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SPECIAL SECTION: 2020 SUMMER CAMPS & ACTIVITIES GUIDE

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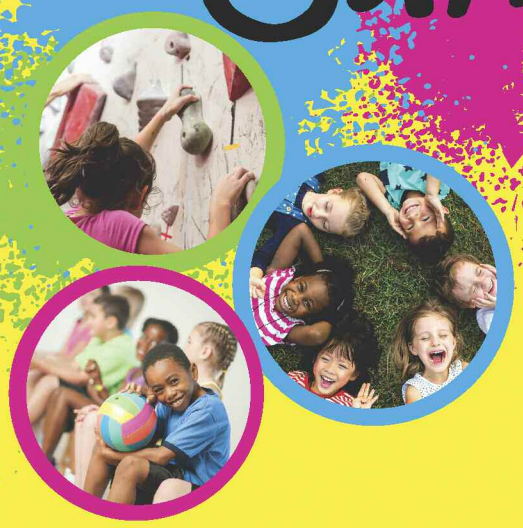
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Saturday, April 4, 2020
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March 2020

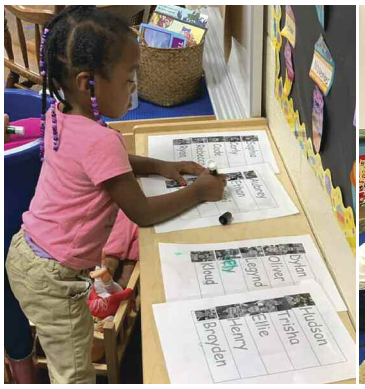
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Choosing a Place to Grow







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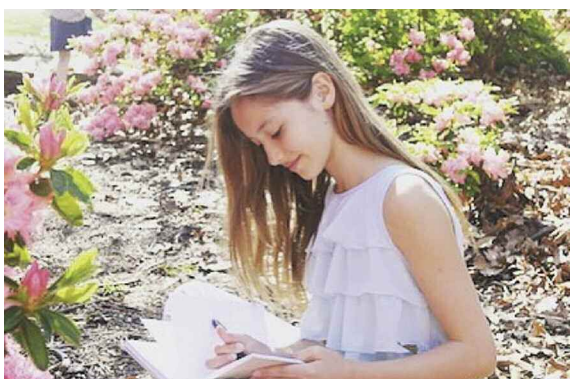
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Preschools Put Kids on the Right Path

Over the years, I've written more than once about my children being preschool drop-outs. It's not as bad as it sounds – or, I should say, at least time has softened the trauma for me.

My son crying all day at Mother's Day Out and my daughter sobbing and clinging to the fence of her preschool's playground are not exactly happy memories for me.

Once my son was ready and I found a place with a very gentle teacher, he did much better. And, I found out that my little 4-year-old daughter was put in isolation in a time-out room until she stopped crying! Of course that made her crying worse. When the teacher asked her why she was crying, she said in her hiccup-y, crying voice, "I…hic, hic,….m-m-m-miss my m-m-mom." Well, who could leave a child with that logic in an isolated room? I quickly found a new preschool.

My youngest did better at preschool, partly due to personality, but I also attribute it to having found a preschool that knew how to handle young children in appropriate ways, and how to engage the many different types of children that came through their doors.

For that, I have to give credit to Patty Banes regarding my two daughters' success at preschool. She was a teacher and later a director at their preschool, and it made all the difference to have a someone in charge who understood early child development and could find teachers who followed her rules and her lead.

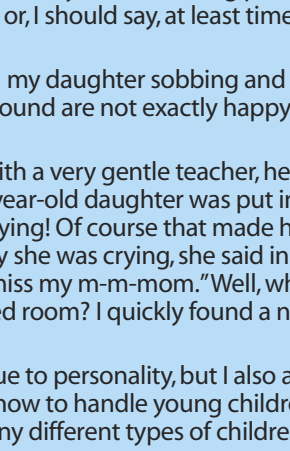
Read our feature article by Danielle Hill about the importance of finding a good preschool and what that should look like. I know from experience that not every pre-K program is great for kids, but if you find one that is, your child will bloom.

And, speaking of choices, it may seem early, but summer will be here before you know it – and you know what that means! You will need to find summer camps and activities. Summer is a great time to expose your children to new adventures or to encourage blossoming skills and interests. Most of you will probably need some kind of child care through the summer. You'll find lots of places to consider in this issue of TulsaKids. Also, if you'd like to meet some camp and program directors face to face, I encourage you to come to the Summer Camps and Activities Fair at UMAC on Saturday, April 4.

And, remember, summer day camps qualify for the Child and Dependent Care Credit if your child is younger than 13 at the end of the tax year if you are sending your child to day camp so you can work. The backyard doesn't count. You'll have to have a camp address and prove that you made payment to a real institution or person.

And, spring break is right around the corner, so many of the summer camps and activities that are listed also have programs during the break.

So, what are you waiting for? Get out your calendar and start planning!



Betty Casey
associate publisher and editor in chief

If you like to read TulsaKids, you may not know that you can watch us, too! Every Thursday morning on Tulsa's Channel 8, the local ABC affiliate, join Editor Betty Casey on Good Day Tulsa for tips to plan your family's weekend and more. Watch Good Morning Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.





ON THE COVER:
COVER KID CONTEST FINALIST SCARLETT DAWN LEIGH HENDERSON IS WEARING A MAYORAL TOP AND TEA COLLECTION PANTS PROVIDED BY **LOLLY GARDEN CHILDREN'S CLOTHING STORE AT UTICA SQUARE.** SCARLETT IS ALSO ROCKING HER "SIGNATURE HAIR STYLE," ACCORDING TO HER MOM.

LESLIE HOYT PHOTOGRAPHY
www.lesliehoyt.com

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TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com
©TK Publishing, Inc. 2020.
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Volume XXXIII, Number 3

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YOUTH PREPAREDNESS CAMP TAKING APPLICATIONS AND SEEKING VOLUNTEERS

Oklahoma Youth Preparedness Camps are taking applications for the 2020 summer camp for middle school and high school students to be held at Northeastern State University, Tahlequah campus, July 12-17. The camp is also seeking adult volunteers who can help during camp as instructors, or with activities, set up and clean up.

Youth Preparedness Camps equip young people to know what to do in an emergency, so that youth will feel safer within their communities and more confident if or when a disaster strikes. Community Emergency Response Training (CERT) offers additional soft-skill benefits such as deterring at-risk behaviors and actions, developing organizational skills at home, in the workplace, and/or at school, improving healthy decision-making skills and supplementing/increasing academic achievement.

The camp is also looking for motivational speakers and sponsorships. The application deadline for youth is June 1, 2020. Team or individual applications will be accepted. For an application or information about becoming a volunteer, contact Roxie.beall@okohs.ok.gov.

PRESERVE YOUR HISTORY AT WILL ROGERS



Alumni and friends are donating engraved commemorative bricks to the new athletic stadium being built on the Will Rogers High School campus. Donors are creating a permanent addition to Rogers Ropers history with the dedications and memories on their bricks.

"We have bricks from all eighty years, the school's first year, 1940, to the present," said Jo Anne Lewis, a director and past president of the Will Rogers High School Community Foundation. "The stories just come to life when you read, 'Miss Will Rogers' or 'Toe-Tappin' Roper.' Some people want to honor a loved one, and some just want to say how much the school means to them, like, 'You Launched Us."

Two bricks honor a legendary English teacher, "Mighty Madge Gibson." Others salute past and current teachers and principals, parents, and siblings who graduated from Tulsa Will Rogers. Some are poignant reminders like "Remembering Our Friendship." Some donors simply want to add their name to the stadium and say, "Ride On Ropers."

The tan-colored bricks are etched, then filled with a glass compound to keep out dirt and moisture. They blend with the masonry in the original school building and in the new construction. Architects designed the stadium to compliment the school's art deco design, which helped place it on the National Registry of Historic Places.

Bricks can be ordered through the Will Rogers High School Community Foundation website, https://willrogersfoundation.net/bricks/. The deadline for ordering is March 31, 2020.

EXPERTS ENCOURAGE ROUTINE HEALTH SCREENINGS

OU Physicians-Tulsa offers an educational opportunity to learn why routine health screenings are important to you and your family.

James Beebe, M.D., board-certified family medicine specialist with OU Physicians-Tulsa, will lead the presentation "Vital Statistics: Health by the Numbers," Thursday, March 5, at OU Physicians South Memorial Clinic, 8005 E. 106th Street in Tulsa. With more than 15 years of experience, Beebe specializes in caring for individuals and families across the lifespan. He currently serves as president of the Oklahoma Academy of Family Physicians.

Regular health screenings often detect potential problems before they arise. Screenings can be the key to prevent a minor or previously unknown condition from escalating and provide needed information to make better decisions about preventive measures.

During this session, participants will gain a greater understanding about health services and screenings that are appropriate for each member of the family, based on age, gender, overall health and family history. Basic screenings can enhance the possibilities for longer, healthier lives.

The event is open to the public and there is no cost to attend. Refreshments will be served at 5:30 p.m., followed by the presentation from 6 to 7 p.m. Space is limited. Contact Karen at 918.660.3098 to reserve a seat.

DISCOVERY LAB BREAKS GROUND ON PERMANENT LOCATION

We know you've been patiently waiting for the new, permanent home of Discovery Lab children's museum and science center. The groundbreaking for the museum was Feb. 21 at the corner of 31st and Riverside next to Gathering Place. The new Discovery Lab is projected to open late summer 2021.

The new 50,000 square-foot Discovery Lab will be a key element of phase two on the south side of Gathering Place and will feature interactive exhibits and content focused on science, technology, engineering, art, and math (STEAM) as well as health and wellness programming and experiences. With over 250,000 visitors projected annually, the museum will serve families and all area schools, in addition to housing and directing programming for the Tulsa Public Schools STEM Center.

MILLER SWIM CELEBRATES 60 YEARS OF WATER SAFETY



FREE WATER SAFETY ASSESSMENT EVENT
MARCH 28, 2:30-5:30 P.M.
6415 S. MINGO ROAD, TULSA
FOR PARENTS AND THEIR CHILDREN AGES 2 YEARS AND OLDER TO BE ASSESSED ON HOW SAFE THEY ACTUALLY ARE IN THE WATER
LED BY TRAINED LIFEGUARDS AND INSTRUCTORS
60TH ANNIVERSARY EVENT
SATURDAY, MAY 30, 2:30-5:30 P.M.
6415 S. MINGO ROAD, TULSA

Miller Swim School is celebrating its 60th anniversary of teaching swim lessons in the Tulsa area. Water Safety and drowning/injury prevention have always been at the core of Miller Swim's classes and programing. The Water Safety Assessment event is a way for Miller Swim to provide important water safety information to parents. There is no cost to attend. The assessment is a public service led by trained lifeguards and instructors.

Using their years of experience and research, the owners of Miller Swim also have developed a water safety program called ThinkSafe to educate families on the most effective ways to safeguard children and adults against drowning.

"Through our ThinkSafe program and our Water Safety Assessment Event, we are making it our mission to help stop the drowning epidemic," Gina Kinnison said.

The ThinkSafe program uses water safety tips, life jacket education, boating information, basic emergency recognition and rescue skills to educate the public in all forms of water safety.

"During our ThinkSafe presentation, we will give you all of the resources you need to keep your friends and families safe in and around the water," Kinnison said. "This free presentation is fun and interactive for children of all ages and groups of all sizes. Our pal Herbie the Hippo comes along to assist with the water safety talks."

Schools and daycares may schedule a ThinkSafe water safety presentation.
For more information or to book a ThinkSafe presentation, call 918.254.1988 or email Jeni@millerswimschool.com.





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BY KILEY ROBERSON

nature babies

When my kids were babies, my husband and I would joke about them having fussiness alarms. Most afternoons, when the clock would strike four, our children would instantly be reminded that it was time to get fussy, irritable, and even refuse to nap when they clearly needed it most. Thankfully, a few activities always seemed to calm them down. The first was taking a ride in the car. Although there was usually some crying over the car seat, they always seemed to calm down after a few minutes. The second was taking a long walk outdoors.

As we would step outside, they would go from angry to enchanted when their senses were hit with all the beautiful colors, smells, sounds and the cool breeze. It was clear to me that getting a little fresh air wasn't just good for adults. Science actually backs up these benefits, especially for babies and young children. A European study published in 2014 found that babies and children who spent more time outdoors actually received a jumpstart on language skills and physical development. From the wind to sunshine to smells both good and bad, babies simply have more sensory information to take in and process outside than when they are in a controlled, indoor environment. That, in turn, promotes early development as babies start to process what contributes to that outdoor stimuli. The physical development of babies has also been proven to benefit from time spent outdoors, especially for those who often observe others running around and playing — proof that those park trips before baby can even walk are still important.



EVEN INFANTS BENEFIT FROM TIME SPENT OUTDOORS.

Regular bouts of time in the natural sunlight can also aid the establishment of good sleep patterns for little ones. According to a 2004 study in the Journal of Sleep Research, babies younger than 13 weeks who slept well at night spent twice as much time in the sunlight as their wakeful peers. The lead researcher hypothesized that's because the outdoorsy infants established their circadian rhythms sooner, helping them fall asleep sooner and stay asleep longer.

As important as it seems to be to get babies outdoors, there are still some precautions parents can take to keep young children safe and healthy.

Avoid large crowds

While it's fine to go out in the yard or to a quiet park, you'll want to try your best to avoid places where there are crowds for the first several weeks of your baby's life. The younger she is, the more immature her immune system, and the more susceptible she is to pick up germs from other people and nearby coughs, sneezes and unclean hands. Once your baby reaches 2 to 3 months, her immune system will mature significantly and you won't need to be as concerned.

Dress for the weather

Before you head out and about, you might be tempted to bundle your baby up in extra layers, or if it's summertime, to put him in a stroller in just his diaper. The general rule of thumb is to dress your baby for the weather—not too hot and not too cold—and add an additional layer. Use your own clothing as a guide. If you're comfortable wearing a T-shirt, put your baby in a long-sleeved shirt, and if you're wearing a sweatshirt, baby may also need a light jacket. Always have a spare blanket on hand to use as an extra layer or to block the sun's burning rays.

When you get home

When you get home from an outing, be sure to wash your newborn's hands, especially if anyone has touched her. It would also be a great idea to wash your own hands, to avoid transferring anything from yourself to the baby.

If health and safety concerns still give pause, rest assured that pediatricians agree most newborns can benefit from time outside. The key is to take a few precautions for young outdoor adventurers, including staying out of direct sunlight, dressing in appropriate layers and avoiding places where people are known to be ill.



MARINE BIOLOGIST FOR A DAY

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Hands for helping

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child abuse network
Stop the hurt. Start the healing.

BY MARY BETH RITCHIE, LCSW

the parents' role on the academic team

If you are a regular reader, you know by now that I'm a third-grade teacher. When I first meet the parents at Back-to-School Night, I try to stress to them that we are a team. The team includes the teacher, the student and the parents. In order to promote the best academic success, all three must do their part to contribute to the child's educational experience and achievement. Most teachers I know are very dedicated to their jobs. As you are surely aware, we didn't choose this profession because of the money or because it's easy. We are genuinely devoted to your children. Students need to work diligently on their assignments and pay attention in class. The teacher has carefully chosen lessons and assignments that will benefit the students. As parents, you may be wondering what is involved in your role.

One of the most important and basic contributions made by parents is to get children to school on time every day. My students with chronic absences, and those who regularly arrive late, are frequently the same students who struggle. A teacher is unable to teach a child who is not in class. When my sons were young, the guideline we followed was that they would attend school unless they were throwing up, had diarrhea or were running a fever.



GOING OVER HOMEWORK WITH CHILDREN AFTER THEY HAVE COMPLETED IT IS AN OPPORTUNITY FOR PARENTS TO BE INVOLVED IN WHAT THE CHILD IS LEARNING AT SCHOOL.

This policy worked well for us. I spend part of the mornings working with my struggling students in small groups. Children who arrive late are missing this instructional time specifically designed to help them become successful.

Another parental responsibility relates to homework. In order to ensure student success, parents need to be sure that homework is being completed. At this age, parents should take the time to review it with their children. One of the main reasons I assign homework is to give the parents the opportunity to see what we are working on in class and to be able to help students when needed. This doesn't mean that parents should be doing the homework for them. I suggest having the child complete homework independently, and then review it. Parents have the opportunity to spot difficulties, perhaps even before the teacher recognizes them. This gives parents a chance to help the child before it develops into a larger problem. I am always disappointed when I have students who regularly get low scores on homework or don't even turn it in. This means parents are not taking advantage of the opportunity I am trying to offer them. Having raised two sons of my own, I do understand the homework struggles. Teachers are not trying to torture families with homework. We are trying to provide parents with the opportunity to contribute to the education of their children.

One of the other things you can do to help your child succeed is to practice math facts. In the lower grades, this may just involve addition and subtraction. In third grade, you will need to be focusing on multiplication facts. Before becoming a teacher, I didn't realize how much this responsibility fell upon the parents. Teachers certainly practice facts in class. However, students really need individual help in this area. A teacher may be working on multiplying by fours in class. Some students may not have mastered their twos yet. Others may be working on sevens, and others may have already mastered their facts. This is why it's so important to work with your children at home. You are able to give your child the individualized focus he needs at the moment.

An additional responsibility of the parent is to support the teacher should behavior issues arise. Teachers are unable to do their jobs well in a classroom with

continued next page

frequent behavior troubles. It is important that teachers possess good classroom management skills. This is part of their contribution. However, some children continue to disrupt class with outbursts and other behavior issues, even in a classroom with excellent classroom management. If a parent is contacted about these types of issues, the teacher is asking you to contribute to the team. Parents are frequently more successful at providing incentives and consequences for children. Teachers are limited in these areas. If the student is misbehaving at school, I can't take away his screen time that evening, for example. Parents need to help set expectations for behavior. I had a student in the past whose parent wouldn't help set appropriate expectations. This parent wouldn't provide any consequences at home. The child continues to disrupt classrooms and face suspensions to this day. The parent has only hurt the child by not working in unison with the child's teachers.

Parents are also responsible for sending children to school well-rested and not hungry. Parents need to be sure that bedtimes are providing the optimal amount of sleep. Free breakfasts are provided at many schools. If parents aren't feeding children in the mornings, they can be sure to get them to school in time for breakfast. Tired and hungry students don't learn well.

Parents can also contribute to their child's education by encouraging a love of reading. Read to your child regularly. Bedtime stories were a favorite part of our evenings when my children were growing up. It is some of the best quality time you can spend with your child.

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BY JULIE WENGER WATSON

USA-BMX boosts local bike community

"When adults get back on their bikes, it's like their first taste of freedom," says Stephen Bruns.

Bruns, a Tulsa surgeon, grew up riding and racing, first in Colorado, then later in Tulsa. When his sons Eli and Noah got their own set of wheels, Bruns rediscovered his passion for the sport.

"For kids from the '60s, '70s and 80s, when they had their bike, that was the first time they were on their own. They could ride to their friend's house. They could go on a trail," he recalls. "When you get back on a bike, it reminds you of that."

Bruns, his boys, and often his wife, Missy, spend considerable time riding as a family, both locally and in neighboring Arkansas. In Tulsa, Turkey Mountain and the BMX Pump Tracks at Gathering Place are two of their all-time favorite places to bike.

Bruns was thrilled to learn that USA-BMX, the national sanctioning body for the bicycle racing sport originally inspired by motocross, would soon be moving its headquarters to town. USA-BMX is the world's largest BMX racing organization, and the new national headquarters, located near downtown, will include a 2,000-seat arena, the headquarters building, and the USA-BMX National Hall of Fame.



ELI BRUNS ON BMX TRACK. PHOTO: COURTESY MISSY BRUNS

Bruns believes the arrival of BMX, along with the existing regional bike networks in cities like Tulsa and neighboring Bentonville, Arkansas, will make the bike scene explode.

"With Northwest Arkansas being the new hub of mountain biking, I think it's a lot like Boulder was in the 70s," he comments. "Having all of those things happening in and around Tulsa is just going to make this area a massive hub of BMX."

Rob Gardenhire is the chief marketing officer for USA-BMX. He believes the new headquarters will inspire Tulsans of all ages.

"For area families and kids already active in the sport, we'll be adding a fourth local track in Oklahoma for them to compete, train and enjoy BMX," Gardenhire says. "In addition, it's a chance for Oklahomans of all ages to experience our National BMX Hall of Fame, which offers patrons a chance to learn the history of BMX racing and freestyle, our Olympic movement and enjoy interactive STEM exhibits."

USA-BMX also has a foundation, which provides educational resources and even college scholarships.

"The work of the USA-BMX Foundation will serve to introduce Tulsa-area students to the sport of BMX through their Read to Ride, Bike STEM and Track Modeling Programs," Gardenhire says. "Through those efforts and our other programs, we'll put more kids on bikes leading to healthier lifestyles and offering kids a positive outlet to engage with our sport."

In addition to all of the great opportunities to watch and participate in the sport, Gardenhire estimates an $11 million impact on the local economy in the first five years, with events, camps, clinics and more.

While all of that is great news for our city, young bikers like Eli Bruns, 13 - who's been on a bike since he was 3 - are just happy for more opportunities to ride.

"I like being outdoors and riding with my family," he says. "I think it's a fun thing to do instead of doing something at the house."

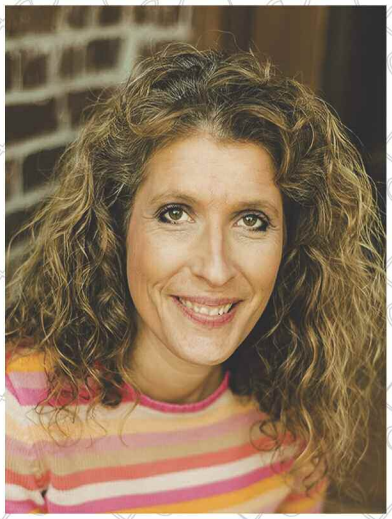
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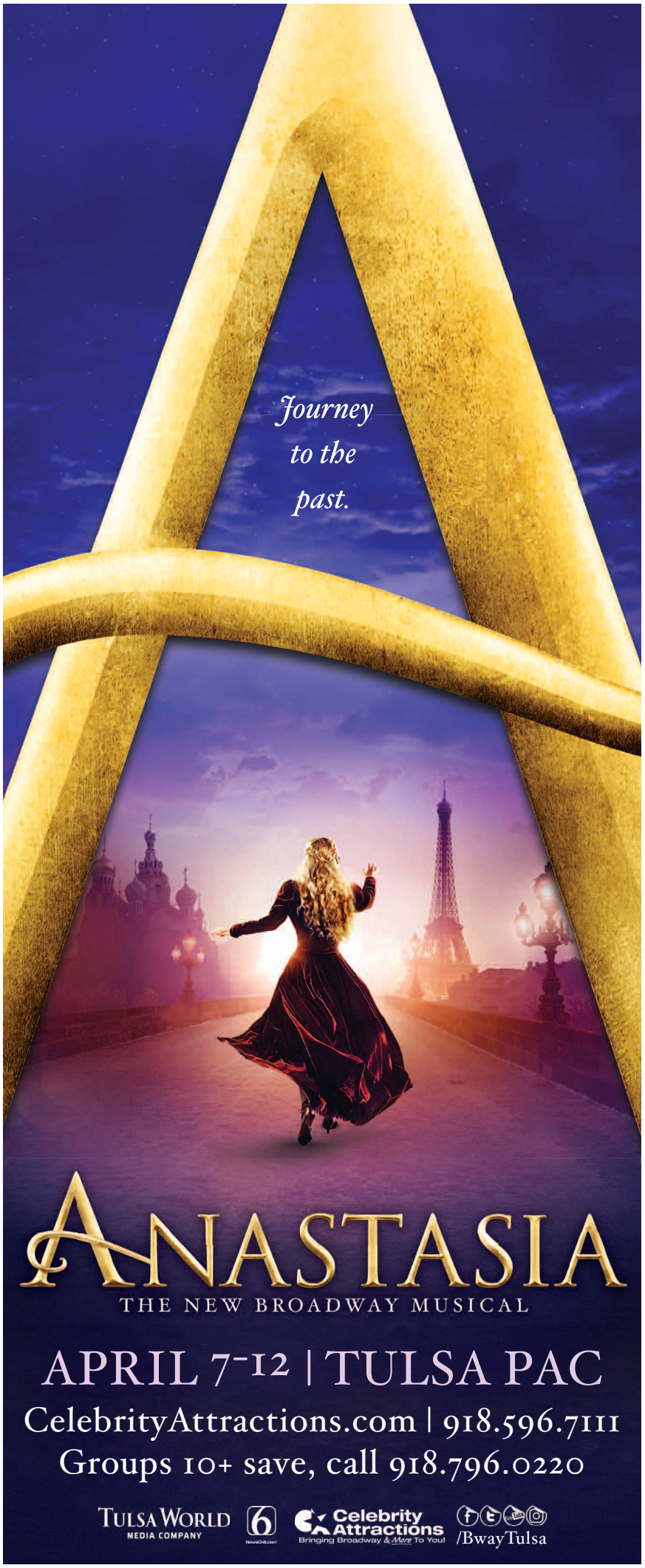
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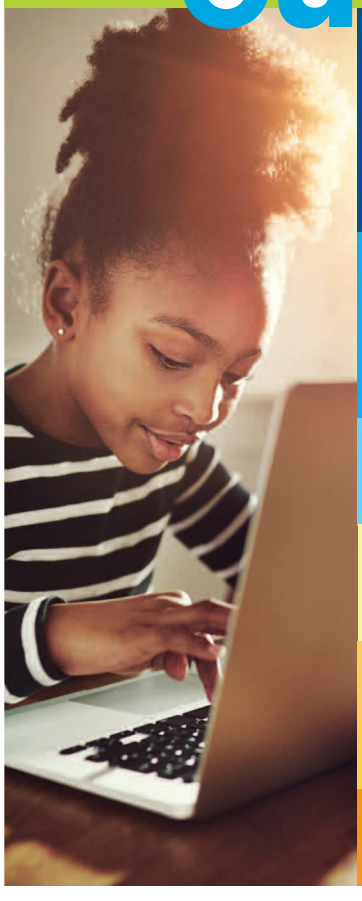
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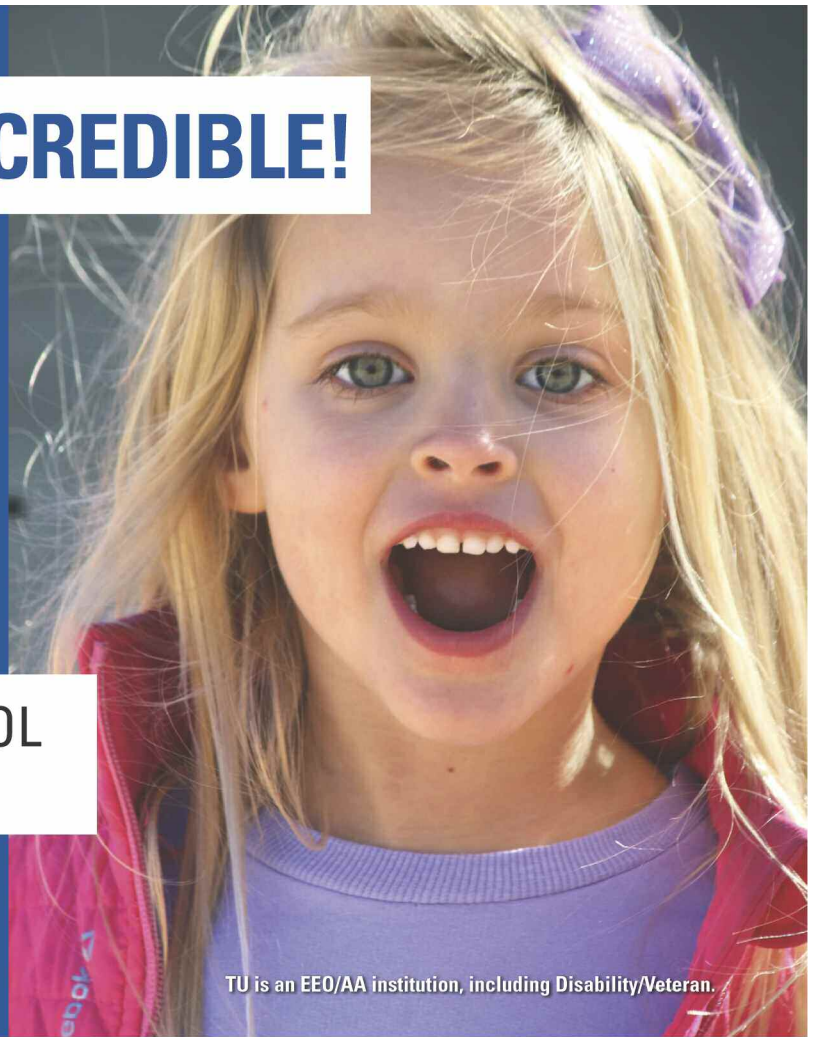
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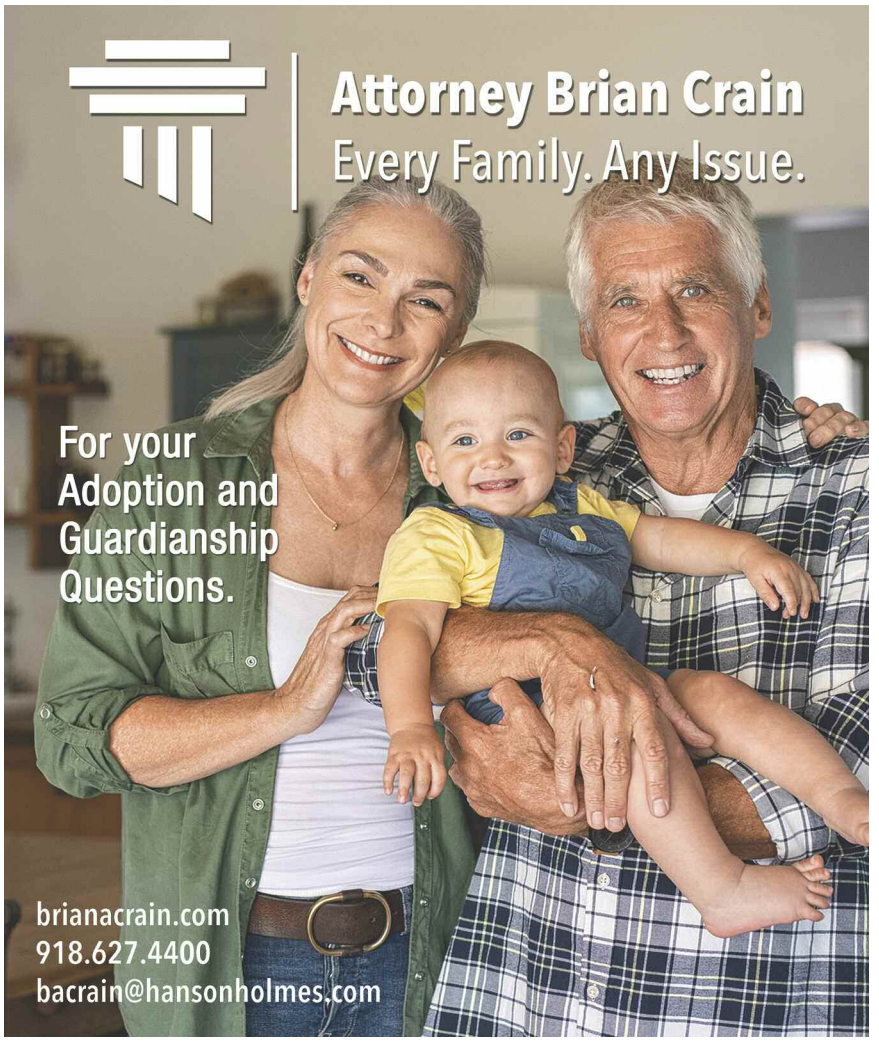
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Preschool:

Choosing a Place to Grow

BY DANIELLE HILL



UNION'S ROSA PARKS PRE-K CLASSROOM FEATURES A KITCHEN CENTER FOR DRAMATIC PLAY.



HOLLAND HALL STUDENTS WORK TOGETHER ON A PUZZLE. LEARNING TO COOPERATE WITH OTHERS AND REGULATE EMOTION IS AN ESSENTIAL PART OF PRESCHOOL LEARNING.



DAILY RITUALS SUCH AS SIGNING IN MAKE STUDENTS FEEL SECURE AND INDEPENDENT AT BROKEN ARROW PUBLIC SCHOOLS' PARK LANE EARLY CHILDHOOD CENTER.



PARK LANE ECC STUDENTS EXPERIENCE DAILY HANDS-ON LEARNING.

Oklahoma parents are fortunate to have fully funded, voluntary 4-year-old preschool for every child. While many parents choose this route, others may choose private preschools or none at all. What do children gain from early learning, and how do parents know that their child's school is developmentally appropriate for young children? Armed with knowledge, parents can make confident choices and be important partners in their children's early education.

According to Dr. Anita Ede, professor of Early Childhood Education at Northeastern State University Broken Arrow, locating a good preschool is essential for ensuring that children are provided with a solid educational introduction that will positively impact their future experience in school.

"Attending preschool is important now more than ever because by the time they get to kindergarten, the expectations are so great—things have really sped up," Ede said.

Although Ede personally is an advocate of play-based learning and does not support the ever-increasing academic demands that are being placed on an age group that is still learning self-help skills, how to share, and how to be empathetic toward others, she believes that high quality, developmentally appropriate pre-K programs are important because they encourage a love of learning in children that continues well beyond kindergarten.

Some of the knowledge that children acquire through preschool and pre-K programs include writing their first name, recognizing and writing letters, knowing letter sounds, and recognizing, writing and counting numerals 1-10.

Ideally, Ede said, "It's going to be a gentle learning that they will receive through playing, listening to good literature and playing in centers."

Three-year-olds also have much to gain from preschool programs that prioritize this type of learning experience. Because many children in this age group are still adjusting to being away from home, Ede says that parents may want to consider starting out with half-day programs or just a few days a week.

In addition to academics, developmentally appropriate preschool and pre-K programs provide young learners with life skills that will benefit them for years to come. As they interact and socialize with their peers and teachers, preschoolers develop the ability to share, show empathy and cooperate with others. They also are exposed to the idea that other people may see the world differently than they do.

At Broken Arrow Public Schools' Park Lane Early Childhood Center, which serves 4- and 5-year-olds in pre-K and kindergarten, helping children learn to effectively and harmoniously interact with others is a goal that all teachers take very seriously.

continued next page

As Park Lane's principal, Dr. Barbara Jones, explained, "Social-emotional learning is a top priority for 4- and 5-year-olds. We focus on helping our students learn to work together by using daily rituals to build classroom community, model empathy, recognize feelings and teach them how to manage their emotions. We use class meetings and make class books to discuss issues and reinforce skills."

Jones also said that teachers recognize that early childhood teaching and learning truly begins with helping children not only to develop positive social skills, but also to develop self-awareness and emotional self-control skills.

"We have learned through research and experience that until a child learns to manage their emotions, it is difficult for them to learn much content," Jones said. "Our focus at the beginning of the year is building relationships and helping children learn how to regulate their emotions."

In addition, Ede notes that preschool is sometimes a child's first experience being away from familiar family members or individuals who typically care for them. With the guidance of their teachers, children learn how to take care of themselves by doing things that often are done for them, such as opening milk cartons, cleaning up after meals, and pulling up and down their own pants after using the restroom. At this age, mastering simple tasks, such as using a tissue, represents a shift toward independence.

"Being able to blow one's own nose is a big deal in preschool," Ede said. "Up until now, Mom has always been there ready with a tissue in hand."

Academics and nose blowing aside, Ede explains that finding a good preschool is essential to establishing the foundation for a positive school experience.

"The primary job of any preschool teacher is to enhance children's disposition toward learning," Ede said. "You want them to enjoy coming to class. If a program is developmentally inappropriate, children will not enjoy coming to school. It is an unhappy place. This turns into a permanent negative disposition toward school that carries on as they get older."

On the other hand, a positive and enriching preschool experience will result in children who are eager to go to school, learn and interact with others.

Choosing a Preschool

So how can parents choose the best preschool for their child and what should they look for in the available programs they consider? Although this decision can be daunting, especially to first-time parents, Ede reminds parents that if they know what to look for, finding a good match for their child should not be an overly stressful or complicated process.

When deciding on a preschool, it is important not to rely solely on word of mouth or information gleaned from websites. Ede recommends that parents visit potential preschools while they are in session, plan to meet with the director and teacher, and observe a classroom. This approach enables parents to ask questions and form opinions of the facility and the faculty while determining if the program will provide a developmentally appropriate and engaging curriculum.

#1. Teacher Certification

First, according to Ede, there is one factor that precedes the others in laying the foundation for a solid preschool program.

"The number one thing that you're going to look for is your teacher certification," she said. "When you have teachers that have no early childhood education at all, they will not know how to spot developmental problems, and this is important because teachers are often the first to notice these."

Often, the preschool years are the time when children are first identified as needing glasses or hearing aids, having autism, or as needing additional support of some kind. Receiving necessary support as early as possible is crucial for ensuring children are able to thrive in school and in life.

Ede also notes that certified teachers are more knowledgeable about proper discipline for 3- and 4-year-olds, as well as what expectations and activities are developmentally appropriate.

"When teachers are not early childhood certified, they do not know how to handle behavioral problems and discipline," she said. "They also are more likely to use discipline methods that are more suitable for elementary-age children, such as time-outs and turn your cards."

This also is likely to happen if a preschool teacher is certified in elementary education rather than in early childhood education. While an education certificate of any kind may seem favorable, Ede asserts that preschool teachers need to be certified to teach in early childhood settings.

"Teachers often revert back to what happened in their own student experience," Ede said. "So, if you have a teacher who is elementary certified and is used to teaching at the elementary level, preschool students are punished rather than taught."

Because children who are between the ages of 3 and 4 are adjusting to the school environment and are still learning many of the social and emotional skills that elementary children already possess, they must be guided to learn acceptable behaviors rather than being sent to timeout to think about something in which they are not yet well-versed.

Due to the impact that proper teacher education and certification has within preschool classrooms, Ede urges parents to always ask the principal or director if teachers are certified in early childhood education (ECE), as some schools do not require teachers to hold ECE degrees.

#2. Curriculum and Perspective on Academics

Next, Ede recommends inquiring about the curriculum and the methods used for teaching. Parents should ask what kind of curriculum the school uses, as some schools use a purchased curriculum as opposed to the preferable teacher-created curriculum.

"When preschools use a purchased curriculum, they are making the assumption that all children in the classroom will be interested in the exact same material being taught in the exact same way all of the time. This does not take into account the diverse nature of classrooms," she said. "In contrast, when preschools hire highly qualified teachers who take all of these things into consideration when planning curriculum, children are more likely to have a positive learning experience."

Ede also suggests asking both the director and the teacher how they address academics.

"I would want to find out if the children are required to sit for an hour and do worksheets," she said. "This is not developmentally appropriate. You really want them to say that the curriculum is play-based because children learn best when they play."

It's also important for parents to find out if teachers use lesson plans to guide their teaching to ensure that children are engaged in meaningful activities that are aligned to standards. Ede says that parents should ask to receive examples of lesson plans, as these should be posted and available for them to view. In the case that teachers do not use lesson plans, or they are not available for viewing, Ede advises parents to take their preschool search elsewhere.

Furthermore, Ede notes that quality preschool programs feature the following elements:

- The use of thematic units that are based on the students' interests
- Classroom centers that are changed on a weekly basis (This not only challenges children but prevents boredom.)

continued next page

• Valuable experiences such as being able to have meaningful interactions with special visitors

• The possibility for field trips

Overall, a curriculum and teaching methods that encourage children to actively engage in learning experiences is preferable.

Pre-K students who attend Union Public Schools' Rosa Parks Elementary School are immersed in hands-on learning experiences every day.

"At Rosa Parks, we incorporate the Reggio Emilia philosophy which allows children to have freedom within limits, discovery through hands-on problem solving, and access to natural materials for imaginative play," said Rosa Parks principal Jackie DuPont.

Classroom environments in which students play a role in their own learning process rather than passively taking in new information is what parents want to see when they visit preschools.

Because preschool is the first true school experience for children, it is of utmost importance for teachers to be flexible with the curriculum, as not all students will enter the classroom with the same knowledge and levels of prior experience. For Vanessa J. Jones, Pauline McFarlin Walter Master Teacher Chair at Holland Hall, differentiating instruction to meet the needs of every learner is an important part of being a preschool teacher.

"I think it is important to individualize, to meet each child where they are," Jones said. "I often have 3-year-olds that start the school year with me reading. I obviously need to do different types of activities with them than with a child who is just starting to learn to name letters. And both are OK! Some children are quick learners and some children take a bit longer."

Working on social-emotional skills also is an integrated part of Holland Hall's curriculum.

"It is essential that teachers prepare children for the world. The foundation of this is a child's social-emotional development. It also seems that schools (not Holland Hall) have a tendency to cut here first; instead, putting the focus on academic skills," Jones said. "When thinking about a child's social-emotional development, traits such as self-regulation, peer interactions, responsiveness and communication are essential for living in the world. I honestly see this as the most critical component of teaching young children."

#3. Student-Teacher Interaction

Being able to observe a classroom and see students actively engaging with their teachers and peers is a major reason why Ede advocates for visiting schools while they are in session.

"You want to see that student-teacher interaction. You can't tell anything when you go after hours," she said.

During the classroom visit, parents will be able to assess their own feelings about the classroom environment, including the relationship between the students and the teachers, and whether or not the children seem to be content and engaged. Ede says that parents will easily pick up on the overall tone of the room as well as the level of responsiveness shown by the teacher.

"You're looking for a teacher that's warm and caring and isn't dismissive when a child tattles for the 100th time," she said.

#4 Physical Environment and Educational Materials

While state-of-the-art equipment and toys certainly can make a preschool seem impressive, Ede says they aren't necessities. In addition to visible cleanliness, Ede advises parents to be on the lookout for the following features:

• Child-sized furniture

• Equipment for centers, including a dramatic play area such as a kitchen or housekeeping center

• Well-maintained playground that includes:

• A full fence

• Safe, appropriately sized equipment (no access to equipment for older elementary children)

• Opportunities for shade

Furthermore, much information can be gleaned from looking at the materials that are readily available for children to use. Ede explains that rather than seeing standard toys that do little to promote creativity, parents ideally should see materials that foster the expression of creativity and the development of problem-solving skills.

"I prefer to see loose parts—a nature center with leaves and rocks for children to investigate—a lizard to care for. I want to see many ways for them to express their creativity. Classrooms should have an art center with diverse colors to choose from so that all children feel valued," Ede said.

Principal Jones at Park Lane shares the same enthusiasm for open-ended materials and environments that foster creativity, and this is evident in Park Lane's classrooms and activities.

"As early childhood advocates and educators, we believe children learn best through meaningful, self-directed play," she said. "We are committed and focused on providing a warm, inviting classroom filled with natural elements and materials that promote student inquiry, imagination, creativity and critical thinking."

Diversity is another important element that Ede believes should be visible in both materials and décor throughout the classroom. For example, the housekeeping center should have dolls with a variety of physical features and skin colors. The same should be true of the classroom's book collection, with diverse cultures, races, ages and other differences represented in age-appropriate books.

In addition, schools should celebrate the diversity that is present among students and their families. At Rosa Parks, for example, teachers ensure that everyone feels that they are valued.

"As a community school, we create ways for families to share their culture and traditions within the classroom," said Principal DuPont.

When children have first-hand experiences that allow them to learn about families different from their own, they begin to establish the foundation for understanding that the world is viewed through more than one perspective.

Of course, Ede notes that the presence of books also is an essential component of any quality preschool classroom, as reading (even when children are still unable to actually read words) and being read to from an early age promotes the development of literacy skills and fosters a love for reading that endures throughout a child's life. Ideally, a classroom should have a reading center with an array of books that are in good repair.

Happy Hunting

While the checklist of elements to look for during preschool visits may seem slightly overwhelming, directors, principals and teachers at any location should be knowledgeable and happy to help parents find the answers to their questions. Ultimately, the effort that parents spend on researching and finding a great preschool for their little ones will ensure that these youngest learners start off their school journey on the right path.



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When: July 20-24 (for grades 1-5, as of 9.1.2020); July 27-31 (for grades 6-8 and 9-12, as of 9.1.2020)
Where: Dyslexia Center of Tulsa, 8988 D-1 S. Sheridan Rd.
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When: Multiple Sessions Available
Where: 901 Teas Trail, Purdy, MO
A Christian summer camp dedicated to providing summer camp experiences to people with special needs, physical or intellectual challenges, and their siblings from throughout the United States. campbarnabas.org

CAMP BRIDGES
When: Multiple Week-long Sessions Available, June 8-August 7
Registration: Due April 30, 2020
Where: The Bridges Foundation South Campus, 1813 N. Ash St., Jenks
A day camp for children and young adults ages 10-high school graduation with moderate to mild developmental disabilities. Participants must be able to feed and dress themselves, follow personal hygiene and participate in group activities. They must be able to follow simple instructions and stay with a group. bridgestulsa.org

CAMP CAVETT
When: July 28-August 2, 2020
Where: New Life Ranch Frontier Cove, Adair, OK
Camp Cavett is for any child ages 10-18+ who has been diagnosed with a life-threatening or chronic illness. cavettkids.org

CAMP CLAPHANS— J.D. MCCARTY CENTER
When: Week 1, June 14-17; Week 2, June 21-24; Week 3, June 28-July 1; Week 4, July 12-15; Week 5, July 19-22
Where: 2002 E. Robinson St., Norman
Camp ClapHans is a residential summer camp for kids with disabilities ages 8 to 18 and is an outreach program of the McCarty Center. Five camp sessions are offered each summer. The camp is located on the center's campus and features two cabins and an activities building that are located next to an 11-acre lake.
Activities for campers include archery, arts and crafts, canoeing, fishing, horseback riding, talent shows and swimming. campclaphans.com

CAMP ERIN TULSA— THE TRISTESSE GRIEF CENTER
When: June 5-7, 2020
Where: Camp Loughridge, 4900 W. 71st St., Tulsa
Camp Erin Tulsa is a free, weekend bereavement camp for youth, ages 6-17, who are grieving the death of significant person in their lives. The weekend camp combines grief education and emotional support with fun, traditional camp activities. Led by bereavement professionals and volunteers, campers are provided a safe environment to explore their grief, learn essential coping skills, and make friends with peers who are also grieving. thegriefcenter.org

CAMP GET CENTERED
When: Multiple Weeklong Sessions Available
Where: The Center for Individuals with Physical Challenges, 815 S. Utica Ave.
Camp Get Centered is a Summer Day Camp for children and adolescents with physical challenges. Camp Get Centered provides weekly camps with various themes each week. Campers must have a primary diagnosis of a physical disability and have independent skills of daily living including feeding and toileting. Camp activities can include adaptive sports & recreation, art, indoor climbing wall, swimming, yoga, group games & initiatives, field trips, and more. The goal of Camp Get Centered is to provide opportunity for youth with physical challenges to increase awareness of and actively participate in recreational and leisure activities, while building friendships and a social network. Scholarships are available. tulsacenter.org

CAMP LOUGHRIDGE AUTISM INCLUSION PROGRAM
When: Multiple Sessions Available
Where: Camp Loughridge, 4900 W. 71st St., Tulsa
Camp Loughridge's Autism Inclusion Program was established to "open up the camping experience to a group of children who were traditionally left out of summer camp programs due to the need for additional understanding of the disorder as well as the need for specially trained summer camp counselors." camploughridge.org

HOPE'S CROSSING CAMP
When: June 1-5, 2020
Where: Camp Loughridge, 4900 W. 71st St., Tulsa
Hope's Crossing Camp is a FREE, one-week summer day camp for kids with disabilities, June 1-5, 2020. Campers' challenges include cerebral palsy, Down syndrome, heart disease, cancer, spina bifida, and scoliosis. Hope's Crossing Camp is held at Camp Loughridge. Activities include canoeing, archery, games, swimming, diving, basketball, soccer, zip line, fishing, arts and crafts, and more. Campers are matched one-to-one with a counselor. Apply at www.hopescrossingcamp.org.

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When: June 23-28, 2020
Where: Cross Point Camp in Kingston, OK
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When: June 19-22, 2020 (Deaf Camps: Children age 6 through 6th grade Deaf Teens 7th through 12th grade. Deaf Special Needs: age 6 through adult.) June 26-29 (CODA Camp for ages 6 through 12th grade)
Where: Oakridge Christian Camp, Anadarko, OK
Loving Hands Ranch is a Christian camp for deaf children, deaf teens, and CODAs. There is a lot of fun to have, friends to make, and things to learn both indoors and outdoors! lhrcamps.com

MAKE PROMISES HAPPEN
When: Multiple Sessions Available
Where: #1 Twin Cedar Lake, Guthrie
A program of Central Christian Camp & Conference Center dedicated to providing outdoor recreational opportunities for individuals with special needs. Serves youth and adults ages 6 and older with any physical or intellectual disability. Camps are offered throughout the year. centralokcamp.org

OKLAHOMA FIREFIGHTERS BURN CAMP
Offers children ages 6-16 who have suffered major burns or disfiguring injuries a place of unconditional love and acceptance. OKFFCB is a five-day summer camp help in August each year. Learn more at okffburncamp.com

OWL CAMPS— NEWVIEW OKLAHOMA
When: July 19-22, 2020 (Tulsa Camp); June 29-July 2 (OKC Camp)
Where: Lake Tenkiller (Tulsa Camp); UCO (OKC Camp)
OWL Camp is two weeks of camp hosting 30 – 40 campers. Camp activities are carefully planned and designed to encourage collaboration, improve confidence, self-esteem, and independence, and challenge societal and self-imposed limits through a variety of indoor and outdoor activities, with a new theme each year! The Tulsa Camp is for youth ages 15-18, and the OKC Camp serves children ages 8-14. nvoklahoma.org

TOTAL SOURCE FOR HEARING-LOSS AND ACCESS (TSHA) SUMMER CAMP
When: July 13-17, 2020
Where: TSHA, 8740 E. 11th St.
A Summer Day Camp for deaf, hard-of-hearing children, siblings and children of deaf adults. Children ages 7-13 may attend. A deaf education instructor leads camps, with volunteers assisting. Sign language and voice communications are used. Volunteers welcome. This year's theme is "Let's Get Cooking!" Activities will center around gardens, cooking, reading/following recipes and much more. tsha.cc

BRAIN Camp

Back-to-School Prep Camp

- **Test Prep**
- **Note Taking**
- **Goal Setting**

...and much more!

July 2020

Students grade 1 - 5, **July 20-24**
Students grade 6 - 8 or 9 -12, **July 27-31**

DYSLEXIA CENTER OF TULSA

Register at *dyslexiatulsa.com*
918 - 313 - 5518

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hope's crossing CAMP

FREE Summer Day Camp for Kids with Disabilities

June 1-5, 2020, 9am-4pm

- Swimming
- Canoeing
- Archery
- Fishing
- Arts & Crafts
- Basketball
- Soccer
- Zip Line

And more!





Each Camper has their own Counselor!

www.hopescrossingcamp.org
918-855-0817



SUMMER CAMPS FOR KIDS 2020

WEEK 1: June 1-5	WEEK 4: June 22-26	WEEK 7: July 20-24
WEEK 2: June 8-12	WEEK 5: July 6-10	WEEK 8: July 27-31
WEEK 3: June 15-19	WEEK 6: July 13-17	WEEK 9: August 3-7

For more information, please call 918-494-1671 or visit saintfrancis.com/healthzone.

HealthZone at Saint Francis

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BY NATALIE MIKLES

the McGhee family: making it work

For working parents with children in school, the time with their children (and each other) is slim.

Between pickups and drop-offs, after-school sports and activities, homework and dinner, families often struggle for quality time.

One Tulsa family came up with a plan to quite intentionally regain some of that family time.

Dr. Jonathan and Cindy McGhee are both business owners with demanding jobs. Last year as they were looking at options for office space, they made the decision to find space that would most benefit their family.

They found office space that's a mile from their home and five miles or less from their children's schools. And that office space is just a few feet from each other. The door to Cindy's business, NextGen Tax Services, where she works as a CPA, founder and managing director, is right across the hall from Jonathan's primary care medical office, EssentialMD.

When we spoke to the McGhees by phone, it was while they were in the car line, dropping off their children, 9-year-old Jaden and 12-year-old LJ, at school. Taking the kids to school together and then driving to work together is one of the ways the family has been able to stretch their family time.



DR. JONATHAN MCGHEE AND CINDY MCGHEE CREATED AN OFFICE ARRANGEMENT THAT GIVES THEM MORE FAMILY TIME.
PHOTO CREDIT: JCI CREATIVES

Depending on their work schedules, there are times – like during tax season – when Jonathan does more of the pick-ups and drop-offs, and other times when Cindy is more available. The children sometimes come to their parents' offices after school to do homework until their workdays are over.

"When you're the owner of a business, it involves so much time. It becomes a family business," Cindy said. "Last year when we were moving in, there were office chairs that had to be put together. All four of us were doing it. I don't know that my staff knows that my 9- and 12-year-olds helped put their chairs together."

Jonathan said they have also gained more time together as a couple. Whether it's to have lunch together or just a quick walk across the hall to check in to see how the other is doing, they are able to see more of each other than when Cindy was closer to downtown.

It's always been important for the McGhees to show their children how important they are to them. But working 25 minutes away from the school meant that it was hard to get away from the office to make it to school plays and activities during the day.

"I believe if you want kids to value school, it's important to show up. To be present at school with them when there's a Valentine's Day party at school, you name it, there's opportunity there," he said

And Jonathan knows his family is also lucky to have the help of family, including his parents, who are able to help with childcare and be there for the children.

When Jonathan decided to open his own medical practice, it was so he could reach patients as a direct primary care physician, a type of concierge medicine where patients are not billed through traditional medical insurance, but rather pay a monthly fee for access to individual care, labs and treatment plans. Owning his own practice has also allowed Jonathan to set his own hours.

"I intentionally don't open the office until 9 so that I can do kid management, so that I can be available to them," he said. "The kids know they matter."

Because Jonathan and Cindy both work long hours, it's important to make time for each other. Jonathan said Cindy is good about creating a schedule and

continued next page

making intentional family time for them.

"We schedule things for work. If I have an appointment on the calendar with a client, I'm going to keep it. So I try to apply that same philosophy to family time," she said. "My most important 'client' is my family."

Cindy said if the time isn't scheduled, family time can end up being pushed aside. For those times together, they watch movies and play card games. If the children have met the goals set by their parents, such as making their lunches, they get to pick something fun to do, like going bowling, riding go-karts or going out for ice cream.

One thing both Cindy and Jonathan are aware of is making sure that the kids don't spend so much time at their offices that it becomes something they dread.

"We don't want to torture them by making them come to the office all the time," Cindy said.

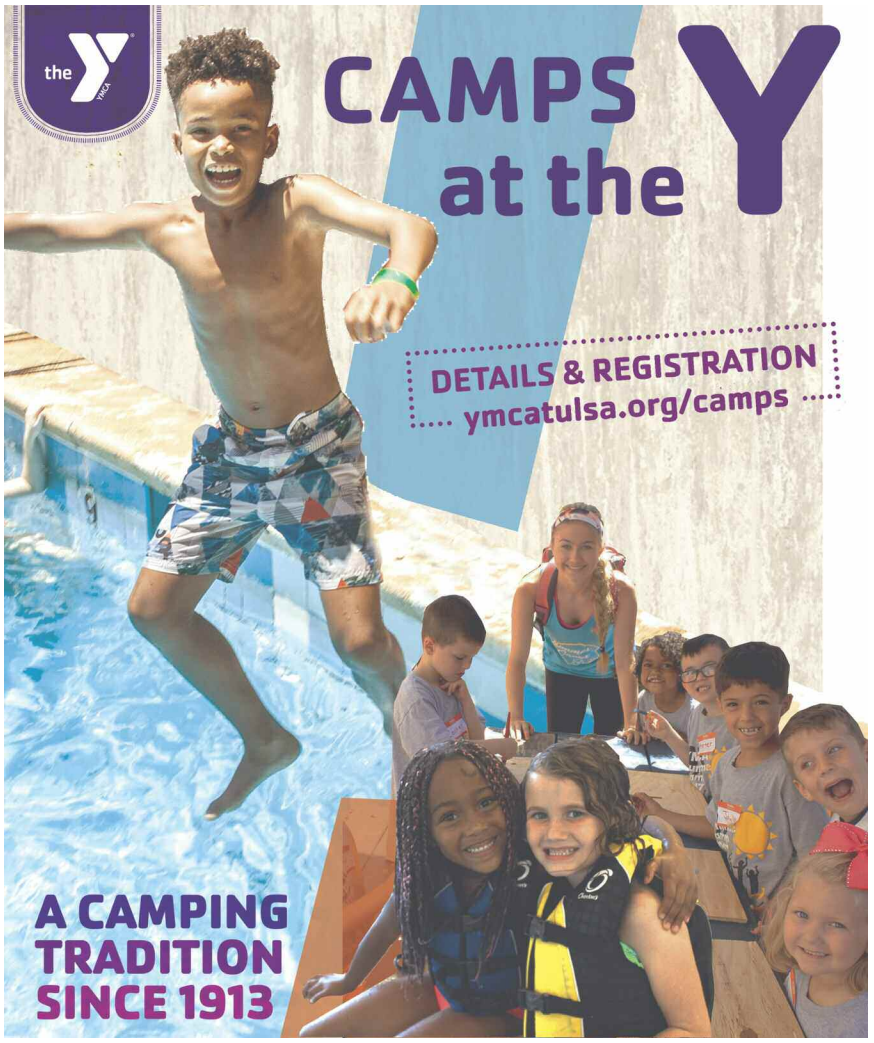
Jonathan said he talks to the kids about becoming entrepreneurs or business owners one day, and he wants to show them the joy that can come from work. One fun and simple way they've done that is by keeping treats for the kids at the office.

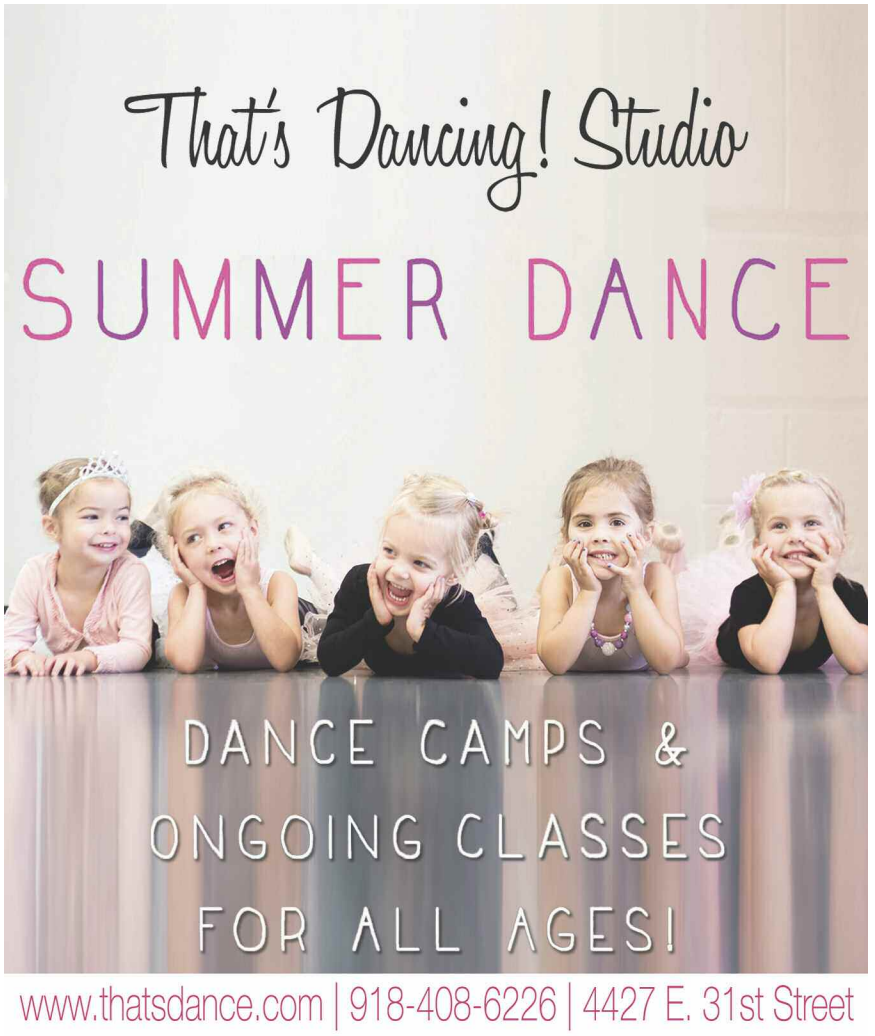
Jonathan and Cindy have also found that working across from each other has allowed them to bring business to each other. There are times when they're circulating dollars through the building, with Jonathan's patients walking over to talk to Cindy about their taxes and vice versa.

For now, working just feet from one another and a mile from their house is as close to perfect as it gets, and taking the time to design this plan that works so well for the family has been worth it.

"We have a really sweet setup," Cindy said.







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Strength, Agility & Conditioning
Tennis
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Volleyball
Performing Arts



CH Summer Camp 2020

Receive expert instruction by Cascia's faculty and varsity coaches on our school campus. Students from all schools are welcome. Join the fun!

Cascia Hall
2520 S Yorktown Ave, Tulsa, OK
918.746.2600
Register at www.casciahall.com/camp

CASCIA HALL PREPARATORY SCHOOL
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SUMMER CAMP AT GILCREASE

Summer Camp at Gilcrease Museum is an adventure in creativity and fun as students ages 5-13 explore art, history, culture and the beautiful Gilcrease grounds. It is a time for learning, making new friends and discovering the artist in us all.

Camp Registration
Member registration begins March 2.
Not-yet member registration begins March 16.

Register at gilcrease.org/summercamp.

GILCREASE MUSEUM
Thomas Gilcrease Institute of American History and Art

The University of Tulsa is an equal employment opportunity/affirmative action institution. For EEO/AA information, contact the Office of Human Resources, 918-631-2616; for disability accommodations, contact Dr. Tawny Rigsby, 918-631-2315. TU#

2020 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM



KJM EQUESTRIAN SUMMER CAMP

Contact: Shawn McCorkle
9801 S. Sheridan Rd.
Tulsa, OK
918.299.9283
www.kjmequestrian.com
Ages: 7-13

Dates: June 1–5, June 8–12, June 15–19, June 22–31, July 6–10, July 13–17, July 20–24, July 27–31
Time: 9:00 a.m. – 4:00 p.m.
Conveniently located in South Tulsa, KJM's week-long summer camps include daily riding, an intro to horsemanship, games, horse-related arts & crafts, plus a Friday finale horse show and cook-out. Our facilities include large riding arenas in addition to shaded and open riding areas that are perfect for a trail ride. Safety on and around horses is a major objective of our riding program and our counselors are well versed in educating beginner riders.

TULSA YMCA OVERNIGHT AND DAY CAMPS

Camp Takatoka, Owasso, Bixby
Tulsa, OK
918.446.1424
www.ymcatulsa.org/camps
Ages: 5-17

This summer, the YMCA of Greater Tulsa will host three camps across Tulsa, Rogers, and Wagoner Counties including YMCA Camp Takatoka, Daily Family YMCA and the Owasso Family YMCA. All camps will offer swimming, outdoor adventure activities, games, crafts, and character development activities and open to kids ages 5-17. Overnight campers at YMCA Camp Takatoka will enjoy water sports, zip-lining, swimming, Thursday Night Live and other TAK traditions. SUMMER HAPPENS HERE!

TULSA ZOO CAMPS

Contact: Katie Girvin
6421 E. 36th St. North
Tulsa, OK
918.669.6204
www.tulsazoo.org/camps
Ages Served: 3-years-old to high school

Experience camps where wildlife gets up-close and hands-on STEM activities encourage future conservationists. Children in preschool through high school will learn about the zoo's animals and even meet some during up-close encounters. Each week, a variety of themed camps will be offered with games, hands-on activities, crafts, and animal trail exploration.
Explorers may choose from themes like Junior Vet, Build-A-Zoo, Nature of the Force, Behaving Like Animals, Zoolympics, and more. Does your teenager aspire to be a zoologist? They can discover how zoos around the world save species during our May Zoo Insider Workshop.
Half-day and full-day camps are available, depending on your child's age. Plus, you won't want to miss our popular special sessions, which include classes for siblings and caregivers with toddlers. Visit tulsazoo.org/camps for more information and registration.

ahha TULSA

Contact: Aleks Kitchens
101 E. Archer St.
Tulsa, OK
918.584.3333
akitchens@ahhatulsa.org
www.ahhatulsa.org
Ages: 4-17

Dates: June-July 2020
This June and July, ahha Tulsa debuts a new series of creative camps for youth ages 4 to 17. New, engaging camp themes like Arte en Español, Awakening Your Creativity, Fashion and Sewing, and Filmmaking Crash Course will use fun approaches to increase students' creative competencies. Enrollment is now open. Find the perfect fit for the student in your life at https://ahhatulsa.org/creative-camps/

ahha TULSA SPRING BREAK CAMP

March 16-20

9:00 a.m.-12:00 p.m., Ages 4-6, Abracadabra Awesome
1:00-4:00 p.m., Ages 7-9, Self-Portrait Keepsakes

AIM HIGH ACADEMY GYMNASTICS, NINJA AND DANCE SUMMER CAMPS

Contact: Michelle Holmes
7020 E. 38th St.
Tulsa, OK
918.664.8683
michelle@tulsagymnastics.com
www.aimhighgym.com
Ages: 4-13

Aim High Academy's Main location will be offering 2 Gymnastics camps, 2 Ninja camps, and 1 Dance (hip hop) camp. Students will have fun with gymnastics, ninja, or dance activities as well as crafts and other great activities. Aim High Academy combines fitness and faith to build bright futures.

BRAIN CAMP

Contact: Dr. Penny Stack
Occupational Therapist
Dyslexia Center of Tulsa
8988 D-1 S. Sheridan Rd.
Tulsa, OK
P: 918.313.5518
F: 888.857.0023
www.dyslexiatulsa.com

Start off the school year strong!
Brain camp will offer your scholar the tools to set goals, organize their homework, take notes, test taking strategies, listening skills, manage time, manage attention, organize their binder and much more!
Registration: $250
dyslexiatulsa.com
Dates: July 20-24 for Grades 1-5 (as of 9.1.2020)
July 27-31 for Grades 6-8 and 9-12 (as of 9.1.2020)
Time: 9 a.m. – 1 p.m. Monday - Friday (all material will be included as well as snack and beverages)

B-SEW INN'S PROJECT SEW SUMMER CAMP 2020

5235 S. Sheridan
Farm Shopping Center
Tulsa, OK
918.664.4480
www.bsewinn.com
Ages: 9 to 16. Sewing lessons for boys and girls

Dates: July 6-10 or July 13-17 or July 20-24 or July 27-31. Space is limited so sign up today.
B-Sew Inn's Project Sew Summer Camp is one week and has two sessions each day. Session 1 is 9 a.m.-Noon, and Session 2 is 2-5 p.m. With the camp fee of $199, attendees will get printed instructions, fabric kits and supplies plus upon completion of camp each participant will receive a sewing machine, valued at $299. Learn a life skill today. B-Sew Inn is the world's largest Baby Lock dealer. B-Sew Inn has been in business for 30-plus years.

CAMP GET CENTERED

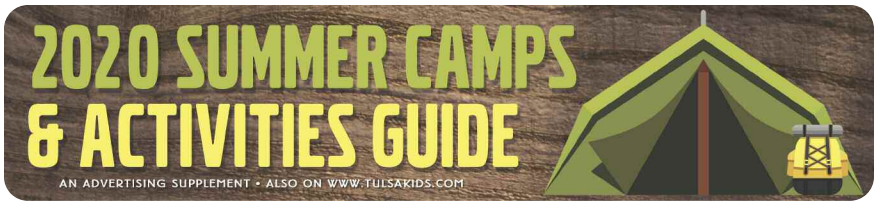
Contact: Kelly Evans
815 S. Utica Ave.
Tulsa, OK
918.794.4526
kevans@tulsacenter.org
www.tulsacenter.org
Ages Served: 6-17

Camp Get Centered is a Summer Day Camp for children and adolescents with physical challenges. Camp Get Centered provides weekly camps with various themes each week. Campers must have a primary diagnosis of a physical disability and have independent skills of daily living including feeding and toileting. Camp activities can include adaptive sports & recreation, art, indoor climbing wall, swimming, yoga, group games & initiatives, field trips, and more. The goal of Camp Get Centered is to provide opportunity for youth with physical challenges to increase awareness of and actively participate in recreational and leisure activities, while building friendships and a social network. Scholarships are available.

continued next page







CAMP INCREDIBLE AT UNIVERSITY SCHOOL

326 S. College Ave.
Tulsa, OK
918.631.5060
campincredible@utulsa.edu(
uschool.utulsa.edu/summer-camp
Ages: 4 - 8th grade

Camp Incredible consists of six one-week day camps in June and July. Each week features a variety of exciting, themed camps that combine learning and fun! Students will explore and learn while having incredible summer adventures. Camps run from 9 a.m.-3 p.m. with morning and afternoon extended day available at an additional cost.

CAMP INVENTION

Contact: Amber Phillips
8925 S. Harvard Ave.
Tulsa, OK
800.968.4332
campinvention@invent.org
www.invent.org/camp
Ages: Grades K-6

Camp Invention: A hands-on STEM camp where creativity reaches new heights!
The Camp Invention® program is the only nationally recognized, nonprofit summer enrichment program for kindergarteners through 6th graders that is inspired by the brightest thinkers around — the Inductees of the National Inventors Hall of Fame®. At Camp Invention, children are empowered to have big ideas while they take on STEM-based challenges that inspire them to question, brainstorm, collaborate with teammates and build invention prototypes.
Imaginations will soar this summer in the all-new Camp Invention program, Elevate! Campers will spark their creativity and build collaboration skills while controlling their very own flight simulation robot, protecting Earth's ecosystems, designing the ultimate sports complex and learning the value of their ideas! Local educators will lead fun, hands-on STEM activities inspiring children to ask questions, overcome obstacles and be confident in their innovative ideas.
Camp Invention locations are nationwide with many in your local area. Visit www.invent.org/camp or call 800.968.4332 to find your nearest location and to register. Use promo code LOCAL25 to save $25 (expires 3/31) or LOCAL15 to save $15 (expires 5/12).
Every registration includes a complimentary Camp Invention T-shirt. Availability is limited, so register today!

CAMP LOUGHRIDGE

Contact: Jared Grigg
4900 W. Oak Leaf Dr.
Tulsa, OK
918.446.4194
jared.g@camploughridge.org
www.clcamps.org
Ages: 6-16

Camp Loughridge is a Christian summer day camp 5 minutes west of Tulsa Hills. We offer classic camp activities like archery, canoeing, nature hikes, swimming, ropes courses, Chapel, Bible study, sports, and arts & crafts. Our programs are a great way for campers to build camp memories and promote independence, while providing the convenience and comfort of being able to see your camper in the evening.
Our Summer Day Camp is for ages 6-10, while our brand new Adventure Day Camp is for ages 11-13 and features a Thursday overnight. We are also introducing a two week Counselor-in-Training program (ages 14-16) this summer that will focus on personal growth, responsibility, and team building, while allowing campers to get hands-on experience assisting our college-age summer staff. In 2019, 25% of our summer staff were former campers! Attending a Camp Loughridge program can be the beginning of a lifelong journey of growth and fulfillment.
Our weekly programs begin June 1, 2020 and run through July 24, 2020. The camp day begins at 8:45 am and ends at 4:00 pm. Registration is available at www.CLCAMPS.org and questions can be emailed to registrar@camploughridge.org. We look forward to spending our summer with your kids!

CAMP MONTE—MONTE CASSINO SCHOOL SUMMER CAMP PROGRAM

Contact: Caitriona Harris
2206 S. Lewis Ave.
Tulsa, OK
918.742.3364
charris@montecassino.org
www.montecassino.org/camp-monte
Ages Served: PK3 – 8th Grade

continued next page

2020 SUMMER CAMPS & ACTIVITIES GUIDE

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Love of learning never stops at Monte Cassino, and summer is an ideal time to discover and to explore at Camp Monte. Our historic campus will be open for eight weeks for playful, artistic, athletic and academic offerings. Intentionally developed by certified teachers and community artisans, Camp Monte caters to your child's diverse interests. Students will enjoy a relaxed and fun environment allowing them to learn new ways to express their individuality and creativity. Campers can participate one week at a time or for the entire summer while choosing from a wide variety of stimulating, age-appropriate choices.

CAMP PATRIOT AT METRO CHRISTIAN ACADEMY

Contact: Leann Cherry
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868 x141
camppatriot@metroca.com
www.camppatriottulsa.com
Ages: 4-18

Welcome to Metro Christian Academy's Camp Patriot…where summer is meant for adventure! With more than 40 camp options, Camp Patriot has something for everyone. One-week camp sessions begin June 1 and continue through July 31 and are open to the Tulsa community. Children four years old through 12th grade can choose between morning and afternoon sessions or stay all day! Camp Patriot is designed with students in mind. Campers will enjoy a relaxed, supportive, healthy Christian environment promoting creativity, learning, and personal growth. All camps begin enrolling in mid-March! For more information, email camppatriot@metroca.com or go to camppatriottulsa.com.

CAMP RAVEN AT RIVERFIELD COUNTRY DAY SCHOOL

Contact: Kirsten Redmond, Camp Director
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org
Ages: Entering 1st - 12th grades

Dates: May 19-August 7
Times: 8:30 a.m. – 3 p.m., extended care available
Spend the summer on Riverfield's 120-acre wooded campus, complete with two gyms, barnyard, splash pad, hiking trails, and picnic areas. Camp Raven features cooking, rock climbing, reading, arts and crafts, engineering and design, field trips, music, sports, swimming, and more!

CASCIA HALL PREPARATORY SCHOOL

Contact: Makala Welsh
2520 S. Yorktown Ave.
Tulsa, OK
918.746.2604
mwelsh@casciahall.com
www.casciahall.com

Cascia Hall is offering summer camps in 9 sports and the performing arts. Receive expert instruction by Cascia's faculty and varsity coaches on the school campus. Students from all schools are welcome. There is something for all ages. Register at www.casciahall.com/camp.

CHANNING DAY SCHOOL

Contact: Carol Ainsworth
2952 S. Peoria
Tulsa, OK
918.742.6731
www.channingdayschool.com
Ages: 3-6

Dates: June 1 - July 24. Closed the week of July 4th
Time: 9:30 a.m.-1:30 p.m., Monday-Friday
Each week of camp features a different theme.

CHRIST CHURCH PRESCHOOL SUMMER CAMP

Contact: Laurie Pearn
3515 S. Harvard Ave.
Tulsa, OK
918.743.7673
lpearn@cumctulsa.com
www.cumctulsa.com
Ages: 2 - 8

We offer summer camp during the month of June on Monday, Wednesday and Friday from 6/1 to 6/26. Hours are 9:30 a.m. to 2:30 p.m. Each day features a different theme including water play, dinosaur day,

continued next page

tulsakids family favorites 2020 NOMINATE US

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soccer city TULSA

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A one of a kind, non-competitive soccer and movement skills program for children ages 18 months - 9 years.

SPRING BREAK CAMP: March 16–20th (5 days)
SPRING LIL' KICKERS: March 23-May 30th (10 weeks)



Dates to be announced (June-August)

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www.soccercitytulsa.com

LOUGHRIDGE ClassicCamps Conferences & Retreats

WEEKLY SESSIONS JUNE 1-JULY 24

DAY CAMP (9AM-4:45PM) FOR AGES 6-13

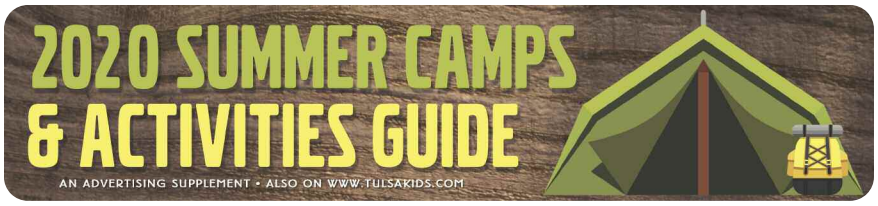
CLASSIC CAMP ACTIVITIES AND CHRISTIAN VALUES
LOCATED JUST 5 MINUTES FROM TULSA HILLS



LEARN MORE & REGISTER AT CLCAMPS.ORG OR 918.446.4194







outdoor art, under the sea, slime day, cook our own pizza, Happy Birthday America Parade and many more. We will have music and gymnastics each week. Children bring their lunch. 6, 7 and 8 year olds will have older activities. Our camp is all about having fun and building self-esteem.

CHRISTIAN MONTESSORI ACADEMY

3702 S. 90th E. Ave.
Tulsa, OK
918.628.6524
www.montessorilearning.org
Ages: 3-12
Dates: June 1 - July 31

Each summer CMA offers a hands-on, fun, educational summer camp. This year, our theme is "Sail Away to CMA." Come explore the ocean with us! We offer a fun, innovative, hands-on learning environment. Arts & crafts, outdoor activities, a summer camp T-shirt, and a taste of a Montessori education are included.
Now Enrolling!

CLARK YOUTH THEATRE DRAMA CAMP

Contact: Tammy Slack
4825 S. Quaker Ave.
Tulsa, OK
918.596.1412
clarkyouththeatre@gmail.com
www.clarkyouththeatre.com
Ages: 5-14

Clark offers both a spring break and summer camp each year. Camps focus on acting, dance, and music skills with a performance at the end of camp. Each session of camp is taught by industry professionals. Before and after care are also available for all camp sessions. Visit Clark's website or Facebook page for more details and pricing.

DILLON INTERNATIONAL ADOPTION HERITAGE CAMPS

Contact: Rachel Floyd
7335 S. Lewis Ave., Suite 204
Tulsa, OK
405.313.1820
rfloyd@dillonadopt.com
www.dillonadopt.com
Ages: 4-12 by 8/1/20 for campers, as well as programs for teens and parents

Our adoption heritage camps are designed for families who have adopted children from China, India, Vietnam, and Korea. Our camps focus on building relationships, learning about culture, and having fun! Heritage camps are an important developmental step in an international adoptee's life. We encourage the whole family to attend to celebrate your family's dual heritage. Each camp has programs for children, teens, pre-teens, and parents.

DISCOVERY LAB

560 N. Maybelle Ave.
Tulsa, OK
918.295.8144
www.discoverylab.org

Kids connect with their natural curiosity and creativity during fun-filled camp experiences at Tulsa's Discovery Lab! Museum educators lead groups ages 4–12 through hands-on explorations of STEAM and health and wellness. Camps range from a half-day to week-long and feature museum time, outdoor play, and a free camp T-shirt.
The summer 2020 camp lineup includes Culinary Chemistry, Survivor Island, Starship Discovery, and more! Students could prepare for take-off using Newton's Laws in Flying Machines and step into the shoes of a geologist, volcanologist, and paleontologist who have just woken up inside a bunker in Mysterious Planet. Finally, Exploring Your Senses will be available for ages 4-6. Don't miss out on these adventures. Your summer of discovery starts here!

ESPORTS GAMING CAMP

The University of Tulsa
2821 E. 8th St.
Tulsa, OK
918.631.2516
Ages: Grades 5th-12th

Dates: June 8-12, June 15-19, June 22-26, July 6-10
Times: 8:00 a.m. – 5:00 p.m. Monday-Friday
utulsa.edu/esports-gaming-lounge

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2020 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

Calling all gamers! Esports gaming camp is designed by gamers for gamers and is open to all skill levels. Campers will work with current TU varsity players to hone their skills across games of interest, including Rocket League, Rainbow Six and League of Legends. This camp will also teach campers about the history of esports, communication and teamwork skills, and the importance of nutrition and exercise. We offer four one-week camps, lunch is provided daily and a TU Esports T-shirt is included.

EXTREME SUMMER DAY CAMP

Rhema Child Development Center
1025 W. Kenosha St.
Broken Arrow, OK
918.258.0594
rhemachildcare.com
Ages: entering first grade–age 12

School is out! Extreme Summer Day Camp is in! Enjoy safe, Christ-centered, super-fun days at Rhema Child Development Center all summer long (Monday–Friday, 7 a.m.–6 p.m.). We have great opportunities for learning, creativity, and continual fun while developing each child's potential. Some highlights include "Olympic Week," roller skating, Aim High Academy, Bounce U, Soccer Shots, Urban Air, Sky Zone, Climb Tulsa, Incredible Pizza, Woolaroc, and Wheels & Thrills! In addition to field trips and activities, your child receives lunch, morning and afternoon snacks, weekly frozen treats, and a camp kit (backpack & stainless steel water bottle). The camp kit and a slide show CD will go home on the last day of camp. Be sure to attend the parent showcase! Enrollment begins Monday, March 23, 2020. Call and register quickly! We expect to be full by April 1. For more information, call 918.258.0594.

FELLOWSHIP LUTHERAN CHURCH

6727 S. Sheridan Rd.
918.492.3698
www.flctulsa.org
Advanced Camp: July 6-10 ($130)
Primary Camp: July 13-17 ($65)

Join us for our "Heroes of the Bible" Summer Christian Arts Camps in a safe, fun environment. Our Advanced Camp is for incoming 4th - 8th graders, July 6-10, 8:45 a.m.-4 p.m. The advanced camp offers 4 choices (in addition to chorus) from the available classes: Harp, Violin, Trumpet, Guitar, Art, Bells, Ukulele, Puppetry and Composition. Our Primary Camp is for incoming 1st-3rd graders, July 13-17, 8:45 a.m.-12 p.m. It includes options of: Orff, Chimes, Chorus, Art and Games. We hire professional instructors. There is $20 off the Advanced Camp and $10 off the Primary Camp, for registrations received by May 15th.

GILCREASE MUSEUM SUMMER CAMPS

1400 N. Gilcrease Museum Rd.
Tulsa, OK
918.596.2700
gilcrease.org/summercamp

Summer Camp at Gilcrease Museum is an adventure in creativity and fun as students explore different forms of art along with our surrounding gardens and grounds. It is a time for learning, making new friends and discovering the artist in us all. Visit our website for more information and registration.

GOLDEN EAGLE GIRLS' BASKETBALL CAMPS

7777 S. Lewis Ave.
Tulsa, OK
www.abcsportscamps.com/orubasketball
Ages: 5-14

Dates: June 8-11 and July 13-16
Welcome to Golden Eagle Basketball Camps at Oral Roberts University. We are committed to providing a camp that is both instructional and informational along with creating a great atmosphere to learn! The Golden Eagle Basketball Camps coaching staff is dedicated to the development and growth of basketball players of all ages and skill levels.
Golden Eagle Basketball Camps offer an opportunity for players to receive valuable instruction on the fundamental skills of basketball. Our goal is to provide a positive and instrumental learning experience for all campers in a structured, enthusiastic and fun environment.
For general questions or for more information, please contact us at jabigham@oru.edu or 918.495.6967. Please visit our website for more information!

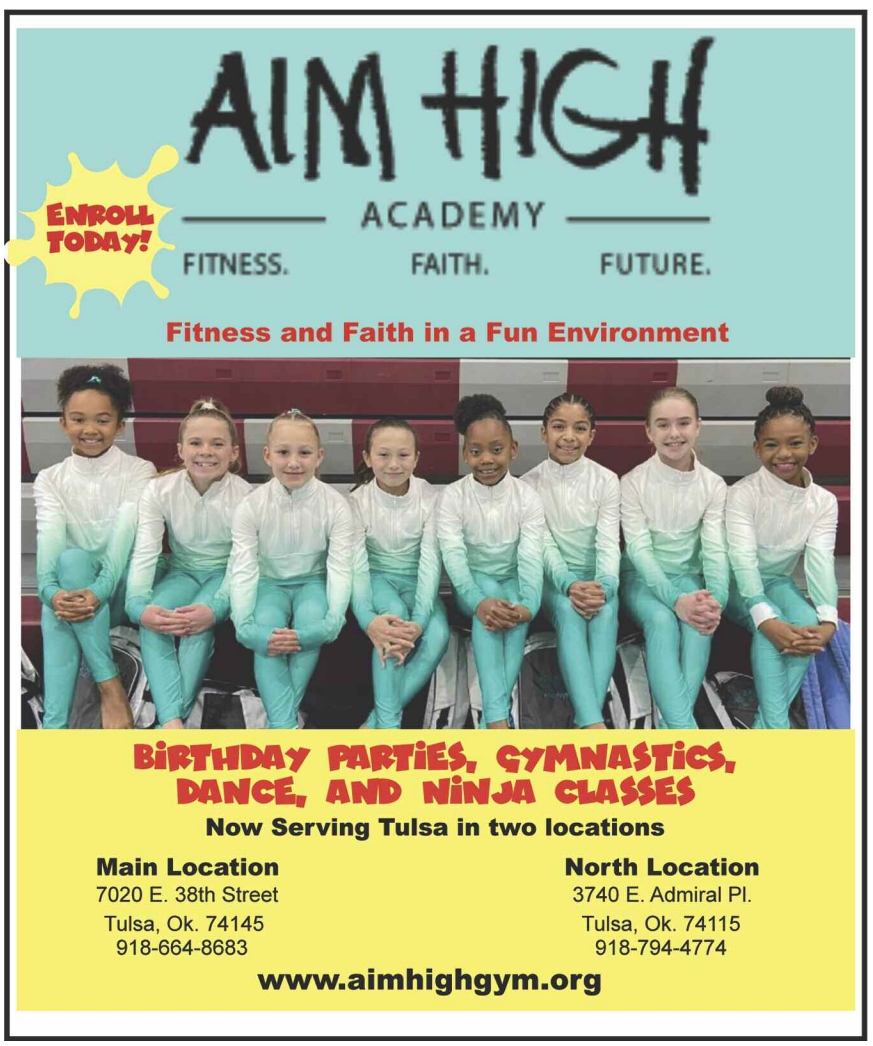
HAPPY CAMPERS AT JOHN KNOX

2929 E. 31st St.
Tulsa, OK
www.happycampersacademy.com
Ages: 5 – 12 years old

Times: Monday through Friday 7 a.m.-6 p.m.

continued next page





KAMP KJM
TULSA, OK

KJM Equestrian Summer Camp

8 one-week camp sessions • June 1 through July 27
Monday – Friday • 9:00 am – 4:00 pm

Activities include:
- Daily riding
- Horse-related arts & crafts
- Intro to horsemanship
- Games
- Friday horse show and cook-out

Enroll now at:
https://kjmequestrian.com/camps.html



For more information:
Phone: 918-299-9283
Text: 508-782-8453
Email:
office@kjmequestrian.com

Also available: Pony Parties • Riding Lessons • Gift Certificates

SUMMER TENNIS DAY CAMP
At Philcrest Hills Tennis Club

Join us for a fun week of tennis lessons, outdoor matches, and swimming!

Camps commence Tues., May 26th with New Camps beginning each Monday from 10 am to 2 pm. Ages: 4-14.
• We'll provide racquets and lunch
• Bring your tennis shoes, towel, and sunscreen
• Adult supervision at all times
• Swim time at pool on site with lifeguards and adult staff

Camps starting at just $155/week or $45/day
*Non Member Prices are $179/week or $55/ day

PHILCREST HILLS TENNIS CLUB EST 1972

918-299-2643
For more information or stop by for a visit at
10900 Riverside Parkway • Tulsa, OK • www.philcrest.net

2020 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

If you are looking for a fun and exciting summer camp for your school-age child, Happy Campers at John Knox is your place! Day campers will enjoy weekly field trips and visitors. Campers will also enjoy arts, crafts, and STEM activities to keep them engaged and learning. We will be participating in the summer reading program and also enjoying many of the free programs that Tulsa provides. We will have a fun and exciting balance between learning and fun! Come and have an adventurous summer with us!

HOLLAND HALL SUMMER PROGRAMS

Contact: Debbie Almohandis
Director of Auxiliary Programs
5666 E. 81st Street
Tulsa, OK
918.879.4716
www.hollandhall.org/summer
Dates: June 1, 2020 – July 31, 2020
With more than 180 one-week camps and classes designed for both fun and education, Holland Hall has options for everyone! Programs are structured as one-week sessions that include academic, athletic, artistic, and "just for fun" activities. Choose between morning and afternoon sessions or sign up for both and stay all day! Participants in Holland Hall summer programs will experience educational and enrichment opportunities in an atmosphere dedicated to fostering mental, physical, and creative growth. Classes are available for ages 3-years to adult and are open to Tulsa and the surrounding communities. Online registration to launch Wednesday, April 1, 2020 ~ See you this Summer!

JANELL WHITBY SCHOOL OF MUSIC

Contact: Janell Whitby
5147-D S. Harvard
Tulsa, OK
918.743.4339
www.janellwhitby.com
If your child loves music, this two-week course offered in June and early July is perfect! Your child will enjoy making music with rhythm instruments, movement, singing, ear training and keyboard songs. The introductory small-group class is built on parent participation with individual keyboards provided for every child. Try the Discovering Music class and learn the impact of music on the brain. It's a fun opportunity for 4- and 5-year-olds! Celebrating its 39th year, Janell Whitby School of Music has a proven curriculum that progresses through the 12th grade. Invest two weeks and start your child with the lifetime gift of music. Call now - classes fill up fast!

KANAKUK

1353 Lake Shore Dr.
Branson, MO
417.266.3000
www.gokanakuk.com
Overnight
Ages: 6-18
Gender: Girls & Boys
Dates & Hours: May 30 - August 7; One week, Two week or Four week
Cost: $1,300 to $4,600
Sign-up Deadline: Varies Per Term
Kanakuk is a premier summer camp experience for boys and girls ages 6–18 with locations in Branson and Lampe, Missouri. Its five overnight camps provide children and teens with fun, safe and age-appropriate outdoor camping experiences that develop them spiritually, physically, emotionally and socially. Kampers make lifelong memories while participating in more than 70 sports and activities, as well as themed parties. Kanakuk's professionally trained staff is committed to its mission of "Equipping Next Generation Leaders." Sessions run from May 30 to Aug. 7 with 1, 2 and 4-week options. Learn more about customizing your child's summer camp experience at gokanakuk.com or by calling 417.266.3000.

KAMPOUT!

KampOut! brings the fun of Kanakuk, one of the largest Christian summer camps in the nation to your hometown. Kanakuk's professional staff leads this high-energy traveling day camp through five days of guided sports and activity times, Bible study, worship and small-group time for children in kindergarten through 5th grade. To learn more about your local KampOut! stop, visit: http://kanakuk.com/kamp-finder/kampout-day-camp/about.
Tulsa Area Stops:
Harvard Avenue Christian Church: June 15-19
Metro Christian Academy: June 22-26
Redeemer Covenant: July 20-24
Cost: $150 - $280

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2020 SUMMER CAMPS & ACTIVITIES GUIDE

AN ADVERTISING SUPPLEMENT • ALSO ON WWW.TULSAKIDS.COM

LAFORTUNE PARK GOLF COURSE

Contact: Jason Mink, PGA
5501 S. Yale
Tulsa, OK 74135
918.496.6200
www.lafortuneparkgolf.com/junior_golf

Junior Golf Camp:
Cost: $150/ Session (Sibling Discount: $135/child)
Ages: 5-17
Dates:
Session 1: March 16-19
Session 2: June 8-11
Session 3: June 22-25
Session 4: July 6-9
Session 5: July 20-23
Spring & Summer Camps are Monday - Thursday, from 9:00 a.m. until 12:00 p.m. each day.
Every junior will receive hours of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction.

PGA Jr. League
June-July
8-Week Recreational Golf League for 13 and Under.
Cost: $225/child
Includes weekly practices with their coach and 4 matches against other local teams at LaFortune. Practices and matches will be at LaFortune Park Golf Course.
Price includes: 2 Golf Polos (Home and Away), PGA Jr. League hat, Drawstring Backpack, 8 Practices and 4 matches.
Sign up at: www.pgajrleague.com/program-search

MATHNASIUM

Contact: Ginger Lucas
ginger.lucas@mathnasium.com

Mathnasium South Tulsa
8032 S. Yale Ave.
Tulsa, OK

Mathnasium Midtown Tulsa
3230 E. 21st St.
Tulsa, OK

Mathnasium Broken Arrow
1077 N. 9th St.
Broken Arrow, OK

Mathnasium Owasso
12336 E. 86th St.
Owasso, OK

918.574.2222
www.mathnasium.com
Ages: Grades 1 - 12
Summer is the perfect time to catch up and get ahead in math, without the pressures and time constraints of the school year! Our summer programs are designed to combat summer learning loss and prepare for the year ahead. Kids love our one on one instruction and fun activities—and you'll love our flexible schedule. Call or drop by one of our 4 Tulsa Area locations (South Tulsa, Midtown Tulsa, Broken Arrow or Owasso) to learn more.

MISS HELEN'S PRIVATE SCHOOL

Contact: Miss Jayme, Director
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com
Ages: 3 years-5th grade
Miss Helen's provides a safe environment of summer fun activities to accentuate the positive in students. Fun and appropriate activities are offered. Preschool theme-based weeks include an annual pet parade, wheel days, and water play days. Elementary students' activities include: STEM activities, chess, sewing, mystery games and cooking experiences. Individualized reading, writing, math included.

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Janell Whitby school of music



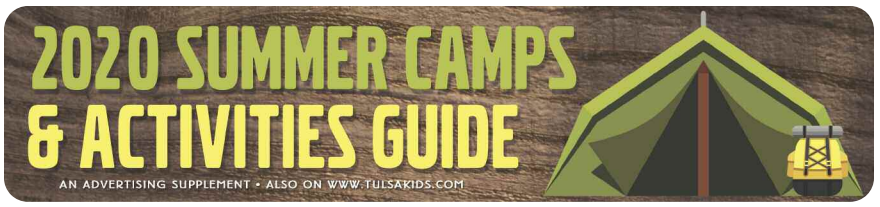
- Two week summer trial classes with parent
- Personalized small classes
- Keyboard and piano instruction
- Start PreK4 or K5, and may continue through the 12th grade

We specialize in helping your child fall in love with music!
Students who start learning to read music by age 4 or 5 have exponentially higher math and science scores.

(918) 743-4339 • Country Club Plaza • 51st & Harvard
Limited Spots, Classes Fill Fast.
www.janellwhitby.com
www.facebook.com/JanellWhitbySchoolofmusic



CAMP MONTE
MONTE CASSINO SCHOOL SUMMER CAMPS
Registration is now open! Students from all schools welcome.
Dozens of sessions available, all summer long!
Register at www.montecassino.org/camp-monte
Monte Cassino School 2206 S. Lewis Tulsa 918.742.3364



In addition to daily classes, preschool students may choose to take cheerleading, swimming lessons, gymnastics or karate classes. Elementary students may choose swimming lessons, gymnastics, cheerleading, tennis, golf, karate, soccer and drawing. Community service projects included. Join Miss Helen's family by contacting us today!

NEW ARTS CAMP

Contact: Jessica Dewey, Education & Programming Manager
education@livingarts.org
918.585.1234
www.livingarts.org
Ages: 4-18 years old. Varies by camp session.
Dates: June 9 - August 4
New Arts Camp is a five-session camp where students are able to select a genre of contemporary art to explore during a session! Disciplines ranging from performing arts and digital creation to site-specific art and storytelling will be available. Enroll at www.livingarts.org.

NEW HAVEN UNITED METHODIST SUMMER CAMP

5603 S. New Haven Ave.
Tulsa, OK
918.742.6781
newhavenschoolers@gmail.com
newhavendayschool.org
New Haven Summer camp is gearing up for another amazing summer!
Our summer camps are structured as eight, two-week sessions that include a variety of exciting themes! These camps are designed with stimulating curriculum, including fun-filled field trips! We look forward to fulfill campers' summer with incredible and unique adventures that will surely have them engaged all summer long!
Summer Camp is Monday through Friday this summer, and the hours are 7:30 a.m.-6:00 p.m. Camp starts Monday, June 1 and Runs through July 31.
June 1 - 12 - Animal Antics
June 15 - 26 - Under Da Sea
July 6 - 17 - Summer in Space and Science (STEM CAMP)
July 20 - July 31 - Disney Days!

OKLAHOMA AQUARIUM CAMP—MARINE BIOLOGIST FOR THE DAY

Contact: Alyssa Rodriguez
300 Aquarium Dr.
Jenks,OK
918.296.3474
education@okaquarium.org
www.okaquarium.org/263/Marine-Biologist-for-a-Day
Ages: 12-16
Splash into summer and discover what it takes to be a marine biologist at the Oklahoma Aquarium! Spend the day alongside aquarium staff to get a hands-on learning experience like no other. Junior biologists will learn how we take care of our animals and their homes on a daily basis. Junior biologists will prepare food in our kitchen, feed the animals on exhibit, and learn how to test water quality. Campers will get a comprehensive behind-the-scenes tour that will visit the top of our shark tank, the area behind the sea turtle tank, our coral research lab, and our quarantine areas where baby bull sharks and other animals are kept prior to living on exhibit. To finish the day, the group will dissect a shark together and examine tissues under a microscope.
See website for pricing and available dates.

PHILBROOK ART CAMP

2727 S. Rockford Rd.
Tulsa, OK
918.748.5379
www.philbrook.org/visit/art-camp/
Philbrook Art Camp offers a unique opportunity for children ages 5-11 to work with acclaimed working artists from a variety of fields and disciplines. Move beyond lanyards and popsicle sticks, give the children in your life an unforgettable summer experience making real art with actual artists.

PHILCREST HILLS TENNIS CAMP SUMMER TENNIS DAY CAMP

Summer Tennis Day Camp at Philcrest Hills Tennis Club
10900 Riverside Parkway
Tulsa, OK
918.299.2643
www.philcresthillstennis.com
Ages Served : 4-14
Description and Details : Camp begins Tues. May 26, with new camps beginning each Monday through August 7. Camp Hours are 10:00 a.m. to 2:00 p.m.
At Philcrest Hills Tennis Club's Summer Camp, your child will participate in tennis drills in the morning learning basic strokes, court etiquette, and scorekeeping. They will engage in an introduction to match-play as well as participate in hand eye coordination exercises. They will break for lunch in the dining room, and then swim, play games, and have afternoon snacks in our pool and outdoor grill area. Don't worry about the weather. All of the tennis drills are held in our newly resurfaced indoor courts. The campers will play games or work on crafts in the dining room in inclement weather. Once a month, Safari's Wildlife will bring a selection of exotic animals for the campers to engage with and learn about. Philcrest will provide the racquet, lunch, and snack. Each camper will need to wear tennis shoes and bring a swimsuit, towel, and sunscreen. A camp T-shirt is included for those campers who enroll for an entire week. Weeks that include holidays, such as Memorial Day and Independence Day, will be pro-rated.

RIVER RUN FARM SUMMER CAMP

Contact: Susan Cravens
9300 S. 51st W. Ave.
Tulsa, OK
918.855.5032
www.riverrunfarmok.com
Ages: 2 years and Up
Dates: Weeks of Weeks of June 8 - 12, June 15 - 19, June 22 - 26, July 6 - 10, July 13 - 17, July 20 - 24, and July 27 - 31
Times: 9 a.m. - 2 p.m.
Located in a magical setting of 40 acres of wooded and tame pastureland with three ponds, River Run Farm is an escape to a Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2-4, is an age-appropriate introduction to size-appropriate miniature horses; Chaps & Britches Camp, ages 5-7, provides a unique learning environment for young equestrians; Horsin' Around Camp gives horse lovers 8 and up a chance to learn all aspects of horse ownership. The weeklong camp includes daily riding and fun activities, covering all aspects of our equine friends with an emphasis on safety and fun with the horses. Each camp includes new, fun activities. Visit the website or call for camp schedules. Come out, check us out, and meet our horses. Also check out our popular Pony Parties - a memorable way to celebrate birthdays, end of school, team parties, or family reunions!

SAIED MUSIC

Midtown:
3259 S. Yale Ave.
Tulsa, OK
918.742.5541

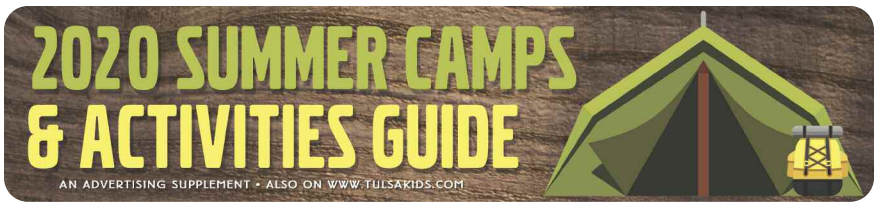
South Tulsa:
9320 E. 71st St.
Tulsa, OK
918.252.5541
www.saiedmusic.com/school
Come play this summer at Saied Music Summer Camps! We have something musical for all ages, abilities and interests: Ukulele Camp, Guitar Camp and Piano Camp. Also, Instrument Players Clubs will be returning this summer! As always, our private lessons for all instruments, piano and voice continue through the summer. Adults, check "learn to play piano" off of your bucket list with private lessons or our Beginning Adult Piano Class! Call Saied Music School at 918.252.5541 or visit us online at www.saiedmusic.com/school for more information or to register!

SOCCERCITY TULSA SUMMER CAMPS

Contact: Dustin Knight
5817 S. 118th E. Ave.
Tulsa, OK
918.249.0044
www.soccercitytulsa.com
Want your kids to have some fun and stay active this summer? We have your solution…
Bring your kids to one of SoccerCity's 2020 Summer Camps!!
Summer Camps – Registration will be open by April 1
All camps are from 9 a.m. – 12 p.m. and for ages 4 – 15 years.
Drop off as early as 8:45 a.m. with pick up right at noon.
Comfy clothes and tennis shoes are all that are required.
Please send your child with a snack or snack money, we will take a 10-15 break around 11 a.m. each day.

Summer Lil' Kickers
June 1st - August 15th
11/10 Weeks long
NO CLASSES Saturday, July 4th

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Summer Camps
Camp 1: May 26 - 29
Camp 2: June 15 - 19
Camp 3: June 29 - July 3
Camp 4: July 20 - 24
Camp 5: August 10 - 14

*Waiting until the week of camp to register does have a risk of showing up to a FULL/UNAVAILABLE Camp. NO More Registration will be taken once a camp is FULL, online or walk-in.
For more information, please contact dustin@soccercitytulsa.com
To register, please visit www.soccercitytulsa.com and click on the camps tab.

SOUTH LAKES GOLF COURSE
9253 S. Elwood
Jenks, OK
918.746.3760
www.southlakesgolf.com

Lil Hooks Junior Golf Program
Cost: $125 per student
Ages: 5-13
Dates: Spring Session - March 28 - May 16
Summer Session - June 24 - August 12
Spring Session Times: Saturdays at 2:00-3:00 p.m. or 3:00-4:00 p.m.
Summer Session Times: Wednesdays at 8:00-9:00 a.m. or 9:00-10:00 a.m.
Week 1: Introduction and Fundamentals of the Golf Swing
Week 2: Putting
Week 3: Chipping and Pitching
Week 4: Sand Traps
Week 5: Long Irons/Hybrids
Week 6: Driver
Week 7: Practicing With a Purpose
Week 8: Time To Play Some Golf!

South Lakes Summer Golf Camp
Cost: $150 per student
Ages: 5-13
Dates: June 22 - 26 (Monday, Tuesday, Thursday, Friday)
July 20 - 24 (Monday, Tuesday, Thursday, Friday)
Times: 9:00 a.m. - 12:00 p.m

Local PGA Apprentice Instructors Andrew Cantrell, Austin Osburn, Chance Fields and Goose Clark lead future golf stars from Tulsa in activity-filled junior golf programs that aim to set a new standard in fun for Oklahoma junior golf! Each student receives a special gift pack at the end of the camp. Don't miss a chance to hook a kid on golf!

SSB KIDS! CAMP
1700 N. Redbud Pl.
Broken Arrow, OK
918.258.5437
info@ssbkids.com
www.ssbkids.com
Ages: 3-11
SSB Kids! provides an indoor/outdoor camp (weather permitting) experience in a nurturing and safe environment. Each camp is filled with tumbling, trampoline, themed activities such as Ninja Warrior and Lego, sports, Red Cross swim lessons and swim time (summers only), inflatable jumping, arts and crafts, team building, character building, devotion time, music, and more.

SUMMER ARTS AT ACA!
Contact: Kayte Anton
6310 E. 30th St.
Tulsa, OK
918.832.4600
antonk@acatulsa.org
www.acatulsa.org
Ages: 4-17
Join the fun at Augustine Christian Academy for its 7th annual Summer Arts program! For the first week of June, campers in Pre-K thru 12th grade are invited to morning and afternoon classes that include Puppeteering, Skip to my Louvre: Meet the Impressionists, Adventure with the books of Eric Carle, Culinary Arts, and Stagecraft where students will build and design the set for the next week's production! For the second week of June, campers in Grades 3-10 are invited for a whirlwind 5 days of choreography and music for an end of the week performance of "Razzle, Dazzle: A Broadway Revue!" Students do not have to be enrolled at ACA to attend. Enrollment opens in April and spaces are limited.

THAT'S DANCING
Contact: Kara Ritchie
4427 E. 31st St.
On 31st between Harvard & Yale
Tulsa, OK
918.408.6226
www.thatsdance.com
Join us at That's Dancing Studio for an exciting summer filled with Dance! So many fun camps and classes to choose from. Pre-School, Hip-Hop, Musical Theatre, & Intensive Camps. Something for everyone!

THEATRE ARTS MUSICAL THEATRE CAMPS
1405 N. Aspen
Broken Arrow, OK
918.258.2543
info@theatreartstulsa.com
www.theatreartstulsa.com
Students will rotate to a voice, dance, and acting class each day and workshop songs, scenes, and dances from a musical. Camps culminate in a Friday evening performance for family and friends at Union High School's PAC. Camps are available for students of all levels of experience, ages 4-16. Each camp has a different musical theme ranging from Frozen, Trolls, Descendants, The Lion King, and many more! For more information check us out at www.theatreartstulsa.com!"

TULSA BALLET FAIRYTALE BALLET CAMPS & SUMMER YOUTH WORKSHOPS
Contact: Colleen Lahti
1212 E. 45th Pl.
Tulsa, OK
918.712.5327
education@tulsaballet.org
www.tulsaballet.org/classes
Ages: 3-9
Tulsa Ballet Center for Dance Education is offering two types of dance camps for the summer. Fairytale Camp is a fun-filled week of dance! Boys and girls ages 3-8 will be engaged in music and movement learning about our favorite fairy tale characters through a variety of activities including dance, crafts, stories, snacks and more dance! These dynamic half-day camps are offered at both Tulsa Ballet Campuses, Tulsa and Broken Arrow, and are available during Spring Break as well as summer. Parents are invited to join us on the last day of camp for a peek at what your children have been learning. No previous dance experience required. Visit www.tulsaballet.org for more information or to enroll online.
For students ages 7-9 who are more interested in a full-day of dance, we offer Youth Summer Dance Workshops. Students will take daily classes in ballet, contemporary, visual art, and music. The workshops are held at Tulsa Ballet's beautiful Hardesty Campus in Broken Arrow. Discounts are available for those who sign up for multiple weeks.

TWIST AND SHOUT TRAINING CENTER
4820 S. 83rd E. Ave.
Tulsa, OK
918.622.5867
www.shouterspirit.com
Twist and Shout was established in 1996. We train all levels of athletes in Tumbling & Cheer throughout Oklahoma in Tulsa, Edmond and Norman for age 4 and up! Our goal is to teach all level of athletes to progress in sport and character!
Our program offers:
Competitive & Recreational Cheerleading
Competitive & Recreational Tumbling
PowerTumbling - Competing in tumbling on a spring floor
Summer Tumbling & Cheer camps - June 1 - July 30 offered Mon.-Thurs., 2 hrs. each day.
Monthly Tumbling clinics - one Saturday each month for 2 hrs. throughout the year.
Open Gym - Come tumble around on your own one hour a week
Birthday parties

ASK THE EXPERTS

HTR Pediatruc Therapy | Amanda Caperton, PT, DPT

Q: My child's therapist keeps giving us homework after sessions. Life is so busy, and I sometimes forget to do these exercises! How important is it to complete the home exercise program (HEP)? Does it really make a difference?



A: YES! The home exercise program (HEP) is fundamental to your child's therapy program. Patients who are compliant with their HEP are more likely to achieve their goals and demonstrate greater therapeutic gains and physical function. The HEP improves mobility, endurance, function and improvement with muscle memory, allowing the patient to progress to the next level during one-on-one therapy.

These guidelines will help you have success with the HEP:

PURPOSE: It is important for your therapist to share the goal of skilled therapy interventions.

MATCH: You and your child should have met and made a positive connection with the therapist.

BE HONEST: Communicate with your therapist if you are unable to meet HEP goals or experience difficulties.

PLAN AND PREPARE: Schedule 10-15 minutes a day to perform exercises. Your therapist should assist you in keeping it simple and achievable. The HEP is not meant to be overwhelming, but should help your child thrive in therapy.

Working as a team, you and your therapist can make HEP work for you!

HTR Pediatric Therapy • 6715 E. 41st St., Tulsa • 918.806.0106

On the Cusp Pediatric Dentistry & Orthodontics | Dr. Ryan Roberts, DDS

Q: What is sleep dentistry or sedation dentistry, and why would my child need it?



A: A pediatric dentist's goal is always to provide the safest and most pain-free treatment to a child. Occasionally, a pediatric dentist will recommend that a child undergo some form of sedation to safely and comfortably allow all dental treatment to take place. There are multiple sedation options for a child from conscious sedation to general anesthesia, it is all based on the dentist's recommendation, the parent's comfort level, and the needs of the child. Conscious sedation is when a child is still awake and responsive, he/she is just calm and relaxed. General anesthesia is when the child is completely asleep and pain free; an anesthesiologist or a certified nurse anesthetist would be there during general anesthesia to administer medications and monitor the child. Possible reasons a child may need sedation or sleep dentistry is: a child has high anxiety or fear when it comes to treatment, a large amount of restorative work is needed and would be best done in one appointment, a child needs extractions or other treatment that might be difficult for the child to tolerate while awake, if a child is medically compromised, or has disabilities. Sedation dentistry is completely safe and everyone is different, sometimes sedation is the best route for treatment.

South: 8222 E. 103rd St.
Midtown: 4444 S. Harvard Ave.
918.921.8822 • OntheCuspdds.com

Dyslexia Center of Tulsa | Dr. Penny Stack, Founder & Owner

Q: My child seems to be good at reading, but his test scores are much lower than they should be. He wants to do well. Is he just a bad test-taker or could it be something else?

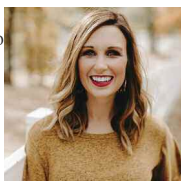


A: I don't believe anyone is a bad test-taker. Test taking is a skill that is not typically taught. For some, test taking can provoke anxiety, which can override the ability to recall the required information, particularly with timed tests. A professional evaluation of Executive Cognitive Function, required for learning and test taking, would help to rule out any learning disability, dyslexia, hearing or visual deficits. An evaluation can identify if there is an underlying reason for recall, organization of thoughts or written or verbal communication difficulties that occur at the time of the test. Proper therapy treatment along with accommodations could be very helpful in ensuring test performance matches your child's abilities.

Dr. Penny Stack, OTD, OTR/L, CLT,
8988 S. Sheridan Rd #D1, Tulsa OK 74133, 918-313-5518,
wwwdyslexiatulsa.com

Miller Swim School | Sarah Miller

Q. What can I do to help prepare my child for swim class?



A. Great Question! There are a few key things we highly recommend prior to (and even during) coming to swim class.

1. Utilize your time in the tub! Up to this point, you have most likely spent lots of time with your child in the bath, and, whether you realized it or not, the bath is the BEST place to start working on those swimming skills with your children! Try these conditioning skills at home before and after lessons:

- Try on goggles to get your child comfortable with how they feel and how they can see underwater
- Blow bubbles in the water
- Slowly pour cups of water over your child's head
- Have child lie on their back with their ears in the water

2. Put them in the Shower! The sensations of water in a child's ears, eyes and nose can be uncomfortable at first. The more exposure they can have to those sensations ahead of time, the better! Make it fun! Bring toys and cups and your child's favorite bath toy into the shower.

3. Encouragement and Positive Affirmations. Speak positively about swim lessons, the water and the experience. Praise your child for learning a new skill, and encourage them through the difficult ones. There is power in positive words and affirmation!

Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK., 918-254-1988
Website: www.millerswimschool.com



Stay in touch with TulsaKids all month long!

Sign up for our award-winning eNewsletter at tulsakids.com/newsletter.

You'll receive our Weekend Event Roundup, links to our latest blog posts, giveaway reminders and more every Thursday!





Brandon Vinson will be driving the famous Grave Digger truck at Monster Jam, coming to the BOK Center March 28-29! Photo courtesy of MonsterJam.com.

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[FREE, W] = FREE WEEKLY [W] = WEEKLY

March 1 Sunday

DROP-IN STUDIO
Join Gilcrease for studio time on the first Sunday of the month. Studio activities are inspired by museum collections and exhibitions, and encourage intergenerational, process-based creative learning. This program is appropriate for all ages and is free with museum admission. Children must be accompanied by adults. No reservations are required and visitors can stay for as little or as long as they would like. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 1-4 p.m. gilcrease.org

March 2 Monday

JUST BETWEEN FRIENDS TULSA—SPRING SALE [FREE]
Bring your BFF to the largest shopping experience in Tulsa! It's a savings extravaganza! You'll find aisles of the best in gently loved and new items at great savings. Expo Square, 4145 E. 21st St., 9 a.m.-7 p.m. JBF Tulsa's Spring Sale starts Sunday, March 1, and runs through Saturday, March 7. Get more details at tulsa.jbfsale.com.

CAREGIVER/CHILD YOGA
With music and movement, you and your child are bound to have fun during this short yoga practice together. Learn breathing practices and poses you can do as a family at home. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

MUSIC MONDAY [FREE, W]
Sing, dance and have fun with Mr. Benji. For toddlers to elementary-school kids.
Central Library, 400 Civic Center, 11-11:30 a.m. tulsalibrary.org

I CAN'T MAKE ENRICHMENT WITH TULSA ZOO [FREE]
Think you can't do something? Think again! Step outside your comfort zone and try something new at the I Can't workshops. Learn how Tulsa Zoo stimulates animal minds and reinforces curiosity with enrichment. Make an enrichment item for your own animal. TCC McKeon Center for Creativity, 910 S. Boston Ave., 12-12:45 p.m. tulsacc.edu

March 3 Tuesday

AQUA-TOTS
Join Oklahoma Aquarium for a themed story time under the sea. Aquanauts ages 2-5 are invited to learn alongside sharks and sea turtles for special activities and stories on the first Tuesday of every month. Free with admission. See website for details. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10:30 a.m. okaquarium.org

STEM GAMES AND ACTIVITIES [FREE]
Drop in and try out a new game, craft or puzzle. Come and meet other curious kids and strengthen your STEM-associated skills. For ages 7-12. Hardesty Library, 8316 E. 93rd St., 4:30-6 p.m. tulsalibrary.org

TARC HISPANIC FAMILY SUPPORT GROUP [FREE]
The Hispanic support group is for parents who have children with intellectual or developmental disabilities. Children are welcome. Guest speakers present on a variety of helpful topics, and then parents have a chance to interact with other parents. For more information, please call Hannah Chaboya at: 918-582-8272 ext. 210. Catholic Charities, 2450 N. Harvard Ave., 6-7 p.m. ddadvocacy.net

KIOWA LANGUAGE COMMUNITY OUTREACH: A BRIEF REVIEW IN CONVERSATIONAL KIOWA [FREE]
Come and enjoy the beautiful sound of the Kiowa language pre-

sented by the Kiowa Tribe's Tulsa Kiowa Language and Culture Revitalization Program. For adults and teens. Zarrow Regional Library, 2224 W. 51st St., 6:30-8:30 p.m. tulsalibrary.org

March 4 Wednesday

WELCOME WEDNESDAY AT HOLLAND HALL [FREE]
Interested in Holland Hall? Go to a Welcome Wednesday open house! The Open House for Middle and Upper School students is 8-9:15 a.m. The Open House for Primary School students is 9:15-10 a.m. RSVP by calling the office at 481.1111 or visit hollandhall.org/admission. Holland Hall, 5666 81st St.

YOUNG @ HEART BOOK CLUB FOR ADULTS [FREE]
Are you a parent, grandparent or educator looking for quality read-aloud books for the young people in your life? Would you like to meet with other adults and discuss one of this year's Sequoyah books? Come for an afternoon of book discussion and exploration. This month's book is "After the Shot Drops" by Randy Ribay from the 2020 Intermediate and High School Sequoyah lists. Sponsored by the Friends of the Helmerich Library. Helmerich Library, 5131 E. 91st St., 4-5 p.m. tulsalibrary.org

March 5 Thursday

BIKES, BALLS AND YOU [W]
This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. Tuesdays and Thursdays 9:30-11 a.m. Cost is 50 cents/child per visit. No Bikes and Balls during school holidays. Whiteside Community Center, 4009 S. Pittsburg Ave. cityoftulsa.org

LEARN AND PLAY
Presented in collaboration with Tulsa Community College Early Childhood Education Department, this program is designed for children ages 0-5 and their caregivers to enjoy a developmentally-appropriate gallery experience followed by hands-on activities. Snacks and all materials are provided. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10:30 a.m. Also occurs Friday, March 6 at 10:30 a.m. Preregister at gilcrease.org/events.

COMMUNITY CONVERSATION WITH ERIK CARTER, PH.D. [FREE]
Dr. Erik Carter will deliver a community conversation titled "A Future of Flourishing for Individuals with Disabilities: What We Know Matters Most" as part of the Chautauqua Conference on Family Resilience 2020. Carter's lecture is free and open to the public, but you must preregister at humansciences.okstate.edu. OSU Tulsa, 700 N. Greenwood Ave., 2-4 p.m.

March 6 Friday

PHILBROOK PLAYDATE: EXPLORING SPACES
Philbrook Playdates are a time for you to come and play with your child, for your child to play with other kids, and for you to meet other adults. Philbrook provides the creative activity, new people and kids to meet, and best of all, cleans up the mess. This program is designed to spark wonder and foster rich creative development in children under 5 and their caregivers. Foster creative exploration and social development in your youngest children, while connecting with other caregivers in an easygoing atmosphere. New activities each month. Pre-register at philbrook.org. Philbrook Museum, 2727 S. Rockford Rd., 9:30 a.m. Also occurs Saturday, March 7 at 9:30 a.m.

March 7 Saturday

TULSA PUBLIC SCHOOL PRIDE RACE
This event, in its 20th year, raises funds for TPS's physical education programs.Tulsans of all ages are invited to participate, and register for the 5K Bike Ride, 5K Run, and One Mile Fun Run. Registration fees at the event will be $25 for the 5K Run, and $20 each for the 5K Bike Ride and One Mile Fun Run. Register early for $5 off race day fees at runsignup.com/tpspriderace. All participants are encouraged to represent their school by wearing school colors, school T-shirts, or school athletic gear. The event opens with a 5K Bike Ride at 8:00 a.m. and closes with a wellness festival on the green. Guthrie Green, 111 E. M.B. Brady St., 7-11 a.m.



Why do people collect art? This question is at the heart of "Tulsa Treasures," an exhibition opening at Philbrook Museum of Art on March 15. Learn more at philbrookmuseum.org. Photo courtesy of Philbrook Museum of Art.

7TH ANNUAL KIDS MINI TRIATHLON
Encourage your little athlete's swimming, biking and running skills. The Health Zone at Saint Francis hosts the 7th Annual Kids Mini Triathlon on Saturday, March 7, 2020, beginning at 8:30 a.m.. Open to ages 6 to 13, the event takes place at the Health Zone at Saint Francis, 5353 East 68th Street in Tulsa. Entry fees ($25 in advance, $30 the day of the event) benefit The Children's Hospital at Saint Francis. For information, contact Jennifer Daley at 918-494-8263, email events@saintfrancis.com or visit saintfrancis.com/healthzone.

ALL THINGS CAKE'S 10TH BIRTHDAY PARTY! [FREE]
All Things Cake is turning 10! Celebrate with cookie decorating, games, freebies and cake! All Things Cake, 6808 S. Memorial Dr., 10 a.m.-4 p.m. allthingscakeshop.com

SCOUT DAY AT OKLAHOMA AQUARIUM
Scouts and their families earn dis-

counted admission for a day filled with interactive educational programs and opportunities to earn a Junior Marine Biologist patch! Open to scouts of all ages and any scouting organization.
Scout Day Admission rates only applicable on Scout Day. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-5 p.m. okaquarium.org

AMERICAN INDIAN FESTIVAL OF WORDS: CIRCLE OF HONOR CEREMONY [FREE]
Tulsa City-County Library will induct attorney, author and legal scholar Walter Echo-Hawk, Pawnee, into the Circle of Honor. Induction into the Circle of Honor is a celebration of the honoree's actions in the face of adversity, commitment to the preservation of American Indian culture and legacy for future generations. Sponsored by the Maxine and Jack Zarrow Family Foundation, Dr. Frank and Mary Shaw, Greater Tulsa Area Indian Affairs Commission, Visions and Voices, Tulsa Library Trust and American Indian Resource Center. For all ages. Zarrow Regional Library, 2224 W. 51st St., 10:30-11:30 a.m. tulsalibrary.org

March 8 Sunday

SENSORY FRIENDLY FUN TIME
Every second Sunday of the month, Discovery Lab hosts Sensory-Friendly Family Fun Time, from 10:30 – 11:30 a.m. This event is held before the museum opens for the day for families with children on the Autism Spectrum and/or who have sensory processing disorders. Families can enjoy the museum before the rush and play together in a supportive environment. Discovery Lab, 560 N. Maybelle Ave., 10:30-11:30 a.m. discoverylab.org

TULSA YOUTH SYMPHONY PLAYATHON
At the annual Tulsa Youth Symphony PlayAThon held in Redbud court of Woodland Hills Mall this symphony raises money to support symphonic music education here in the Tulsa area. A symphony that is made up of only youth members who balance school, school bands/orchestras, and this high honor symphony, is an amazing sight and beauty to hear. Woodland Hills Mall, 7021 S. Memorial Dr., 1-3 p.m. tyso.org

March 9 Monday

WOMAN UP: HIV/AIDS AWARENESS FOR TEEN GIRLS AND WOMEN [FREE]
This daylong workshop will focus on HIV/AIDS, sexually transmitted diseases, rising number of youth in human trafficking, teen pregnancy and abstinence. Free HIV/AIDS testing will be available. Breakfast and lunch are included. Girls ages 12 and older plus adult women are encouraged to attend.
Parent/guardian approval is required for minors to attend the workshop. Seating is limited. Registration is required. Call 918-549-7323 to register. Sponsored by the Tulsa City-County Library, Tulsa Library Trust and Tulsa Health Department. Rudisill Regional Library, 1520 N. Hartford Ave., 9 a.m.-1:30 p.m. tulsalibrary.org

DANCE & SING ALONG
Every second Monday of the month, join Executive Director Ray Vandiver and the Discovery Lab band as they sing classic children's songs. Dance with scarves, play along with instruments, and be ready to get your groove on! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave., 10:30-11 a.m. discoverylab.org

ADULT SIBLINGS OF INDIVIDUALS WITH SPECIAL NEEDS SUPPORT GROUP [FREE]
This is the first meeting of a support group for adults who have a sibling with special needs. If you have any questions, please contact Diane Morrow-Kondos at dianekondos@yahoo.com. Schusterman-Benson Library, 3333 E. 32nd Pl., 6-7 p.m.

FULL MOON NATURE HIKE
Take a self-guided hike on the Garden's nature trail through prairie and forest. You may get to see an owl flying or hear coyotes in the distance. Event is come and go. $10 for Garden members; $15 for non-members. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 7:30-9:30 p.m. tulsabotanic.org

March 10 Tuesday

BUILD A READER STORYTIME: BILINGUAL STORYTIME WITH STAY AND PLAY/CUENTOS BILINGÜES CON JUEGAN JUNTOS [FREE, W]
Enjoy stories, songs and activities in English and Spanish. Then join library staff after storytime for games, toys and activities. Playing is learning! // Disfruta de cuentos, canciones y actividades en inglés y español. Después de los cuentos, vamos a jugar con juguetes y hacer actividades. ¡Jugar es aprender! Martin Regional Library, 2601 S. Garnett Rd., 11 a.m.-12 p.m. tulsalibrary.org

YOGA FOR EVERY BODY [FREE, W]
All skill levels are welcome to join us for this beginning yoga class taught by certified yoga instructor Christine Von de Veld. Bring your own yoga mat or use one of the library's. For adults and teens. Central Library, 5th Street and Denver Ave., 5:30-6:30 p.m. tulsalibrary.org

March 11 Wednesday

SELF ADVOCACY RESOURCE FAIR [FREE]
This free event is designed to equip the people the sponsors collectively serve reach their goals of securing competitive and integrated employment. High School students and young adults with intellectual disabilities who want to become an independent, contributing member of the community will benefit greatly from this event, which is sponsored by A New Leaf, Bridges, Goodwill Tulsa, and TARC. Family members, educators and social workers for individuals with disabilities are encouraged to attend.
If you're interested in attending, please email Paul Hughey at phughey@goodwilltulsa.org. Goodwill Industries of Tulsa's Edgar J. Helms Center, 2740 Southwest Blvd., 9 a.m.-2 p.m. facebook.com/TARC.tulsa

March 12 Thursday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE, W]
Join Miss Sarah at this family storytime for ages 0-5 and their caregivers. Attendees will read stories, sing songs and learn about fun early literacy activities to try at home! Stay after storytime and enjoy toys and activities that foster critical early literacy skills. Herman and Kate Kaiser Library, 5202 S. Hudson Ave., 10:30-11:30 a.m. tulsalibrary.org

KIDS CONNECTION [FREE]
Kids Connection is a social group designed for children, grades K-5, with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. Tulsa ARC, 2516 E. 71st St., 4:30-5:30 p.m. ddadvocacy.net

March 13 Friday

FAMILY PLAY DATE [FREE]
Playing is learning! Play with educational toys and make new friends in a laid-back play group atmosphere. We will have dramatic play centers, blocks and manipulatives, transportation toys, music, puzzles and gross-motor toys for you to explore and play with your child. For ages birth-5. Owasso Library, 103 W. Broadway St., Owasso, 10:30-11:30 a.m. tulsalibrary.org

MOVIE IN THE GARDEN: "TOY STORY 4" (RATED G) [FREE]
Grab your picnic basket and come to watch a movie in our garden. In case of inclement weather, the movie will be shown in Aaronson Auditorium. For ages 12 and younger. Central Library, 5th Street and Denver Ave., 11 a.m.-1 p.m. tulsalibrary.org on Saturday, March 14.

March 14 Saturday

SECOND SATURDAY: BUGGIN' OUT
It's Spring Break at Philbrook! The day's activities will all be about the insects that call our gardens home. Philbrook will be absolutely buzzing with excitement. Visit an insect petting zoo, make insect-inspired artwork, watch your favorite animated creepy crawly film, and more! Included with museum admission. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-4 p.m. philbrook.org

BRAIN STORM: NEW WORKS BY YOUNG WRITERS [FREE]
Watch as short plays by writers ages 10-18 are brought to life by director Michael Wright and his cast. Brain Storms features the winning short plays from Tulsa City-County Library's 2019 Young People's Creative Writing Contest. Sponsored by the Tulsa Library Trust. For all ages. Hardesty Library, 8316 E. 93rd St., 7-8:30 p.m. tulsalibrary.org

March 15 Sunday

OPENING DAY: TULSA TREASURES
Every city has secrets. This show brings Tulsa's private, largely unseen collections (of all kinds) into public view for the first time. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-5 p.m. philbrook.org

FUNDAY SUNDAY [FREE]
The third Sunday of the month is Funday Sunday. It's a free admission day loaded with fun for the whole family. Visitors can enjoy art projects for all ages, gallery tours, activities and special guest performances. Free program, no reservations required. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., 10 a.m.-5 p.m. (activities from 12-4 p.m.) gilcrease.org

March 16 Monday

WALK-IN HEALTH CARE ASSISTANCE [FREE]
Tulsa Healthcare Coverage Program will be here to provide individualized assistance with SoonerCare, Insure Oklahoma and the Affordable Care Act. Please bring ID and income verification. For adults. Central Library, 5th St. and Denver Ave., 9 a.m.-12 p.m. tulsalibrary.org

SENSORY FOR THE YOUNG SCIENTIST
Every third Monday of the month, let your little scientists explore their senses! New activities have been designed to introduce children to chemistry, physics, and natural sciences, all while practicing fine and gross motor skills with a caregiver! This event is included with regular admission and there is no pre-registration required. Discovery Lab, 560 N. Maybelle Ave, 10:30-11 a.m. discoverylab.org

SPEED-FRIENDING: MAKE A NEW FRIEND! [FREE]
Looking to expand your real-life social network? Speed-friending is a great way to meet new people, right here in your community. Enjoy ice breakers, games, and a free tea and coffee bar. Please bring a favorite book to share during the event. Doors open at 6 p.m. Registration is limited and required. Register at www.tulsalibrary.org/events or call 918-549-7323. For women ages 18 and older. Central Library, 5th St. and Denver Ave., 6:30-8 p.m.

March 17 Tuesday

AMERICAN INDIAN FESTIVAL OF WORDS: NATIVE STEM—FOSSILS COME ALIVE! [FREE]
Are you curious about dinosaurs, saber-toothed cats and lions, dire wolves and cave bears? Learn about these ancient animals, discover how environmental changes led to their extinction and hear how Native Americans include them in their culture as Kent Smith, Ph.D. (Chickasaw/Comanche) from Oklahoma State University Center for Health Sciences shares his knowledge through hands-on activities. Class size is limited. Registration is required. Call 918-549-7323 to register. For ages 5-12. Zarrow Regional Library, 2224 W. 51st St., 1-2:30 p.m. tulsalibrary.org

TEEN TECH MONTH: YA BOOK EATS [FREE]
Eat snacks straight from the pages of some of your favorite (or soon-to-be favorite) YA books, like November cakes, cookies and Jollof rice (while supplies last). Sponsored by the Friends of the Helmerich Library. For ages 10-adult. Hardesty Library, 8316 E. 93rd St., 1:30-2:30 p.m. tulsalibrary.org

March 18 Wednesday

KITE DAY [FREE]
Come and make your own kite. Materials are provided. For children of all ages. Kendall-Whittier Library, 21 S. Lewis Ave., 2-3 p.m. tulsalibrary.org

March 19 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.-12 p.m. safekidstulsa.com

MUSIC AND MOVEMENT/MOVIMIENTO Y MUSICA [FREE]
This interactive program features songs, dancing and lots of fun. Registration is required. Register at www.tulsalibrary.org/events or call 918-549-7323. // Venga con nosotros a esta programa interactiva con canciones, bailes y mucha diversión. Broken Arrow Library, 300 W. Broadway Ave., 10:30-11:30 a.m.

March 20 Friday

FAMILY MARCH MADNESS [FREE]
Picnic with your family while watching the basketball game on the big screen in the garden. Popcorn and face painting are provided. For ages 5-18. Central Library, 5th St. and Denver Ave., 11 a.m.-1 p.m. tulsalibrary.org

TEEN TECH MONTH: GHOST HUNT [FREE]
Head to the library for scary stories and a ghost hunt to see what happens once the library doors are closed for the night. Use technology to seek out the paranormal among the print. For ages 10-18. Broken Arrow Library/South, 3600 S. Chestnut Dr., 6:15-7:15 p.m. tulsalibrary.org

TWEEN NIGHT + NYICFF KID FLICKS
Come to Philbrook's first ever fun-filled tween night (fun for parents, too!). There will be artist-designed selfie stations, cool wearable art making, and hands-on fun in the log cabin. Parents can enjoy a drink on the terrace or take it to the studios to make alongside their tweens. End the night together in the theater with an exclusive screening of the world's coolest and best short films for tweens from the New York International Children's Film Festival. Philbrook Museum, 2727 S. Rockford Rd., 7 p.m. philbrook.org

March 21 Saturday

STUDIO SATURDAY
Connect and create with local artists. Each month, Philbrook becomes the studio of a different local working artist. Think like an artist. Discover new ways of exploring ideas through hands-on making. Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.-1 p.m. philbrook.org

FOURTH ANNUAL BIKES AND BOOKS [FREE]
Bring your family and friends to the Gibbs Shopping Center across the street from the Suburban Acres Library to enjoy lots of fun and engage with library staff and 918 Riderz Motorcycle Club members. Youth ages 0 to 16 will receive free books and library swag, and ages 10-16 will have a chance to win one of four Barnes & Noble $25 gift cards. End spring break with a bang at this fun come-and-go event! Sponsored by the Friends of Helmerich Library, Suburban Acres Library, Gibbs New Generation

Leasing and the 918 Riderz Motorcycle Club. Gibbs Shopping Center, 612 E. 46th St. N., 11 a.m.-2 p.m. tulsalibrary.org

GRAND EXPERIENCE: WHAT'S YOUR PORPOISE?
Grandparents and children (K-6th grade) will dive into the mysterious world of marine mammals. Participants will learn about sea lions, dolphins and more while creating fun-filled memories that will last a lifetime. Cost is $25 per pair, 10% off for zoo members. Tulsa Zoo, 6421 E 36th St. North, 1-4 p.m. tulsazoo.org/classes

March 22 Sunday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR!

March 23 Monday

BUILD A READER STORYTIME: BABIES & TODDLERS [FREE, W]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Broken Arrow Library, 300 W. Broadway Ave., Broken Arrow, 11-11:30 a.m. tulsalibrary.org

March 24 Tuesday

BUILD A READER STORYTIME: FAMILY/STAY AND PLAY [FREE]
Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children. Stay after storytime and enjoy games, toys and activities that foster critical early literacy skills. Charles Page Library, 551 E. 4th St., Sand Springs, 10:30-11:45 a.m. tulsalibrary.org

THE EDUCARE TALKING IS TEACHING FAMILY ENGAGEMENT NIGHT [FREE]
The Educare Talking is Teaching family engagement night is March 24th, 6:00 at 2511 E. 5th Pl. at Educare Kendall-Whittier for families with children birth-five. Dinner is provided and all families leave with a new book. Educare Kendall-Whittier, 2511 E. 5th Pl., 6 p.m. talkingisteachingtulsa.com

March 25 Wednesday

RÉSUMÉ WRITING 101 [FREE]
Learn how to construct a basic résumé. Get valuable tips as we break down the sections of a résumé, and learn about the library's online JobNow service and résumé help sections. For adults and teens. Martin Regional Library, 2601 S. Garnett Rd., 12:30-2:30 p.m. tulsalibrary.org

TEEN CONNECTION [FREE]
Teen Connection is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. Tulsa ARC, 2516 E. 71st St. A, 4:30-6:30 p.m. ddadvocacy.net

March 26 Thursday

SAFE KIDS CAR SEAT CHECK [FREE]
Make sure your child's car seat is installed correctly! Bixby Fire Department Station 2, 8300 E. 121st St., Bixby, 2-4 p.m. safekidstulsa.com

FOOD TRUCKS FOR KIDS
This is a community event fundraiser for the Bixby Outreach Center's Summer Meals for Kids Program. Food trucks give a portion of their sales back to the BOC. The event is 5-8 p.m. at Charley Young Park and includes live music, games on the lawn, food trucks and fun for the whole family! Charley Young Event Park, 50 W. Dawes Ave., Bixby, 5-8 p.m. bixbyok.gov

March 27 Friday

JUST BETWEEN FRIENDS—JENKS/GLENPOOL
Shop thousands of gently used items at Just Between Friends—Jenks/Glenpool! Friday's event is for Prime Time Shopping and a Community Presale. First time/expectant parents get in free. The sale continues Saturday, March 28 and Sunday, March 29. Find the schedule at jenks.jbfsale.com. 3014 W. Main St., Jenks

March 28 Saturday

ZOO INSIDER: MARINE MAMMALS
Teenagers will jump into the deep end and discover the world of dolphins, whales and sea lions while learning what it's like to work in a zoo. Cost $25 per class. Tulsa Zoo, 6421 E 36th St. North, 9 a.m. to noon for 6th-8th grade, 1 to 4 p.m. for 9th-12th grade. tulsazoo.org/classes

HAIKEY CREEK PARK EASTER EGG HUNT [FREE]
Join the fun and hunt for Easter Eggs and candy at Haikey Creek Park. Please be at the park by 9:45 a.m. so that children may be divided into their age groups and directed to their area. Haikey Creek Park, 11327 S. Garnett Rd., 9:45-10:15 a.m. parks.tulsacounty.org

WATER SAFETY ASSESSMENT EVENT [FREE]
Miller Swim School is offering a FREE Water Safety Assessment Event. This event is open to the public. Parents are invited to bring their children, ages 2 years and older, to be assessed on how safe they actually are in the water. Miller's trained Lifeguards and Instructors will be on hand to assess the children on their water safety skills. Pre-register via their Facebook event page at facebook.com/millerswimschool. Miller Swim School, 6415 S. Mingo Rd., 2:30-5:30 p.m. millerswimschool.com

MONSTER JAM
The most action-packed motorsports experience for families in the world today returns to Tulsa for another high-octane weekend featuring the ultimate mix of high-flying action and four-wheel. BOK Center, 200 S. Denver Ave., 7 p.m. (Pit Party 4:30-6 p.m.) Also occurs Sunday, March 29, 2 p.m. bokcenter.com

March 29 Sunday

BUNNY HUNT
Enjoy spring-themed activities including a hunt for colored rocks, face-painting, a planting activity, lawn games and more. MASA food truck will have food options and drinks including beer and wine, will be available for sale. Explore the tulips and other spring bulbs blooming and look for "bunnies" in the Garden. Tickets are limited. Adults: $8; Ages 3-12: $10. Ages 2 and under free. (Discounts for Garden members). Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 1-3 p.m. tulsabotanic.org

TOUCHABLE ART PROGRAM [FREE]
Touch artwork made by local artists and explore art with all of your senses on a self-guided tour of the museum's galleries. Open for all! Free, no registration required. Crystal Bridges, 600 Museum Way, Bentonville, AR, 1:30-4:30 p.m. crystalbridges.org

March 30 Monday

MINGO VALLEY CHRISTIAN OPEN HOUSE [FREE]
Sign up for Mingo Valley Christian's Open House by visiting mingovalley.org or contacting Admissions Director Lisa Padgett at lisapadgett@mingovalley.org. Mingo Valley Christian, 8304 S. 107th E. Ave., 9 a.m.-1 p.m. mingovalley.org

AMERICAN INDIAN FESTIVAL OF WORDS: MAKE-AND-TAKE CHEROKEE POTTERY [FREE]
Join potter Crystal Hanna for native stories and hands-on pottery workshop. Materials are provided. Registration is required. Call 918-549-7323 to register. Sponsored by the American Indian Resource Center and Tulsa Library Trust. For ages 5-12. Owasso Library, 103 W. Broadway Ave., Owasso, 4:30-5:30 p.m. tulsalibrary.org

March Showtimes



MOON MOUSE: A SPACE ODYSSEY WILL ROCKET INTO THE TULSA PAC ON MARCH 6, AS PART OF THE TULSA PAC TRUST'S IMAGINATION/YOUNG AT ART SERIES. LEARN MORE AT TULSAPAC.COM.

THE FACE OF EMMETT TILL
WHEN: MARCH 1 AND 8, 3 P.M.; MARCH 7, 8 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
The Face of Emmett Till is a true-to-life dramatization of the death of a 14-year-old black Chicagoan who, while visiting relatives in Mississippi in 1955, was kidnapped, tortured and murdered by two white men who claimed they wanted to teach him a lesson for (allegedly) whistling at a local white woman. The play chronicles this tragedy, its aftermath, Till's mother's heroic crusade for justice, and the beginnings of the Civil Rights Movement. Presented by Theatre North. tulsapac.com

TROLLS LIVE!
WHEN: FEBRUARY 29, 10 A.M., 2:30 P.M. AND 6:30 P.M.; MARCH 1, 11 A.M. AND 3 P.M.
WHERE: BOK CENTER, 200 S. DENVER AVE.
Get ready for another hair-raising adventure when Poppy, Branch and all their Trolls friends come to life on stage in Trolls LIVE!, their first ever live tour! Jam-packed with epic music, glitter, humor and happiness, Trolls LIVE! will visit the BOK Center for five Trolls-tastic performances. Children over a year old will require a ticket. bokcenter.com

MOON MOUSE: A SPACE ODYSSEY
WHEN: MARCH 6, 9:30 A.M., 11:30 A.M. AND 7 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Constantly bullied and picked on by the "cool" rats, Marvin the Mouse is labeled as a loser and a geek. As respite from the continuous badgering, Marvin retreats into his science books and a world of fantasy. Join Marvin in his homemade rocket as he takes a trip to the surface of the moon where he meets a strange cast of misfit creatures and views awesome beauty. tulsapac.com

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STOMP
WHEN: MARCH 6-7, 8 P.M.; MARCH 7, 2 P.M.; MARCH 8, 1 AND 6:30 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Explosive, inventive, provocative, witty and utterly unique, Stomp is an unforgettable experience for audiences of all ages. This international percussion sensation has garnered armfuls of awards and rave reviews and has appeared on numerous national television shows. The eight-member troupe uses unconventional percussion "instruments" — matchboxes, wooden poles, brooms, garbage cans, Zippo lighters, hubcaps — to fill the stage with magnificent rhythms. Stomp. See what all the noise is about. Presented by Celebrity Attractions. tulsapac.com

SISTEMA TULSA AT THE TULSA HISTORICAL SOCIETY
WHEN: MARCH 9, 6-7:30 P.M.
WHERE: TULSA HISTORICAL SOCIETY & MUSEUM, 2445 S. PEORIA AVE.
Sistema Tulsa late Elementary and Middle-School performers debut their new symphony orchestra with lively and expressive music. This marks the fourth year that Sistema Tulsa performs at the Tulsa Historical Society. sistematulsa.org

THE CHOIR OF MAN
WHEN: MARCH 11, 7:30 P.M.
WHERE: BROKEN ARROW PAC, 701 S. MAIN ST., BROKEN ARROW
Known across the globe as "the ultimate-feel good show," The Choir of Man offers up 90 minutes of indisputable joy! It's a party. It's a concert. It's a pint-filled good time set in a working pub that combines hair-raising harmonies, high-energy dance, and live Percussion with foot-stomping choreography. The multi-talented cast of nine handsome blokes sings everything – pub tunes, folk, Broadway, classic rock – all to roof-raising heights. It's the best singing, dancing, stomping, pub crawl of a concert you'll ever attend! CHEERS! brokenarrowpac.com

A LITTLE NIGHT MUSIC
WHEN: MARCH 13-14, 20-21, 8 P.M.; MARCH 15, 21 AND 22, 2 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Stephen Sondheim's sublime musical follows the romantic lives of several couples in early 1900s Europe. tulsapac.com

CLASSICS—BEETHOVEN 5
WHEN: MARCH 14, 7:30 P.M.
WHERE: VANTREASE PACE, 10300 E. 81ST ST.
This concert highlights two works by Ludwig van Beethoven: his Symphony No. 5 and the Egmont Overture. Also on the program is Signature Symphony's Principal Trumpet Stephen Goforth performing John Nepomuk Hummel's Trumpet Concertos. signaturesymphony.org

STAR WARS™ IN CONCERT
WHEN: MARCH 14, 7:30 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Experience Star Wars like never before! Jump in the Millennium Falcon and journey to Tatooine, Alderaan and beyond with a complete showing of Star Wars: A New Hope in high-definition, on a giant screen, with John Williams' Oscar® winning score played live by Tulsa Symphony. tulsasymphony.org

TOBY MAC
WHEN: MARCH 21, 7 P.M.
WHERE: BOK CENTER, 200 S. DENVER AVE.
7X GRAMMY® Winner TobyMac brings his Deep Hits tour to Tulsa. bokcenter.com

ALAN JACKSON
WHEN: MARCH 26, 7 P.M.
WHERE: BOK CENTER, 200 S. DENVER AVE.
Country Music Hall of Famer Alan Jackson will bring decades of hits to fans in Oklahoma with a concert at BOK Center in Tulsa on Thursday, March 26. bokcenter.com

VENDETTA
WHEN: MARCH 27-28, 7:30 P.M.; MARCH 29, 2:30 P.M. SPECIAL PREVIEW NIGHT ON MARCH 26 AT 7 P.M.
WHERE: TULSA PAC, 110 E. 2ND ST.
Chicago, 1950's. Rosalia Carbone's wedding day is marred by a violent murder, beginning a long standing grudge between infamous rival mob families. When the Godfather, the feared patriarch of the family, is killed in a shootout, an enraged Rosalia takes his place. tulsaballet.org

FINDING NEVERLAND
WHEN: MARCH 28, 7:30 P.M.
WHERE: BROKEN ARROW PAC, 701 S. MAIN ST., BROKEN ARROW
You will believe in magic and miracles—and that anyone (regardless of age) can dream of flying! Based on the Miramax motion picture by David Magee and the play "The Man Who Was Peter Pan" by Allan Knee, "Finding Neverland" follows the relationship between playwright J. M. Barrie and the family that inspired Peter Pan, or The Boy Who Wouldn't Grow Up – one of the most beloved stories of all time. brokenarrowpac.com

MARY GAUTHIER IN CONCERT
WHEN: MARCH 29 AND 30, 7 P.M.
WHERE: WOODY GUTHRIE CENTER, 102 E. M.B. BRADY ST.
Songwriter and storyteller Mary Gauthier returns to Tulsa for two concerts in the Woody Guthrie Center theater. The shows are set for 7 p.m. March 29 and 30. Jaimee Harris is also set to perform. Gauthier's latest album, Rifles & Rosary Beads, examines the struggles facing American veterans in their own words, a partnership Gauthier forged to tell their stories through song. woodyguthriecenter.org




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BY NATALIE MIKLES

snack attack!

quick snacks that are good and guilt-free

You would think being a decade into parenting, I would have earned a gold medal in kids' snacks.

But after all these years, it's still a struggle. At times, I feel like we're in a good groove of keeping the refrigerator and pantry stocked with cheese sticks, apple slices, pretzels and granola bars. Then sometimes we have periods of slipping into eating way too many unhealthy snacks. My kids unfortunately have an affinity, that they've inherited from their mother, for chips and cookies. But then we reel it back in, loading our snack baskets with nutritious foods.

Most of us have the knowledge of what makes a good, healthy snack. But most of us also need the occasional reminder or the nudge to be consistent about offering those foods to our kids so they can be the ones to make good choices about the food that goes into their bodies.

When a friend with a 2-year-old told me about her son's daycare serving doughnuts for snacks at least once a week, I cringed. Every family is different, and for mine, there's nothing wrong with an occasional doughnut. But for this mom, and other parents in the class, weekly doughnuts were too much for



their 2-year-olds. Some of the parents in the class were having to forego the daycare-provided snacks, packing their own snacks for the kids to eat.

School snacktime and afterschool snacking doesn't seem to have an end date. It begins in preschool, continues with elementary school and goes on with hungry middle and high school kids packing protein bars into their backpacks to eat between classes.

It's something nearly every parent has to consider, on top of making breakfast, packing lunches and figuring out what's for dinner. So here are some ideas for snacks – both purchased and homemade – to give you a little inspiration to finish the school year strong. And if your children are old enough, let them make or help make the homemade snacks. Remember when kids have a part in picking out or making food, they're more likely to eat it.

Store-bought snack idea pairings:

- Cheese sticks and grapes
- Whole-wheat pretzels and plain yogurt
- Mini cheese crackers and cherry tomatoes
- Cottage cheese cups and apple chips
- Clementine oranges and Nut Thins crackers
- Carrot sticks and hummus
- Trail mix and banana
- Unsweetened applesauce cups and granola
- Cubed watermelon and Babybel cheese

This mix tastes even better if you take a few minutes to toast the nuts. Bake in a 350-degree oven for 5-10 minutes, then let cool before adding to the mixture.

Easy Trail Mix

Makes 4-5 cups

- 3/4 cup raw pecans
- 3/4 cup raw cashews
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1/2 cup unsweetened cherries
- 1/2 cup unsweetened raisins
- 1/2 cup chopped dark chocolate
- 1/4 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- Pinch of nutmeg

1. Combine all ingredients in a large bowl and mix well. Store in a ziploc bag or mason jar.

This recipe comes from the Lean Green Bean website. It's great for kids in nut-free classrooms or schools.

Nut-Free Toddler Trail Mix

- 2 cups Rice Chex
- 2 cups Cheerios
- 3/4 cup pepitas (pumpkin

continued next page



seeds)
• 2 tablespoons butter, melted
• 1 teaspoon ground cinnamon
• 1/2 cup chocolate-covered sunflower seeds
• 1/2 cup dried blueberries
• 1 tablespoon brown sugar (optional)

1. Put cereals and pepitas in a large, microwave-safe bowl. Pour butter and stir to coat. Sprinkle in cinnamon (and sugar if using) while stirring. Microwave 90 seconds. Stir. Microwave another 90 seconds. Spread on a baking sheet to cool.

2. When cool, add sunflower seeds and blueberries. Portion into bags and enjoy for a snack.

This recipe, from the Naptime Chef, takes just about 10 minutes to prepare and 20 minutes to bake.

Mini Banana Bread Muffins

Makes 24 mini muffins
• 1 stick unsalted butter, room temperature
• 1/2 cup granulated sugar
• 1 egg
• 3 small bananas, mashed with a fork
• 1 teaspoon baking soda dissolved in 1 tablespoon hot water
• 1 1/2 cups all-purpose flour
• 1/4 teaspoon kosher salt
• 1/2 teaspoon nutmeg
• 1/2 cup mini chocolate chips (optional)

1. Preheat the oven to 350 degrees. Line a mini-muffin tin with paper liners or rub each muffin cup with butter and set aside. In a small bowl, mix the flour, nutmeg and salt, and set aside.

2. Cream the butter and sugar with an electric mixer. Add the egg and bananas and mix well. Then add the dissolved baking soda and mix again.

3. With the mixer on low, slowly add in the flour and mix until it is no longer visible. If you are using chocolate chips or walnuts (or both), stir them in with a wooden spoon.

4. Scoop the mixture into the muffin cups until each one is half full. Bake for 15 to 20 minutes, or until the muffins are golden brown and spring back lightly when touched. Allow to cool before serving.





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BY LAURA RAPHAEL, MA, MLIS, CHILDREN'S SERVICES COORDINATOR, TULSA CITY-COUNTY LIBRARY

"help! I hate my kid's favorite book!"

HOW TO RESPOND WHEN A BOOK YOUR CHILD LOVES IS ONE YOU LOATHE

Here you are, a dedicated parent or grandparent or other caregiver, and all you want to do is to make sure your kid grows into a well-rounded, happy and caring person.

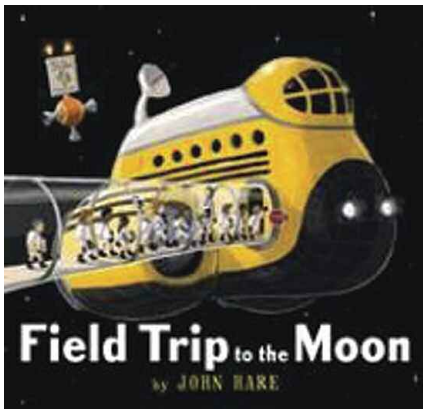
Naturally, that means you want your child to be a reader, because research shows regular readers are happier, more empathetic and volunteer more than non-readers.

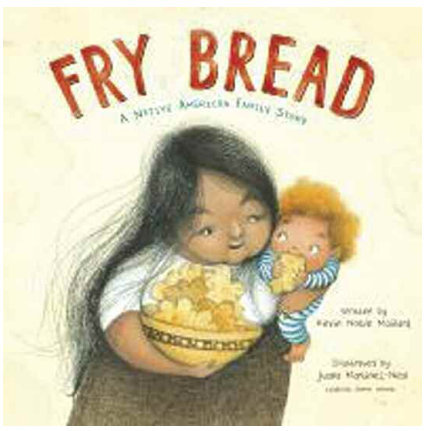
You make sure there are plenty of books around. You go to the library frequently. You read to your child every day. You know the importance of freedom of choice in reading, so you ask your child to pick the book...

And then - he or she chooses something you absolutely loathe. The characters are stupid or stereotyped, the pictures are basic, the plot too predictable. Or maybe you are just sick of reading the same refrain over and over.

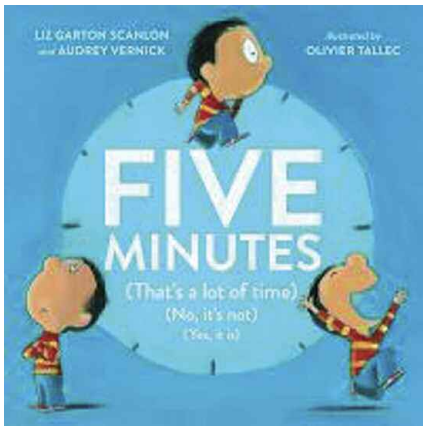
Here is a three-step plan to help you handle this scenario.

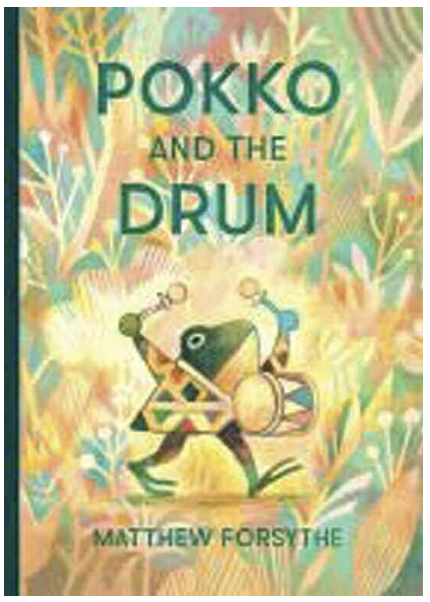
First, RELAX. It may feel sacrilegious to "hate" a particular book (you love books! you support reading!), but it happens. There are a LOT of books out there, and chances are, one or two are going to just get under your skin. Accept your own feelings.



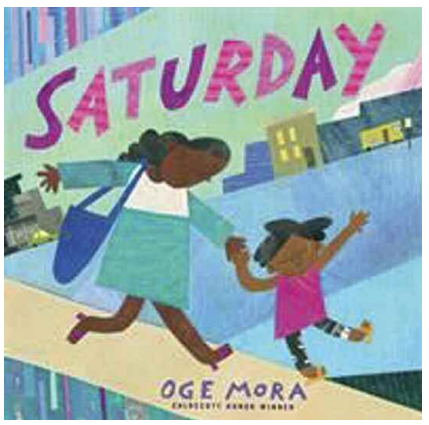


Second, RE-DIRECT. Sometimes you are going to have to read The Dreaded Book. But often you can re-direct your children to other books that are more palatable to your reading tastes and that will interest them as well. That is why trips to the library





are so important -- you are bound to find many books that fit both criteria. "Oh, what about this book with the penguin making a



funny face on the cover? Why do you think that penguin is making that face?"

Third, RE-CONNECT AND READ. This goes for The Dreaded Book, if you just have to read it or suffer a meltdown. Remember that reading is a special time for you to bond with your child. Ask lots of questions of your child. Try to find new things to point to or talk about related to the book.

And, not to "Cat's in the Cradle" you too much, but remember that one day much sooner than you think, your children will be reading on their own and won't need you to read aloud. Hold on to the moments you have. Enjoy them!

Here are some recent picture books that I believe both kids AND parents will love:

continued next page

Saturday by Oge Mora

What happens when your perfect weekend plans go awry? In this lovely everyday tale about a girl and her mother, every planned activity is thwarted (the park is too crowded, they forget tickets to a show, …but they find a way to make everything just right. Sweet without being cloying, this will make you appreciate the time you have with your child even more.

Field Trip to the Moon by John Hare

Wordless picture books allow you (and your child!) to talk about what you see and what is going on. In this one, a young girl goes on a class trip to the moon…and is left behind!

Five Minutes (That's a Lot of Time) (no, It's not) (yes, it is) written by Elizabeth Garton Scanlon with Audrey Vernick and illustrated by Olivier Tallec

Five minutes is not enough time when you want to sleep in…but way too much time when you're at the dentist! This will be familiar for most families and will lend itself to talking about all of the ways time can be relative in your own lives.

Pokko and the Drum by Matthew Forsythe

"The biggest mistake Pokko's parents ever made was giving her a drum." A delightful story about the joy of making music with your friends (and maybe also finding your own rhythm).

Fry Bread written by Kevin Noble Malliard and illustrated by Juana Martinez-Neal

This gentle story about a Native American tradition of making fry bread (which is delicious) just won several awards from the American Library Association, including for best informational book for kids.

TULSA botanic GARDEN

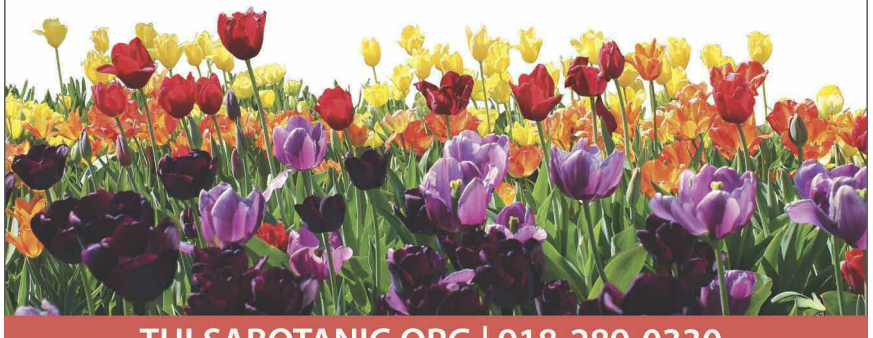
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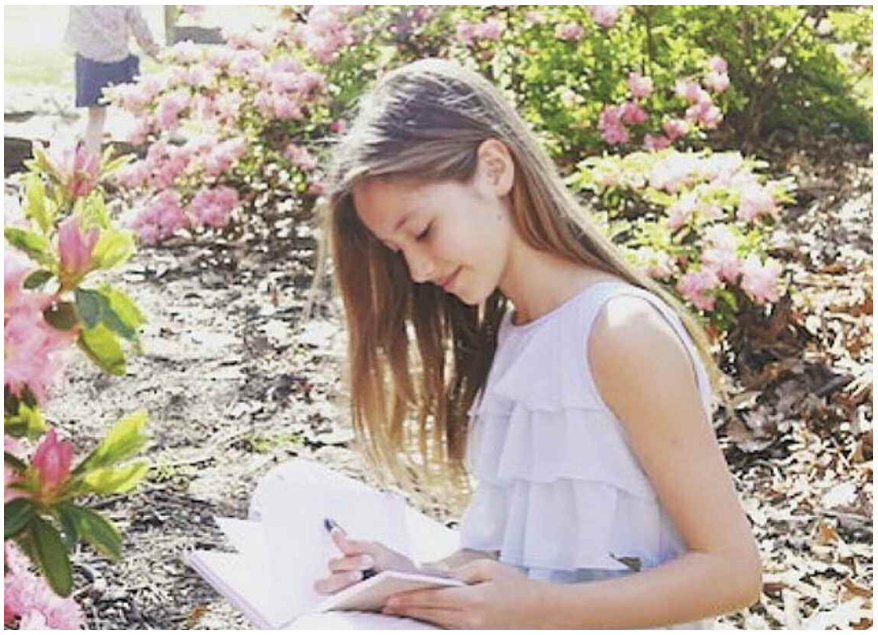


BY NATALIE HANSON

Charlotte Mason-style learning

Step into the world of homeschooling, and you will soon come across the discussion of "styles." As a newcomer, it is not uncommon to feel pressure to claim your style and use its vernacular to communicate to others what it is you are trying to accomplish with homeschooling. But spend a little more time with us, and you'll realize that like most everything we do, these various methods are not cut and dried ways of executing your child's education. You will likely find yourself picking up bits from different philosophies and putting them together in a unique way that works for your family.

One of the most popular styles of homeschool is the Charlotte Mason method. A little foray into her philosophy of educating the whole person, and it's hard not to fall just a little bit in love with her ideas. If you have any familiarity with Charlotte Mason, you probably immediately picture days filled with nature walks, journaling and passing on the textbook in favor of the full glory of the classics. Certainly, those are parts of the Charlotte Mason experience, but I recently went back and read her original text on Home Education and discovered my knowledge of her philosophy just barely skimmed the surface of what her extensive research offers.



Charlotte Mason was a British educator who lived during the reign of Queen Victoria. Her ideas such as educating the "whole person" feel like they were written specifically with today's issues in mind. It is remarkable how similar the problems with the education system in the late 1800s are today's problems! And, yes, she does lay out in-depth instruction on nature journals and handicrafts, but there is a deeper wisdom to be gleaned from her ideas on what makes an education. She breaks her idea down into three main tenets:

1. Education is an ATMOSPHERE – "…should let them live freely among his proper conditions. It stultifies a child to bring the world down to the 'child's' level…"

Reading her original writing, it is hard not to giggle when she goes into detail about how a room should be ventilated in order for the child to best thrive, but looking past her dated references, Charlotte Mason explores the benefits of fresh air, freedom and movement in an environment where curiosity is nurtured. She shuns choppy textbook learning in favor of full texts. She encourages parents to express a "thinking love" toward their children. She suggests letting the children respectfully engage in the adult world instead of building a new world perfectly catered to the child.

2. Education is a DISCIPLINE- "…the discipline of habits formed definitely and thoughtfully…"

This component reminds me of one of my favorite points made in Susan Wise Bauer's book "Rethinking Schools," which was that we have to remember to separate academic skills and ability from organizational and functional skills. Both need to be taught, but they are not the same. Charlotte Mason recognized that building habits of discipline was a key foundation for learning.

3. Education is a LIFE- "…need of intellectual and moral, as well as physical…"

I think one of the reasons this school of thought has remained alive and well in the homeschool community is because once you bring your child's education into the home, you see up close how the whole picture of habits, discipline and environment are crucial parts of what it means to educate. You become witness to the ways character and intent are directly tied to success in reading, writing and arithmetic.

Whether or not you find Charlotte Mason's concepts applicable in your home, we all owe her a thank-you for recording her forward-thinking research and observations on education for future generations to explore.

Charlotte Mason resources:
www.simplycharlottemason.com
www.charlottemason.com

continued next page

when day camp is the perfect fit

There can be any number of reasons that an overnight camp experience is not right for your child. Parents must take into account cost, readiness of the child, other summer activities and any number of individual reasons that a child should or should not attend overnight camp. However, that doesn't mean a child must forego the many positive perks of camp!

The American Camp Association (ACA) suggests that parents send a child to day camp if:

• a child is not ready for overnights away from home

• you don't want your child to miss out on a visit from a grandparent or other person important to your family

• there is a great day camp you've been wanting to try near your home

• your child's favorite school year activity, such as a ballet school or soccer club, is having a summer camp with expanded activities

The ACA also says that at day camp, your child may benefit by:

• making new friends
• learning a new skill
• enjoying positive role models
• helping others
• honing a current skill or interest

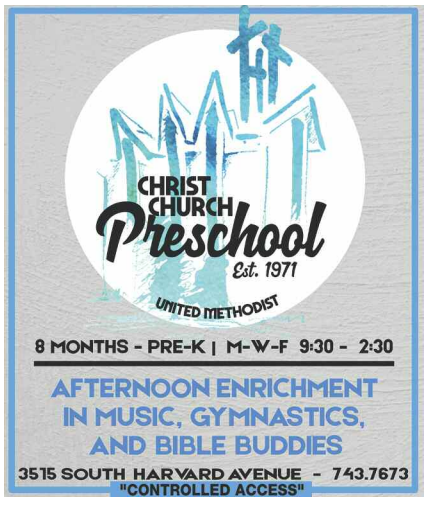
The ACA suggests asking the following questions of day camp directors:

• Is the camp accredited by the American Camp Association?



• What training does the staff receive?
• Is transportation available?
• What about extended care before and after camp?
• Will the camp provide lunch?
• Are campers grouped by age, activity, or both?
• Does the price include the full range of activities?
• Are parent visits encouraged?









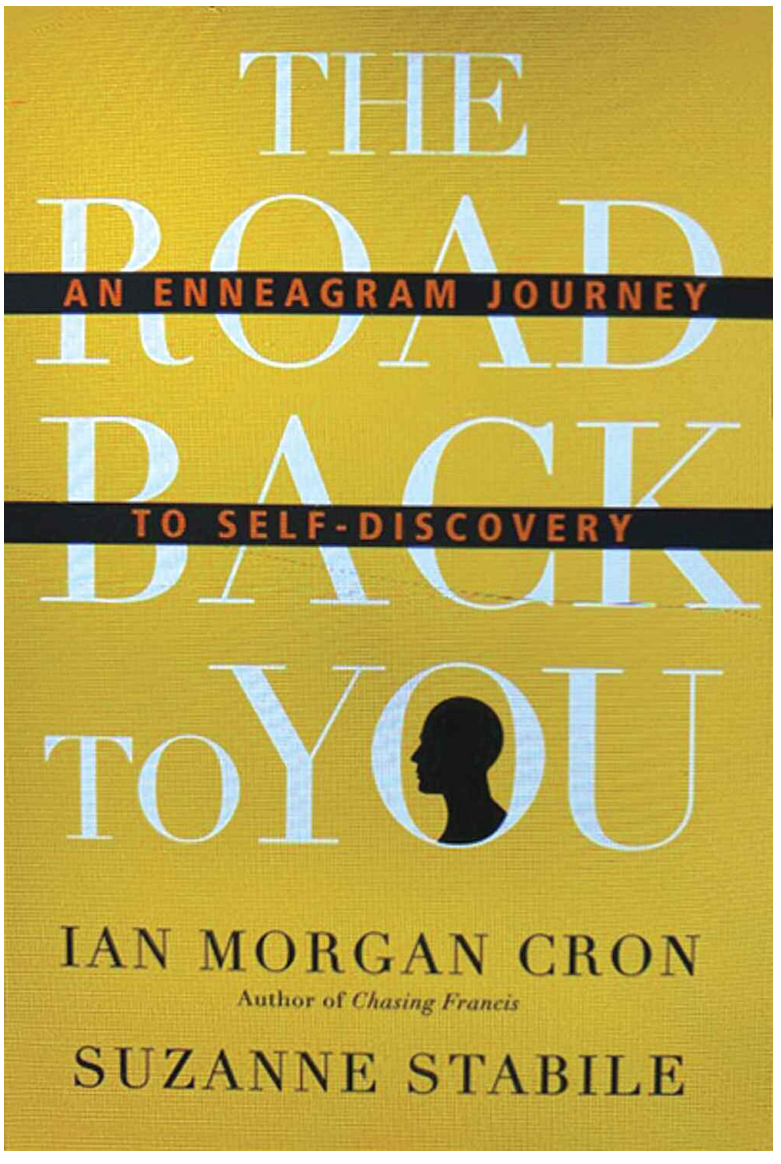


Hip Mom Dives into the Enneagram

BY JILL VANTREASE

Have you ever wondered why certain people dumbfound you with their actions? Have you ever had conflicts with your children or your spouse that seem mystifying or unresolveable? If so, delving into a little personality theory can be illuminating - if not life changing. There are several theories of personality out there - maybe you've heard of Myers-Briggs, or even Gretchen Rubin's "Four Tendencies" (Upholder, Questioner, Obliger, and Rebel). All of these are useful models. But I've found endless inspiration and self-awareness with the Enneagram.

The Enneagram is an ancient personality typing system which helps people understand who they are and what makes them tick. This might sound like an exercise for psychology students or old people with too much time on their hands, but it comes down to an important part of a meaningful life: self-knowledge. As Brother Dave notes in *The Road Back to You: An Enneagram Journey to Self-Discovery*, "What we don't know about ourselves can and will hurt us, not to mention others. As long as we stay in the dark about how we see the world and the wounds and beliefs that have shaped who we are, we're prisoners of our history. We'll continue going through life on autopilot doing things that hurt and confuse ourselves and everyone around us. Eventually we become so accustomed to making the same mistakes over and over in our lives that they lull us to sleep. We need to wake up!"



Well, doesn't it sound like that kind of self-knowledge has pretty important ramifications for us as mothers at the helm of our complicated, messy families? Knowing ourselves better, and knowing our children and spouses better, can radically improve our understanding of our loved ones' feelings and motivations, our own fears and weaknesses, and greatly improve our family life.

So where to begin? There are tons of resources on the Enneagram; you might want to start with taking a test to discover what your type is. The website www.enneagramtypetest.com is a approachable and accurate - and quick! - test. The Enneagram Institute has a more thorough, 40-minute test for a mere $12. When I took the test for the first time, I felt like my skin has been unzipped and my guts had been spilled out in front of me, splayed out for all to see: that's how insightful the Enneagram is to one's inner fears, inner desires and inner life! Here's a great description of all the types from the aforementioned *The Road Back to You*:

Type 1: The Perfectionist. Ethical, dedicated and reliable, they are motivated by a desire to live the right way, improve the world, and avoid fault and blame.

Type 2: The Helper. Warm, caring and giving, they are motivated by a need to be loved and needed, and to avoid acknowledging their own needs.

Type 3: The Performer. Success-oriented, image-conscious and wired for productivity, they

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are motivated by a need to be (or appear to be) successful and to avoid failure.

Type 4: The Romantic. Creative, sensitive and moody, they are motivated by a need to be understood, experience their oversized feelings and avoid being ordinary.

Type 5: The Observer. Analytical, detached and private, they are motivated by a need to gain knowledge, conserve energy and avoid relying on others.

Type 6: The Loyalist. Committed, practical and witty, they are worst-case scenario thinkers, who are motivated by fear and the need for security.

Type 7: The Enthusiast. Fun, spontaneous and adventurous, they are motivated by a need to be happy, to plan stimulating experiences and to avoid pain.

Type 8: The Leader. Commanding, intense and confrontational, they are motivated by a need to be strong and avoid feeling weak or vulnerable.

Type 9: The Peacemaker. Pleasant, laid back and accommodating, they are motivated by a need to keep the peace, merge with others and avoid conflict.

Isn't that fascinating? And while there are a million permutations of each type, each and every seven billion of us falls into one of these nine types. You can see that no type is "better" than the other; they are all just delightfully different.

The nine types are just the tip of the Enneagram iceberg. Another Enneagram concept is "Wings." Wings are the numbers to your right and left. For example, I'm a 4 (sigh! Maybe this is why I write the the way I do, what with all the emoting!). My wing is a 3 (The Performer) since I'm inclined to dress up, be goofy and love parties. If my wing were a 5, I'd be more introverted and withdrawing.

Another concept of the Enneagram: you can see the arrows pointing to and away from different numbers. These indicate each number's stress and security number. Your "Stress" number is the number your personality moves toward when you are stressed out, over taxed, and generally not living your best life. So when I'm stressed out, I take on the less-great qualities of a 2: I become a martyr and repress my own needs. The "Security" number - the number pointing toward your number on the Enneagram - indicates the type your personality moves toward and draws energy and resources from when you're feeling secure. So I would take on the better qualities of a 1: I actually get motivated to buckle down and do something about all the whacky creative ideas knocking around in my head.

And now, if you really want to go deep, the Enneagram also associates "Deadly Sins" with each type. Of course it's difficult to look at the underbelly of our ugly selves, but as David Benner cautions, "No one should work with the Enneagram if what they seek is flattery. But no one should fail to do so if what they seek is deep knowing of self."

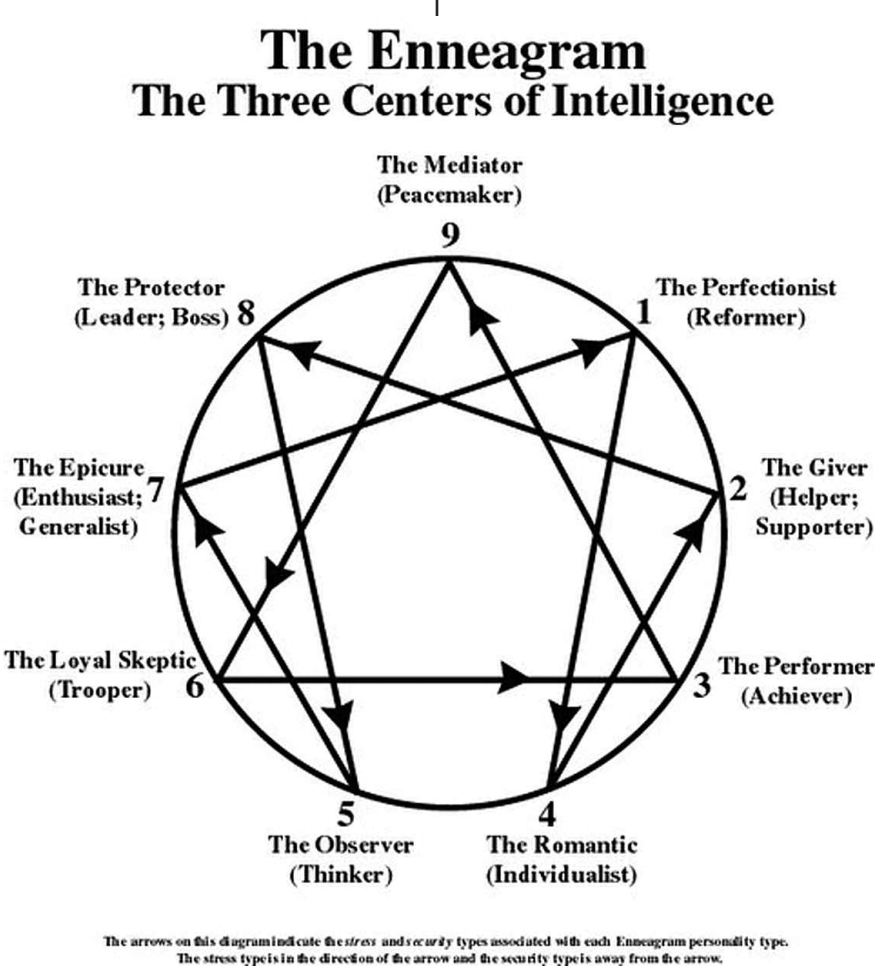
My great struggle is with envy, which makes so much sense when I reflect: All my life, no matter how seemingly fabulous my present circumstances, I have let prettier, more talented, more wealthy people mar my happiness. "Fours believe they are missing something essential without which they will never be complete. They envy what they perceive to be the wholeness and happiness of others." Well, poopy - but at least I know that about myself now!

But that's just me. Now I'm a little better aware of my own strengths and foibles, how much can I learn if I suggest (force) my family members to take it? It turns out PVT is a 5, which makes perfect sense - he is terribly intelligent, analytical, does spreadsheets for fun, and spends lots of time in his own head. Early in our marriage I would want him to "come out" more, but I know now that he needs time to recharge before he can chat and interact. Knowing this has given me so much peace!

And then my older kids take it. I'm shocked to find out one of my kids is a 9 - a Peacemaker - but then it makes sense. He never complains or causes conflict, goes along with the flow, keeps to himself, but then once every few months or so, boom! All the feelings come out. Now I know to encourage him to share and talk more, and that I shouldn't assume everything is OK because he is conflict-averse.

And another son is a 3: The Performer. Aha! So that's why he cares so much about the name of what college he attends, why he likes his Lululemon, why his public persona is so important to him - and why he's so afraid to try anything new. He might fail for all to see! Now it's my job to gently help him overcome this fear. Just a little bit of knowledge about your children can really enrich your relationships with them, and provide insight into nuances of their personality which you didn't see before.

Intrigued? There are numerous books (*The Sacred Enneagram*), podcasts ("The Enneagram Journey"), and even theme songs for each type ("The Sleeping at Last" podcast). Take a look! But remember, don't make excuses for yourself once you find out your type. I'm prone to this: as a 4, if I don't feeeeeeeeeel like doing something, I won't do it. I need to quash this tendency of mine. Be aware of your weaknesses. But in the end, be tender with yourself, your spouse, your children - because we are all beloved!



BY NANCY A. MOORE

Kim Tonquest: raising awareness of TBI

March is Brain Injury Awareness Month. According to the Brain Injury Association of America (BIAA), the 2020 campaign theme, "Change Your Mind," raises awareness about brain injury and focuses on the people and caregivers affected. So, what is a brain injury? The Center for Disease Control (CDC) defines a traumatic brain injury (TBI) as a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or a penetrating head injury.

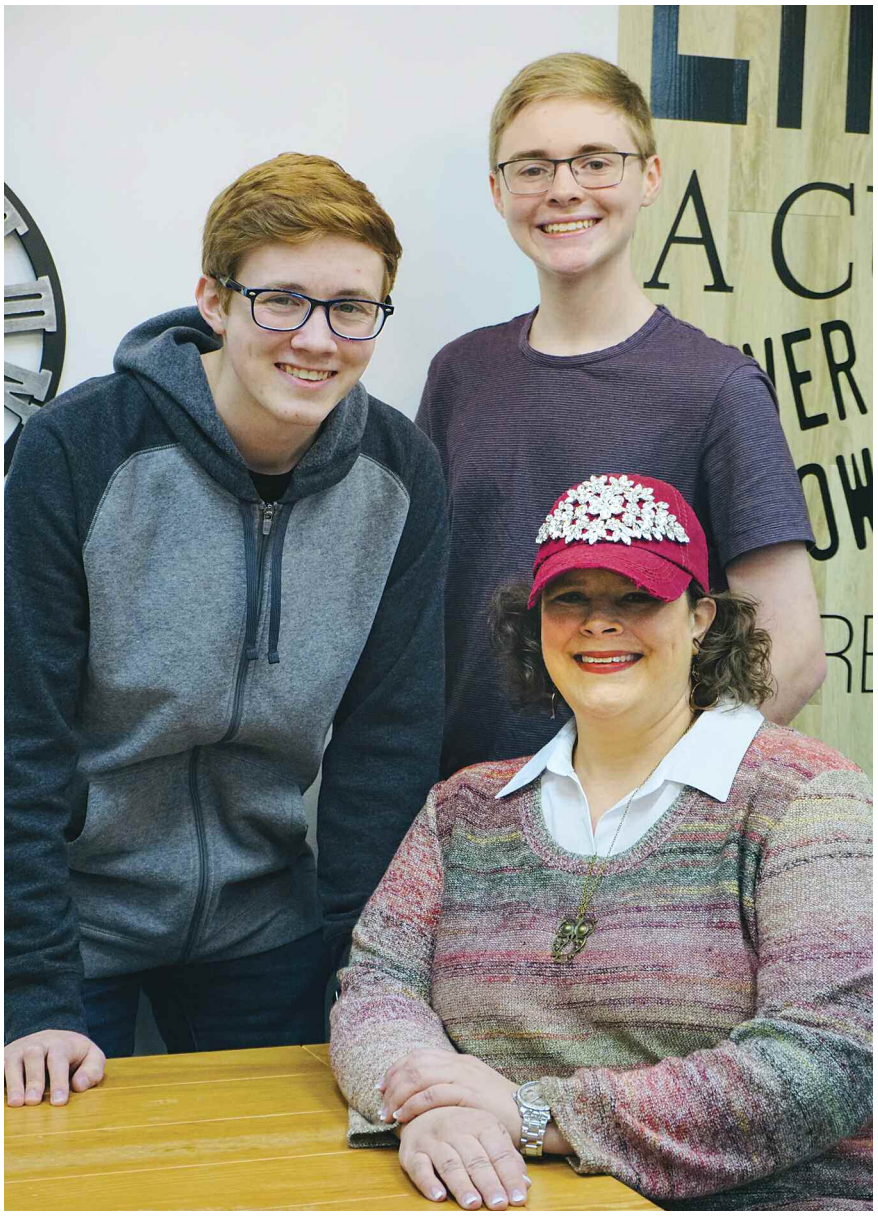
To help raise awareness about TBI, we visited with Kim Tonquest, mother of two, and her son, Blake. They were open and honest in sharing how one fall on the Oklahoma ice changed their lives forever.

TK: Tell us about yourself:

Kim: I am a single mother of two boys. My oldest is a freshman in college and my youngest is a sophomore in high school. Prior to my accident, I was full steam ahead, working full-time in the medical field and volunteering at my kid's school.

TK: What happened that changed all that?

Kim: I have to piece the story together from what my kids witnessed. Five years ago this month, I went outside to check the icy roads and slipped on the ice. When I fell, I hit my head and



was knocked unconscious – it is estimated that time was about 20 – 30 minutes. When I came to, I was still outside, but I got up and walked into the house. I noticed I was bleeding from my mouth and my tooth was broken. I instantly knew I couldn't drive because I was so disoriented. So I called my mom and asked her to take Sean to school and me to the ER. At the time of the accident, Blake was 14 and Sean was 11.

TK: When were you diagnosed with a TBI?

Kim: Shortly after the fall, I went to the emergency room and they performed a CT scan on my brain. The scan did not show any signs of injury, so I was released and told that I could go back to work in two weeks. Although I didn't feel right, I returned to my demanding job and it was quickly apparent that things weren't right. I suffered from a constant headache and had problems concentrating. Just a few weeks later, I was at my house and fell again. My older son witnessed the fall and called 9-1-1. I had stopped breathing and he had to perform CPR until the paramedics arrived. I was taken to the hospital and more brain scans were ordered. They could see some abnormalities and ordered more tests. It was discovered that I was having multiple seizures. However, it still took months for a TBI diagnosis.

TK: What symptoms do you experience as a result of the TBI and how do you manage them?

Kim: I experience severe

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headaches and seizures along with sensitivity to lights and noise. I've lost all my depth perception and have a difficult time walking. I sometimes have a difficult time coming up with the right words in conversations. I have learned to wear dark glasses to combat florescent or bright light. Before the accident, I never wore hats, now I wear them all the time; it helps the pressure in my head and protects my eyes. I wear earplugs to help with noise sensitivity. I also experience mental fatigue from overstimulation. I have learned to pace myself and organize my time. I space out my meetings or appointments and include adequate downtime to recover.

TK: How has the TBI affected your everyday life?

Kim: In addition to the things already mentioned, I can only remember about a month-and-a-half to two months of the past. If I haven't seen someone or talked about something during that time, my brain reverts back to before my accident. So, I have to make it a point to see my loved ones at least once a month to keep a recent connection.

TK: With your memory being so short, how do you remember what happened two years ago?

Kim: Technology has been a blessing for me. I consistently try to post photos on Instagram or Facebook so I can look back at them. I also keep a written journal that I can reference. I can read passages, although it won't jog the memory, I can relate to the post and know that it happened. The journal or photos provide proof of the memory.

TK: Have your priorities changed since the accident? If so, how?

Kim: Yes, without a doubt. My kids are my priority. Before the accident, I was always on the go and didn't prioritize quality time with my kids. Now, my focus is solely on my kids. I am present for them on a daily basis. My kids have grown a lot since the accident – it has made them more compassionate and understanding.

Kim's son Blake was present during the interview and answered the following questions:

TK: Blake, how has your mom changed following her accident?

Blake: She is a better mom. She cares a lot more about Sean and I. She is a lot more involved in our lives. The only downside for me is that she doesn't have a filter and says what comes to mind. If she is upset about something, we hear about it – and if she's happy about something – we hear about that, too.

TK: Blake, in a way, you are a caregiver for your mom. How do you and your brother help take care of her?

Blake: We both watch out for her and do what we can to help. For example, like today, I am here in case she needs help with an explanation or finding the right words. In a way, we are her guides. Around the house, we prepare meals (usually dinner) and have basic chores. Once I got my license, I have been able to drive her places.

TK: Has it been a difficult adjustment?

Blake: It has been an adjustment, not difficult, just different. When it first happened, I was dating a girl whose mother was dealing with a harsh illness and she was also in a caregiver role. I talked with her about it a lot, and she helped me navigate through the beginning.

TK: What is your current treatment plan?

Kim: In my situation, there is no full recovery from my TBI. The most recovery occurs during the first year or two following the injury. After that amount of time, the recovery starts to slow down exponentially. Regardless, you will never be the same as you were before the injury. It forever changes you. The brain is constantly "on" – even when someone sleeps, it is communicating with the body. There is no time for rest. I have learned how to function and now see a behavioral therapist, someone who specializes in TBI, who understands what I'm going through and helps me navigate through my feelings. I work with an excellent team of doctors who help me with my medications and keep me up-to-date with the latest treatment options.

TK: What is the one thing you wished everyone knew about someone affected with a TBI?

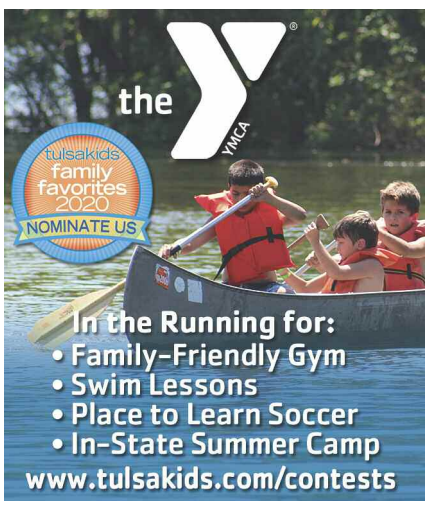
Kim: Having an invisible injury is hard. In many ways, I am still the same person that I was – I look the same and have the same vocabulary, however, I have to work hard to take in information. It is mentally and physically exhausting.

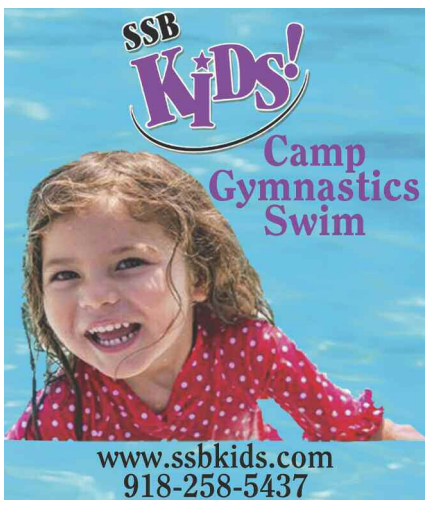
TK: What's next for you?

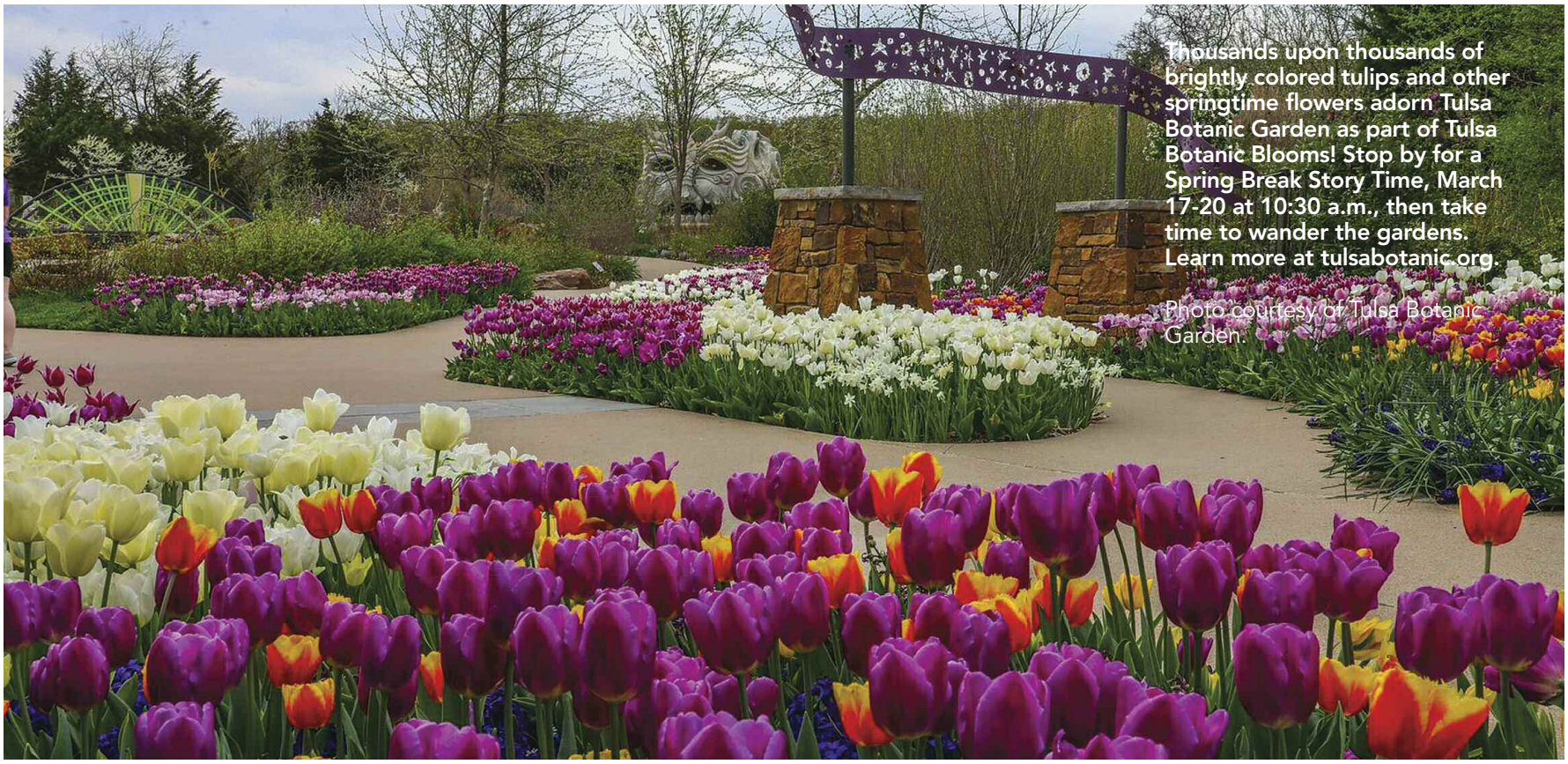
Kim: There is no way to fully recover from a TBI. Many with this diagnosis experience depression knowing that their life is forever changed and will never be the same. I feel lucky that I have learned how to manage my life, creating a new "normal." It would be easy to mourn my former life, and I do, but I also know it's important to look ahead. I am happy that I got to share my story because this injury is very isolating. If you are suffering from a TBI, just know that you're not alone. If I can encourage just one person going through this by sharing my story or help one person better understand what a friend or family member is experiencing, it was worth it.

To learn more about TBI, go to: biausa.org (Brain Injury Association of America) or cdc.org (Center for Disease Control).









Thousands upon thousands of brightly colored tulips and other springtime flowers adorn Tulsa Botanic Garden as part of Tulsa Botanic Blooms! Stop by for a Spring Break Story Time, March 17-20 at 10:30 a.m., then take time to wander the gardens. Learn more at tulsabotanic.org.

Photo courtesy of Tulsa Botanic Garden.

Spring Break Day-by Day

Monday, March 16

TWEENTECH WEEK SPRING BREAK: VIDEO GAMES AT THE LIBRARY
WHEN: 10 A.M.-12 P.M.
WHERE: CENTRAL LIBRARY, 5TH ST. AND DENVER AVE.
Are you looking for things to do during spring break? Central Library will have multiple consoles and video games from which to choose. For ages 10-18. tulsalibrary.org

SPRING BREAK AT WILL ROGERS MUSEUM
WHEN: 1-3 P.M. (OCCURS DAILY THROUGH MARCH 20)
WHERE: WILL ROGERS MEMORIAL MUSEUM, 1720 W. WILL ROGERS BLVD., CLAREMORE; WILL ROGERS BIRTHPLACE RANCH, 9501 E. 380 RD., OOLOGAH
Enjoy drop-in activities each day during Spring Break at Will Rogers Memorial Museum and the Will Rogers Birthplace Ranch! Activities will alternate between the two locations, with Monday, Wednesday, and Friday activities happening at the Memorial Museum, and Tuesday and Thursday activities at the Ranch. No registration needed; Kids 17 and under get in free Spring Break week. Find the schedule at willrogers.com.

STEAM BREAK PAPER-PLATE HOVER CRAFT/NAVE FLOTANTE DE PAPEL
WHEN: 2-3 P.M.
WHERE: MARTIN REGIONAL LIBRARY, 2601 S. GARNETT RD.
Show off your engineering skills and make an awesome hover craft with simple household items. For ages 5-12. // ¡Reunámonos y creamos! Demuestra tus habilidades de ingeniería y haz una increíble nave flotante con artículos simples del hogar. tulsalibrary.org

Tuesday, March 17

SPRING BREAK STORY TIMES
When: 10:30 a.m. (Repeats daily, March 17-20)
Where: Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.
Join Garden staff, or special guests, for nature-themed stories and activities in the Carter/Sherry Families Tree Fort. Bring a picnic lunch and explore the Children's Discovery Garden, or nature trail. Free with Garden admission. tulsabotanic.org

NATURE DAY
WHEN: FIND SCHEDULE AT GATHERINGPLACE.ORG/SPRINGBREAK
WHERE: GATHERING PLACE, 2600 S. RIVERSIDE DR.
Spring Break means it's almost time for nature to green up! Spend the day playing, exploring and learning about everything growing in Gathering Place and around Tulsa from local nature partners and organizations. Don't forget to stop by the QuikTrip Great Lawn for a special nature-themed concert by Hot Toast Music Co. at 11 a.m.! There is something "growing" on for everyone at Gathering Place! Sponsored by the American Electric Power Foundation & Supported by PSO Oklahoma.

SPRING BREAK CRAFT CLUB
WHEN: 3-4 P.M.
WHERE: OWASSO LIBRARY, 103 W. BROADWAY ST., OWASSO
Celebrate spring by making rainbow blowers, pinwheels, dragonfly sun catchers and more. For elementary students. tulsalibrary.org

Wednesday, March 18

SPRING BREAK CLAY DAY
WHEN: 1-4 P.M.
WHERE: WHITTY BOOKS, 2407 E. ADMIRAL BLVD.
Come out to Whitty Books in Kendall Whittier to make your own miniature clay bookmarks! This is an open-ended workshop, so really you can make whatever you want, but there will be the new exciting option of bookmarks as a possibility! The cost is $8 per item, or 3 for $20! Crafting takes 15-40 minutes depending on your kiddo's age and interest, and items are ready to go 15 minutes after they are completed. Perfect timing to grab tacos from the food truck, or a coffee down the street! tinythingsbyyou.com

Thursday, March 19

WEIRD STUFF: FUN SCIENCE WITH MR. BRAD
WHEN: 2-3 P.M.
WHERE: SCHUSTERMAN-BENSON LIBRARY, 3333 E. 32ND PL.
Nasty! Gross! Awesome! What? Join Mr. Brad for fun and safe science experiments you can do at home, using basic science that's sometimes fascinating, sometimes gross – always fun. For ages 5 and up. tulsalibrary.org

'80S WEEK: "HONEY, I SHRUNK THE KIDS"
WHEN: 2-4:30 P.M.
WHERE: BROKEN ARROW LIBRARY, 300 W. BROADWAY AVE.
Celebrate the wicked '80s by watching the 1989 film "Honey, I Shrunk the Kids" (rated PG). For ages 5 to adult. tulsalibrary.org

CREATIVE WRITING: SHORT STORIES
WHEN: 2:30-3:30 P.M.
WHERE: BROKEN ARROW LIBRARY, 300 W. BROADWAY AVE.
Interested in composing short stories? Join library staff and other guests in discussing a variety of writing topics for ages 12-17. tulsalibrary.org

Friday, March 20

FAMILY ART CRAWL
WHEN: 10 A.M.-2 P.M.
WHERE: PHILBROOK MUSEUM, 2727 S. ROCKFORD RD.
Drop-in anytime from 10 a.m. – 2 p.m. for a special family art crawl to explore all Philbrook has to offer. You'll find plenty of hands-on activities, games, art making, and more throughout the museum and gardens. Go at your own pace. While you're there, grab a kid-friendly snack box from Kitchen 27 to make a picnic, or add on a premium art project to round out your day of fun. philbrook.org

STEAM BREAK NEWSPAPER AND MASKING TAPE CHALLENGE/DESAFÍO DE PERIÓDICO Y CINTA DE ENMASCARAR
WHEN: 2-3 P.M.
WHERE: MARTIN REGIONAL LIBRARY, 2601 S. GARNETT RD.
Can you make shoes out of just newspaper and masking tape? What about a tower that reaches the ceiling? For ages 5-12. // ¡Reunámonos y creamos! ¿Puedes hacer zapatos con solo periódico y cinta adhesiva? ¿Qué tal con una torre que llega al techo? tulsalibrary.org

FIND MORE ACTIVITIES IN OUR COMMUNITY CALENDAR OR ONLINE AT TULSAKIDS.COM/CALENDAR!

...and then some

32 PLACES TO EXPLORE IN TULSA METRO

Looking for more to do over Spring Break? Become a Tulsa Tourist! We've rounded up some of our favorite attractions below. Are there any on this list you've never visited? Take advantage of the time off and explore!

8 Museums/Galleries:
- ahha Tulsa, 101 E. Archer St., ahhatulsa.org
- Discovery Lab, 567 N. Maybelle Ave., discoverylab.org
- Gilcrease Museum, 1400 N. Gilcrease Museum Rd., gilcrease.org
- Philbrook Museum, 2727 S. Rockford Rd., philbrook.org
- Sherwin Miller Museum of Jewish Art, 2021 E. 71st St., jewishmuseumtulsa.org
- Tulsa Air and Space Museum & Planetarium, 3624 N. 74th E. Ave., tulsamuseum.org
- Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com
- Woody Guthrie Center, 102 E. Reconciliation Way, woodyguthriecenter.org

8 Places to Experience Nature:
- Linnaeus Teaching Garden 2435 S. Peoria linnaeusteachinggarden.org
- Oklahoma Aquarium, 300 Aquarium Dr., Jenks, okaquarium.org
- Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org
- Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, brokenarrowok.gov
- Redbud Valley Nature Preserve, 16150 Redbud Dr., Catoosa, oxleynaturecenter.org/redbud-valley
- Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org
- Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org
- Turkey Mountain Urban Wilderness Area, 6800 S. Elwood Ave., Tulsa, riverparks.org

8 Great Parks:
- Chandler Park, 6500 W. 21st St., parks.tulsacounty.org
- Funstastic Island, 10320 E. 116th St. N., Owasso, cityofowasso.com
- Gathering Place, 2600 S. Riverside Dr., gatheringplace.org
- LaFortune Park, 5202 S. Hudson Ave., parks.tulsacounty.org
- Nienhuis Skate Park and Community Center, 3201 N. 9th St., Broken Arrow, brokenarrowok.gov
- Owen Park, 560 N. Maybelle Ave., cityoftulsa.org
- Woodward Park, 2435 S. Peoria Ave., tulsagardencenter.org
- Zink Park, 3216 S. Trenton Ave., cityoftulsa.org

8 Landmarks:
- Blue Dome Building, Blue Dome District, downtown Tulsa
- Blue Whale of Catoosa, 2600 Rte.66, Catoosa
- Buck Atom: Space Cowboy Muffler Man, 1347 E. 11th St., buckatomson66.com
- Center of the Universe, 1 S. Boston Ave.
- Golden Driller, 4145 E. 21st St.
- "Praying Hands" at ORU, 7777 S. Lewis Ave., oru.edu
- Route 66 Historical Village, 3770 Southwest Blvd., travelok.com
- Tulsa's Oldest House, Owen Park, 560 N. Maybelle Ave., cityoftulsa.org

6 DAY-TRIP DESTINATIONS

There are so many kid-friendly attractions within driving distance of Tulsa. Here are our top six suggestions for a Spring Break Day Trip!

1. Bartlesville, Oklahoma
- Price Tower Arts Center, 510 Dewey Ave., Bartlesville, pricetower.org
- Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd., Bartlesville, woolaroc.org

2. Bentonville, Arkansas
- Crystal Bridges Museum of Art, 600 Museum Way, Bentonville, AR, crystalbridges.org
- Scott Family Amazeum, 1009 Museum Way, Bentonville, AR, amazeum.org
- The Momentary, 507 SE St., Bentonville, AR, themomentary.org
- The Walmart Museum, 105 N. Main St., Bentonville, AR, walmartmuseum.com

3. Oklahoma City, Oklahoma
- Myriad Botanical Gardens, 301 W. Reno Ave., Oklahoma City, oklahomacitybotanicalgardens.com
- National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City, nationalcowboymuseum.org
- Oklahoma City Museum of Art, 415 Couch Dr., Oklahoma City, okcmoa.com
- Science Museum Oklahoma, 2020 Remington Pl., Oklahoma City, sciencemuseumok.com
- Scissortail Park, 300 SW 7th St., Oklahoma City, scissortailpark.org

4. Pawhuska, Oklahoma
- Tallgrass Prairie Preserve, 15316 Co Rd. 4201, Pawhuska, nature.org
- The Pioneer Woman Mercantile, 532 Kihekah Ave., Pawhuska, themercantile.com

5. Springfield, Missouri
- Discovery Center of Springfield, 438 St. Louis, Springfield, discoverycenter.org
- Fantastic Caverns, 4872 N. Farm Rd. 125, Springfield, fantasticcaverns.com
- Wonders of Wildlife National Museum & Aquarium, 500 W. Sunshine St., Springfield, wondersofwildlife.org

6. Stillwater, Oklahoma
- Lost Creek Safari, 1200 W. 80th St., Stillwater, lostcreeksafari.com
- Oklahoma WONDERtorium, 308 W. Franklin Ln., Stillwater, okwondertorium.org
- The Botanic Garden at OSU, 3300 W. 6th St., Stillwater, botanicgarden.okstate.edu

20 STAY-AT-HOME SPRING BREAK ACTIVITIES

- Family Game Night
- DIY Spa Day
- Make a Movie
- Sew a Felt Puppet
- Invent and Make a New Recipe
- Scavenger Hunt
- Pizza Party
- Get Your Garden Ready for Spring
- Planting
- Rock Painting
- Backyard Campout
- Build a Blanket Fort
- Family Storytime
- Work on Your Summer Bucket List
- Decorate Sugar Cookies
- Make a No-Sew Blanket
- Face Painting
- Dance Party!
- Fashion Show
- Make Candles
- Themed Movie Night

BY TANNI HAAS, PhD.

questions to ask sleep-away camp directors

You've gone online, asked everyone you know for recommendations, and otherwise searched for sleepaway camps for your kids. How do you find the one that's just right for them? When you've narrowed down the options to a handful or less, it's time to speak to the camp directors in person, by phone or email. Below is a list of some of the most important questions to ask.

The Camp

Is the camp accredited, how old is it, and how long have you owned or managed it? It's a good sign if the camp is licensed by the American Camp Association (ACA). To earn accreditation, a camp must satisfy 300 industry standards for health, safety and program quality. Every three years, the ACA visits the camp to verify that it's in compliance. It's also a good sign if the camp has been in existence for many years (kids are coming back year after year), and if the director is experienced at running camps.

What's your philosophy? Camps can be very different. Some camps, especially ones focused on specific sports, can be quite competitive. Other camps are more aimed at instilling in kids certain values, like comradery, cooperation and conflict-resolution. Make sure that the camp's philosophy matches your own values and that it's a good fit for your kids.



ONE IMPORTANT AREA TO COVER WHEN TALKING TO CAMP DIRECTORS IS WATER SAFETY.

How do you build community? One of the most satisfying parts of being at camp is to feel a part of a larger community. Ask about its community-building activities, like whether there are nightly campfires or sing-alongs for the entire camp.

What's the accommodation like? Ask whether the kids sleep in cabins or tents, whether there are bathrooms and showers nearby and, most importantly, whether your kids can request to room with friends from home. Whether your kids are first-time or seasoned campers, it's always comforting and great fun to room with one or more of their regular friends.

How much does it cost? You probably don't need any reminders to ask about the camp fee. But don't forget to ask whether that fee is all-inclusive, or whether there are additional costs for day or overnight trips, transportation to and from camp, special activities, etc. Also ask if there's a refund policy should your kids get sick, what the deadline is for registration and, in case you missed the deadline, if there's a waitlist. It's also a good idea to ask if financial aid or needs-based scholarships are available, perhaps a sibling discount, whether you need to pay everything up front, or whether you can pay in installments. Finally, don't forget to get the camp's Tax ID number. The camp fee can be tax-deductible.

The Program

How long are the sessions, can they be lengthened or shortened, and how long do most campers stay? Most camps offer sessions of a specific length, often two, four, or eight weeks. However, if you have other things planned for the summer, it can be useful to either shorten or lengthen a session to fit your schedule. Most kids like to stay as long as the other kids: assuming they're having a great time, no kid wants to be the one getting picked up before everyone else.

What do the kids do on a typical day? Try to get a sense of what your kids will be doing on a typical day, including how much time is devoted to indoor and outdoor activities, and what they'll be doing in the evening. This'll help you decide whether it's the right camp for them.

How do you handle discipline and conflicts between campers? Ask questions that help you decide whether the camp's parenting philosophy and practices agree with your own. You also want to make sure that your kids are aware of who they're supposed to speak to in case they have conflicts with other campers, and what kind of behavior can result in serious consequences, up to and including dismissal.

continued next page

What's your communication and visiting policy? It's always a good idea to find out how the camp prefers that you communicate with your kids. By phone or email? How often? Also ask how many care packages you're allowed/encouraged to send, and whether there are designated visiting days.

How do you accommodate special needs? A high-quality camp is one where all the campers' different needs are met. Ask how the staff accommodates special needs with respect to activities, behavior, learning and dietary restrictions.

The Staff

How do you hire, train, and supervise your camp counselors, and what's the counselor-camper ratio? One of the best signs that the camp is of a high-quality is that it has strict procedures for hiring, training and supervision of camp counselors. This includes criminal background checks, first-aid training, and regular feedback sessions. It's also a good sign if most of the counselors return for several summers (they're obviously enjoying the experience). The APA recommends that the counselor-camper ratio should be relatively low (between 1:6 and 1:12).

Is there a medical facility with qualified personnel? A high-quality camp will either have a licensed physician or nurse on the premises, a well-stocked supply of commonly-used medications, and procedures in place for dispensing medication to all the kids who need them. Also ask how far away is the closest hospital, doctor's office and dental clinic and how the kids will get there, if needed.

What are your emergency procedures? Ask who will contact you in case of an emergency, and who you should contact in case an emergency occurs on your end.

The Campers

How many campers do you have, and how many of them return every year? Generally speaking, the larger the camp, the more activities, and the smaller the camp, the more intimate it feels. Likewise, the higher the return rate, the more satisfied the kids are with the whole camp experience.

How do you deal with homesickness? Even the most seasoned campers can get homesick. Ask how the camp deals with it. Do they encourage campers to call home? Do you get to visit them outside official visiting days?

How can your kids stay in touch with their counselors after camp has ended? Kids often develop strong bonds with their counselors. Ask whether they're encouraged to stay in touch after the camp has ended (who knows, your kids' favorite counselor could end up being their babysitter). Some camps also host events throughout the year for counselors and campers. It's a great way to keep in touch until next year's camp.







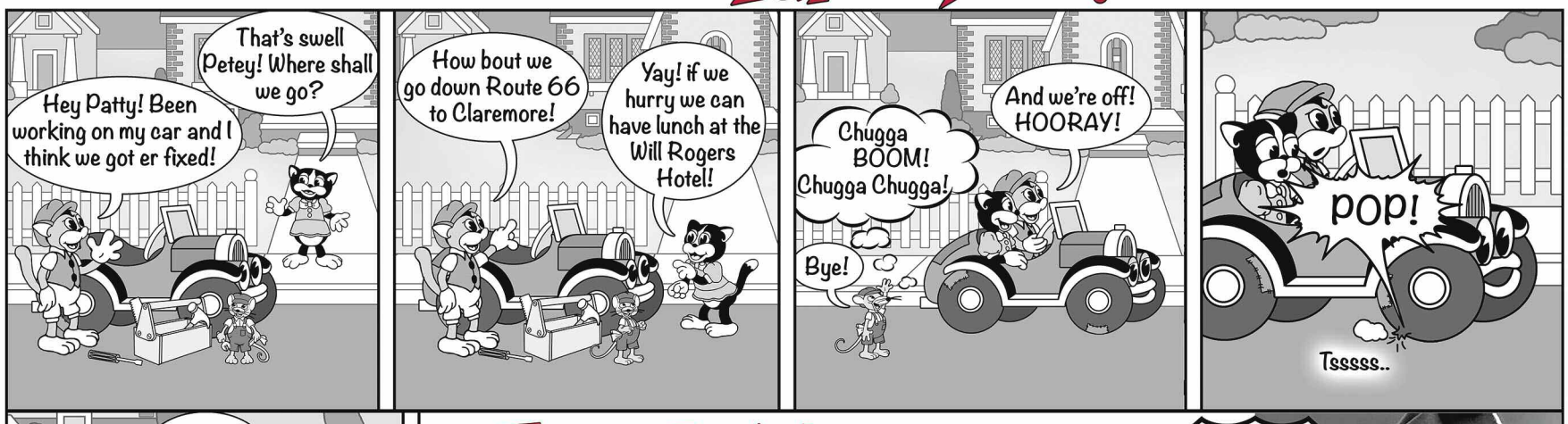




DECOPOLIS PRESENTS!

The TulsaRama! GANG!

By: William A. Franklin
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Fun Facts!

WILL ROGERS HIGHWAY

ROUTE 66

The world famous Will Rogers was born near Claremore, and the road that would become Route 66. In 1952, Route 66 was rededicated as Will Rogers Highway. A booster caravan, which went from St. Louis to Santa Monica CA. held ceremonies on each states border where they left a dedication plaque. The caravan was organized by the National "U.S. Highway 66 Association", (begun in Tulsa in 1927) Warner Brothers Film Studio, the Ford Motor Co. and the Route 66 associations of each of the 8 participating states. The plaques read...
"Will Rogers Highway. Dedicated in 1952 to Will Rogers. Humorist - World Traveler - Good Neighbor. This Main Street of America, Highway 66, was the first road he traveled in a career that led him straight to the hearts of his countrymen."

"I don't make jokes. I just watch the government and report the facts." Will Rogers





tulsakids family favorites 2020 NOMINATIONS

Who has your family's seal of approval?

We want to hear about your favorite local restaurants, vacation destinations, health professionals and more!

Fill out TulsaKids' Family Favorites Nominations Survey from March 1-15 for a chance to win a $100 gift card to Ihloff Salon and Day Spa!
Get the link at tulsakids.com/contests.

The top 5 nominees in each category will appear on the Family Favorites Runoff Ballot in our May issue!

tulsakids.com
What's Going On(line)?

CONTESTS & GIVEAWAYS

Find entry links at tulsakids.com/contests



TULSAKIDS FAMILY FAVORITES NOMINATIONS

From March 1-15, nominate your favorite businesses and professionals in the Tulsa area for TulsaKids' 2020 Family Favorites Contest! One lucky participant will receive a $100 gift card from Ihloff Salon and Day Spa. The top five winners in each category will appear on the Family Favorites Runoff Ballot in our May issue.

ANASTASIA TICKET GIVEAWAY

ANASTASIA is coming to the Tulsa PAC April 7-12, and we are giving away a Family 5-Pack of tickets, courtesy of Celebrity Attractions! Enter to win the tickets, which will be for the April 7 show at 7:30 p.m., from March 16-29. Get more information about ANASTASIA and purchase tickets at celebrityattractions.com/shows/703/ANASTASIA/Tulsa/2020.



PHOTO CREDIT: LILA COOGAN (ANYA) AND THE COMPANY OF THE NATIONAL TOUR OF ANASTASIA. PHOTO BY EVAN ZIMMERMAN, MURPHYMADE.



HEY, @TULSAKIDS!

When we shared Diane Tritt Eaton's story about the Endangered Ark Foundation on Facebook (@tulsakidsmagazine), we were delighted when a couple of followers shared their family's EAF photos and memories with us!

"We visited this past summer. My daughter, Carolyn, wants to work with elephants when she grows up. We had a wonderful visit there and the experience of feeding an elephant bananas was spectacular."—Stacy Lister

"We go several times a year, it's our favorite place to visit!"—Jessica Allred. Pictured are Palin, Violet and Lauren.

Also, thank you to @iamrichmaserati for sharing this photo of baby Evelynn Marie Steele with us on Instagram.



I'M A TULSA KID

WORDS AND PHOTOGRAPHY BY SHEEBA ATIQI



Book Drive Leader: Ella Phillips

Rocking a crown and making a difference, last year's Miss Outstanding Teen Tulsa, Ella Phillips, initiated a book drive and formed Oklahoma Teens Unite. Taking her passion for reading and radiant personality, Ella set out to collect book donations and raise awareness about the problem of illiteracy among Oklahomans. To date Ella has raised over 8,000 books and counting.

TK: When were you crowned Miss Outstanding Teen Tulsa?
Ella: I was Miss Tulsa's Outstanding Teen for one year, from July 2018-2019. I was crowned Miss OCU's Outstanding Teen this past October. Oklahoma City University would be a dream school for me. They have one of the top musical theatre programs in the nation, so being able to represent such a highly acclaimed school is a huge honor! Along with having the amazing opportunity to represent OCU, I also won a full year in tuition!

TK: How did you come up with the idea for the book drive?
Ella: I've had some amazing mentors in Dr. Amy Emerson and Mrs. Heather Cobb. Through my talks with them, we came up with the idea of what has now become Oklahoma Teens Unite.

TK: Who all did you recruit to help with the book drive?
Ella: I started off recruiting friends I had at different schools and getting more high school students involved through the relationships I had through them. Now it has grown to where people are contacting me to be a part of it, which is very exciting! Anybody who would like to help or get involved can reach me through our Instagram, @oklahomateensunite!

TK: How many books were collected and who were they donated to?
Ella: Over 8,000 books were collected and they were donated to Reach Out and Read and Women in Recovery.

TK: What is your favorite book?
Ella: Well, I love the Broadway actor Andrew Ranells as well as Elton John's biographies, but my all-time favorite is *Phantom of the Opera*. The hit Broadway musical was actually based off of the book *Phantom of The Opera* by Gaston Leroux. When I visited Paris this past summer, I got to visit the opera house that was written about in the book, and it was an experience I'll never forget.

TK: Do you have a favorite spot in Tulsa to find books or read them?
Ella: I'm actually a homebody, and I love just reading a book at home in my room.

TK: Do you have any advice for others who'd like to give back to the community?
Ella: You are never too young or too old to make a difference!

TK: Who inspires you?
Ella: Addison Price, our current Miss Oklahoma. This past year she has had a huge impact on my life. Addi has been a mentor to me this past year and has pushed me to be a better person. Addi is the most driven person I've ever met as well as having the mindset that there is always something new to learn. I'm so thankful to have someone like her in my life.

TK: What are your other hobbies?
Ella: I love performing in community theatre! Singing is my passion and getting to share it with an audience of people willing to listen is the best feeling.

TK: What are your plans and goals for the future?
Ella: I'm hoping to obtain a degree in vocal performance and musical theatre from a performing arts college. Manhattan School of a Music and Oklahoma City University are two of my dream schools.

TK: What is a fun fact about you?
Ella: I have performed in 13 musicals, four professional operas, and three plays. I've had the privilege of singing on stage with the opera icons Leona Mitchell, Sarah Coburn and Kristen Chenoweth!

A Book Drive Message from Ella:

Please donate books from March 1 – 31 at these locations:

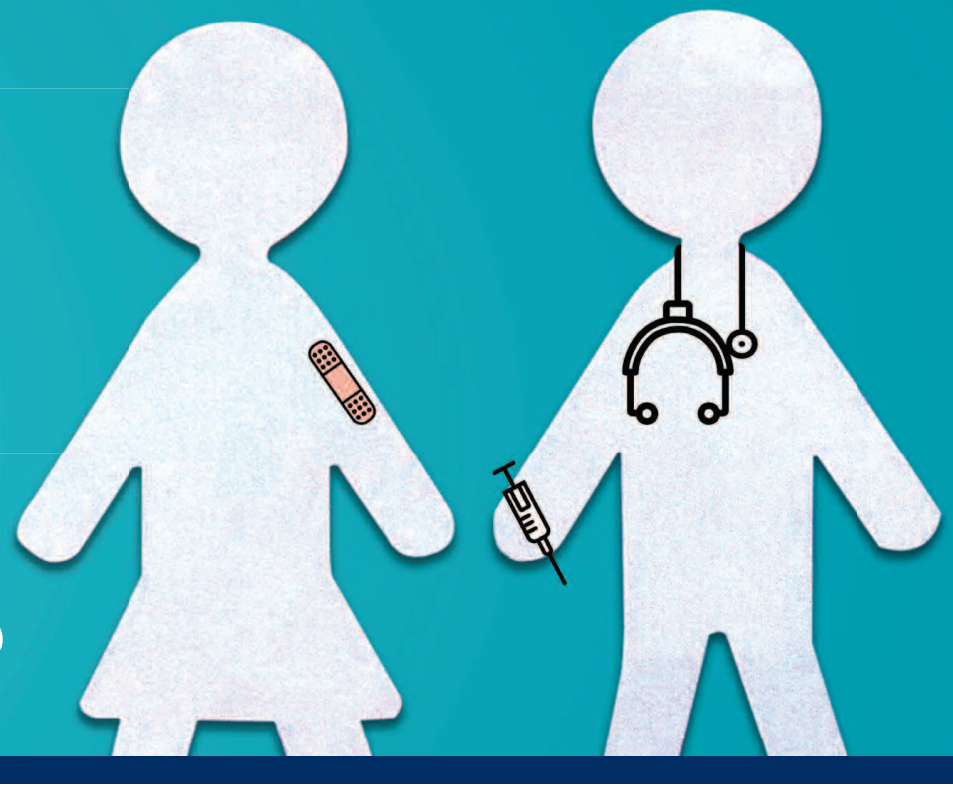
Edison Preparatory School, Booker T. Washington, Regent Preparatory School, Metro Christian Academy, Bishop Kelley, Eleanor's Bookshop in Mother Road Market, and businesses and schools are being added daily!

These books will make a huge difference in the lives of children all over Oklahoma. One in every five Oklahomans is functionally illiterate. Thirty-six percent of fourth graders in Oklahoma lack basic literacy skills. A student not reading at his or her grade level by the end of third grade is four times less likely to graduate high school. We are hoping change these statistics by getting books into the hands of children.

If your school or business would like to get involved, go to www.reachoutandread.org/affiliate/oklahoma/

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