



August Newsletter



July 20, 2011
Volume 29
No. 8

Session VIII

**Tuition due by
August 1, 2011**

SUNDAY

August 7, 14, 21, 28

MONDAY

August 1, 8, 15, 22, 29

TUESDAY

August 2, 9, 16, 23, 30

WEDNESDAY

August 3, 10, 17, 24, 31

THURSDAY

August 4, 11, 18, 25

FRIDAY

August 5, 12, 19, 26

SATURDAY

August 6, 13, 20, 27

First day of school pointers:



Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so

you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know a lot of kids in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move. You'll be glad you did and so will your new friend!

Sylvan Back to School Referral program

Here is a fast and easy way to add extra hours to your tutoring schedule absolutely free!

For the month of August refer a friend to Sylvan! If they sign up for at least 1 month, your child will get an extra 6 hours of free tutoring!



Moving Up to Middle School?

For a kid, going to middle school is often a big change:

- First, it often means moving to a new building, which takes some time to adjust to.
- Second, it may mean taking a different bus, with different students.
- Third, the friends you made in elementary school may end up going to different middle schools.



Other things that probably will be different are the teachers and the work. Have you heard rumors that middle school teachers are really mean and the homework is really, really hard? Oh, dear. We've heard those, too, but they're generally not true. Yes, you'll like some teachers better than others, but middle schools are not special breeding grounds for mean teachers! Cont. pg. 2

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Still worried about middle school? Let's talk about how to make the transition and not get too freaked out!

Prepare for Day 1. Read any materials you get at orientation or that arrive by mail in the summer. Are there books you need to read or supplies you have to buy? You'll also want to figure out what time school starts and what time the bus will pick you up, if you take one. Then you can decide what time you'll need to wake up. You also might want to find out when your lunch is. If it's later than usual, you might want to pack a snack. Also in advance, think about what you'll wear. Choose something that you like and feel comfortable in. (High light this line and get 50 tokens!) If you'll be wearing a uniform, try it on to see that all the pieces fit and that they feel good.

Get to bed on time the night before! Try to get a good night's sleep, even if you're so excited you don't think you can sleep. Before bed, lay out all your stuff so you don't forget anything. Set your alarm, but tell your mom or dad when you need to get up in case you sleep right through it!

On the big day, eat breakfast and be brave. Breakfast might seem skippable if you're in a major hurry, but don't cut it out. You'll feel terrible by mid-morning, just when you need your energy and brain power to navigate your new school. On your way out the door, take everything you need and try to remember that this is a big adventure. You might get lost in the halls. Oh well, it's your first day! Check in with friends you know and try to be brave and say "hi" to other new kids. Don't know the kid with the locker next to yours? Say "hello." You'll be seeing a lot of each other this year!

After 1 week, pat yourself on the back. When you've been at your school for a whole week, it's time to give yourself a round of applause. You've probably absorbed a ton of new information all in a short time.

Bento Box Recipe, Eek! A Mouse!

Pink mouse:

- 1 slice ham or bologna
- 1 sheet nori



1. Trace circles or use circle food cutters to make the mouse's head and ears out of sliced meat.
2. Use a hole punch to cut 3 dots out of nori for the eyes and nose. Cut out whiskers with scissors and apply. Put pink mouse into the bento box once everything else has been arranged.

Sautéed Basil Tomatoes: about 1 tsp extra-virgin olive oil
1 tsp minced onions, a pinch garlic salt, to taste, 3 to 5 cherry tomatoes, 1 chopped basil leaf

1. Heat oil in a skillet on medium-high heat. Add minced onions and sauté 1 or 2 minutes. Season with garlic salt.
2. Stir in tomatoes, tossing and cooking until skin starts to loosen. Add basil and cook until soft. Remove and let cool. Place a food cup into the bento box and fill it with the sautéed tomatoes.

Garlic Asparagus:

- 1 tsp extra-virgin olive oil
- 2 asparagus stalks
- pinch of garlic salt

1. Peel bottoms of asparagus stalks. Heat olive oil in a skillet over medium heat. Add asparagus and sprinkle with garlic salt. Continue cooking 3 minutes or until just tender.

Complete one activity correctly and win 50 tokens!

This activity is for ages **8 years old and younger.**

Put in alphabetical order:

- 1. _____
- 2. _____
- Books
- School
- Teacher
- Folder
- Arithmetic
- Social Studies
- Report Card
- Report
- Essay
- Thesis
- Assignment
- Recess
- Art
- Language Arts
- Notebook
- 15. _____



This Sudoku puzzle is for ages **9 years old and up.**

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5