

Today's Family

A SPECIAL 8-PAGE
SUPPLEMENT OF



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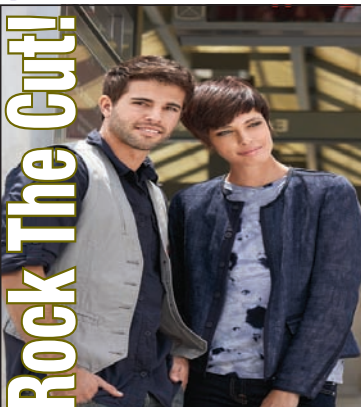
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What's Going on This Month

Some great things you and your family can do this month in the capital region.



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How to Pick the Best Private School

By Blythe Grossberg, About.com Guide

With public school funding being cut across the country, many parents are considering enrolling their children in one of the over 30,000 private schools in the US. The decision about which school to choose can be taxing, as the average private school costs about \$18,000 (and the tuition at boarding schools can be closer to \$40,000). Parents need to choose a private school wisely. There are some basic steps that parents can follow in looking for the best private school for their child, including making a list of schools, hiring a consultant, and going on interviews and tours.

In addition, here are some questions parents and students should ask when applying to private schools:

• How will the school suit me or my child down the road?

When you visit the school, be sure to consider the years ahead. Find the school that is the best fit for the long haul. Your child will grow and develop in the school, and you want to be aware of how the school will change over time. Does the school change from a caring, nurturing lower school to a demanding, competitive middle and upper school? Gauge the temperature of all the divisions before selecting a school.

• Is my child a good fit for the school?

While you may be tempted to gain admission to the most competitive school possible, be sure that your child is a good fit for the school and that it won't be too demanding—or too easy—down the road. Don't try to shoehorn your child into a school that doesn't nurture her interests and talents.

• Where do the graduates attend college?

Schools generally publish a list of where their graduates attend college. While these lists usually cover many years, they will give you an idea of what kinds of colleges the school has connections with and where you can expect your child to go if she attends the school. Be sure to consider the full range of schools—not just the most prestigious few.

• What are the classes like?

When touring private schools, your child may be allowed to sit in a class and get a sense of the material covered and the tenor of the class discussion. An older child can get a sense of whether the other students seem like her and whether this is the type of environment in which she will feel comfortable.

• What is the work like?

Try to ask your tour guide what the students of your child's age

are working on. That way, you will get a real sense of what the daily academic life is like at the school.

• How will the school work with me and financial aid?

Before you sign a contract with a school, it's worth asking how your financial aid package, if you have one, will work. Don't be afraid to ask a school to stretch out its payments or to match the financial aid offer of another school. Find out more about how to work with your school on financial aid.

Finding Answers to Your Questions

To find the answers to these questions, there are some ways for parents and students to get beneath the surface and really understand what a school is like.

• Look around.

When you are visiting the school, look at the work on the walls and get an idea of what the school values. Be sure to visit classes and try to speak with teachers. Does the school seem to be the kind of place in which your child will thrive? Do the teachers seem capable of bringing out her talents? Do they seem committed to helping children learn?

• Read the school newspaper and alumni publications.

The school newspaper and alumni publications will acquaint you with the school's values and key issues. Reading these publications will familiarize you with the concerns and mood of the current student body and administration.

• Listen to the headmaster.

The headmaster can set the tone for a private school. Try to attend one of his or her speeches or read his or her publications. This research will acquaint you with the values and

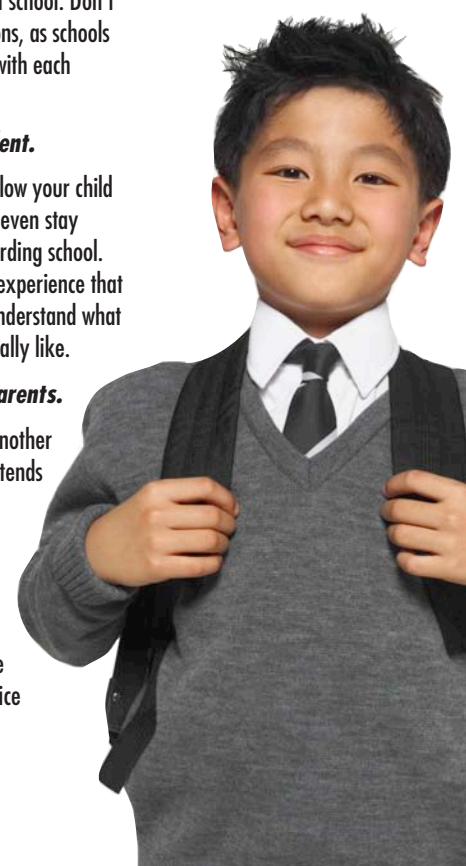
mission of the current school. Don't rely on old assumptions, as schools change a great deal with each administration.

• Shadow a student.

Many schools will allow your child to attend classes and even stay overnight if it's a boarding school. This is an invaluable experience that will help your child understand what life at the school is really like.

• Talk to other parents.

If you don't know another parent whose child attends a school, try asking through friends or ask the school for a reference. Parents will often give you the low-down that the school admissions office won't.



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Baked Salmon with Tomatoes, Spinach & Mushrooms



WHAT YOU NEED

- 4 salmon fillets (1 lb./450 g)
- 2 cups chopped fresh spinach leaves
- 1 cup sliced mushrooms
- 1 tomato, chopped
- 1/4 cup Kraft Extra Virgin Olive Oil Sun-Dried Tomato Dressing

MAKE IT

HEAT oven to 375°F. Place fish fillets, skin sides down, in 13x9-inch baking dish sprayed with cooking spray. MIX remaining ingredients until blended; spoon over fish. BAKE 20 to 25 min. or until fish flakes easily with fork.

kraft kitchens tips: Substitute red snapper or orange roughy fillets for the salmon fillets. Serve with hot cooked rice to round out the meal.

NUTRITIONAL INFORMATION – serving size = 1/4 recipe (163 g), per serving

Calories 200	Sugars 3 g
Total fat 12 g	Protein 18 g
Saturated fat 2.5 g	Vitamin A 20 %DV
Cholesterol 50 mg	Vitamin C 15 %DV
Sodium 240 mg	Calcium 4 %DV
Carbohydrate 4 g	Iron 8 %DV
Dietary fibre 1 g	

Nutrition Bonus
The spinach in this flavourful salmon dish provides a good source of vitamin A.

Smarter Fettuccine Alfredo



WHAT YOU NEED

- 220 g whole wheat fettuccine, uncooked
- 1 cup 25%-less-sodium chicken broth
- 1 Tbsp. flour
- 1/3 cup (1/3 of 250-g tub) Philadelphia Light Cream Cheese Spread
- 2 Tbsp. Kraft 100% Parmesan Light Grated Cheese, divided
- 1/4 tsp. ground nutmeg
- 1/8 tsp. pepper
- 2 Tbsp. chopped fresh parsley

MAKE IT

COOK pasta in large saucepan as directed on package. MEANWHILE, mix broth and flour with whisk in medium saucepan. Stir in cream cheese spread, 1 Tbsp. Parmesan, nutmeg and pepper; bring to boil, stirring constantly. Cook and stir 2 min. or until thickened. DRAIN pasta; return to pan. Add sauce; toss to coat. Top with remaining Parmesan and parsley.

kraft kitchens tips: Flavour Boost Garlic lovers can add 1/8 tsp. garlic powder.

NUTRITIONAL INFORMATION – serving size = 1 cup (250 mL), per serving

Calories 260	Sugars 3 g
Total fat 4.5 g	Protein 12 g
Saturated fat 2.5 g	Vitamin A 6 %DV
Cholesterol 15 mg	Vitamin C 4 %DV
Sodium 470 mg	Calcium 8 %DV
Carbohydrate 45 g	Iron 15 %DV
Dietary fibre 5 g	

Nutrition Bonus
Give your taste buds a treat with this creamy variation of a family favourite. As a bonus, this recipe can be part of a healthful eating plan.

Children and sports: Choices for all ages

Children's sports promote fitness and prevent obesity, but not all children thrive in formal leagues. Help your child find the right sport and venue — school, recreation center or backyard. **By Mayo Clinic staff**

Want to give your child a head start on lifelong fitness? Consider children's sports and other kid-friendly physical activities. With your encouragement and support, chances are a few sports will spark your child's interest. Fan the flame by taking your child to local sporting events and sharing your own sports interests with your child.

Your child is likely to show natural preferences for certain sports or activities. Start there, being careful to keep your child's maturity and skill level in mind.

Ages 2 to 5

Toddlers and preschoolers are beginning to master many basic movements, but they're too young for most types of organized sports. At this age, unstructured free play is usually best. Try:

- Running
- Climbing
- Kicking
- Tumbling
- Dancing
- Playing catch with a lightweight ball
- Pedaling a tricycle or a bike with training wheels
- Supervised water play

Ages 6 to 7

As children get older, their coordination and attention spans improve. They're also better able to follow directions and understand the concept of teamwork. Consider organized activities such as:

- T-ball, softball or baseball
- Soccer
- Gymnastics
- Swimming
- Tennis
- Golf
- Track and field
- Martial arts

Age 8 and older

By age 8, most sports — including contact sports — may be acceptable, as long as your child wears appropriate protective gear. Carefully supervised strength training is OK at this age, too.

Of course, organized athletics aren't the only option for fitness. If your child doesn't seem interested in sports, find other physical activities. Take family bike rides, check out local hiking trails or visit indoor climbing walls. Encourage active time with friends, such as jumping rope, shooting baskets or playing tag. You can even encourage fitness through video games that prompt dancing, virtual sports or other types of movement.

COMPARE THE OPTIONS

If several sports are available in your community, allow your child to sample a range of activities before settling on one or two — perhaps both team sports

and individual sports. When you're comparing sports, consider the:

- Amount and cost of equipment
- Amount of physical contact
- Emphasis on individual skill vs. team performance
- Opportunity for each child to participate
- Amount of time parents and children must devote to the sport

Also consider your child's schedule. Children who are already signed up for music lessons or other activities may feel overwhelmed if athletics are added to the mix. Above all, however, make sure your child really wants to play. Organized athletics have many benefits, but a healthy lifestyle doesn't have to include sports. What's most important is helping your child realize that physical activity is fun.



STAY INVOLVED

As your child tries various sports, stay involved. Consider:

- **Team assignments.** Are the children grouped according to physical maturity and skill level?

- **Coaching quality.** Look for an emphasis on safety and participation. Does the coach require that players follow the rules and use proper safety equipment? Do players take time to warm up and cool down before and after each practice or event? In hot weather, does the coach pay attention to hydration, humidity and temperature? Are children taught proper movement and body positioning? Does everyone

have a chance to play?

- **Coaching style.** Also consider a coach's attitude toward the game. If a coach consistently yells at the children or lets only the most skilled players into the game, your child may become discouraged. Beware of a win-at-all-costs attitude.

Overall, be positive and encouraging. Emphasize effort and improvement over winning or personal performance. Attend events and practices as your schedule allows, and act as a good model of sportsmanship yourself. Whether your child swims, runs track or plays catch in the backyard, keep your eye on the



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Bucket List for Kids: Things to do before they're 12

CATHERINE McLEAN

WINTERTHUR, SWITZERLAND — Special to The Globe and Mail
www.theglobeandmail.com

Have your kids made a mucky slide out of mud lately? How about watched two snails race very slowly? Have they ever eaten a crisp apple plucked right off a tree?

These are some of the 50 things that children should do before they're 11 and three-quarters, according to a new checklist compiled by the National Trust, a charity that looks after historic buildings, gardens and forests throughout Britain.

- | | | | | |
|--------------------------------------|------------------------------------|--|--|--|
| 1. Climb a tree | 11. Throw some snow | 21. Eat blackberries growing in the wild | 31. Hunt for bugs | 41. Plant it, grow it, eat it |
| 2. Roll down a really big hill | 12. Hunt for treasure on the beach | 22. Take a look inside a tree | 32. Find some frogspawn | 42. Go wild swimming |
| 3. Camp out in the wild | 13. Make a mud pie | 23. Visit an island | 33. Catch a butterfly in a net | 43. Go rafting |
| 4. Build a den | 14. Dam a stream | 24. Feel like you're flying in the wind | 34. Track wild animals | 44. Light a fire without matches |
| 5. Skim a stone | 15. Go sledging | 25. Make a grass trumpet | 35. Discover what's in a pond | 45. Find your way with a map and a compass |
| 6. Run around in the rain | 16. Bury someone in the sand | 26. Hunt for fossils and bones | 36. Call an owl | 46. Try bouldering |
| 7. Fly a kite | 17. Set up a snail race | 27. Watch the sun wake up | 37. Check out the crazy creatures in a rock pool | 47. Cook on a campfire |
| 8. Catch a fish with a net | 18. Balance on a fallen tree | 28. Climb a huge hill | 38. Bring up a butterfly | 48. Try abseiling |
| 9. Eat an apple straight from a tree | 19. Swing on a rope swing | 29. Get behind a waterfall | 39. Catch a crab | 49. Find a geocache |
| 10. Play conkers | 20. Make a mud slide | 30. Feed a bird from your hand | 40. Go on a nature walk at night | 50. Canoe down a river |

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Don't stress over college vs. university

THE CANADIAN PRESS

TORONTO — Canadian high school seniors weighing their next steps towards the job market shouldn't stress too much when choosing between college and university.

Both paths are just as likely to lead to a full-time job, statistics show, although college will get students there faster while university will pay more.

The latest statistics show three out of four students will land a full-time job within two years of graduation, regardless of which way they go.

But university generally takes longer and costs more, and college students tend to get more job-specific training.

Dylan Sawyer, a senior at Harbord Collegiate Institute in Toronto, said he's always heard university is "all theory" and expensive — a combination that doesn't appeal to him.

"I much prefer hands-on kind of work," said the 17-year-old, who applied to Humber, George Brown, and Conestoga colleges.

But his classmate, Mugaya Bagambiire, said he'll take on heavy tuition and years of intense study for a crack at medical school.

"I don't know if it will get me a better chance at getting a job, but it'll be a job that I'm interested in," he reasoned.

Even for those focused on the job market, there are no clear answers.

Some of the sectors with the most demand, such as IT and health care, are open to both college and university graduates, noted Byrne Luft, vice-president of marketing for the recruiting firm Manpower Canada.

Students with highly-specialized skills, like those taught in college programs or technical schools, may find work faster "but statistics show you get paid more

with a university degree," he said.

A Statistics Canada report that looked at the employment status of the class of 2005 found 74.3 percent of college graduates landed full-time work two years down the line, compared with 73 percent of university graduates.

But while both types of education will lead to work, the National Graduates Survey showed significant gaps in the median salaries of those working full-time based on their level of education.

College graduates typically earned \$35,000 per year

while university graduates earned \$45,000.

But there were wide variations within each education level, and about a quarter of college graduates earned \$44,300 or more, the data show.

The latest statistics show three out of four students will land a full-time job within two years of graduation, regardless of which way they go.

Bagambiire said among his friends there's still a stigma associated with college.

"A lot of people think that if you go to college, you're going to be working at a lesser job," he noted.

A new ad campaign launched by the Ontario government challenges that image by listing dozens of technical and trade jobs students can aspire to.

John Milloy, Ontario's minister of training, colleges, and universities, said the campaign isn't intended to push college. Rather, it's purpose is to "increase the number of people pursuing post-secondary education," regardless of the institution they choose, he said.

What's more, it's not always necessary to choose between college and university, Milloy added.

"More and more, we're finding students are doing both," he noted, either through established hybrid programs or by transferring their credits.

Sabrina Direnzo, a senior at St. Paul Secondary School in Mississauga, isn't



ruling out a combination of college and university.

The 18-year-old applied for both and hasn't decided yet where she'll go. "I wanted to keep my options as open as possible," she said in an e-mail.

In the end, Direnzo's decision depends more on cost and location than the odds

of landing a job after graduation, she said.

"I'm not too worried," she remarked. "I feel that after I graduate, there will be more opportunities than there are now."

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