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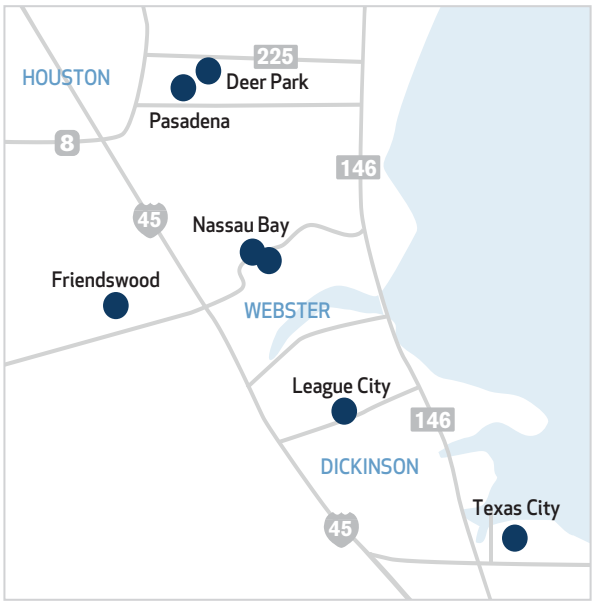

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NOTE FROM THE EDITOR

Another summer is coming to a close. Normally this makes me very sad, but with so many hot 100 plus degree days, I'm hoping for an early fall! So it's time to get ready parents- and we are happy to help you with the Back to School routine. We have lunch box packing ideas, an education guide, and an after school activities directory for ways to keep your kiddos busy after the bell rings.

Kids a little apprehensive about going back to school? Check out our feature article to ease their worries and help give them a can-do attitude.

While we have to do some school prep, don't forget there are still a few weeks of fun to be had this summer! Check our Fun-Time Calendar for lots of ideas.

Have a great August!

Kim

Kim Carlisle, Editor

COVER CUTIE

Peyton

Peyton is 6 years old. She is the youngest of four kids and definitely has the most outgoing personality of the bunch. Her favorite subject is art.

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Encouraging a CAN-DO ATTITUDE ABOUT ACADEMICS

by Heidi Smith Luedtke, Ph.D.

When we look at our children, we see possibilities and potential. We envision growth, learning and success. Even if our kids are struggling right now, the future looks bright from a parents' perspective.

But kids don't always see themselves through the same set of lenses. A recent study by psychologist Kristin Lagattuta, Ph.D., and her colleagues found parents consistently underestimated kids' worries and overestimated their optimism. Being assigned to a lower-level reading group or getting a poor report card may cause a lot of anxiety. Since kids don't have the same skills and perspective as adults, they may not see a way out of their current situation.

BEWARE OF MIXED SIGNALS

Reality TV shows and overnight success stories reinforce the idea that some people have talent and others do not. Psychologist Carol Dweck, Ph.D., calls this a fixed view of ability. Kids who adopt a fixed mindset believe they've already got all the smarts they'll ever have. (How depressing!) These kids choose easy tasks because they don't think they can improve with repeated practice. If they don't succeed right away, kids with a fixed mindset give up. They see failure as proof that they don't have what it takes, not as a signal to invest more effort or try another approach.

Parents may inadvertently reinforce a fixed mindset in their attempts to boost kids' optimism and self-confidence. Statements like "You're so smart!" or "Math is easy for you!" sound positive on the surface. But they suggest kids should not have to try too hard to do well. As academics become more difficult, kids who believed "I am smart" and "School is easy" may begin to question their own abilities. Some kids start to doubt their smarts in elementary school, others lose confidence in college. At any age, the belief that you don't have the right stuff can be devastating.

BUILD A CAN - DO ATTITUDE

You can help your child develop an optimistic learning mindset. Use these simple strategies to help your child set goals, build skills and overcome setbacks. Persistent practice is the key to academic success.

Talk Up Opportunities. Each morning, discuss upcoming events with your child. Share your anticipation about a meeting you have at work. Say "I'll have a chance to present my ideas," or "I can practice speaking in front of a large group." Encourage your child to share her coming events as well. Focus on what you both can learn instead of what you could lose.

Tell Kids Learning is Difficult. A series of studies by French psychologists Frédérique Autin and Jean-Claude Croizet found sixth-grade students who were told learning is hard and failure is common performed better on subsequent academic tests, even after they'd failed to solve a single problem in the initial set. Establish the expectation that learning is a challenge and many students struggle. Remind your child that practice helps build new skills: no one is born knowing how to multiply fractions or how to spell "catastrophe." This relieves the pressure kids feel to prove they're smart already.

Affirm Effort. Instead of highlighting talents and triumphs, recognize hard work. Say "You are such a dedicated student," or "I am so proud that you kept trying when you didn't get the answer right away." These statements buoy kids' self-esteem and encourage them to keep trying.

Take Risks. Kids need to see parents step outside our comfort zones once in a while. Try new things that don't come easily. Learn a foreign language. Run a race. Introduce yourself to new people. Model the kind of courage you want for your child. And if things don't go as well as you'd hoped, zero in on what you learned. Every setback has a silver lining.

Reframe Limiting Beliefs. Your child isn't likely to improve his grades if he believes he failed a test because he's dumb. A specific, situational explanation like "I failed because I didn't understand the vocabulary" or "I didn't use the study guide" moves your child in the right direction. Ask guiding questions like "What can you do differently next time?" to help your child make the switch.

Build Skills. Create a step-by-step plan to help your child develop new skills. Read books or watch how-to videos together. Create opportunities for her to practice in situations that aren't too scary, like rehearsing a speech in front of the family dog. Once she's developed basic skills and confidence, move on to more challenging situations.

Highlight Improvement. Learning is a process. Encourage a growth mindset by commenting on your child's progress, not his grades. Say "You really improved on your math facts," or "Your essay has become much more organized since I saw the rough draft." Use a simple chart to track improvement and remind him of how far he's come. The best confidence boost you can give your child is the belief that he can learn anything, if he puts his mind to it.

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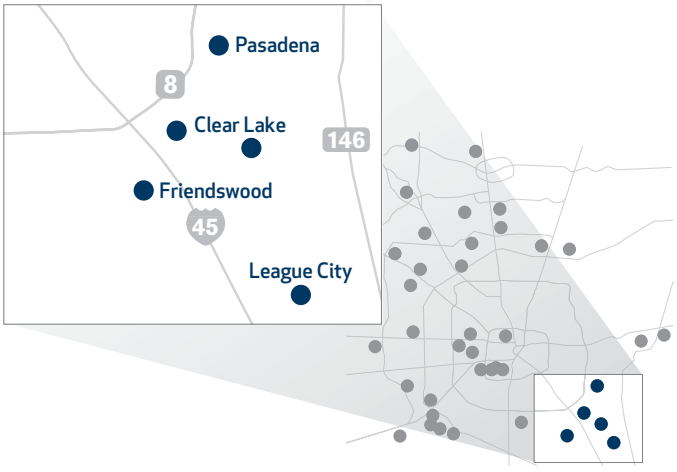

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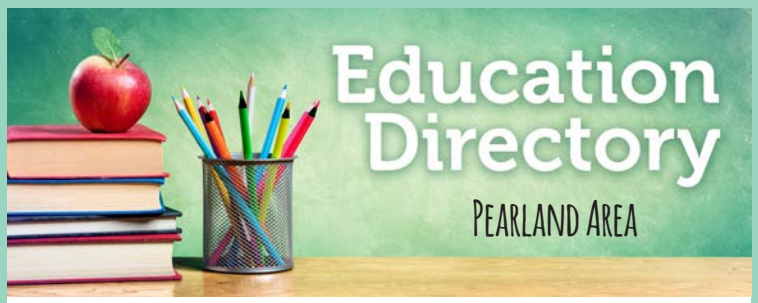

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PACK IT UP!

SCHOOL LUNCH BOX IDEAS

By Tiffany Doerr Guerzon

It's an age old dilemma: how to pack a healthy, inexpensive lunch for school that your child will enjoy. While "brown bagging it" saves money over buying hot lunch from the school cafeteria, kids aren't always excited about a homemade lunch. Try some of the ideas below to give kids healthy and interesting choices, and you'll soon have them eating out of your hand…or rather, their lunch box.

Pack it: Start with a great lunchbox. Current styles often go on sale just after school starts. Soft- sided insulated bags are available and some online stores will even personalize the bag for you. Then, make cleaning up fun by picking up a pack of small party napkins in your kid's favorite super hero or character theme and tuck these into their lunch box instead of plain napkins.

Freeze it: Try an ice pack alternative: freeze a juice box or water bottle and pack with perishables.

Heat it: Hot lunch can come from home if you have a good thermos. Preheat the thermos by filling with hot water, leaving it in at least five minutes, then emptying and filling with something warm and yummy. This could be anything from canned soup to last night's chili.

Stack it: Cut lunch meat and cheese into small squares and pack with your child's favorite crackers and they can stack their own cracker sandwiches.

Roll it: Make roll-ups by rolling several slices of lunch meat together, then cut in half and secure with toothpicks. Or, roll lunch meat around cheese sticks. Either is great with a container of honey-mustard or ranch dressing for dipping.

Dip it: Lots of foods can be dipped, from carrot sticks in ranch dressing to apple slices in peanut butter. Flavored yogurt makes a great dip, too.

Wrap it: Turn their favorite sandwich into a wrap. Large tortillas can be found in a variety of flavors and made into almost any kind of wrap, from PB&J to turkey and avocado. Leftover barbeque beef or teriyaki makes a great wrap as well. Large lettuce leaves can substitute for tortillas, if desired.

Cut it: For the diehard sandwich eater, try using large cookie cutters to cut their favorite into interesting shapes.

Buy it: Invest in small reusable containers for sandwiches, dips, pudding, gelatin, fruit cups and more. It's cheaper to make a batch of pudding and divide it up for lunches, and this also keeps trash out of the landfill.

Write it: A handwritten note from mom or dad in their lunch box makes a kid feel special. From a simple "I love you" to jokes or words of encouragement on test day, a note will let them know you care.

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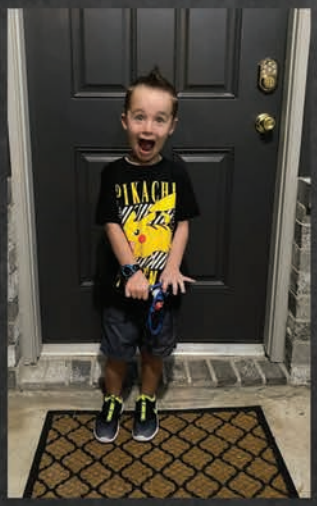

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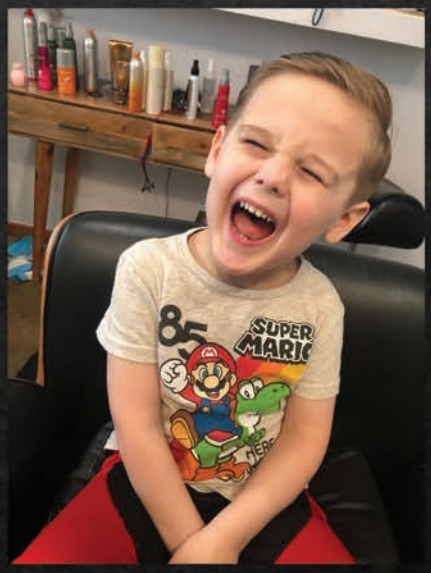

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The Tutoring Center
www.dickinson.tutoringcenter.com
Dickinson 281-337-2800

UHCL Art School for Children and Young Adults
www.UHCL.edu/Childrens-Art-School
281.283.3345

University Cheer
www.UniversityCheer.com
281-991-1417

YMCA of Greater Houston
www.YMCAHouston.org
Perry Family YMCA:
281-338-9622
EA Smith Family YMCA:
281-486-9622

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August

FAMILY FRIENDLY EVENTS

Through August 12
Kids Café-FREE Summer Lunch!
Clear Lake United Methodist Church
16335 El Camino Real Houston, Tx 77062
Sponsored by Clear Lake Buddies and Houston Food Bank. Any Child aged 18 and under. Kids do not need to be enrolled in school or a program to receive meals. No Form of Id is required.
11 am – 1 pm Lunch
1-3 pm Snack
www.clearlakemethodist.org/content.cfm?page_content=calendar_include.cfm&event_id=7170&mm=6&dd=6&yy=2022

Every Thursday at 7pm!
Rock the Dock - Summer Concert Series at Kemah Boardwalk
www.kemahboardwalk.com/events.asp#8

Sunday MakeBreak
Michaels
2-4 pm
www.michaels.com/instoreevents

Aug. 4, 11,18, and 25th
Movies on the Lawn
Baybrook Mall
Bring your blankets, grab your family and friends, and meet us at The Lawn! From fan favorites to newer releases, sit back, relax, and enjoy our awesome outdoor movie nights!
7-8pm
www.baybrookmall.com/en/events/the-lawn.html

August 5, 12, 19, 26th
Show and Shine Summer Nights
Garage Ultimate of Friendswood invites car enthusiasts to join in this car show for all makes and models
7-9 pm
www.garageultimate.com/copy-of-show-shine-june-2022

August 2
FREE Admission at the Houston Zoo
Free daytime admission to the Houston Zoo is provided once a month, on the first Tuesday of each month, from open until closing. Online reservations are required for all guests and members during this time. Tickets will not be available at the gate. Online reservations are required. 9am-5pm
www.houstonzoo.org

August 5
Pop up Storytime
City of League City, Fire Station 2, Hobbs Rd. and W League City Pkwy
We bring storytime to your neighborhood Fire or EMS Station! The first Friday of each month will be at a different station so be sure to check the location. 10:15 am
Designed for age 3-5 and their caregivers
www.leaguecitytx.gov/Calendar.aspx?EID=12809&month=8&year=2022&day=21&calType=0

Parents' Survival Night
Little Gym of Friendswood
Enjoy some much -needed adult time!
Ages 3-12y $35 members, $40 non-members
www.thelittlegym.com/FriendswoodTX/events-more-fun/drop-ins-events

August 6
Movies on the Beach at Stewart Beach
Movie- In the Heights
www.visitgalveston.com/events/movies-on-the-beach

Parent's Night Out
Code Ninjas League City
Roblox, Minecraft, games, pizza, Popcorn, and MORE!
6:30-9:30PM
www.codeninjas.com/tx-league-city/parents-night-out

August 11
Movies on the Beach at Seawolf Park
Movie-The Finest Hours
www.visitgalveston.com/events/movies-on-the-beach

August 13
Nature with Kristine
League City Parks and Recreation
Alphabet Trail 9-11 AM
Held at Dr. Ned and Fay Dudney Clear Creek Nature Center
Nature Scavenger Hunt 3-5 PM
Held at Rustic Oaks Park
www.leaguecitytx.gov/CivicAlerts.aspx?AID=3245

Back to School Bash
Walter Hall Park North Pavilion in League City. Free Hamburgers & Hot Dogs, Free Bounce House, Free Back to school photos, FREE raffle prizes! Vendor Show & Games
We will be hosting a school supply drive as well and are recommending to bring 1 school supply donation per plate of food and 1 per child that will be taking photos.
Each school supply item donated will buy 1 raffle ticket for our vendors free raffles! We are still looking for a few vendors the price is $30 plus 1 item donated. For more information, call Glenna May 409-218-3293

Girls Night Out
Code Ninjas League City
Empowering our STEAM girls to succeed!
www.codeninjas.com/tx-league-city/parents-night-out

Kids Night Out
Reflex Gymnastics
Do you need a night away from the kids? We understand! Our Parent's Night Out is a fully-supervised evening where kids will enjoy fun games, jumping on the trampolines, bounce house and more. Food and drinks are provided. Pre-registration is required. Children must be fully potty trained to attend. Pizza, Games, Bounce House and more!
6-10 pm
$25 members, $30 non-members, $15 additional child
www.pearlandgym.com/events/parents-night-out

August 27
Movies on the Beach at East Beach
Movie- The Endless Summer
www.visitgalveston.com/events/movies-on-the-beach

August 28
Nerf Night
City of Alvin Parks and Recreation
Held at Newman Park. Don't forget to bring your nerf gun!
6-8 pm
Free
www.alvin-tx.gov/page/parks.home

Space City ONGOING EVENTS

Sundays

Bay Area Farmer's Market
11am- 3pm • Baybrook Mall
www.bayareafarmersmarkettexas.com

Mondays

Toddler Time at Helen Hall Library
10:15-10:45 am and 11:15-11:45 am • Wiggles, songs, rhymes, and a story. Ages 1-3 and caregivers RSVP • www.leaguecitylibrary.org

Mondays & Wednesdays

Craft Kits at Friendswood Library
FREE Craft kits are available at the drive-thru window or at the desk in the children's department.
www.friendswood.lib.tx.us

Tuesdays

Preschool Story Time
10:15-10:45am and 11:15-11:45a • Stories, songs, and rhymes. Children will have a short craft time at the end of the program. Ages 3-5 and their caregivers. RSVP • Helen Hall Library
www.leaguecitylibrary.org

Freeman Library Toddler Time StoryTime
10:15 & 11:15 am • Fun stories, songs, fingerplays, bubbles and an activity at the end of each session. We'll meet for 20 minutes each week in the Children's Activity Space. Free tickets will be given out as soon as we open at 10:00 am.
www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library

Evelyn Meador Library Seabrook Twinkle Time Baby and Toddler Storytime
11-11:45
www.hcpl.net/branch/evelyn-meador-branch-library

Seabrook Library
Storytime 9:30 am
Ages 3 and up but all welcome
www.sealib.org/?page_id=2060

Seabrook Library
Lego Club 4 pm
Recommended for school age children
www.sealib.org/?page_id=2060

Bilingual Storytime at Pasadena Library
10:30 am
www.pasadenalibrary.org/upcoming-events?l=&ec%5B0%5D=35

Children's Gardening
Held at Hometown Heroes Park. Gardening is a fun and physical development activity! We will plant flowers, herbs, and vegetables together!
11 am-12 pm
www.leaguecitytx.gov/Calendar.aspx?EID=12861&month=6&year=2022&day=16&calType=0

Tuesdays, Wednesdays & Fridays

Friendswood Library
Toddler Time 10:10
Preschool Storytime 10:45 am
www.friendswood.lib.tx.us/events

Tuesdays & Fridays

Preschool and Home School Open Gyms at Above the Bar
10-11:30 am • Jump, tumble & run on inflatables, TumblTrak, trampolines, rope swings, foam block pit, and pre-school circuits. $10 for first child, $5 for each additional sibling. All Open Gym participants must complete event waiver.
www.abovethebargym.com/open-gyms-friday-night-fun-preschool/

Wednesdays

Craft Kits at Friendswood Library
Pick up these bags filled with fun crafts for 8-18 year olds at our Drive-Thru window or from the Children's Department!
www.friendswood.lib.tx.us

Freeman Library Baby Story Time
11:15-11:45
Baby Storytime Magic for age 0-18 months: Active Early Literacy Through Bounces, Rhymes, Tickles and More
www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library

Dickinson Library Preschool Storytime
10 am
www.dickinsonpubliclibrary.org/children-programs

Babies and Books
10:15 -10:45 am • Tickles, giggles, rhymes, and a story for those who BYOB (bring your own baby). Ages: Designed for birth to walking. RSVP
www.leaguecitylibrary.org

EcoAdventurers
9:30-11:30 am • An in depth study of environmental science topics while engaging the homeschooled student in STEM activities.
$14/program; Non Members $17/program
www.abnc.org/eco-programs

Evelyn Meador Library Seabrook Super Stars Preschool Storytime 11-11:45
11-11:45
www.hcpl.net/branch/evelyn-meador-branch-library

Wednesdays & Fridays

EcoKids
9:30-11:30 am • At ABNC, children have the opportunity to observe nature in action. We encourage observation, exploration, problem solving and creativity (STEM activities). This drop-off program is for ages 3 to 6 years old who are fully potty trained.
$12/program; Non Members $14/program
www.abnc.org

EcoSchoolers
9:30-11:30 am • A hands-on environmental education activities plus STEM challenges for the home school student. Our science activities will help create curiosity and passion for the natural world.This drop-off program is for ages 7-12.
$14/program; Non Members $17/program
www.abnc.org

Thursdays

FREE Visits to Houston Museums
The Museum of Fine Arts, Houston courtesy of Shell Oil Company • 5-9pm
www.mfah.org/visit/visiting-mfah-free
The Health Museum • 2-7pm
www.houmuse.org/visit/the-health-museum
Houston Museum of Natural Science
Permanent Exhibits • 2-5pm
www.houmuse.org/visit/houston-museum-of-natural-science
Children's Museum Houston • 5-8pm
www.cmhouston.org

Pajama Story Time at Helen Hall
6-6:30 pm • Pajama Storytime Put on your PJs and join us for movement, songs, and stories as we wind down for the evening. Ages: 3-8. RSVP
www.leaguecitylibrary.org

Fridays

Seabrook Library
9:30 am
Mother Goose and More! Nursery Rhymes, singing, movement activities, and a simple craft or sensory experience.
Ages Up to 36 months!
www.sealib.org/?page_id=2060

EcoTots
9:30 am • Fun introduction to animals, plants, and other nature topics. Program uses movement, storytelling, art, animal demonstrations, and games to make nature come alive. (ages 18 mos - 4 years. Must be accompanied by an adult) $12
www.abnc.org

Nature Journal Challenge
10am • Nature Journal Challenge Plants, bugs, and mud, oh my! We are exploring everything nature has to offer in our weekly Nature Journal Challenge! This program is virtual on Instagram.
www.leaguecitylibrary.org

Saturdays

Nassau Bay Farmers Market
In front of Erma's Nutrition • 10 am-2 pm
www.facebook.com/NassauBayFarmersMarket

Friendswood Farmers Market
1st Satruday of the month
9 am- 1 pm
www.friendswoodmarket.com

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Pearland ONGOING EVENTS

Sundays

Bay Area Farmer's Market
11am- 3pm • Baybrook Mall
www.bayareafarmersmarkettexas.com

Mondays

Pearland Library Baby Bounce
10:15-11:15 am
www.bcls.lib.tx.us/branches/pea/pearland.asp

West Pearland Library
Toddler Time 10:15 & 11:15 am
www.bcls.lib.tx.us/branches/pws/pearlandwest.asp

Mondays & Wednesdays

Craft Kits at Friendswood Library
FREE Craft kits are available at the drive-thru window or at the desk in the children's department.
www.friendswood.lib.tx.us

Tuesdays

Pearland Library Toddler Story Time
10:15-11:15pm

Pearland Library Toddler Time
11:15-12:15pm
www.bcls.lib.tx.us/branches/pea/pearland.asp

Wednesdays

Craft Kits at Friendswood Library
Pick up these bags filled with fun crafts for 8-18 year olds at our Drive-Thru window or from the Children's Department!
www.friendswood.lib.tx.us

Angleton Library Story Time
Stories, songs, and activities designed for 3-5 year olds. Limit 36. Please arrive up to 30 minutes before the program to get a wristband. 10 am
www.bcls.lib.tx.us/branches/ang/angleton.asp

Pearland Westside Library Story Time
10:15 -11:15 am • Books, songs, fingerplays, crafts, and FUN!
www.bcls.lib.tx.us/branches/pws/pearlandwest.asp

West Pearland Library
Storytime 11:15 am
www.bcls.lib.tx.us/branches/pws/pearlandwest.asp

Manvel Library Preschool Storytime
10:15-10:45 am
www.bcls.lib.tx.us/branches/man/manvel.asp

Brazoria Library Preschool Story time
10:30 -11:30 am • All programs are held outside. In case of inclement weather, programs will be virtual on the Danbury Facebook page.
www.bcls.lib.tx.us

Alvin Library Storytime
10:30 -11 am • Join us on the Alvin Library Facebook page for a story, songs and rhymes for ages 3-6.
www.bcls.lib.tx.us/branches/alv/alvin.asp

Thursdays

FREE Visits to Houston Museums
The Museum of Fine Arts, Houston courtesy of Shell Oil Company • 5-9pm
www.mfah.org/visit/visiting-mfah-free
The Health Museum • 2-7pm
www.houmuse.org/visit/the-health-museum
Houston Museum of Natural Science
Permanent Exhibits • 2-5pm
www.houmuse.org/visit/houston-museum-of-natural-science/
Children's Museum Houston • 5-8pm
www.cmhouston.org

Angleton Library Movers and Shakers
10-10:30 am • A music and movement program for toddlers. Limit 36. Please arrive up to 30 minutes before the program to get a wristband.
www.bcls.lib.tx.us/branches/ang/angleton.asp

Alvin Library Toddler time
10:30 -11 am
www.bcls.lib.tx.us/branches/pea/pearland.asp

Pearland Library Preschool Storytime
10:30-11:30 am
www.bcls.lib.tx.us/branches/pea/pearland.asp

Manvel Library Movers and Shakers
Thursdays • 10:15-10:45 am
www.bcls.lib.tx.us/branches/man/manvel.asp

Fridays

Friday Night Fun at Above the Bar
7:30 – 10 pm • Drop off the kids for a fun time with coach-led, high-energy activities including trampolines, inflatables, and games! Pizza snack is included, but bring a drink or cash for vending machines.$20 for gym members/ $25 for non-members. Walk-ins on Friday evening $30 for gym members / $35 for non-members • kids ages 5 to 14
www.abovethebargym.com/open-gyms-friday-night-fun-preschool

Saturdays

Old Pearland Farmers Market
Always the Third Saturday of the month! At Independence Park under the Pavilion from 9-1. We have amazing local vendors lined up with FRESH produce, eggs, honey, jelly, baked goods, music, food trucks, and so much more!
www.oldpearlandfarmers.wixsite.com/opfm

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