

FREE

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*katy*

# parent



**STAY  
CONNECTED  
WHILE APART**

**Back 2**  
Homeschool  
Tips & Traditions

**AFTER  
SCHOOL  
ACTIVITIES**

8 QUICK  
**BRAIN  
BREAKS!**

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DIRECTORY**

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mind  
come  
out to  
play?**



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**NOTE FROM THE EDITOR**

We've all heard the saying "If mama ain't happy, ain't nobody happy!" As moms, we have a lot of influence over our kid's emotions, and attitudes. If we're having a bad day, they know. If we're mad about something, they get mad about it as well. Happiness Happens Day falls annually on August 8th. This year, make happiness happen in your house. Push aside the stress and worry as much as you can and spread a little joy in your family and friend's lives. (We have a list to get you started) Your positive vibes will go a long way in making your kids feel more confident as the world around them is out of their control.

If you have school aged kids, make sure you check out our Education and After School Directories—many of the businesses on these lists have modified their business offerings to accommodate kids during school hours and assist them with their learning. If you have that covered, but are looking for some extra-curricular options, you can find that in the After School Activities Directory. (Check out their Covid safety plans on their websites, or give them a quick call.)

Back to School is going to look different this year. We have a list of Back to Homeschool Tips and Traditions, and most of them will also apply to public school kids that are distance learning. We also have a list of quick brain breaks to keep your kids (and you) from throwing their laptops across the room!

As we know, this is going to be a challenging time for us as parents, and for our kids. Keeping a positive outlook and an attitude of making the best of a difficult situation will go a long way in easing the back to school transition. Wishing the best for everyone as we embark on the Fall of 2020.

Kim Carlisle, Editor

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Sign up for our weekly eBlasts with a direct link to our current issue! Each week in our eBlasts, we have links to crafts, recipes, activities and resources for family fun as well as events and offers from local businesses.

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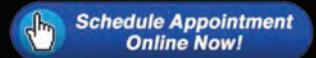
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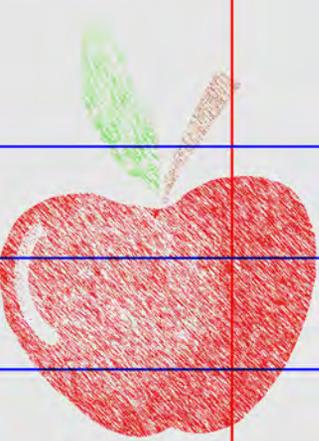
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# BACK TO SCHOOL



## JAXON

Jaxon is going into 2nd grade and loves basketball, Astros baseball and constructing buildings, boats and cars out of LEGOS. and

**FAVORITE SUBJECT:**  
His favorite subject is Math

**WHAT DO YOU WANT TO BE WHEN YOU GROW UP?**

When he grows up he wants to be a basketball player or engineer.



## KAINAT

Kainat is 9 years old, kainat love animals and spend time with family. kainat is very kind heart.

**FAVORITE SUBJECT:**  
Her favorite subject is math.

**WHAT DO YOU WANT TO BE WHEN YOU GROW UP?**

Kainat wants to be a veterinarian or heart surgeon in future.



## WAREESHA

She is 6 months....adorable doll.  
She love to pass smiles and play with sisters. She is the youngest in the family.



## ESHAL

Eshal is 6 years old and love babies. she is super sweet and very responsible. She is in 1st grade.

**FAVORITE SUBJECT:**  
Her favorite subject is science.

**WHAT DO YOU WANT TO BE WHEN YOU GROW UP?**

She wants to be a Doctor when she grows up.



## BROOKS

Brooks is two years old, loves cars, swimming, and donut holes. He especially loves spending time outside, riding the golf cart, and playing with his grandparents.

**FAVORITE THING TO DO:**  
Brooks favorite activities at school are singing songs and learning about animals and colors.

**WHAT DO YOU WANT TO BE WHEN YOU GROW UP?**

Brooks wants to be an airplane pilot when he grows up, just like his daddy and grandpa.



## ELLIE, TRAVIS & RYAN

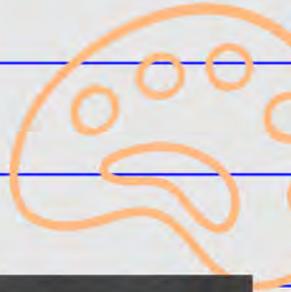
Ellie will be 5 on the 2nd day of kindergarten! She is all about My Little Pony, JoJo and baking! She wants to be "a baker and a teacher" when she grows up.

Travis & Ryan are 9 yr old identical twins headed for 4th grade. Travis's favorite subjects are science & reading. Ryan's favorite subjects are science & art. They both want to be scientists, authors and illustrators when they grow up.

All three are kind, smart, sweet kids with lots of hugs for all their loved ones. They enjoy swimming, going for atv rides around our property, visiting with MawMaw and Grammy, and helping Mom raise our chickens!



# COVER CUTIES



## JONAH, REESE & RYAN

Jonah (3) loves his half-siblings so much! They are his world. Reese (13) and Ryan (10) simply light up his life with their sweet, loving spirits and hearts of gold.

Jonah's favorite subject is music, which has helped his speech and language development soar! He also loves animals... rawr!

Reese is a natural with littles and wants to become a Speech-Language Pathologist one day (like her mom!) to help kids learn.

While Ryan is also inherently great with kids, he loves to learn how things work and says he sees engineering in his future (if he can't major in video games!)



## JENSEN

Jensen is 3 years old and loves to do anything outside with his dad. He loves to ride his scooter and loves all the adventures. He wants to be a garbage man.



## GRANGER

Granger is 1 and he loves food and his dogs!!! He loves to play with any kind of toy you give him!



## LEVI

Levi is a sweet 3 year old boy who loves to eat pizza, play outside and take care of his baby sister. He loves to help cook and enjoys going to grandmas pool.

**FAVORITE THING TO DO:**  
Play puzzles

**WHAT DO YOU WANT TO BE WHEN YOU GROW UP?**  
A King!



## AVA & ELI

Ava is a sassy four year old who loves playing with her baby dolls, singing along to Frozen tunes, and most importantly, loves taking care of her little brother! She loves story time and practicing her alphabet! When she grows up, Ava wants to be a teacher like her mama.

Eli is one and a half and loves monster trucks, tools, and dinosaurs. He loves learning new things from his big sister like how to count and the ABC's. When Eli grows up, he wants to be a train conductor.



## BRAYDEN

Brayden will be 2 years old in September. He loves cars, playing outside, and his two dogs. He also loves to color. He gives the best hugs and kisses! He's such a sweet little boy!



## KATY & BELLA

Katy is a 5 year old diva who loves big bows and swimming. Bella is a 5 year old firecracker who loves her dog, Princess and Jojo Siwa. Both girls cheer for Needville ACE in Needville, Texas.

Katy wants to be a hairdresser or a dentist and math is her favorite subject. Bella wants to own her own business and art is her favorite subject.



# BACK 2 Homeschool Tips & Traditions

By: Kerrie McLoughlin

Sure, homeschooling is a bit different from brick-and-mortar school, but some things are similar. Here are some things to consider when you are getting your child ready for a new school year at home:

## 1. Set a start date.

It's important for your entire family to know when school is starting. Vacations and events should be scheduled around the first day of homeschooling.

## 2. Go back-to-school shopping.

While some virtual schools will provide needed supplies, your kids will enjoy some new things to call their own. Let them choose something like a colorful fabric bin to keep all their homeschooling goodies and projects in, or a new set of markers or special notebook. If your budget allows, this is a great time to update their wardrobe with a new outfit or two.

## 3. Plan some freezer meals.

You'll want to focus on figuring out the routine and rhythm for your kids and for yourself. Having some freezer meals (or the pizza delivery place on speed dial) ready to go, will save your sanity and help you focus on the lessons each day during those first few weeks.

## 4. Plan some extracurricular, active and social activities.

Add in plenty of time to play and socialize during the school year by putting events in your planner or on your calendar so the kids can look forward to them. Plan some field trips with other families or groups so your kids can meet up with other homeschooled kids while you get some time to meet other homeschooling parents. (This might look different at the beginning of the school year, keeping social distancing in mind.)

## 5. Review the curriculum ahead of time.

Take some time to check out the curriculum so you are prepared to teach the first week of lessons. Fill in a lesson plan book for the first week to set your mind at ease.

## 6. Start the day right.

Prepare a special breakfast to get that brainpower going for the whole family.

## 7. Don't forget to take a first day photo.

The photo of the first day of school is always one to treasure and look back on with fondness.

## 8. Celebrate the first day of school.

You might want to go a little bit light and ease into your first day of school, which is a wonderful benefit of homeschooling. After you're done for the day, consider going out for ice cream or heading to a park so you can all blow off some steam.

## 9. Finally, have your students keep a journal for the year.

This can be an inexpensive spiral-bound notebook or something fancy your kids create and decorate themselves, but the point is to try to jot something down daily throughout the school year. Even little ones can draw a picture of how they are feeling or of something they did that day.

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## Childrens Lighthouse Learning Center

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Cinco Ranch 281-395-4466  
Clay Rd. 281-492-2688

## Club Z

www.ClubZTutoring.com  
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## Counter's Tutoring Connection

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## Texas Young Autism Project

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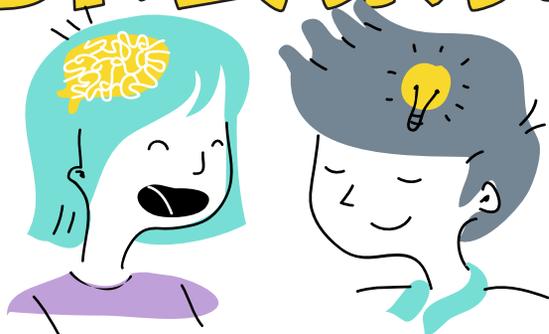
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# 8 QUICK BRAIN BREAKS!



Whether kids are doing school virtually, or just have a tough afternoon of homework, taking a quick break occasionally not only relieves stress, but will refocus the mind to complete tasks as needed. Here is a quick list of ideas for when they just can't stare at that screen any longer.

## 1 SHAKE SHAKE SHAKE

(For those of you over 40, I apologize for the ear worm!) Get up a dance! 5-10 minutes of dancing is a great way to release tension.

## 2 OM

Learn a few yoga poses and stress relief is at the tip of your fingertips...with your legs behind your head, of course!

## 3 JUST BREATHE (THERE'S AN APP FOR THAT!)

Teaching kids how to slow down and just take some deep breaths helps clear the mind. You can use an app to guide you, or just turn off all the noise, slow down, and breathe.

## 4 FEED THE BELLY

Being hungry can be very distracting. Taking a (healthy) snack break when the tummy starts to rumble will help refocus the brain on more important tasks.

## 5 JUMP

Just a few minutes of vigorous physical activity gets the blood pumping. Jumping jacks, jumping on the bed, or jumping on the trampoline will all do the trick. So, go ahead and jump! (there I go with the ear worms again!)

## 6 IMAGINATION STATION

Color, paint, sidewalk chalk- let the brain loose to create a masterpiece!

## 7 PLAY BALL

Shoot some hoops, play fetch with the dog, or grab a tennis ball for some Wall Ball. Again, the specific activity isn't as important as activity itself.

## 8 LISTEN UP

Music is a great stress reliever. Tune Alexa to your favorite station or genre, and sit back and relax. Singing along is even better!

This school year is going to be hard on everyone, kids and parents alike. By staying focused on what you can control and making the best of a not so great situation, your whole family will benefit. Join the kids for these mental breaks and feel the stress melt away.

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# HAPPINESS

**“FOR EVERY MINUTE YOU ARE ANGRY YOU LOSE SIXTY SECONDS OF HAPPINESS.”**

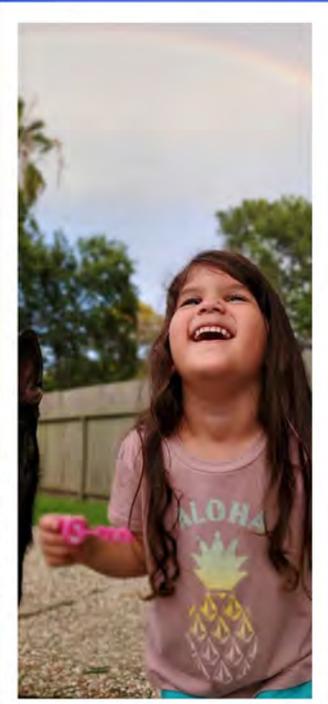
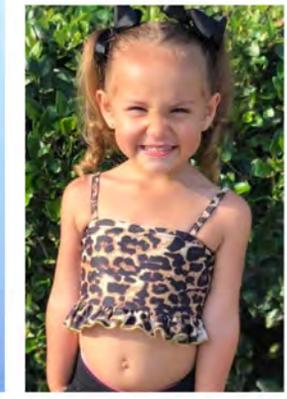
**RALPH WALDO EMERSON**

Now more than ever, we need happiness in our lives. Times are hard, people are angry about what is going on in the world, and worried about the future. Spread some cheer with these 15 simple ways to make happiness happen!

- ♥ Watch funny animal videos with your kids
- ♥ Blow Bubbles in the front yard and wave to everyone that drives by
- ♥ Sing a silly song to everyone in your house
- ♥ Throw everyone’s pj’s in the dryer for 10 minutes before they put them on
- ♥ Dance like no one is watching, while they are watching
- ♥ Put bubbles in the kids bath
- ♥ Do a family skit – record to share
- ♥ Compliment a stranger
- ♥ Take flowers to a neighbor
- ♥ Leave a nice note for a server
- ♥ Grocery shop for a new mom
- ♥ Share old photos to give someone a walk down memory lane
- ♥ Call a friend you haven’t talked to in awhile
- ♥ Compliment someone on their child’s behavior
- ♥ Smile- it’s contagious!



# HAPPENS DAY! 8/8/20





August 12<sup>th</sup>

# National Middle Child Day!





# 10 ways to make your middle child feel extra special.

- 1) Make their favorite meal or let them choose their favorite take out dinner.
- 2) Share a story that is just about them- the day they were born, when they lost their first tooth, etc...
- 3) Play a game together- just the two of you.
- 4) Buy them something new just for them (no hand me downs).
- 5) Take them out for a treat.
- 6) Write them a letter telling them how special they are to you.
- 7) Read a book together.
- 8) Point out characteristics they got from other family members to help them feel connected.
- 9) Take time to learn about their hobbies and interests.
- 10) Give them a hug and simply tell them how loved they are.



# STAY CONNECTED

## WHILE APART

### Game On!

Play video games with friends. Many games from Fortnite, to Animal Crossing, allow in chat gaming & playing together. Roblox is also a very popular game for kids of all ages!



### Get Physical!

There are several activities you can do together, outside, while keeping a safe distance. Tennis, golf, walking/hiking, rollerblading or biking, fishing, etc... Get creative & get outside.

### Movie Time!

Netflix will allow you to host a watch party with your Netflix subscribing friends where you can all watch the same movie & chat in real-time. This is only supported on Chrome web browsers.



### Make it Fun!

FaceTime, Zoom, Facebook & Google all have ways to video chat with friends & add fun stickers & animations to your screen!



### Playdate!

It's not just for little kids anymore! Host a virtual playdate- you can do crafts, games or even storytime. Older kids can plan their own activities.



### Go Old School!

The CDC has stated that the chances of getting COVID from your mail are extremely low. You can make a "pen pal kit" with stationary, cool pens & stickers with a friend and start exchanging letters.

### Become a Fairy!

Leave small gifts on the porches of families with kids, or your friends. These can include coloring books, crayons, sticker books, etc... Let your imagination run as wild as your budget will allow.



Images by vecteezy.com



**Children's  
Museum  
Houston**

## Daily Virtual Learning Broadcast Schedule

- 10:15 am Mr. O on Facebook
- 11:15 am Storytime (English) on Instagram
- 12:15 pm Educator Moment on Facebook
- 1:15 pm Storytime (Bilingual) on Instagram
- 3:15 pm Toddler Time on YouTube



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- PRESCHOOL GYMNASTICS  
3 (potty-trained) - 5
- BOYS GYMNASTICS  
Kinder - 18 years
- GIRLS GYMNASTICS  
Kinder - 18 years
- TUMBLING  
3 (potty-trained) - 18 years
- CHEER TECHNIQUE  
Ages 3 - 18
- CHEER PREP TEAM  
4th Grade +
- SPECIAL NEEDS  
ages 5 - 18 years



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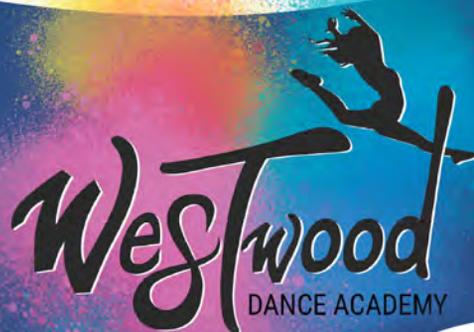
**SPECIAL EVENTS**

**SPECIAL EVENTS WE OFFER**

- AWARD WINNING BIRTHDAY PARTIES
- PARENT'S DAY OUT
- PRESCHOOL PLAY DATES
- DANCER'S DAY OUT
- OPEN GYM
- FLIP FLOP CLINIC
- TODDLER TIME
- SUMMER CAMPS

**TYPES OF DANCE WE OFFER**

- BALLET
- TAP
- JAZZ
- ACRO
- HIP HOP
- MASTER CLASSES
- LYRICAL / CONTEMPORARY
- DANCING TOTS
- BALLET / TAP COMBO
- BALLET / TAP / JAZZ COMBO
- SPECIALTY CLINICS



**23333 TASWELL DR.  
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