



# Scoop!



**In this issue:**

- 5th Annual Heart for Kids Awards
- Valentine Classroom Sweet Treats
- Challenges in Math Education

## Special thanks to this month's **Scoop!** contributors:

### Kristen Atkins, M.S. - *Education*

Kristen is the Chartwell School Outreach Director, specializing in working with children with learning differences. In addition to having been Dean of Students, a Math Educator and an Upper Division Head, she has trained teachers to teach mathematics at the college level.



### Laurie Bend - *Sweet Stuff*

Laurie is a mom, community volunteer, Girl Scout leader and small business owner. As a mother of 3, she loves to test out fun and easy recipes with her kids so she can pass them on to **Scoop!** readers.



### Michelle Chisum - *MamaPreneur*

Michelle is the co-founder of Project Playroom, owner of The Stork Ladies and manager of Celebrate Mama!™ Monterey. Her most important role in life, however, is being mama for two young sons.



### Valerie Josephson, M.D., FAAP - *House Calls*

Dr. Josephson is a pediatrician at Monterey Peninsula Pediatric Medical Group. She lives in Monterey with her husband, 5 year old son, and 3 year old daughter.



### Ben Kaatz - *Daddy's Day*

Ben is the owner of Ben Kaatz Photography and has been a full-time stay-at-home dad for five years. He and his wife Sarah live in the Monterey area with their two daughters, ages 5 and 8.



### Mary Claire Lauerman - *Special Needs*

Mary Claire is a bilingual resource specialist for the Special Kids Crusade Family Resource Center and has a 20 year-old brother with autism. She has a degree in psychology from Santa Clara University.



### Jennifer McDonnal - *Arts & Crafts*

Jennifer has been involved with the production of **Scoop!** since its inception in 2006. Jennifer has a passion for music & theatre arts and is a freshman at York School in Monterey.



### Kathy Pimentel - *Photographer*

Kathy is the owner of Katalina Photography and is a "locally grown" photographer, having lived in Salinas nearly all her life. She and her family enjoy living in our beautiful area!



## Sprinkles of Happiness

I'm a huge fan of one of the Central Coast's newest frozen yogurt destinations, **MYO** (Make Your Own) **Pure Frozen Yogurt**. With two Monterey locations, one on Alvarado Street and one on Cannery Row (a third shop in Salinas will open this spring), MYO is something like the Disneyland of yogurt shops. You don't visit MYO just to eat frozen yogurt; you visit MYO to *experience* it.



The genius of MYO lies in its simplicity. Customers dispense their own yogurt into a cup, choosing from such flavors as cookies and cream, pomegranate raspberry, white chocolate macadamia nut or, for the purists, Ghirardelli® chocolate or vanilla. They then choose from a selection of over 50 mouth-watering toppings ranging from the fun and sinfully decadent (cheesecake chunks, peanut butter cups, cookie dough, sprinkles, gummy bears, hot fudge and more) to more healthful offerings such as fresh fruit, nuts and whipped cream. (Yes, I said "whipped cream." Dairy's healthy, right?!) Frozen yogurt artists are charged by the weight of their final creations so they only pay for what they've put in their cup.

Simple? You bet. Genius? Sinfully so!

My affinity for MYO, however, actually has very little to do with my love for frozen yogurt. I enjoy MYO simply because it's such a happy place. Kids love being able to dispense their own yogurt and add their own toppings. Adults become kids again when they sample "apple pie" or "cupcake batter" frozen yogurt for their first time. I could spend an afternoon just people-watching at MYO...the giggles, oohs and ahhs are infectious. You can't help but leave with a smile on your face.

Indeed, "smiles" is what this issue is all about. We are introducing a new column this month, "Daddy's Day," written by local photographer Ben Kaatz. As one of the approximate 158,000 full-time stay-at-home dads in this country, Ben has offered to share his experiences from the perspective of being, as he puts it, "a man in a field historically dominated by women." How fun is that? We are also celebrating our **5th Annual Heart for Kids** award recipients (see pages 8 & 9) who, through their tireless efforts and cash-strapped budgets are doing an exemplary job making the world a happier place, one child and family at a time.

Writer Robert Brault once said, "Happiness is life served up with a scoop of acceptance, a topping of tolerance and sprinkles of hope."

He then adds, "...although *chocolate* sprinkles also work." I couldn't agree more!

Lori McDonnal  
Editor

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For information on advertising opportunities, contact Kim Georgalos (831) 595-6943.



### On our cover: **MYO Masterpieces!**

**Gavin McGowan** (age 6) and **Myrna Waddle** (age 7) show off their MYO Masterpieces at **MYO Pure Frozen Yogurt** on Alvarado Street in Monterey. You can create your own MYO Masterpiece and get your photo in **Scoop!**, too! Learn more on page 5.

Cover photo by **Kathy Pimentel, Katalina Photography**

# Sweets with "Class"

These sweet treats are perfect for serving at class Valentine parties. They can also be the Valentines your child distributes to his/her classmates. Kids will enjoy making them with you and be proud to show them off at school. As a bonus, with the exception of the Pom Pom Critters, these should also survive the bus ride home!

## Valentine Kiss Mice

- You will need:**
- Hot glue gun
  - 1 pkg (12 oz) Hershey's Kisses®
  - Wiggle eyes (4mm)
  - Pink pom poms (5mm)
  - 1 spool thin ribbon (pink or gray)
  - Stiffened felt (pink or gray)



*For each mouse:* Use a dime to trace circles on the pieces of stiffened felt for the mouse ears. Take two Kisses of the same color and hot glue ears to the flat side of one Kiss. Place another dollop of hot glue on that Kiss and add the additional Kiss to it (flat side to flat side). Hot glue the nose, eyes and tail on the mouse. (Makes 36 mice.)

## Chocolate M&M'S® Pretzels

- You will need:**
- 1 pkg Snyder's® Olde Tyme Pretzels
  - 1 pkg Valentine M&M'S® (pink, red, white)
  - 12 oz pkg Nestle® Toll House® Semi-Sweet Chocolate Morsels
  - 12 oz pkg Nestle® Toll House® Premier White Morsels
  - Toothpicks & parchment paper



Melt the semi-sweet and white chocolate morsels in separate bowls, following package directions for melting. Place pretzels on cookie sheets lined with parchment paper. Put 1 tablespoon melted semi-sweet chocolate in the holes of each pretzel. Top with 1 teaspoon of white chocolate. Using a toothpick, swirl the chocolates together. Sprinkle on 5 or 6 colorful M&M'S. Take white chocolate and drizzle thin ribbons over the finished pretzel. Put the pretzels in the freezer for 10 minutes to set chocolate. Remove and store in airtight container at room temperature. (Makes 24 pretzels.)

## Krispy Pops

- You will need:**
- 3 Tbsp margarine or butter
  - 10 oz. pkg miniature marshmallows
  - 6 cups Rice Krispies® cereal
  - 12 wooden popsicle sticks
  - 1 ½ cups white chocolate chips
  - Candy sprinkles



In a large sauce pan, melt margarine over low heat. Add marshmallows, stirring constantly until melted. Remove from heat and stir in cereal until well coated. Cool mixture just enough to make it comfortable to handle. Lightly butter your hands, then shape the treats into 12 balls. Push a popsicle stick into each one. Melt white chocolate chips according to package directions. Dip treats into melted chocolate and apply candy sprinkles. Set treats on wax paper. Once chocolate has hardened, wrap treats in plastic and tie with ribbon or store in covered container. (Makes 12 pops.)

## Pom Pom Critters

- You will need:**
- 8 Hostess® Sno Ball® Snack Cakes
  - 16 Pepperidge Farm Milano® Cookies
  - 16 pieces (2") red shoestring licorice
  - 1 tube decorator icing
  - 1 can or tube vanilla frosting
  - 16 M&M'S®



*For each critter:* Use the decorator icing to attach two Milano cookies to bottom of each Sno Ball for "feet." Insert two pieces of cut licorice into the tops of each Sno Ball for antennae. Use the vanilla frosting to make two spots as large or as small as you like for eyes and place an M&M'S® candy in the center. (Makes 8 critters.)

**Special thanks to Laurie Bend & Tricia Lavorato for sharing these adorable Sweet Stuff recipes this month!**

## Teddy Bear Tuesdays at Black Bear Diner

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## MYO Masterpiece

You and your yogurt-topped creation could be our next "MYO Masterpiece," featured in an upcoming issue of Scoop! and at the MYO location on Alvarado St. in Monterey.

Visit [www.MBayKids.com/MYO](http://www.MBayKids.com/MYO) or any MYO location for entry forms and contest rules.

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## Advocating for Your Special Needs Child

by Mary Claire Lauerman

What does it mean to be an “advocate”? In most basic terms, an “advocate” is “one that supports or promotes the interests of another” (Merriam-Webster). In the world of

public education, however, an “advocate” is a parent or other person who performs this duty while attempting to obtain services required for a child with special needs.

While many people can participate in advocacy for a child at various stages throughout his/her life, no one is better suited for this role than a parent. Pamela Wright, MA, MSW, is an Adjunct Professor of Law at the William and Mary Law School where she, along with her husband, Peter, teach a course on special education law and advocacy. She has this to say about parental advocacy:

*Parents are natural advocates for their children. Who is your child's first teacher? You are. Who is your child's most important role model? You are. Who is responsible for your child's welfare? You are. Who has your child's best interests at heart? You do.*

*You know your child better than anyone else. The school is involved with your child for a few years. You are involved with your child for life. You should play an active role in planning your child's education.*

*The law gives you the power to make educational decisions for your child. Do not be afraid to use your power. Use it wisely. A good education is the most important gift you can give to your child.*

To that end, Ms. Wright suggests that a parent of a child with disabilities has two goals:

- To ensure that the school provides your child with a “free and appropriate education” that includes “specially designed instruction...to meet the [child's] unique needs...”
- To build a healthy working relationship with the school.

Here are some tips on how you, as a special needs parent, can best accomplish these:

1. **Learn the rules of the game.** Educate yourself about your local district. Know how decisions are made and by whom. The public school system is legally obligated to provide each child with a “free appropriate public education” (FAPE). “Appropriate,” however, does not mean “best.” Build positive relationships with teachers, therapists, administrators and any other staff persons who will affect the education of your child.
2. **Understand your legal rights and follow the procedures needed to protect them – for both you and your child.** There are many websites and resources that can help you understand special education law and your rights. *Disability Rights California* has created a publication called “Special Education Rights and Responsibilities” which explains much of the law and parental rights in a way that's easy to understand. This document is available at [www.disabilityrightscalifornia.org](http://www.disabilityrightscalifornia.org). Another useful resource for learning about special education law and advocacy is [www.wrightslaw.com](http://www.wrightslaw.com).

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## Living life a bit messier than my wife would like!

by Ben Kaatz

Let's say you're at a fundraiser - maybe a cocktail party to raise funds for a local kids' museum - and you strike-up a conversation with a particularly chatty-looking gent. At some point in the conversation you would presumably ask, “What do you do for a living?” Well, if I'm that chatty gent, the answer you'd get

would be something like this: “I'm a part-time photographer and a stay-at-home dad.” If it's a dad I'm talking to, the response is usually, “Wow, you take pictures for a living!” But if it's a mom, the response is, “Wow, you are a stay-at-home dad?!” And then something to the effect of, “How's that workin' out for ya?” To be fair, some dads do come back with a, “Stay-at-home dad? I'd sure like *that* gig!”

Yup, with the birth of our first child, Sarah and I decided that it would be good for our family for me to split my time between my sales/marketing job at a local bicycle company and taking care of the baby. On the arrival of our second child, three years later, I made the transition to full-time stay-at-home “daddydom.” Today, I am responsible for the care and feeding of two beautiful girls: Joely, age 8, and Gabby, age 5, as well as my lovely wife, Sarah. There's a cat and some fish, too!

Do I miss punching the proverbial time clock? Oh, I still punch the time clock. I punch-in every weekday at 6:20 am when I start getting the family ready for school and work. Then you know the drill for the rest of the day: shopping, cleaning, laundry, entertaining, educating, minivan driving. And then I punch-out after cleaning the kitchen while Sarah puts the girls down for bed around 8 pm.

In addition to my daddy-duties, I have, for the last few years, been running my own photography business. Yes, I spend my non-daddy time taking pictures of other people's beautiful families (among other things). It gets me out of the house and keeps me outta trouble!

Being a man in a field historically dominated by women can be challenging, at times. Most of the challenges of this “gig,” however, are no different than those faced by every stay-at-home parent. Do I love being a stay-at-home dad? Yes, I do. For our family, this is working out great. Is our life being lived a bit messier, at times, than my wife would like? Yes, and believe me, that makes for interesting cocktail party chat, too...

...and hopefully some fun tales for future issues of Scoop!



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**Mission:** To offer membership and programs that build a healthy spirit, mind and body. All YMCA programs promote the values of caring, honesty, respect and responsibility.

**How you can help:** Adult and teen volunteers give valuable mentorship through our sports programs by coaching and being referees. Teens provide leadership to younger children in our after school child care programs by assisting with homework, art projects, and physical activities. During summer day camp, volunteers provide guidance on field trips, art projects, and group games. Volunteers are always welcomed at the branches to help maintain facilities and provide a clean, positive atmosphere for health seekers.

[www.centralcoastymca.org](http://www.centralcoastymca.org)



**Pacific Repertory Theatre**  
(831) 622-0700

**Mission:** In celebrating the transforming power of the creative spirit, PacRep Theatre produces bold and daring interpretations of the great plays from the world stage - presenting a world-class theatrical experience.

**How you can help:** To continue the Children's Experimental Theatre legacy (CET), we have moved our School of Dramatic Arts (SoDA) classes to the Indoor Forest Theatre in Carmel. A volunteer committee is needed to "adopt" this new space to help spruce it up and maintain it. Volunteers are also needed to house host guest actors and directors.

[www.pacrep.org](http://www.pacrep.org)



**project playroom**

**Project Playroom**  
(831) 229-2433

**Mission:** To provide a toy and equipment lending and acquisition service for parents, caregivers and professionals who support children and young adults with special needs.

**How you can help:** As a growing organization, we are looking for a number of volunteers to assist with checking in and out inventory, event planning, website updating, social media marketing and so much more. Volunteers are needed for as little as one hour per week. In addition, we have an ongoing "Wish List" campaign that includes items large and small such as toys, adapted equipment, office supplies and more.

[www.projectplayroom.org](http://www.projectplayroom.org)



**CASA of Monterey County**  
(831) 455-6800

**Mission:** To ensure that abused children are provided with every available opportunity to begin a journey into healthy, productive lives. By introducing caring, responsible trained advocates into their lives, we help break the cycle of abuse and neglect. By engaging trained volunteers, we empower people in our community to place children's needs and well being as a priority.

**How you can help:** Adults age 21 and over can train to become volunteer advocates, working directly with children or youth, focusing on assessing placement, tracking education progress, fostering a healthy lifestyle and more. Children & youth interested in volunteering can help raise awareness through a club fundraiser. Older youth with strong academic skills can help younger children with tutoring, reading or homework.

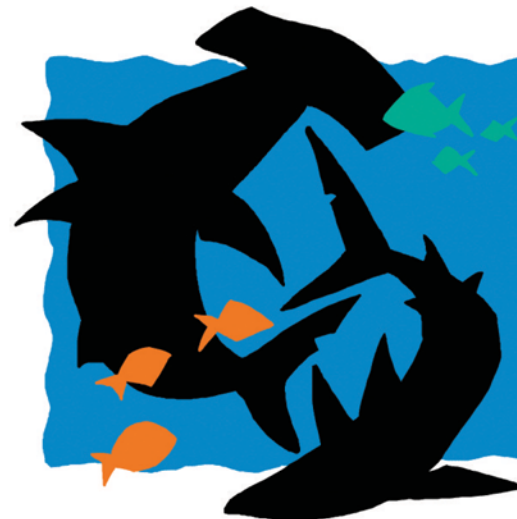
[www.casamonterey.org](http://www.casamonterey.org)

For the 5th year in a row, MBayKids salutes local nonprofits that demonstrate a "Heart for Kids" in our community through both their well-established missions and their ability to accept and encourage the support of community volunteers. Volunteering matters. It matters most when our kids are watching. As parents, when we encourage our children to volunteer - either by getting them personally involved or by setting examples through our own actions - we are encouraging them to care. For a complete list of nonprofits with a "Heart for Kids," visit [www.MBayKids.com/nonprofit.asp](http://www.MBayKids.com/nonprofit.asp).

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## "Mommy! I don't feel so good."

by Valerie Josephson, M.D.

Cold and flu season is upon us once again. The seemingly ever-present runny noses, congestion, coughs, and headaches this time of year make for some very tired and cranky kids, not to mention some very tired and cranky parents! On top of that, parents are now being told not to give cold medicines to their young children for fear of adverse side effects. So, what are we supposed to do to help our poor children (and us, too) feel better?



**First of all, it is true that the FDA recommends not using cold medicines for children under 4 years of age.** These medicines can have serious side effects including abnormal heart rhythms and suppression of breathing or apnea (when breathing stops). The medicines can, however, be used between 4 to 6 years of age with caution if recommended by your doctor. It is okay to use the medicines in children older than 6 years old but care should be taken to follow dosing instructions carefully. Also, be aware of using combination cold medicines along with a separate fever reducer that has acetaminophen. If both medicines contain acetaminophen, the child could be overdosed and suffer severe liver damage. Ideally, combination medicines should be avoided if possible. Also, both of the child's parents need to communicate well with each other to make sure that the child is not receiving duplicate doses of the same medicine.

**Even if your child is old enough to take cold medicines, the fact is that these medicines do not work well.** For some people, the medications may temporarily settle symptoms but they will never cure the cold or flu.

**In most cases, the following home remedies work at least as well, if not better than, any cold medicine available:**

**Nasal saline washes** - For stuffy noses, saline spray or drops (or warm water if no saline is available) help to loosen mucus and clear the nasal passages. Two to three drops of saline can be sprayed in each nostril (one side at a time) and then suctioned or wiped with tissue. Older children should be encouraged to blow their noses. Saline drops are safe and may be used as often as needed. For runny noses, suctioning or blowing without saline may be adequate.

*Continued on page 15*

## Mason Jar Magic

by Jennifer McDonnal

Here's a fun, creative and personal way to offer Valentine wishes to your teacher, coach, scout leader or even Mom and Dad! Start with a one-quart mason jar and let imagination be your guide.



**For each craft, you'll need:** One-quart mason jar, washed and dried completely, 6" fabric square, ribbon and stickers/decorations for the outside of your jar.

### Valentine Cookies in a Jar

In a 1-quart wide-mouth jar, layer the following ingredients. Be sure to firmly pack down each newly added layer so all ingredients will fit in the jar.

- **Bottom jar layer is a mixture of:**  
1 1/3 cups all-purpose flour,  
1 teaspoon baking soda,  
1 teaspoon baking powder &  
1/4 teaspoon salt
- 1 cup cooking oats
- 3/4 cup seasonal M&M'S®
- 1/4 cup chocolate chips
- 1/2 cup packed brown sugar
- 1/2 cup white sugar (top jar layer)

#### M&M'S® Oatmeal Cookies

Preheat oven to 350°F. Empty jar ingredients into a large bowl and stir. Then add: 1/2 cup butter, softened, 1 slightly beaten egg, and 1 teaspoon vanilla extract. Combine thoroughly. Roll into 1 1/2 inch balls & bake for 10 minutes.

Place the flat insert of the two-part jar lid on top of the filled jar. Center fabric on top and twist the outer ring of the lid over the fabric. Tie a ribbon around the lid and decorate the jar as desired. Tape a recipe card (like the one pictured, above) to the back of the jar.

### More Jar Ideas!

There are lots of other ways to share the fun of Valentine's Day in a jar. For Grandma & Grandpa, tape grandkids' school photos on the inside of the jar and fill with Valentine candy. For Mom or Dad, make an "office jar" filled with paper clips or pens and pencils. For a teacher, fill with coffee beans or tea and, with a ribbon, hang a gift card to their favorite coffee shop on the outside.

At Nob Hill, we found Kerr® one-quart, wide-mouth mason jars in cases of 12 for \$12.99. At Target, we found Valentine-themed ribbon, stickers and pencils all in the dollar section.

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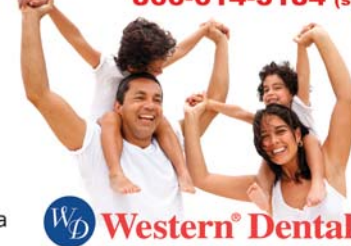
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# Challenges in Math Education

by Kristen Atkins, M.S.

It is a sad fact that students in the United States are falling behind in the study of mathematics. According to a study completed by The National Research Council entitled, "Everybody Counts: A Report to the Nation on the Future of Mathematics Education," only half of the nation's students take more than two years of high school level mathematics. Most leave their high schools without the mathematical skills needed to meet the expectations of college level mathematics. With many of our current jobs requiring expertise in the field of math, our communities should be concerned about these trends. There is much debate about what has caused these challenges and what to do about them. While it seems overwhelming to consider all the potential problems and solutions, there are some key points parents and educators need to consider. In this article, the first in a series addressing the challenges in math education, we'll touch upon math standards and discuss why they are hard to implement in our local schools.

## Mathematical Standards

**Standards are an excellent way to define what should be mastered in a student's mathematical career.** In an attempt to increase the mathematical skills of

students, many states have updated their math standards. The United States has a de-centralized educational system so each state can develop their own standards. Recently, many of our states have tried to follow the standards developed by the *National Council of Teachers of Mathematics* in order to have a more unified system. You can learn more about these standards at [www.nctm.org](http://www.nctm.org).

**California math standards are one of the more rigorous in the nation but most states are comparable.** Many of our teachers find math standards difficult to implement simply because not all students can master specific skills in a finite period of time. For example, if a fifth grader must master the four operations with fractions (a developmentally appropriate skill), they may only have two to three weeks to master these skills and many students need additional time to practice. Consequently, they fall behind and never catch up. Teachers often do not have time to assess each student for specific skill



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## You can help your kids develop a love for math!

- Encourage your child to see the beauty of mathematics by showing them that math is all around them in art, sports, nature, architecture, and technology.
- Read children's books that focus on math.
- Encourage your child to estimate answers that you pose, such as, "How many hamburgers do we need to make to feed our family?"
- Teach your children how to purchase items and how to make sure they have the correct change. Allow them to practice this skill.
- When driving in the car, practice math facts in a fun way: "I am thinking of a number that is even – what can it be?" Or, "I am thinking of a number that is one more than 89, what is it?"
- Review your child's math work and look for potential errors. Check to see if their paper seems disorganized. Do they know their math facts? Are they adding instead of subtracting? These types of errors need to be addressed and fixed. You may need to begin a dialogue with your child's teacher. Do not just wait, hoping they will eventually figure it out.
- Use the Internet to learn about topics in math, yourself, and share this with your child. It's never too late to learn about the joys of math!

deficits and to remediate key issues. Math is cumulative, so if a student misses fundamental skills in the beginning, future new concepts get added to a rather unstable foundation.

**It is important to make careful comparisons with countries whose students are outscoring our children in the U.S.** Educators in the United States are often criticized for having a curriculum that is "a mile wide and an inch deep," meaning too much material is being covered without concepts being studied in depth. To make matters worse, poor performance in mathematics has almost become socially acceptable in this country. Many in the U.S. tend to falsely assume that differences in mathematics achievement are due to differences in innate ability.

However, countries such as Singapore spend much more time on key subjects, giving stu-

dents ample time to practice. Longer school years in other countries also contribute to higher math scores. U.S. and California standards are strong but we often don't have enough time in a school day to ensure that every child masters every concept.

**The solution starts at home.** Sixty percent of our students who enter community college require remedial math! This illustrates that the problem begins in elementary school at a time when parents can play an integral role in instilling a love for mathematics in their children (see box, above, for suggestions).

Next month, I'll discuss some of the specific issues facing schools and teachers today and offer some thoughts on how we can, collectively, work toward some possible solutions.

### Mark your calendars!

**"Math - Why is it so hard for students?"**  
Wednesday, April 13 from 6:30 - 8:30 pm  
McMahan Hall, Chartwell School  
2511 Numa Watson Road, Seaside

Come hear Kristen Atkins, M.S. speak on the importance of math education, how it should be taught and how to help with math at home.

For more information, visit [www.chartwell.org](http://www.chartwell.org).

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# Celebrate this MamaPreneur!

**Shannan Damon**  
Sweetly Designed  
[www.sweetlydesigned.com](http://www.sweetlydesigned.com)

by Michelle Chisum

Whether you're planning a birthday party, wedding, baby shower, or anything in between, favors created by Shannan Damon of



**Sweetly Designed** are a unique way to say "thank you." Nearly ten years ago, Shannan, now a mom of three, turned her love of entertaining into a profitable business where she can balance both family life and a career.

**Sweetly Designed** specializes in custom wrappers for chocolate bars, a great way to make any special occasion "a little bit sweeter," Shannan says with a smile. She also personalizes invitations, water bottle wrappers, scratch-off cards and more. For holidays like Valentine's Day, Shannan offers 4.5 oz. Hershey's bars with personalized wrappers, perfect for your "sweetie."



Shannan Damon, at right with husband Jamell, and children (left to right) JJ (age 16), Tyson (age 11) and Amaya (age 8). Photo by Liza Linsao.

## Summer Gear

MbayKids Green Summer Activity Folder is packed with activity, class and camp information to keep your kids happy all summer long. Best of all, it's FREE!

To receive yours, register online at [www.MBayKids.com](http://www.MBayKids.com) by Friday, April 8



Are you an organization interested in having your information included in this folder? Call Kim at (831) 595-6943.

Shannan made the decision to become a MamaPreneur in an effort to, "help take a little financial pressure off of my husband Jamell, while still being able to do all the typical mom duties at home." She contributes her success to her amazingly supportive husband, family and friends. The hardest part about working from home, Shannan says, "is finding the time to really sit and work on my growing business." Her concentration has been on branding her business. "Branding is so important," she says. "It's important to get people to notice you out there in this big world of competition."

As a business owner, Shannan wears "all the hats," from web designer and production manager to marketing analyst. Her future goal is to create a referral incentive program and connect with local businesses such as cake decorators and wedding planners. Shannan gives this advice about starting a work from home business: "Start out small and keep building your way up rather than jumping into it too fast."

## Special Needs - continued from page 6

3. **Understand the facts of your child's situation, including strengths and challenges and the opinions of your child's teacher.** If your child has a disability, know how it affects their ability to do well in school. The law says that eligibility to receive special education services is not based on the disability itself, but on how the child's disability affects his or her ability to be successful in a school setting.
4. **Keep organized records.** Make requests in writing! Write letters for all requests even if you have spoken to school personnel on the phone. Keep copies of everything you get or send to the school regarding your child's special education services.

On Thursday, March 24, Special Kids Crusade will host a day-long seminar on **Special Education Law & Advocacy** presented by Pete Wright of Wrightslaw. This program is for parents, educators, health care providers, advocates and attorneys who represent children with disabilities regarding special education. For more information, call (831) 372-2730 or visit [www.specialkidscrusade.org](http://www.specialkidscrusade.org).

## House Calls - continued from page 10

**Humidified air** - A nice steamy shower will help moisten dry secretions and the airways. If you have small children, just sitting in the bathroom with the hot shower running is adequate (no need to actually be in the water). You may also try a humidifier in your child's room. If you choose to use a humidifier, the cool mist version is recommended to help prevent accidental burns from hot water. Also, the cool moist air is soothing to the airways. It is important to clean your humidifier thoroughly so that mold or particulate matter (like hard water deposits) do not develop. Your child does not need to be inhaling aerosolized mold and minerals!

**Cough remedies** - Warm fluids (like juice or water) may be used to help soothe a cough in any child over about three months of age. For kids over one year old, a spoonful of honey (½ -1 tsp), as needed, has been shown to be more effective than over-the-counter cough syrups. **Honey should not, however, be used in babies under one year of age as it can cause infant botulism.** For older children, cough drops or hard candy can be used to help soothe a cough.

**Other measures** - Make sure your child is drinking plenty fluids to help keep secretions thin. Also, acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) may be used for fevers if your child is uncomfortable or for the body aches often associated with colds and flu.

Most colds run their course in 10 to 14 days or so. If your child's symptoms are not improving by that point, or if a fever is lasting more than 3 days or recurs after several days of no fever, or if your child is having labored breathing, he should be taken to see his pediatrician.

Remember, the best treatment for a cold is to prevent it in the first place. Wash hands frequently, use hand sanitizer if available, and avoid sick people if at all possible!

**WANTED:**

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Hey, Kids! Celebrate the Monterey County Fair's 75th year by entering its "Original Art Contest." Prizes Awarded! PLUS, your entry could be the cover of the Fair's 2011 Entry Guidebook! Learn more at [www.MontereyCountyFair.com/kids-club](http://www.MontereyCountyFair.com/kids-club)  
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