learn to work together to push up the sky?

Join Kulture Kids' Robin Pease, a Mohawk descendant, to "become" the animals, speak some native language and be thankful for new friendships and great teamwork!

Suitable for ages 3-10 and families. After the program, all guests are welcome to participate in a self-guided treasure hunt in the special exhibition gallery, featuring, This Light of Ours: Activist Photographers of the Civil Rights Movement.

Register at maltzmuseum.org.



Elf (the Musical)

December 2-30, 2022 at the Beck Center in Lakewood

Based on the beloved holiday film, this hilarious big-elf-living-in-a-small world comedy follows Buddy the elf in his quest to find his true identity in a holiday-bedazzled New York City. Featuring songs written by the creator of Disney's Aladdin on Broadway and a book by writer of Annie, The Producers and Hairspray this feels and sounds like a sweet holiday treat for all ages. (Maple syrup not included.)

Individual tickets to each show can be purchased at beckcenter.org with ticket prices from \$38 (adults), \$34 (for seniors 65 and older) and

\$17 for students with valid ID, and \$12 for children between five and 12 years of age. A \$3 service fee per single ticket will be applied at time of purchase.

Curtain times are 7:30 p.m. Fridays and Saturdays, and 2:30 p.m. Sundays. Preview performances are 7:30 p.m. the Thursday before opening night, with general admission seating for just \$10. Smart Seats® are available for each performance at just \$10 per person.

For more information on the 2022-2023 Professional Theater Season please visit beckcenter.org.



Beck Center
FOR THE ARTS

"...high-quality entertainment for the entire family."
- M.D. Theatre Guide



The Musical

DECEMBER 2-30, 2022 For tickets and info, visit: **beckcenter.org**

Playing an Instrument

Builds confidence, intellect, and helps kids make and maintain friendships... and is a lot of fun!

By Ante Logarusic

There's no doubt that we have high aspirations for our kids. Some of us may even dream a little about them following in our footsteps to quench some unfulfilled desires. But, when it comes down to it, we all want them to blaze their own path to success...and music just might help them along the way.

Even if they're not destined for the big stage, music can benefit kids in a number of ways by helping them learn about themselves as well as connect with the world around them.

Tom Ianni is owner of Academy Music in Cleveland Heights which has been in business for 64 years and currently serves 15 music programs in the area. He's seen firsthand that music is a positive outlet for kids to be able to express themselves.

"Kids need more outlets for having

fun and building friendships," says Ianni, "Oftentimes, the people we remember most from our childhood are those in music classes and sports activities."

Music is social. The benefits of playing music can be a game changer during your child's school years. Justin was a somewhat shy 11-year-old attending Eastlake Middle School when his father introduced him to the guitar. After 1.5 years of lessons and a lot of dedicated practice, Justin tried out for a local teen rock band and played in his first High School Rock Off in eighth grade. Through playing music, he gained confidence to be in front of a crowd, learned an appreciation of many genres of music, and always had great lead-in when meeting new people throughout high school, college and even now in his professional career in finance. It was a gift that keeps on



giving.

Music helps kids develop confidence and raise self-esteem by setting achievable goals which they can conquer at their own pace. Music also instills discipline. Learning to play an instrument requires practice, dedication, and repetition. Having the ability to develop focusing skills translates to other areas of life, especially academics.

Music is a personal activity but is also a team activity. Just like sports, a good band relies on all of its members to play their position. Each individual has to learn their part, practice independently, and come together as a team.

Music soothes. According to one local psychologist, one in three children experience some form of anxiety and the same number experience excessive sadness and depression. Getting involved with music can be one way of bringing joy to one's young life as well as connecting with others and forming friendships that can last throughout the school years and beyond.

Music can be life-changing. Ianni related the story of one particular student that stood out to him was a shy flute and vocal student. Through relentless practice and study, he overcame his shyness and sharpened his performance skills. Today, the student is an accomplished flutist and jazz saxophonist who found his way in music education to become an outstanding conductor and teacher who has shared his love of music with hundreds of students throughout his career.

One other local student changed his course of study as a result of music. Will played double bass in regional and state orchestras

throughout high school but had his mind set on a career as an astrophysicist. One day, however, he confided in his parents that he had "found his people." NASA's loss was the classical world's gain because after achieving his masters degree, he is currently pursuing his career as an orchestral musician.

Jim Temple, owner of Arrowhead Music in Mentor, agrees that music is a positive extracurricular outlet for students that can lead to a lifetime love of learning. Many of the parents who took lessons at Arrowhead back in the '90s reflect on those experiences when bringing their own children to the store.

"We often hear of former students starting local bands as well as some who have gone on to college to study music," says Temple. "One of our students got involved at a young age, went through private lessons, high school band, got a college scholarship, and is now in his masters program."

Music is affordable. Although accessibility and the definition of affordability can vary, the cost of participation is attractive when compared to other extracurricular activities. Instead of purchasing them new, great used instruments can be found or rented until you're sure you've found the right instrument for your child. Lessons are typically week to week and don't require a commitment or enrollment fee. Although there is no substitute for face-to-face learning with an instructor, a variety of learning tools and lessons can also be found online at little or no cost.

Last but not least, music is fun. Giving your kids the gift of playing music is something that will reward them for the rest of their lives.

Explore the deep BOO sea
@ CLEAquarium

Tuesday - Friday, October 25 - 28, 10am - 7pm

PUMPKINS & PIRANHAS

ACTIVITIES!
TREAT BAGS!
COSTUMES!

capacity limited; included with Aquarium daily admission
advance tickets at greaterclevelandaquarium.com



Pumpkins & Piranhas Halloween Celebration

Returns to the Greater Cleveland Aquarium October 25–28

Did you know that invasive, “vampire-like” sea lamprey are attaching themselves to and drinking the body fluids of Lake Erie fish? That piranhas’ ferocious, blood-thirsty reputations came from a staged demonstration President Theodore Roosevelt witnessed during an Amazon expedition in the early 1900s? That poison dart frogs’ toxicity is derived from their insect diet?

Crime fighters, princesses, comic book characters, warlocks and mummies are invited to explore “Lake Erie” and the “deep boo sea” at Pumpkins & Piranhas at the Greater Cleveland Aquarium (Flats West Bank, 2000 Sycamore Street, Cleveland) from Tuesday–Friday, October 25–28 from 10 am–7pm (last admission at 6 pm).

The not-so-spooky SEA-sonal fun days are included with general Aquarium admission (\$19.95 ages 13+, \$13.95 ages 2–12, \$0 passholders and guests younger than 2) and

feature extended hours, underwater jack-o-lanterns, costumed SCUBA divers, themed décor, a take-home treat bag for costumed kiddos, and a visit activity booklet focused on a few misunderstood animals.

“There is actually a great deal to learn and appreciate about some of the more ‘menacing-looking’ Aquarium residents,” explains General Manager Stephanie White. “For example, moray eels slowly closing their jaws showcases their sharp teeth and might seem like a visible warning to would-be predators, but it’s simply how they force oxygen-rich water over their gills to breathe.”

The Aquarium encourages guests to purchase advance general admission tickets online. “We want to prepare enough take-home treat bags for the young ones,” says White.

For more information, please visit greaterclevelandaquarium.com or call 216-862-8803.

Cleveland Orchestra 2022-23 Family Concert and Music Explorers Series

From October to April, these concerts and interactive events will bring seven kid-friendly performances to Jack, Joseph and Morton Mandel Concert Hall and Reinberger Chamber Hall at Severance Music Center.

The Family Concert Series, featuring The Cleveland Orchestra, has been a memory-making tradition for northeast Ohio families for more than 50 years, while the Music Explorers Series, which highlights individual orchestra musicians and their instruments, is an interactive experience for younger children.

The series kicks off with the

Halloween Spooktacular on Sunday, October 30, 2022 at 2 pm at Severance Music Center. This event is an afternoon of magical tricks and musical treats, like Wagner’s “Ride of the Valkyries,” the enchanting Sorcerer’s Apprentice, and highlights from Harry Potter. Come dressed in your Halloween best for the pre-concert costume contest. Cleveland Orchestra musicians will be dressed up too.

Call Cleveland Orchestra ticket services at 216-231-1111, email boxoffice@clevelandorchestra.com, or visit clevelandorchestra.com.

Music lessons at the Fine Arts Association

The act of making music simultaneously engages more areas of the brain than any other human activity. When Albert Einstein was a patent clerk solving the many mysteries of the universe, he would occasionally get stuck. In those moments, he picked up his violin and played Mozart. Then: relativity.

Study upon study show a direct connection between music making and higher performance in school. Plus, making music makes you happy.

And, that’s to say nothing of the music itself!

Led by an incomparable teaching faculty, the Fine Arts Association is proud to offer the region’s best in private music instruction. Whether a young child learning piano or violin, school-aged youth supplementing their school band, orchestra, or choir program, or an adult pursuing a passion, FAA has opportunities for everyone. Come, make music with them today.

Five expert tips to help teens with ADHD

By Cheryl Maguire

“I got detention for forgetting my book three times in a row,” read Michael’s text. His mother wasn’t surprised. Michael was diagnosed with ADHD when he was eight years old, and she’s received other messages saying he misplaced or even forgot to do his homework. His mother hoped that he’d be more organized by 13, and she wonders if this is typical teenage behavior or if it’s due to his ADHD.

“Everyone has ADHD behavior at times,” says Dr. Sarah Cheyette, a pediatric neurologist and author of the book, “ADHD & The Focused Mind.” Cheyette says the difference between a person with ADHD and other people is that the person with ADHD is unfocused too much of the time.

“There are differences between a child and a teen with ADHD,” Cheyette says. When a younger child has ADHD, parents tend to be more forgiving and helpful with their unfocused behaviors. A teen with ADHD may want their inde-

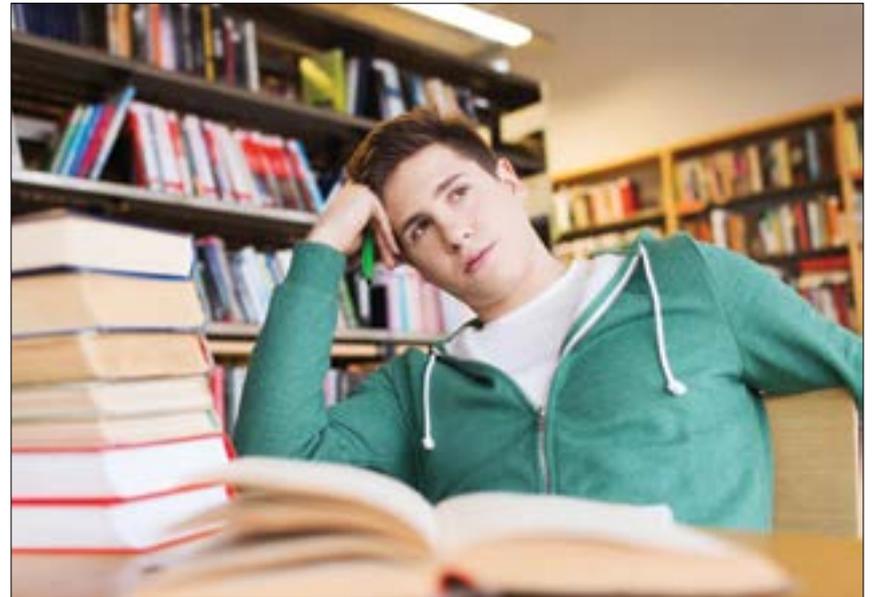
pendence but lack the skills to focus and control their impulses. This can lead to more severe consequences than when they were younger. But parents can help their teens with ADHD improve their focus with these expert tips.

1. Positive thinking

When a teen is interested in doing a particular task, it will be easier to accomplish. “Most people become more focused when they decide they want to do something,” says Cheyette. “If you say to yourself, I don’t feel like doing this, then you probably won’t.” For example, if your teen doesn’t like doing homework, encouraging them to change their mindset can help improve their focus. Reframing the negative thought (“I don’t want to do my homework”) in a more positive light (“Finishing my homework will make me feel good about this class”) can help a teen become more focused and complete the task.

2. The right surroundings

Emily, a parent of a 14-year-old



son diagnosed with ADHD, has found that choosing the right environment helps her son’s mindset. “I encourage him to stay after school to do his homework,” she says. “This way he doesn’t become distracted by things at home, like his phone, and he can receive help from his teachers.”

3. Healthy lifestyle choices

Cheyette also stresses the importance of a healthy lifestyle for improving and maintaining focus. Eating healthy, getting enough sleep and making time to exercise can all contribute to improved focus for teens with ADHD. Sleep problems can lead to issues with memory and impulse control for any child, but especially kids with ADHD.

Jen, a parent to a 12-year-old daughter diagnosed with ADHD, agrees with Cheyette about the importance of eating healthy and getting enough sleep. Her daughter experiences intense mood swings and an inability to deal with stress when she doesn’t eat or sleep well.

4. Setting goals

Cheyette says that setting goals can help teens with ADHD improve their focus and achieving their goals will help them feel successful. As a parent, you may be tempted to provide directions or nag your child to make sure they are working towards their goals, but it’s important for teens to actively set and own their goals.

But you can still help them. “Make observations and ask questions,” Cheyette recommends. “If you notice your son’s backpack is a

mess, instead of saying, ‘You need to organize your backpack,’ try saying, ‘It must be difficult to find your homework when your backpack looks like this’ or ‘How are you able to find your homework?’”

Once you’ve framed the problem, she says, “Ask questions such as, ‘How can you help yourself?’ or ‘How can you act differently next time?’ to allow your child to think about and own their behaviors.”

5. Medication

Like younger kids, teens can benefit from medication. Amy, a parent of a 15-year-old son diagnosed with ADHD, bought her son a trampoline to use after school to help him release his energy. And the exercise was helpful. But she saw the most improvement when her son began taking medication. “Once he was medicated he could use self-regulating strategies,” she says. “Before that, he wasn’t able to learn these strategies since he couldn’t pay attention.”

Cheyette wants to remind parents that you are your child’s best advocate and the parents interviewed here agree. “The best advice I can give other parents is to tell them that there may be really bad times, but your child needs to know that you are in their court,” Jen says. “When your child feels like a failure or has no friends or school is horrible, they need to be able to come home to you and release their frustrations and emotions.”

Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.

HALLOWEEN DRIVE-THRU

October 7-9, 14-16, 21-23, 28-30

at Lake Metroparks Farmpark

Travel Farmpark’s trails and roadways after dark in the comfort of your own vehicle and experience many playfully frightful sites throughout the park.

- All ages, PG-5 (parental guidance suggested)
- Fee: \$27.50 per carload

Tickets on sale online only at lakemetroparks.com.



10 Parenting tips for ages 0 to 5

How to win these challenges

By Kimberly Blaker

Despite the rewards of being a parent, each stage of your child's development also brings its fair share of challenges. The following tips can help you overcome some common battles.

1. It'll make you feel better. Does your child protest taking yucky medicine? If so, mask the flavor by mixing it with strawberry or chocolate syrup.

2. Potty training challenge. Offering toddlers rewards can work wonders with potty training. So fill a bowl or basket with small prizes, and let your toddler choose one each time he potties like a big boy. Keep it interesting by offering a variety of inexpensive prizes. Happy meal toys, stickers, gumball machine prizes, bite-size candy bars, mini Play-Doh containers, markers, or anything your toddler finds intriguing should do the trick.

3. Hair washing horrors. Most youngsters love bath time play. But when it comes to washing their hair, you'd think you were torturing them. Many young children hate water running down their faces. So fill the tub just three inches deep. Then roll up a rubber bathtub mat, and have your child lie on their back with the mat underneath their neck. With your child's face above water level and head tilted back, the water will run away from your child's face when you rinse. When you're done, fill the tub a little more, and reward your child with playtime.

4. Binky battle. Are you starting to think your toddler or preschooler will be heading off to school with a pacifier? If your child is really dependent on it, the best approach might be to wean your child gradually. Make a new rule that your toddler can have it only at nap time and bedtime. The added bonus is your toddler might be more cooperative at naptime and bedtime to have the

pacifier. Once your child is adjusted to the weaning, take the final step, and eliminate it altogether.

5. The hellacious tantrum. Parents often resort to a variety of ineffective tactics to bring tantrums to a halt. Usually, the best tactic is to ignore it, especially when you're not in public, and your child isn't acting aggressively. Just calmly state you're leaving the room and will return when your child calms down. Then walk away. Your child will soon realize the tantrum isn't going to help her get her own way. Removing yourself from the situation will also help you keep your cool and reduce the risk of caving in to your child.

6. You win some; you lose some. When playing games with preschoolers, it's tempting to always let them win. No one likes to see their child disappointed or storm off from losing. But learning to accept losing is essential to your child becoming a good sport. So the next time you play a game, allow your preschooler to lose. Then teach your child to shake the winner's hand. Tell your child "good game," and praise your child for handling the loss like a good sport.

7. Eek! Germs. It may seem counterintuitive, but exposure to bacteria is necessary to help kids build up their immune systems. So don't be a germaphobe. It doesn't mean you should intentionally expose your child to the flu or allow your toddler to crawl on the dirty bathroom floor. But allow your baby or child reasonable exposure to dirt and bacteria. If your toddler happens to eat a cracker that fell on the living room floor, don't panic. Also, get your baby or child out of the house regularly for exposure to other people. Studies find kids exposed to infections earlier in life have greater immunity, so they're less likely to be affected by exposure as they grow.

8. Can I have my bed back,



By letting your children lose at games you can teach them to be good sports.

please? There's a lot of debate over cosleeping, although most experts agree it's really up to the preference of parents. There are both benefits and drawbacks for children and parents alike. But often, cosleeping becomes a ritual that parents never intended. Once it begins, it's a challenge to get a child back to sleeping in their own bed.

To take back ownership of your bed, tell your child, "you're a big girl now, so it's time to sleep in your own bed." Then, sit in a chair right next to your child's bed to keep her company, as Meri Wallace LCSW, in "6 Steps for Getting Your Child to Sleep Alone," suggests. Over a few days, gradually move your chair further from your child's bed. Once your child grows more comfortable, say you're going to the bathroom or kitchen and will be right back, and do just as you promised. Eventually, your child will adjust to your absence and be able to go to bed alone.

9. Sleep, baby, sleep. Swaddling is a particularly useful way to get babies to sleep because it feels similar to

what they experienced in the womb. Start by laying a blanket out flat in a diamond. Then flap the top corner over about 4 or 5 inches. Lay your baby on the blanket with the base of its head at the edge of the flap. Flap the right side and then the bottom over your baby. Then flap the left side over and wrap it around, so your baby is comfortably snug.

10. One more bite, please. There's no doubt that vegetables top kids' list of the most-unappetizing foods. That's because vegetables tend to lack flavor in comparison to other foods. You can make veggies more palatable by adding sugar, salt, or fat—the flavors kids and adults often crave. Just keep it healthy by not overdoing the added ingredients.

An alternative, healthier approach is to reduce the sugary, salty, and fatty foods in your child's diet. When the palate isn't used to these additives, vegetables tend to taste better. Kids do still need a healthy amount of fat in their diets. But the American diet, even for kids, is far fattier than is necessary.

Words of Wisdom

"Don't worry that children never listen to you; worry that they are always watching you."—Robert Fulghum

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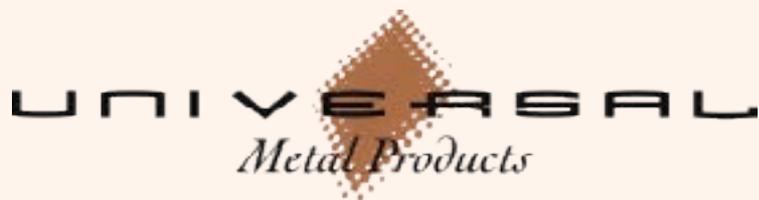
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Trick-or-Treat Fest at Cleveland Metroparks Zoo

Tickets are on sale for the 3rd annual Trick-or-Treat Fest. Bring your family in costume for this year's family-friendly Halloween event at the Zoo, Fridays through Sundays from 10 a.m. to 3 p.m. beginning October 7 through October 30.

Trick-or-Treat Fest includes meet-and-greets with costumed characters, access to 20 trick-or-treat stations, and the return of the Monster Mash Dance Party at the Zoo's amphitheater. This add-on ticketed experience also includes unlimited train rides on the Pumpkin Express and the Circle of Wildlife Carousel. The first 800

guests each day receive a complimentary trick or treat bag. New this year, guests will enjoy a custom made, larger than life animal display constructed from natural materials.

Trick-or-Treat Fest will have timed ticketing and tickets are limited. Guests are encouraged to purchase their tickets in advance and must adhere to the time selected. Tickets for Trick-or-Treat Fest, include Zoo general admission, at \$19.95 for nonmembers and \$9.95 for members. Children under 2 are free. Tickets are available at FutureForWildlife.org/trickortreatfest.

Raise your voice against domestic violence with WomenSafe

October is Domestic Violence Awareness Month, but victims of domestic violence using WomenSafe's free, lifesaving resources are in need all throughout the year. To spread awareness and raise funds for survivors, WomenSafe Inc. will host its first "Raise Your Voice" event on October 8, 2022 from 3-6 pm at the Chardon Square in Chardon. The event will raise awareness about domestic violence and generate vital funds needed to support survivors of domestic violence.

As a nonprofit organization, WomenSafe relies on community donations to meet the everyday needs of the men, women and children served all throughout northeast Ohio. Whether in the 24-hour emergency shelter or transitioning back into the community, WomenSafe gives individuals access to essential services and high need items when they need them.

"My team and I are so excited to bring the community together for a day of family fun, while spreading awareness and raising our voices to put an end to domestic violence," said

Angel Burton, development director.

Raise Your Voice is a family-friendly outing and activities include live music by "The Queen Bees," karaoke, crafts, and the Chardon Library bookmobile. Admission is free and no RSVP is required to attend. At the event, WomenSafe will be selling exclusive T-shirts for \$25, also available for sale online.

For more details and to get a T-shirt before the event, visit www.womensafe.org.

For information on their free services or to speak with an advocate, call the 24/7 crisis hotline COPEline at 1-888-285-5665.

Please contact WomenSafe's community engagement associate, Chris Tate, with questions regarding the event at fundraising2@womensafe.org or 440-286-7154 ext. 235.

To make a gift you can donate online at www.womensafe.org or make checks payable to WomenSafe Inc. and mail to:

WomenSafe Inc.
Attn: DVAM
12041 Ravenna Road
Chardon, OH 44024

Celebrate fall at Lake Metroparks Farmpark

Apple Butter and Cider Weekend

Lake Metroparks Farmpark continues the harvest season with a weekend all about apples! Discover how apple butter and cider are made during Apple Butter & Cider Weekend on October 1 & 2. Take an apple, toss it into the grinder and watch apple cider trickle out of the press.

“Having a mixture of apples makes the best cider with a good mixture of both sweet and tart,” explains Valerie Reinhardt, horticulture manager at Lake Metroparks Farmpark.

Then, grab hold of the paddle and stir the kettle boiling over an open flame as you make apple butter. Sample the sweet goodness of a variety of apples, apple cider and Farmpark’s own apple butter. Walk in the footsteps of the harvest on the “Johnny Appleseed Trail.”

Corn & Pumpkin Weekends

Husk, shell and grind corn and paint pumpkins during Corn & Pumpkin Weekends on October 8 & 9 and 15 & 16. This popular



Blair Bros Photography

weekend offers a range of family-friendly activities centered around the fall crops — including pumpkin bowling. Wrap and tie corn husks to create your own old-fashioned corn husk doll. An additional fee applies for the pumpkin painting activity.

During each weekend, visitors can enjoy harvest-themed crafts and other harvest activities and demonstrations. Kids will enjoy a ride on the barrel train. Beautiful fall-themed settings are available for photo ops. Food will be on site, and the famous Corny Apple Bar will have delicious corn- and apple-related items for purchase. On Sundays, sample freshly made soups, made primarily from ingredients grown on-site.

Visitors are invited to test their directional skills as they follow winding paths that lead to intersections where they must decide which way to turn next in the three-acre corn maze.

The fall harvest-themed weekends run 9 am to 5 pm and are included in Farmpark admission (\$6–8). Farmpark members, children under 2 and active military and their families receive free admission. For more information and event schedules visit <http://goto.lakemetroparks.com/farmpark-events>.

Farmpark is located at 8800 Euclid Chardon Road in Kirtland. For park information and directions visit goto.lakemetroparks.com/farmpark.

Farmpark’s mission is to provide a connection to our agricultural roots while helping people understand where our food and clothing come from. In addition to the fall harvest activities, visitors can experience milking hands-on with dairy cows, watch equine demonstrations, watch a border collie herd the sheep, ride on a horse- or tractor-drawn wagon, meet other farm animals and more.



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www.pattersonfarm.com

Beech Brook's 5K Race & Family Fun Run on October 23

Raising funds to help children and families thrive

Beech Brook will host its 12th annual 5K Race & Family Fun Run on Sunday, October 23, at the Orange City Schools Campus (32000 Chagrin Blvd., Pepper Pike). The event begins at 9 am.

All proceeds will benefit Beech Brook's programs for northeast Ohio's most vulnerable children and families.

Participants can join the timed 5K race or the one-mile course for walkers or casual runners. This family-friendly event is geared to all ages with face painting, a balloon twister, a “kid zone” area with crafts, a costume contest – for children and adults alike – and more.

The cost is \$20 if registered by October 21 (register by October 12 to be guaranteed a shirt); \$25 on race day. Free for kids ages three and under.

New this year, participants can fundraise from family, friends, and coworkers to help support Beech Brook's programs dedicated to help-



ing children and families thrive.

In addition, Beech Brook foster care families will be welcomed as special guests to celebrate the support and care they provide children in the community. Currently, 60 children live with Beech Brook foster care families and 23 of these children were placed in the past year. Beech Brook wants to honor these families for opening their homes and providing stability and support for these vulnerable children in their time of need.

Register, donate and learn more about the 5K Race & Family Fun Run at www.beechbrook.org.

For more information, email hlang@beechbrook.org or call 216-831-2255.

Join us

for Beech Brook's 12th Annual

5K Race & Family Fun Run

Raising funds to help children & families thrive

Orange City Schools Campus

32000 Chagrin Blvd
Pepper Pike, Ohio

Sunday, October 23 • 9 a.m.

Early Registration until Oct. 21 - \$20

Race Day Registration - \$25

Day-of registration begins at 7:30 a.m.

- 5K Race & Family Fun Run course at Orange City Schools Campus
- Optional 1-Mile Walk
- Fun for the whole family - face painting, games, costume contest, and MORE!

All funds raised go toward Beech Brook's mission of helping our most vulnerable kids and families thrive!

Register & donate at www.beechbrook.org

or use this QR Code to register and donate TODAY!

Beech Brook

HELPING CHILDREN & FAMILIES THRIVE

Sponsorship opportunities available
Contact Heidi Lang at hlang@beechbrook.org
or 216.831.2255, ext. 2240



Finding the right private school for your family

By Jan Pierce

You want a top-notch education for your children and choosing the perfect school is probably one of the biggest decisions you'll ever make. Depending on your location, you may find your public schools offer everything you want. If not, you'll need to embark on a search for the right private school.

In general, private schools exist to provide smaller class sizes with greater individual attention to each student and a safe, focused environment free of discipline problems. They tend to set a higher bar than public schools in academics, and build a culture of shared values. They offer a strong sense of community and may tailor lessons to the needs of the student.

In reality, each private school is a world unto itself. It may or may not hold accreditation with a national education association, or hire credentialed teachers. It may have many extracurricular offerings or just a few. It may charge a very large tuition plus additional fees, or may be more affordable, offering scholarships and sliding scales. It may have a long history in your community or be a brand new charter school.

To find the right private school for you, you'll need to consider the following:

1. What are your educational priorities?

Some private schools are faith-based and some are not. You'll want to decide as a family your basic priorities. Is it most important to find high academic standards, or more important to support your family's faith? Do you expect accelerated programs such as advanced placement classes or extensive access to STEM (science, technology, engineering and math) programs? How important are extracurricular activities? Are you comfortable with homework policies and school rules?

2. What is the culture of the school?

In a faith-based setting the culture of the school will place religion at the forefront. There will be religious studies as part of the curriculum. The school may be all boys or all girls. Does this suit your goals? What is the relationship of staff to students? Is it casual and friendly, formal and strict? How are parents involved? What is the balance of

academics to sports, the arts, clubs and other activities? Does the culture "feel right" for your children?

3. What role do parents play in the school?

Some private schools make great use of parent volunteer time and emphasize whole family participation in their programs. Others minimize parent involvement to occasional visits or conferences to report progress. Which best suits your family's needs?

4. What are the costs? Are there scholarships available?

It's a sacrifice to pay for your child's education when public schools are free. And there are huge variations in the expenses involved. When researching possible schools, be sure to check not only the tuitions, but also book fees, sports or other extracurricular expenses and possible transportation fees. Check on scholarships available and the possibility of a sliding scale based on family income.

5. Is the staff credentialed and the school accredited?

Some faith-based schools and newer charter schools don't require their teachers to be credentialed. How important is this to your family? In addition there are many different education associations nationwide offering accreditation. If a prospective school has received accreditation, they've shown the initiative to meet high standards.

6. Is the curriculum up to date?

In this technological age, you'll want to be sure your private school has kept up with the times. Do they offer appropriate college preparation standards in science, math, languages, writing and more? Do they offer a well-rounded education in art, drama and music? Are textbooks current and in good condition? Are computer labs or individual screens available to students?

7. Does the school provide transportation?

Do buses transport students to school? Are they available for after-school activities? Does the school coordinate carpools? Are there extra expenses charged for transportation?

8. How well do students transition into or out of the school?

If a particular school offers classes such as K-6 or K-8, do they work closely with a sister high school? What provisions are made to make a smooth transition from one school to another? If students transfer into the school either at the beginning of a year or mid-year, what provisions are made to welcome them? How do children fare when they need to move from this school to another?

9. What is the school's reputation?

Most private schools have a reputation to uphold. Are they the best in college prep? Are they known for a friendly, family community spirit? Who do you know with firsthand information and experience with the school? What recommendations can you find amongst friends and acquaintances?

10. Is the school open to visits and drop-in observations?

All schools need to make sure their campus is secure and will have procedures to follow when visiting. But as a parent, you want to feel comfortable visiting the building to observe or take care of business. You'll want to find a school that makes parents welcome and is proud to show them around.

When you've narrowed your search to several schools, be sure to take the time for a personal visit. Talk with an administrator, take the tour and gather any written information they've prepared for prospective students. Discuss pertinent questions and voice any concerns you may have about your child's specific needs. Above all, gauge your "feel" of the school. Is it the right place for you and your family?

Selecting the perfect private school is well worth the time it takes to research, visit and finally make your selection. This is the place your children will make important friendships, learn and grow, and pave the way to their bright futures.





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Or contact our admission team at admissions@hb.edu or 216.320.8767

HathawayBrown 

PRIVATE SCHOOL GUIDE

Cleveland Montessori

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

Cleveland Montessori is celebrating 28 years of serving the children of Greater Cleveland. The school is located in the historic Alta House. Students in preschool through middle school thrive within this unique urban campus inclusive of Little Italy and University Circle. A Cleveland Montessori education looks at each child's individual potential academically, socially, emotionally and spiritually. Their students become independent thinkers with compassionate hearts.

The authentic Montessori curriculum incorporates a variety of opportunities to extend learning beyond the classroom to the culturally rich neighborhood of Little Italy. Their proximity to University Circle provides many extensions for cultural and scientific exploration, setting the stage for an experience rich in diversity, growth and joy. Cleveland Montessori

operates on a school year calendar, September to June.

Call to arrange a personal tour or visit their website for more information.

Creative Playrooms Montessori & Child Care Centers

Solon • Independence
Maple Heights • Parma
Strongsville • Westlake
(440) 349-9111
www.creativeplayrooms.com

Creative Playrooms Montessori and Child Care Centers have been a part of the greater Cleveland community for over 50 years. These unique learning centers provide families with Montessori and traditional programs, swimming lessons, cafeteria-like lunchrooms, and expansive outdoor play spaces.

They understand that today's active families need a partner that really understands the need for safe, reliable, and loving care. At the core of their schools, you'll find dedicated and highly-trained

staff who are deeply committed to providing children with the skills they need to reach their individual potential.

Additionally, Creative Playrooms is part of the Early Learning Academies (ELA) family, a network of trusted early childhood learning centers led by a team of seasoned and committed childcare professionals.

For more information about their six locations and program offerings, visit creativeplayrooms.com.

Gilmour Academy

34001 Cedar Road, Gates Mills
(440) 473-8050
admissions@gilmour.org
www.gilmour.org

As an independent, Catholic school, Gilmour Academy stands alone in its ability to prepare students who thrive. Its mission is rooted in educating the mind and empowering the heart, ensuring that every student develops to their fullest potential. From 18 months to 18 years, everything

at Gilmour – from the experiential curriculum to the immersive, real-world opportunities to the full spectrum of cocurriculars – is focused on cultivating ethical leaders who communicate authentically, think critically and solve real-world problems. These foundational principles are introduced in the Montessori preschool programs, and then expanded upon and developed throughout the Lower, Middle and Upper schools. Gilmour graduates emerge primed for the next step with an understanding that they have both the tools and the responsibility to make the world a better place.

Gross Schechter Day School

27601 Fairmount Boulevard
Pepper Pike
(216) 763-1400

www.grossschechter.org
Gross Schechter is a coed, Jewish independent school in Pepper Pike that offers illumination, ignition and growth for chil-



Curiosity, Collaboration & Joyful Learning

We are excited to share the Ruffing Montessori community with you. Join us for our Open House to discover why Ruffing is the school of choice for so many!

Admissions Open House
Saturday, November 12
12:00 to 2:00 PM
18 months to 8th Grade

Register today: Visit ruffingmontessori.net



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3380 Fairmount Boulevard, Cleveland Heights • ruffingmontessori.net

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PRIVATE SCHOOL GUIDE

HAWKEN: SCHOOL REDEFINED



Get ready to do school differently!

Early Childhood, Lower, and Middle School
Thursday, 10/20/22, Parent Visit
Sunday, 11/20/22, OPEN HOUSE
Toddler – Grade 8
Lyndhurst Campus

Birchwood School
Sunday, 10/23/22, OPEN HOUSE
Preschool–Grade 8
Cleveland-West Campus

Upper School
Tuesday, 10/18/22, Parent Visit
Sunday, 11/6/22, OPEN HOUSE
Grades 9–12
Gates Mills Campus

Mastery School
Tuesday, 10/4/22, Parent Visit
Sunday, 11/13/22, OPEN HOUSE
Grades 9–12
University Circle Campus

HAWKEN
SCHOOL



COEDUCATIONAL,
TODDLER – GRADE 12

hawken.edu

Lyndhurst  Cleveland–West  Gates Mills  University Circle

Gross Schechter cont'd
dren from 6 weeks through 8th grade. Gross Schechter inspires its students to love learning, become their best selves, and embrace Jewish practice, values, and community in a challenging and encouraging academic environment. Students learn to ask questions, think critically and look in unexpected places to shape their worldview. Technology and creativity are woven appropriately into all aspects of a curriculum that adheres to and exceeds state standards. Their integrated Judaic studies program fosters a strong identity and mastery of the spectrum of Jewish traditions in ways that are relevant for living in the modern world.

Hathaway Brown School

19600 North Park Boulevard
Shaker Heights
(216) 932-4214
HB.edu

Hathaway Brown is an all girls K–12 day school in Shaker Heights. Since 1876, HB has educated and empowered girls

with the “Learn for Life Signature Approach.” The school’s distinguished academics are nationally recognized and are valued by families, top colleges and universities, and employers.

The Signature Approach allows students to take ownership of their education with outstanding experiential learning opportunities such as the Storyline model in the primary school, the Academies in middle school, and the Fellowships for the Applied Studies in the upper school.

HB’s model, facilitated by an incredibly impressive and engaged faculty, empowers girls to rise boldly to the challenges of the times, achieve their goals and reach their utmost potential.

For more information, visit HB.edu or contact the admission office at (216) 320-8767.



Foundations for Lifelong Learning

Open House / Wednesday November 2, 2022
5:30 - 7:00 p.m.

A child's preschool experience should build a foundation for their education and lifelong skills of **perseverance independence confidence curiosity** and finding joy in their own interests.

Located in the heart of Little Italy, our students grow and thrive in a learning environment that promotes a lifetime passion for learning.

Unlock your child’s potential with a solid foundation for life.

Applications are now being accepted for PreK through 8th grade.

Call for information on tuition discounts for employees at select University Circle institutions.

Contact the Director of Admissions at 216-421-0700 or email at info@clevelandmontessori.org to arrange a personal tour.



CLEVELAND MONTESSORI

12510 Mayfield Road • Cleveland
P (216) 421-0700 • clevelandmontessori.org



PRIVATE SCHOOL GUIDE

Hawken School

www.hawken.edu
 Lyndhurst Campus
 (Preschool–Grade 8)
 5000 Clubside Road
 (440) 423-2950

Gates Mills Campus
 (Grades 9–12)

Mayfield and County Line Roads
 in Gates Mills
 (440) 423-2955

The Birchwood School of Hawken
 (Preschool–Grade 8)

4400 West 140th Street
 Cleveland
 (216) 251-2321

The Mastery School of Hawken
 (Grades 9-12)

11025 Magnolia Drive Cleveland
 (440) 423-8801

Hawken School is an independent, coed day school of over 1,500 students, toddler through grade 12, located on two campuses in the eastern suburbs of Cleveland, a campus on Cleveland's west side, and a campus in University Circle that is home to the Mastery School of Hawken, which takes the school's prob-

lem-based programming to scale.

Hawken was founded in 1915 as an educationally progressive school, and they remain academically progressive — because that's what it takes to prepare students to thrive in a changing world. From recognizing the value of a coeducational environment to designing programs, learning spaces, and innovative schedules that support learning by doing, Hawken boldly adapts to prepare students for a promising future.

Hawken's nationally-recognized programming and nontraditional schedules support partnerships with world-renowned institutions that provide real-world learning opportunities, including honors-level engineering and entrepreneurship programs and STEMM internships. These experiences instill in students the skills needed to thrive in an increasingly complex and dynamic world.



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www.grossschechter.org



*what's
 your story?*



ST. EDWARD HIGH SCHOOL

PRIVATE SCHOOL GUIDE

Hershey Montessori School

www.Hershey-Montessori.org
(440) 357-0918
Concord Campus
10229 Prouty Road
Huntsburg Campus
11530 Madison Road

Hershey Montessori School's approach to education allows students to master the skills needed to adapt as the world changes, careers shift, and the demand on human ingenuity evolves. The transformative outcomes demonstrated by Hershey students, especially through these unprecedented times, exemplify why Hershey is revered as a world leader in Montessori education.

In conjunction with Hershey's robust academics, students learn about leadership, practical life, business, culture, and important societal issues, including embracing diversity, equity, inclusion and belonging. Their Montessori model inspires students to learn, not memorize, to thrive academically, and to expand their inter-

ests. Hershey students are resilient, articulate, open to change, and ready for challenge.

For more than 40 years, Hershey's education model has supported the scientific process of child development and serves students from two months through twelfth grade.

Contact Hershey Montessori School to learn more about how this education model can benefit your child.

Montessori School of University Heights

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

The Montessori School of University Heights, established in 1968, is 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 intro-

duced 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 personality. 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. They warmly encourage interested parents to schedule a personal tour.



Ruffing Montessori School

3380 Fairmount Boulevard
Cleveland Heights
(216) 321-7175
ruffingmontessori.net

Ruffing Montessori School in Cleveland Heights is more than just a school for children ages 18 months through the 8th grade. It is a beloved community where bright and curious children are guided by experienced Montessori-trained faculty and immersed in a rigorous curriculum that prepares students to become independent thinkers and creative problem-solvers. Walking through Ruffing's classrooms, you will see students working with purpose and joy, and excelling academically with confidence and compassion. Being a student at Ruffing offers children a global perspective and a strong understanding of their impact on the world, and prepares them for high school, college, and life beyond. Learn why Ruffing is the compelling school of choice at their admis-

We teach the child. We reach the heart.

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As Northeast Ohio's only independent and Catholic school, Gilmour creates endless possibilities for students to not only learn about the real world, but how to positively impact it.



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ACADEMY

EDUCATING THE MIND
EMPOWERING THE HEART



To learn more or schedule a personal tour, visit gilmour.org/admission

Gilmour Academy is an independent, Catholic, coed school in the Holy Cross tradition. Grades K-12 and Montessori (18 months - Preschool)
34001 Cedar Road | Gates Mills, Ohio | 44040



PRIVATE SCHOOL GUIDE

Ruffing Montessori cont'd

sions open house on November 12 from noon–2 pm or schedule a tour at ruffingmontessori.net.

St. Edward High School

13500 Detroit Avenue, Lakewood
(216) 221-3776
www.sehs.net

St. Edward High School, a Catholic school in the Holy Cross tradition, educates the hearts and minds of a diverse group of young men to have the competence to see and the courage to act as men of hope for the transformation of the world.

The relationships that bond the St. Edward community stem from shared experiences of hospitality and compassion modeled every day by their faculty, staff, and students. With the understanding that together we are part of something greater than ourselves, St. Ed's mission focuses on family and the relationships that become their students' foundation to transform the world around them.

St. Ed's invites you to share your story and be part of their strong family tradition. They look forward to welcoming you during upcoming admission tests, open houses and through their Edsman for a Day Program. Preregister today at sehs.net, email them at admission@sehs.net, or call 216-521-2204 with any questions.

St. Joan of Arc School

498 East Washington Street
Chagrin Falls
(440) 247-6530
www.stjoanofarc.org

For over 50 years, faculty and staff of St. Joan of Arc Catholic School have instilled within each student a lifelong desire to learn, lead, and live the gospel of Jesus Christ.

Committed to learning and teaching in the 21st century, the experienced faculty and staff of St. Joan work tirelessly to develop each student to his or her fullest potential. Technology is incorporated as a part of daily instruction, which may find



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Governor's Thomas Edison Award for Excellence in STEM Education and Student Research for 10 years!



Fall Open House

(Preschool–Grade 8)

Thursday, November 17, 2022

6:00–7:30 p.m.

Or call to schedule a private tour

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Preschool through 8th Grade

To register, contact us at 440-442-6766 or office@saintpaschal.com



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CONTACT US TO REGISTER OR REQUEST MORE INFORMATION

Birth - 6th Grade: (440) 357-0918

7th -12th Grade: (440) 636-6290

admissions@hershey-montessori.org

Ask about our transportation & boarding options!

OPEN HOUSE DATES

Registration is required

Concord Campus

(B-6th Grade)

10229 Prouty Rd.

Concord Township, OH 44077

From 9-11 am on

October 12 | November 9

February 8 | April 12 | May 10

Huntsburg Campus

(7th-12th Grade)

11530 Madison Rd.

Huntsburg, OH 44046

From 9-11 am on

October 10 | November 14

December 12 | February 13

April 10 | May 8

Virtual tours are available on our website.



Visit our website at www.Hershey-Montessori.org

PRIVATE SCHOOL GUIDE

St. Joan of Arc cont'd

students utilizing the 3-D printer in the makerspace or working collaboratively with the aid of an ActivPanel.

The small class sizes allow for individualized instruction and contribute to the warm, Christ-centered atmosphere that is a hallmark of St. Joan of Arc. As a National Blue Ribbon School of Excellence, St. Joan of Arc has been recognized for the education that they provide to students.

Saint Paschal Baylon Catholic School

5360 Wilson Mills Road
Highland Heights
(440) 442-6766
www.saintpaschal.net

Recipient of the Governor's Thomas Edison Award for Excellence in STEM Education and Student Research for ten years, Saint Paschal Baylon Catholic School educates students in pre-K through grade 8. Its

mission is to focus on Christ-centered values and to develop the unique potential of each student through a rigorous and engaging curriculum.

Offering a program that prepares students for their secondary education and beyond, the faculty and staff recognize each student as an individual with unique gifts. They truly care about their students and are dedicated to helping each child succeed and attain his or her academic and spiritual potential.

The academic program is aligned with diocesan, state, and national standards. In addition, Saint Paschal Baylon offers daily religion instruction, Spanish (pre-K through 8), fine arts, service learning opportunities, cocurricular activities, gifted education classes, as well as psychological, speech/language, intervention, and learning disability services.

Please call the school at (440) 442-6766 for more information or to schedule a tour.

University School

www.us.edu
Junior kindergarten to grade 8
20701 Brantley Road
Shaker Heights
(216) 321-8260
Grades 9 to 12
2785 SOM Center Road
Hunting Valley
(216) 831-2200

Young boys are growing quite fast physically, mentally, and emotionally. University School's junior kindergarten and kindergarten programs invite, inspire, and cultivate a boy's curiosity. The teachers understand boys and this important stage of development.

Campus and classroom spaces were designed by teachers and are housed in the primary building and on its 32-acre site in Shaker Heights. These spaces are ideal for young, active boys and the hands-on academic program. The low student-to-teacher ratio is possible because each classroom has full-time licensed lead and associate teachers.→



Join us for our fall Admissions Open House:

Sunday, October 9

vasj.com/openhouse • 216-481-8414 ext. 285

Call...Before Leaves Fall!



Don't wait to enroll! At six convenient Cleveland-area locations, Creative Playrooms Montessori and Child Care Centers is making fun autumn plans for your child's learning.

- Award-winning, experienced care providers with over 50 years of experience
- Infant through elementary options, including Montessori preschool
- A whole child-focused approach to learning

SCHEDULE A TOUR TODAY!

creativeplayrooms.com
440-349-9111



PRIVATE SCHOOL GUIDE

University School cont'd

Boys enjoy the resources of the extensive physical education, performing arts, outdoor, and makerspaces.

University School is a wonderful community to launch a young boy's lifetime love of learning. Having a strong knowledge base and desire for learning in the youngest years is key to future educational success.

Schedule a personal family tour or join them for an upcoming in-person or virtual open house. Learn more at www.us.edu/visit.



Villa Angela-St. Joseph High School

18491 Lakeshore Boulevard
Cleveland
(216) 481-8414
www.vasj.com

When you become a student at Villa Angela-St. Joseph High School, you become a member of a family where everyone knows you. It is a place where you can grow in your faith, be challenged academically, follow your passions, and create high school memories and friendships that will last a lifetime.

VASJ welcomes any student who would like to find meaning in Catholic traditions and has a sincere desire to develop a closer relationship with God as lived through the teachings of St. Angela Merici and Blessed Father William Joseph Chaminade.

Learn more about VASJ by attending one of their upcoming open houses:

Sunday, October 9, 2022
Thursday, November 3, 2022
Wednesday, March 8, 2023

We teach our students to apply scientific theory. **And to practice faith.**



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Excellence.

440-247-6530
www.stjoanofarc.org



Offering K-8 faith-based academic excellence. Preparing students to learn and succeed while developing Christian values and character for life.



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FORGING HIS OWN PATH TO SUCCESS.

Join us for our All-School Open House!

SUNDAY, NOVEMBER 6 | 10:30 AM - 1:00 PM

Register at www.us.edu/visit

University School boys are inspired and empowered to let their true selves thrive. Boys build on their strengths, harness their talents, and blaze their own paths to excellence with joy and confidence.

 UNIVERSITY SCHOOL
For boys, Junior K-12

All fun.

No filter.

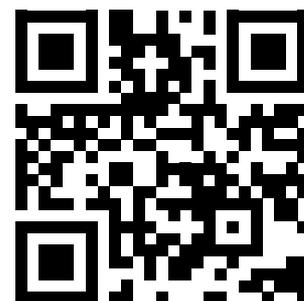
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Scan the QR code with your smartphone or visit gsneo.org/join to join Girl Scouts.