THE WEEK IN REVIEW

Week of Jun 20 - Jun 24

We are just days away from the end of school and the excitement has certainly reached its peak! This week, our students visited Lego Education where they got to take part in activities that featured a mix of science, technology and art! See below for details!

On Friday, our students joined our new CAL teacher Ting for a fun (and delicious) lesson in noodle making! Turn to page 3 for photos!

FIELD TRIP

For the Love of Legos

On Wednesday, our students went on a field trip to Lego Education, a center that offers programs for children, as well as professional development for teachers.

The visit began with a brief introduction on the history of Legos, after which the children were challenged with building Lego models of the Eiffel Tower with only a photo as their guide! Later, they came together in small groups to create models of the London Bridge. Both activities required the children to apply their skills in creativity, perception, problem solving and team work.
HAVE KIDS, WILL TRAVEL (Part 2)

Five tips for stress-free travel for the whole family

Traveling with children is no easy task, but it can be extremely fun (and rewarding!) provided that parents take the time to properly prepare for the trip.

Check Your Expectations
That is to say, keep your expectations in check. Accept that your backpacking days may be over and adjust to the idea of having fun in a different way. Spontaneity and unpredictability may no longer be the hallmarks of your travels, but that does not have to be a bad thing.

Pack for EVERY Occasion
As we all know, weather forecasts are not always right. Pack for the expected climate, but also bring a few back-up items just in case. If you will be engaged in activities that you haven’t done in a while—for example, hiking or skiing—have your children try on the appropriate footwear to make sure they still fit comfortably.

Don’t forget to pack a first aid kit!
Good things to include are:
• Antibacterial wipes and creams, such as Neosporin
• Band-aids and bandages
• Children’s Tylenol or aspirin for fever, aches and pains
• Children’s Pepto-Bismol or Imodium A-D

Bring the Right Food
Plying your children with sweets will only make them excitable, thirsty and hungrier sooner. Bring healthier options such as cheese, pita chips, fruit, nuts and seeds, and save the sweet stuff to use as a special treat or pick-me-up on a rainy day.

Plan for Delays and Energy Lulls
When planning your daily schedule, allow time for bathroom breaks and snack times, as well as the unexpected tantrum. Think about the parts of the day when your children are most energetic and most likely to be sleepy, then plan accordingly. Do not over-schedule your days. The younger your children are, the fewer activities you will likely fit in.

Prepare to Get Lost
No parent imagines losing sight of their children, but it is a very real risk. Remember that children can get lost anywhere, whether it is a large, public space like Disneyland or somewhere as familiar as your own neighborhood. Rather than assume that it will never happen to you, take the time to prepare your children how to stay safe if they ever become lost. See sidebar below for pointers.

Four Things Every Child Should Know

Teach your children these basic rules to ensure they stay safe and you can find them as quickly as possible if they get lost. When speaking to your children, keep your fears in perspective—help them understand the importance of these procedures without scaring them.

Stay Put
First and foremost, teach your children that if they should ever unexpectedly find themselves alone, they should always stay put and remain calm. Impress upon them that you would never leave them behind and that they should never go looking for you. Instead, you will find them. As your children get older, you may feel confident enough to select a common area where everyone can reconvene should anyone in your party get lost.

Call Your Name
Teach your children to call your name—not “mommy” or “mama”, but your real name. This way, they will be able to tell someone who their parents are. When entrusting your children with someone you know, such as a teacher, grandparent or family friend, be sure that they are able to recite the full names of these individuals as well. And finally, make your young children also know their full name, not just the nickname that you use for them.

Look for Help
If, after steps 1 and 2, you still have not appeared, the next step for your children is to look for help. Older children will be able to identify police officers, and other security personnel; however, younger children may have more trouble distinguishing uniforms from other types of clothing. Statistically speaking, another mother with children is the safest bet for a lost child, so teach your children to seek out the assistance of another mom as a first resort.

Present Your Phone Number
Always make sure your children have your phone number on them at all times and teach them provide it if and only if they are lost. There are many forms for children’s identification out there, for example, bracelets, tags and even temporary tattoos. BuddyTag (www.mybudtag.com) creates bracelets with GPS tags that link to a phone app. The important thing is that your number is on your child, not written on a backpack or other item that may be misplaced.