

COLORADO
parent

2016
education **guide**

EARLY LEARNING | SCHOOL DAYS | ENRICHMENT

Schools, Camps & Toys for
Enhanced
STEAM
Learning

WHEN HANDWRITING
ISN'T RIGHT

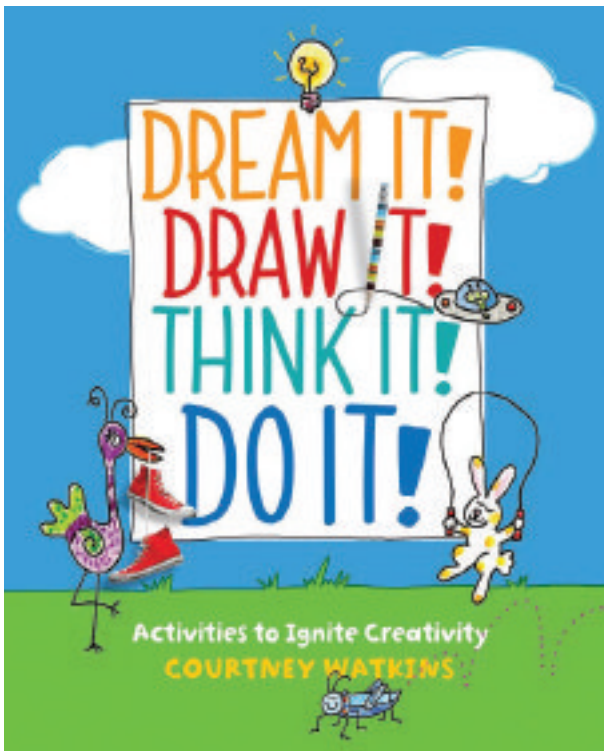
7 TIPS TO
HELP KIDS
REACH
GOALS

Pop Quiz!

5 QUESTIONS FOR THE
COLORADO TEACHER
OF THE YEAR



Helpful Private
School Guide



Ignite Creativity

You might just battle your kids for this book. *Dream It! Draw It! Think It! Do It!* by Courtney Watkins flexes kids' mind muscles through playful, creative (screen-free) thinking activities. Kids will be prompted to draw with letters and numbers, create a new household product, dream up new names for favorite colors, and more, all while improving memory, vocabulary, problem solving, and critical thinking. \$9.99, andrewsmcmeel.com



Educational App for Toddlers

How often does your toddler or preschooler ask to play on your tablet or phone? And how often do you give in? It's so easy to hand over these devices to appease them. But is the content they watch really that educational? KidloLand is a fun and educational app that teaches youngsters (under age five) through interactive songs, stories, activities, and games. Kids learn ABCs, phonics, numbers, nursery rhymes, animals, shapes, colors, and more.

With new content added every month, there is plenty for your child to explore. You can download songs directly to your phone and use the app offline on road trips, flights, or in doctor's office waiting rooms.

Sign up for a free seven-day trial, which provides access to the entire app, or opt for a one-month, six-month or one-year subscription. Some songs, activities, and games are available to try for free. *Subscriptions range from \$5-\$40.* kidloand.com

Fresh, Healthy School Foods

Kids need to power up with healthy school-day foods, because hungry, rumbly bellies can be a major distraction from learning. The Boulder-based Chef Ann Foundation recently launched the #RealSchoolFood campaign to call attention to the need for schools to transition from processed foods to fresh, nourishing meals.

Good nutrition can start at home. Instead of handing out processed energy bars for an afterschool snack, add wholesome ingredients into your child's day with these easy-to-make homemade power bars. Find more recipes at chefannfoundation.org.

Power Bars

Courtesy of Chef Ann Foundation

Number of Servings: 8

INGREDIENTS

- | | |
|--------------------|---------------------------|
| 1/3 cup canola oil | 3 cups puffed rice cereal |
| 1/2 cup honey | 1/2 cup raisins |
| 1/2 cup corn syrup | 1/2 cup golden raisins |
| 2 cups rolled oats | 1 1/2 cup almond pieces |
| | 1/4 cup coconut |

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Grease a 12- x 16-inch pan.
2. Combine the oil, honey, and corn syrup and heat in the microwave on medium heat until warm, approximately 1 minute.
3. In a large mixing bowl combine the remaining ingredients. Toss together and then pour the warm honey mixture over the dry ingredients. Mix to combine.
4. Pour the mixture into the prepared pan and spread evenly. Press down lightly and bake for 15 minutes.
5. Allow to cool completely and then remove from the pan before cutting into rectangles. Store in an airtight container.

