

APPLETON VILLAGE SCHOOL

Wildcat News



Fourth Grade
Page 4



Simply Second
Page 6

FOR YOUR CALENDAR

- 10/3-8 Maine Through the Year state testing
- 10/6 Flu Shot Clinic
- 10/7 Grade 8 BBQ and Pumpkin Sale 12:00-2:00
- 10/9 No School – Indigenous People’s Day
- 10/11 Bus evacuation drill
- 10/11 Soccer vs St. George
- 10/12 Fire Prevention Day at AVS
- 10/12 X-C @ Boothbay
- 10/13 Fall Photo Day
- 10/13 Fall Sports Photo Day
- 10/16 Soccer- Home Playoff Game
- 10/18 Soccer- Home Playoff Game
- 10/19 X-C Busline League Championship
@Great Salt Bay
- 10/21 Soccer- Busline League Championship
@ Lincoln Academy

Fall Picture Day

Strawbridge will be here Friday, October 13 for Fall Picture Day. In addition to the traditional order form, parents are able to order Fall portraits on-line [by clicking here](http://www.strawbridge.net) or by going to www.strawbridge.net and using code FM428418. On-line orders will be tracked and printed just as if a paper order form had been given to the photographer. Order envelopes and payments should be handed to the photographer on October 13 when photos are taken. All students will have their pictures taken for student records. Please note: Students will not be allowed to wear hats for these photos.

All students will receive a complimentary classroom photo which will be taken on Wednesday, November 29. This is also the “makeup” day for students absent on 10/13 and those wishing re-takes.

We are also looking for a volunteer from 8:30 to noon to escort students to and from the photographer. Please contact the office if you are interested.

X-C and Soccer photos will also be taken October 13. Coaches have sports order forms. To order Sports photos on-line [you can click here](http://www.strawbridge.net) or go to www.strawbridge.net and use code FM428419. A reminder to team members to bring uniforms with them on the 13th.

Note that the link and code for this year's Fall pictures is different than the link and code for this year's Sports pictures, so please ensure you place your order(s) under the correct one.

Health

Nurse Sandy

We are experiencing many different types of illnesses in our school community. Ask yourself, is my child too sick to go to school? To determine if your child should stay home, use these guidelines.

- Fever of 100.4 degrees F or more: Keep your child home for a minimum of 24 hours after their temperature returns to normal (98.6 F), without the use of fever-reducing medication.
- Vomiting: Keep your child home for a minimum of 24 hours since the last episode.
- Diarrhea: If your child has 2 or more episodes of diarrhea in a 24 hour period, keep them home until 24 hours after the last episode of diarrhea.
- Rash: if the cause is unknown, please check with your child's pediatrician before sending your child to school.
- Based on your child's demeanor, ask "Is my child able to learn?"

From the Maine DOE:

COVID-19 protocols are the same as last year. We point to the [US CDC guidelines](#) which say:

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms:

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

If you had symptoms:

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your [symptoms](#) started

Maine DOE is no longer providing COVID-19 tests for schools.



Third Grade News

Third grade earned a "Behavior Bingo" by following all of our school and classroom expectations for kindness, respect, honesty, and responsibility! Bingo Bob left them some core value bracelets in their treasure chest today.

We also completed one of our mystery science units on "pollination." Check out our busy bees in some of the photos!



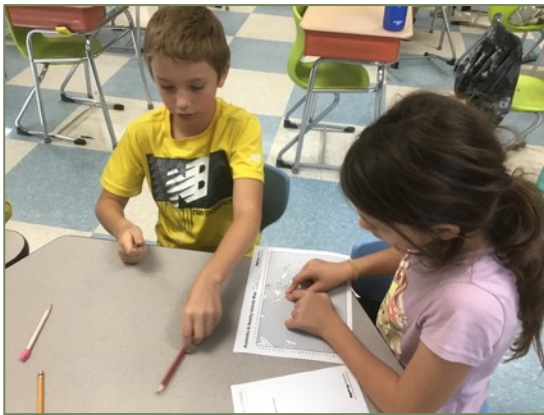
Finally, we traveled to the Colby Art Museum where we enjoyed the art galleries and making art in the studio art room!



Fourth Grade

In our first reading unit fourth graders read expository texts about natural disasters and how our earth is changed by fast and slow processes. We read about volcanoes, landslides, earthquakes, hurricanes, tsunamis, as well as erosion, weathering, and deposition. We now get to extend this learning in our first Mystery Science unit of the year titled "Birth of Rocks." We are currently plotting volcanic eruptions on maps to identify a pattern. We are going to use this data as evidence to answer the question: "Could a volcano pop up where you live?"

Fourth graders had their first trip to the Appleton Town Library last Friday. We enjoyed a read aloud by Ms. Jillian, coloring pages, a scavenger hunt, and of course book selections!



First Grade

First graders had fun with their seventh-grade reading buddies last week!
We loved sharing great books together!



SIMPLY SECOND

Books aren't made of pages and words, they are made of hopes, dreams, and possibilities. The second graders have the wonderful and exciting opportunity to visit the Appleton Library throughout the school year. Last week, Ms. Jillian, the librarian, read to us a chapter book while we listened, colored, cut and glued. We explored the library and chose two books to bring home to share with our families. It was fun receiving a library card and checking out our books to share with others. Thank-you Ms. Jillian! We look forward to seeing you soon!



Ms. Scott / Sunrise

Everything can be a research project!

The topics are varied this fall as students take notes and access information from books and pertinent websites. From 18th-century European fashion, diseases that befall the horse population, the study of abstract art and artists, the history of the instrumentation that has been developed to predict our natural disasters, learning the ins and outs of mathematical magic squares, to creative writing projects where characters are taking on different personas, the buzz is all around and new knowledge is being acquired.

The journey is being enjoyed!



Pre-K News

Big changes came to our classroom over the weekend and the children were SO excited to wander through on Monday and take notice. New sorting materials, books, animals, a light table and a change to our dramatic play center.

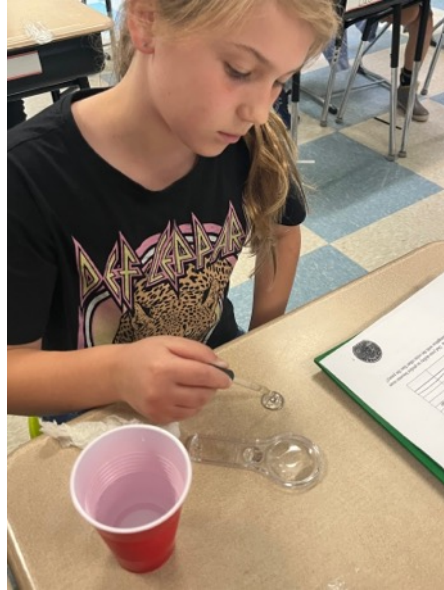
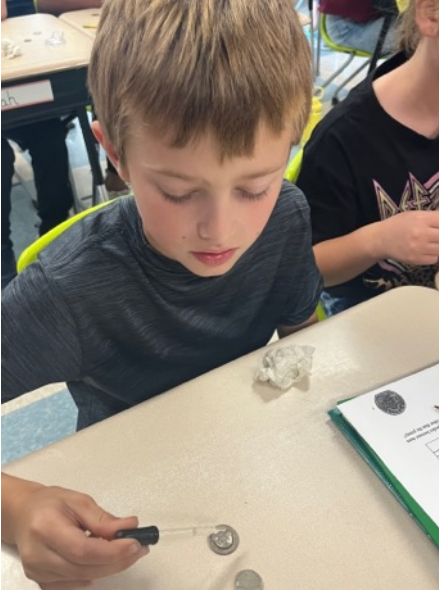
We are beginning our study of Fall which will encompass: learning about changing weather, changes in nature and how this effects animals and people and colors that we see around us. We will also be learning about foods that are abundant in the Fall such as apples and pumpkins: what do they look like, taste like, where do they grow and who grows them? As always, I incorporate literacy, math, science, social studies and art within our topics of study. We have a new dramatic play center, our Pumpkin Patch, where the children are learning about weight, volume, shape and size (as well as value when practicing paying.) Early literacy is happening as we follow recipe cards using our classroom loose parts and when learning about letters/sounds in our names and those of our peers. We have cooked play dough together and marveled at the change that occurs in the ingredients when they are heated and stirred and will be cooking again soon using some of the produce from our pumpkin patch!

Friendships continue to blossom and solidify and our community in Pre-K grows each day in respect, kindness and in belonging.



Fifth Grade

This past week we learned about surface tension and went to the Colby College Museum of Art. Have a look!



Wildcat XC

The Wildcats have competed in three meets this season with at least six other schools and nearly 150 runners each week. There are thirteen schools, and more than 300 runners in the league that the Wildcats are matched up with over the course of the season, and in the Championships.

The Wildcat girls have been consistently in the top three all season and have been very competitive against teams 3x their size. While the Wildcat boys have been hanging tough with a lot of changes in their roster.

Wildcats have two more regular season matchups in Searsport and Boothbay Harbor, followed by Championships at Great Salt Bay on October 19th!

Go Wildcats!





Halloween

LOLLIPOP GRAMS

Appleton Village School 8th grade class is doing a Halloween Gram fundraiser! To purchase, send \$2 for each gram in the envelope and fill out your message by October 20th. You can purchase as many as you want to.

Each gram will include a lollipop


Halloween Grams will be delivered to the classrooms on October 30th.





**NO TRICKS,
JUST
TREATS!**
Happy Halloween

To: _____
From: _____
Teacher/Gr.: _____
Message: _____




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Appleton Village School After School Program 2023-2024

FALL TOPIC: "Radical Robotics "

Full Description: We have Robotics down to a science and have designed an innovative and enriching program just for you! We invite you to expand your robotic curiosity after school by getting hands-on with modular robotic systems and various types of robots to get firsthand experience with circuitry, coding, mechanical systems, programming, real life applications, and much more. Snap together blocks to build your own circuits and explore sensors by coding a robot to do various tricks and curious movements. Program a robot through the Wild West, avoiding snakes and rivers to get it to its destination. Discover robots that go to space and intelligent humanoid robots that bring you as much learning as they do entertainment. Build your own series of thinking, sensing, and acting robots that exhibit novel behaviors of your own making. Finish off this radical session of robotics by building your very own robot to take home. Come learn Robotics the Mad Science way!

Location: Appleton Village School

Day: Thursday

Time: 3:00pm-4:00pm

Dates: 10/19, 10/26, 11/2, 11/9, 11/16, 11/30

Skip Dates: 11/23

Grades: 2nd - 3rd

Price: \$ 83.00

Register online today with Mad Science:

For more program information please visit
maine.madscience.org or email info@madsciencemaine.com



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Full Description: We have Robotics down to a science and have designed an innovative and enriching program just for you! We invite you to expand your robotic curiosity after school by getting hands-on with modular robotic systems and various types of robots to get firsthand experience with circuitry, coding, mechanical systems, programming, real life applications, and much more. Snap together blocks to build your own circuits and explore sensors by coding a robot to do various tricks and curious movements. Program a robot through the Wild West, avoiding snakes and rivers to get it to its destination. Discover robots that go to space and intelligent humanoid robots that bring you as much learning as they do entertainment. Build your own series of thinking, sensing, and acting robots that exhibit novel behaviors of your own making. Finish off this radical session of robotics by building your very own robot to take home. Come learn Robotics the Mad Science way!

Location: Appleton Village School

Day: Wednesday

Time: 2:00pm - 3:00pm

Dates: 10/18, 10/25, 11/1, 11/8, 11/15, 11/29

Skip Dates: 11/22

Grades: 4th-5th

Price: \$ 83.00

Register online today with Mad Science:

For more program information please visit
maine.madscience.org or email info@madsciencemaine.com



Maine Coast Storm Hockey

Ages 8-18, Travel and House Teams

Maine Coast Storm is committed to providing children of all ages and skill levels the opportunity to play hockey. Scholarships available.




Why Join A Team?

- ✓ Make New Friends!
- ✓ Be Physically Active!
- ✓ Develop Life Skills!
- ✓ Have Fun!

Registration Open

 www.maine coast storm.org

Ice Rink Location

 Midcoast Recreation Center
535 West St. Rockport, ME 04856

Contact Us:

mainecoaststorminfo@gmail.com, P.O. Box 1166 Rockport, ME 04856

Registration for MRC Fall & Winter programs available!

MRC is committed to the promotion of healthy living in our community through sports and fitness programs. We aim to keep sports affordable for all families in the Midcoast area.

Arena Programs

MRC offers both Learn to Skate classes, for kids ages 3-18, and Learn to Play Hockey programs, for kids ages 3-14! These programs are perfect for any child who enjoys skating or playing hockey, regardless of their skill level.



Additionally, MRC offers advanced Figure Skating programs and in-house Hockey teams for kids already experienced with skating!

Tennis Programs

MRC offers tennis programs for kids ages 4-18 with our Tiny Tots program, Red, Green, and Orange programs, and High School program. All skills levels are welcome, whether your child is just starting or has been playing for a few years!

Additionally, MRC offers Academy and Junior Academy for kids with more tennis experience. Contact Seth Meyer at seth@midcoastrec.org for more info BEFORE registering for these!

Financial aid is available!

Visit www.midcoastrec.org/forms, or stop by MRC's front desk for an application.

Community Appreciation Day

Join us Saturday, September 30th, for our Community Appreciation Day at MRC! Admission is **FREE**, and the event will include fun activities in all MRC programs and more! Visit our Facebook page for more info [Facebook.com/midcoastrecreation](https://www.facebook.com/midcoastrecreation)

Public Skate



Scan this QR code to visit our Public Skate Page for the full Public Skate schedule!

MRC has Public Skate available all year round, with ice skating in the winter and roller skating in the summer, and skate rentals available in a wide range of sizes for both types of skating!

Skate passes: \$7
Skate rentals: \$5

For complete details on all our Fall & Winter programs, visit www.midcoastrec.org

535 West St. Rockport, ME 04856 www.midcoastrec.org (207) 236-9400

MRC

Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School
 Appleton Village School



ELEMENTARY SCHOOL

October 2023

Encourage your child to think about situations, ideas and more

Elementary schoolers are expected to do more than memorize facts. Real learning also involves thinking about the material and drawing conclusions. These thinking skills take practice to develop.



To strengthen your child's thinking ability:

- **Ask questions** that require thought. After reading a story or watching a show together, talk about it afterward. Ask your child, "Why do you think the character did that?" or "Could something like that happen in real life?"
- **Think out loud.** When you are making up your mind about something, share your thoughts. "I'm thinking about who to vote for in the upcoming local election." Then talk with your child about the candidates' strengths and weaknesses. Your child may have some great insights.
- **Have family discussions** on topics of interest. Some families have a regular "reading dinner." Everyone brings a book to the table. After a few minutes of reading, family members talk about what they've read and ask questions about what everyone else has read.
- **Ask your child to guess** how simple machines and other items work. Do any of the parts look like other things your child knows about?
- **Encourage estimation.** Have your child estimate things like time needed for a task or cost of an item based on previous experience.



Establish a communication link

Effective family-school communication is essential for meeting students' needs and fostering academic achievement. It starts with the understanding that you and the school have the same goal: your child's success.

To optimize communication:

- **Stay informed.** Attend meetings and read communications from teachers and the school.
 - **Contact the teacher** if you have concerns about your child's learning. For questions about school policy, contact the office.
 - **Listen.** A teacher's view of a situation may be different from yours.
- Ask for clarification of anything that is confusing.
- **Offer suggestions.** You know your child best. Explain factors the teacher may not know about and what you think would help most.
 - **Follow up.** If a plan of action for your child isn't working, let the school know and discuss next steps for finding a solution.

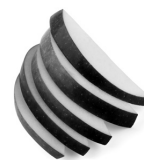
Meet teachers one-on-one

At a parent-teacher conference, you can find out more about what and how your child is learning. When you meet, ask the teacher:

- **What topics will you cover** in this grade or subject this year?
- **What are your expectations** for assignments and reading at home?
- **What can I do** at home to support my child's learning?

Help your child develop a taste for math

To promote comfort with fractions, point out that they are a key ingredient in many tasty meals. Then try these activities together:



- **Serve fractions** for dinner. Cut an apple into 12 slices. How many slices equal one-half or one-third of the apple?
- **Measure liquids.** Have your child use a measuring cup to pour one cup of water into a glass. How many half cups will it take to fill another glass the same size to the same level?
- **Change a recipe.** Ask your child to rewrite the amount of each ingredient to double a recipe or cut it in half.

Buddies can boost studies

Studying with a friend can help students master material and learn about working with others. To make it work, have your child:

- **Choose** a buddy who wants to learn.
- **Agree** that the goal is studying, not socializing.
- **Plan** what the buddies will study in each session—and stick to the plan.



Helping Children Learn

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL

October 2023

Q&A How can I convince my child to see projects through?

Q: My fourth grader likes starting more than finishing. After an enthusiastic start on a project, about half-way through my child usually loses interest and wants to start something new. How can I encourage persistence?



A: Some children are always on the lookout for variety and excitement. But in school—and life—there are many things that have to be done even when they are no longer new and exciting. So help your elementary schooler experience the satisfaction that comes from seeing projects through to completion. To channel your child's energy and enthusiasm productively:

- **Brainstorm together** at the start of a project about everything your student will need to do. Bring up details that might slip your child's mind. When are you available to help get necessary supplies? Will anything need time to grow or dry?
- **Demonstrate how to break the project down** into steps. Seeing a long project as a series of different small ones may keep your child interested. Set a deadline for each step and write it on the calendar.
- **Add excitement by having your child** plan little self-rewards for completing "boring" parts of the project. "When I finish my bibliography, I can take 10 minutes to run around outside."

Parent Quiz

Are you making tests less frightening?

Some students get a little nervous before tests. But others go into full-blown panic that prevents them from doing their best. Are you helping your child conquer test anxiety? Answer *yes* or *no* to the questions below:

1. **Do you help** your child make and follow a study plan to prepare for the test?
2. **Do you explain** that while you expect your child's best effort, your love does not depend on a test score?
3. **Do you encourage** your child to talk with the teacher about test fears?
4. **Do you have** your child practice calming techniques like deep breathing, picturing a happy place or counting backwards from 100?

5. **Do you teach** your child to use reassuring self-talk? "I studied. I know this. I can think of the answer."

How well are you doing?

More yes answers mean you are helping your child cope with test worries. For each no, try that idea.

"One important key to success is self-confidence. An important key to self-confidence is preparation."
—Arthur Ashe

Stay positive when talking to your child about grades

If your child's grades need improvement, a supportive—rather than upset—response from you can make a difference. To encourage your elementary schooler's best effort:

1. **Talk to your child.** Ask questions like: What do you think is going on? Do you understand the lessons? Do you complete your work in class? What could you do differently?
2. **Talk to the teacher.** Is your child having any issues at school? What resources are available to help?
3. **Show your child** how to find or figure out answers instead of just giving up.

Downtime has an upside

Studies show that kids need some downtime from formal learning activities—and it can be a perfect time to learn in a different way. It's OK for your child be bored sometimes. If



you hear "There's nothing to do," offer a challenge: "What screen-free activity can you come up with to fill the time?"

Source: L. Waters, Ph.D., "How Goofing Off Helps Kids Learn," *The Atlantic*.

Your engagement matters

Family engagement in education raises students' chances of earning higher grades, completing schoolwork, getting along with others, graduating from high school and more. To benefit your child the most:

- **Start early,** and stay involved through high school.
- **Promote learning at home** and ask the school about ways to help that match your time and talents.
- **Be confident.** All families have valuable contributions to make.

Helping Children Learn®

Published in English and Spanish, September through May.
 Publisher: Doris McLaughlin.
 Publisher Emeritus: John H. Wherry, Ed.D.
 Editor: Alison McLean.
 Translations Editor: Victoria Gaviola.
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 a division of PaperClip Media, Inc.
 P.O. Box 7474, Fairfax Station, VA 22039-7474
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Helping Students Learn[®]

Tips Families Can Use to Help Students Do Better in School



MIDDLE SCHOOL

October 2023

Appleton Village School

Reinforce your middle schooler's sense of academic honesty

The emergence of new artificial intelligence tools has raised concerns about cheating in school. But the truth is that cheating has been on the rise for some time. In one survey, the majority of middle schoolers admitted to having cheated at one time or another. Studies also show that:



- **Academic cheating** tends to start in middle school.
- **Above-average students** are just as likely to cheat as their lower-achieving peers.
- **Cheaters often think** they'll be at a disadvantage if they don't cheat, because "everyone else" does.
- **Kids who feel pressured** to earn high grades are more likely to cheat.

Emphasize to your child that you expect honesty at all times. Then, since students don't always recognize cheating for what it is, explain that it includes:

- **Copying homework answers** from another student.
- **Receiving or giving help on tests.** This includes sharing questions with students in another section of the class.
- **Copying from a source** without giving credit.
- **Using technology** to solve problems or produce work that your child was supposed to do independently.

Source: D.M. Cohen, Ed.D., "Ethics in Action Series: What Parents Can Do When Their Child is Cheating," Character.org



Guide your child toward math solutions

Is your child intimidated by middle school math? Are you? If your middle schooler gets stuck while working on math problems, you may wonder how to help. It's useful to think of yourself as a guide rather than an instructor.

By asking questions, you can help your child figure things out. Ask:

- **Which problem** are you working on? Help your child focus on one problem at a time.
- **What do the instructions** say? Have your child read them out loud.
- **Is there any part** of the problem you can do?

- **Are there things** you've learned before that can help you here?
- **Where could you look** for more explanation? Your child can read the class website and also search sites like YouTube for instructional videos to watch.

If your child is still confused after giving a real effort, ask: "How soon can you ask the teacher for help?"

Oversee social media use

Nearly 40% of middle schoolers use social media. They need adult guidance as they learn to navigate this world safely. To help:

- **Discuss privacy.** Review settings and tell your child not to share personal data.
- **Set standards.** No hurtful posts. No posting anything your child wouldn't want you or the whole world to see.
- **Monitor the effect** of social media activity on your child's mood. Provide balance by scheduling device-free times.

Source: "The Common Sense Census: Media Use by Tweens and Teens, 2021," Common Sense Media.

Engagement has benefits

Three wonderful things happen when you get involved at school. You understand more about the school and how it operates. You learn whom to contact if you have questions or concerns. And the school gains a better understanding of you and your family.



Try this homework strategy

Research shows that middle schoolers prefer to do assignments away from home, with their peers around. And they like parents to be less involved. To give preferences a chance:



To give preferences a chance:

- **Check on achievement.** If your child is doing well, consider allowing a choice of study locations, within reason.
- **Let your child try studying** with a buddy. Monitor the sessions.
- **Praise responsible learning.** "I see you working hard on your assignments. That's why you make progress!"

Source: H.Z. Kackar and others, "Age and gender differences in adolescents' homework experiences," *Journal of Applied Developmental Psychology*, Elsevier.

Helping Students Learn

Tips Families Can Use to Help Students Do Better in School

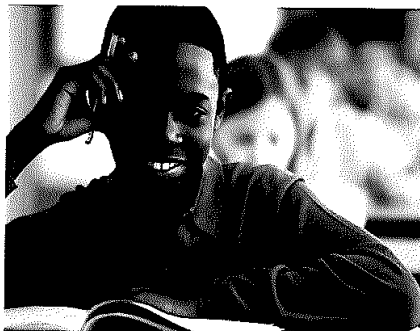


October 2023

Q&A What should I do to help my child stop procrastinating?

Q: My middle schooler puts off doing schoolwork. Assignments get turned in late. Projects don't get started until the last minute. How can I help my child stop doing this and learn to use time wisely?

A: Many middle schoolers share this self-sabotaging habit. Time management just doesn't come naturally to them.



You can help your child learn this key skill. Show your student how to:

- **Organize.** Insist that your child write all assignments in a planner. Have your student do a once-a-week backpack and study area tidy-up and file school papers. This cuts down on time-wasting searches for needed items.
- **Prioritize.** Teach your child to list tasks under one of three headings: Must Do, Would Be Nice to Do and Can Skip This. Make it clear that must-do tasks—including schoolwork—have to come first.
- **Schedule.** Your child needs to block out enough time for the must-dos. Some kids can plan a weekly schedule. Others need to make one daily.
- **Follow through.** It isn't easy to spend time working on a project when friends are out and about, so encourage and praise your child for staying on track. And make sure there is time in the schedule for some fun!

Parent Quiz

How well is your student adjusting?

For several weeks, new middle schoolers have been getting used to the differences in how things work from elementary school. Are you supporting your child during this transition? Answer *yes* or *no* to the questions below:

1. **Do you ask** your child about school logistics, such as finding classrooms and accessing online materials, and help solve any issues?
2. **Do you discuss** how well your child is keeping up with classes?
3. **Do you talk** together about the teachers' expectations?
4. **Do you help** your child role-play ways to handle sticky situations?
5. **Do you encourage** friendships with other students, by

allowing your child to invite them home, for example?

How well are you doing?

More yes answers mean you are smoothing the transition to middle school. For each no, try that idea.

"Any transition is easier if you believe in yourself and your talent."

—Priyanka Chopra

What if your child doesn't like a teacher?

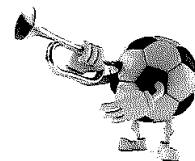
Adapting to the different priorities and methods of several teachers is a challenge for some middle schoolers. Your child may dislike a teacher who is strict or gives hard tests. To respond effectively to these feelings:

- **Listen.** Ask your child to be specific about what the teacher says or does.
- **Avoid taking sides.** The teacher may have a different viewpoint.
- **Explain to your child** that "You don't have to like teachers to learn from them." Your child may have to study longer and harder to meet the challenge.
- **Talk to the teacher** if you believe an issue needs addressing. Listen to the teacher's side, give yours, and work out a plan for going forward.

Source: M. Hartwell-Walker, Ed.D., "When a Teacher and Child Don't Get along," *Psych Central*.

Review time and activities

Extracurricular activities can boost interest in school, but too many can interfere with schoolwork. Review your child's activities together. Which do your child enjoy most? Which have the most benefit? How much time does each take?



Evaluating activities in this way will help your child make smart choices if cutbacks are needed to achieve the right balance between schoolwork and fun.

Effort improves learning

Research shows that students often think that study strategies that seem easy, like re-reading, are more effective. In fact, strategies that involve more work for students—such as solving practice problems or quizzing themselves—usually lead to better recall.

Source: A. Duckworth, "What New Research Says About How to Improve Students' Study Habits," *Education Week*.

Helping Students Learn®

Published in English and Spanish, September through May.
 Publisher: Doris McLaughlin.
 Publisher Emeritus: John H. Wherry, Ed.D.
 Editor: Alison McLean.
 Translations Editor: Victoria Gaviola.
 Copyright © 2023, The Parent Institute®,
 a division of PaperClip Media, Inc.
 P.O. Box 7474, Fairfax Station, VA 22039-7474
 1-800-756-5525 • www.parent-institute.com