

**Always Free!**

**SOUTHERN  
Oregon**

# *Family*

**Connecting  
Family  
and  
Community**

**June/July  
2020**

**Parent  
Resource  
Guide**

**Summer  
Fun!**



# JenUwin the Unicorn

Dear People of Southern Oregon,

JenUwin was birthed from the Lithia water in Ashland, Oregon back in 2014. Jenifer Joy was delighted and surprised to find her real self was indeed a magical and rare creature.

You may have seen JenUwin at the BrittKids Konzerts, at school assemblies, in school music programs or at community events and birthday parties. JenUwin has been educating, entertaining and delighting the Rogue Valley with bubbles, music, stories, unicorn antics and joy for several seasons. Jenifer has degrees in saxophone, music composition, theatre and electronic music. She applies all these skills with her childlike nature to create dazzling content that reaches the hearts of young and old.

This year is a different kind of year - there will be no festivals or mass public gatherings which means JenUwin will not be out in public that much this year. Wahhh! The good news is... we have the amazing resource of the world wide web to utilize where we can share amazing content with the people who need and want it most! Because you are so special to me, and pat of my small community, I am offering a FREE download of my music album JenUwin Joy & the Rainbow Band. You saw this band at the BrittKids for my show The Magic Cape! Yes, we made an album with your fav JenUwin hits like Señor Don Gato and Purple! Get your album at: [www.jenuwintheunicorn.com](http://www.jenuwintheunicorn.com)

I have moved my most popular shows into interactive eBooks where you can watch videos, read the story along with the narration (helps kids learn to read!), sing the songs with me and engage in additional resources that support the content! I am finishing these projects now and they are available for Pre-Order at a "wow" price! eBooks include The Land of Colors, about orchestral instruments and the colors of the rainbow, and The Magic Cape, about a girl who travels to 8 different countries and sings a folk song from each location, with a live band! YOU can find this at my website at: [www.jenuwintheunicorn.com](http://www.jenuwintheunicorn.com)

Many of you that follow me on social media knew that I lived in SE Asia for a year just recently. I have also traveled all over the world visiting Iceland, Zimbabwe, Costa Rica and more! I wanted to share my adventures and travels with kids and families in a unique way, so I crafted JenUwin the Traveling



Unicorn letters - snail mail envelope filled with a letter from a real unicorn, pictures from where I have been, activity sheet and coloring page along with a colorful postcard graphic of JenUwin in the country (collect them all!) These have been quite popular! I've moved JenUwin the Traveling Unicorn to an online membership where you can watch videos, learn to read by reading along with the narration, see more pictures of the amazing places, download the additional resources to support the content! Wowza! Genuine letters from a unicorn... awesome.

Have you heard the classical saxophone? I have 30 years of playing the saxophone and I've finally made a choice to build content and share it with saxophone enthusiasts (players and listeners alike!) [www.thejoyofsaxophone.com](http://www.thejoyofsaxophone.com)

So get your JenUwin Joy album, engage with my content during this time of the social distancing summer. I look forward to connecting with you online and in person in all the days to come! Get on my list to be invited to a COVID special showing of my new summer time show! (online of course!)

In Joy,  
Jenifer Joy aka JenUwin the Unicorn



## Bryan's Commitment

# Youth Summer Camp



**June 15th - September 4th (12 Weeks)**  
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# Don't Stop the Music!

by Deborah Pratt

Some local music teachers, including those at Music4Kids and Great Northwest Music (and probably others I don't know about), have taken their music lessons and classes online. While the county is now opening up and in-person lessons are returning, the option for online music classes and lessons will likely remain for a long time to come.

Online music learning is something that became available overnight all over the world! Music teacher Facebook groups are all abuzz with tips on the most effective technology, teaching methods, and strategies to make online music lessons successful. In fact, there are many music teachers who have been successfully teaching lessons online for years, and they are stepping up to show the rest of us how it is done.

What a blessing! We can still see, interact, and share music with teachers, students, and fellow classmates during this time of social distancing.

This period of time has been stressful for most families. Music can help with that. Music has an amazing ability to help manage stress for both children and adults. Even listening to music can lift your mood and take your mind off worries and concerns. Making music in some fashion is even more effective in releasing the endorphins that make us feel better. You don't have to be a musician to experience this.

One great example is the effect of drumming on stress. Drumming is often used for stress relief, even by some large corporations, because basic drumming takes no musical training at all. Try it with your family! Here are



some ideas for a family "drum" circle.

- Collect some drums or drum-like containers (bucket turned over, oatmeal box, big Tupperware bowls, etc.)
- Turn on your favorite lively music with a good steady beat.
- Everyone plays along any way they like.
- Take turns being the leader with others echoing what the leader plays.
- Pick a topic (e.g. movies) and all speak and play the rhythm of the question, "What's Your Favorite." Then one at a time speak and drum back (e.g. "Star Wars"). Or don't speak and let everyone guess just from the rhythm played on the drum.
- Take turns being the featured drummer while everyone else plays quietly.
- Add some other sounds like shakers (Tupperware with rice or cereal in them), rhythm sticks (wooden or metal kitchen utensils), or bells (Christmas jingle bells or even jingling keys).

You might even find yourself heading down to the local music store the next time it is open and picking up a real drum or two!

2:30-3:30 Thursdays July 9-30	<b>Kinermusik.</b> <b>Zoo Train</b>		Ages 18 mo-3 with participating adult
2:30-3:30 Thursdays August 6-27	<b>Kinermusik.</b> <b>On the Road</b>		Ages 3.5-5 adult joins last 30 min.
2:15-3:15 pm Fridays Jun 26, Jul 10, 17, 31	<b>Kinermusik.</b> <b>Drums, Drums, Drums</b>		Ages 5-7 adult joins last 15 min.
1:00-2:00 pm Fridays August 7-28	<b>Kicking It with Recorder</b>		Ages 8-12
2:15-3:15 Fridays August 7-28	<b>WORLD MUSIC DRUMMING</b>		Ages 8-12
4:00-5:00 pm Wednesdays June 10-August 26	<b>MUSICAL THEATER</b> Audition Prep		Ages 8-12

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Children's Festival 2020

*Once upon a Time...  
Children's Festival 2020  
comes together to create magic  
in a bag!*

The magic and spirit of Children's Festival is not to be underestimated! In fact, instead of a traditional Children's Festival, where families visit the Britt Gardens, the Storytelling Guild is bringing the 54th Annual Children's Festival to them.

In partnership with Jackson County Libraries, "Children's Festival in a Bag" giveaways will be held at three local libraries this July. Each bag will contain multiple craft kits complete with paint, crayons and more (follow on social for a sneak peek).



Families should also keep an eye out for Rosabelle the Dragon, it's not Children's Festival without dragons!

To find out more about the Children's Festival in a Bag giveaway and Rosabelle's itinerary please visit [storytellingguild.org](http://storytellingguild.org) and follow on social media at [facebook.com/storytellingguild](https://facebook.com/storytellingguild) and Instagram @thetorytellingguild, #stgchildrensfest

**SOUTHERN Oregon Family**  
MAGAZINE

June/July 2020

**Family Friendly Events & Kids Activities**  
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On the cover:  
Dean

Next issue August/September 2020, Deadline is July 20th

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# PORTABLE EDUCATION RE-IMAGINED



Remember in the good old days.....2 months ago.....when you could GO SOMEWHERE! There was this guy.....the BUG GUY.....from BUGS-R-US Educational Services. He would EDUCATE anybody ANYWHERE about the NATURAL WORLD AROUND US and throw in some cool STEM-type programs. Remember that?

Well, he's still around and he's RE-INVENTED PORTABLE EDUCATION!

John Jackson of BUGS-R-US Educational Services has been busy during the quarantine DELIVERING Take and

Make STEM kits to LOTS of home-bound folks. Here's a list of what's on the menu:

DINOSAUR EGG dig kit...OWL PELLET kit...ALTOIDS FLASHLIGHT kit...SEA SHELL dig kit....

OPERATION GAME STEM kit....ROCK HOUND COLLECTION kit....ELECTROMAGNET kit....

WOOLY WILLY kit...INSECT COLLECTING kit...MAGIC STAR WAND kit....TREE & PLANT kit.....and BAT HOUSE kit.

All of these kits are designed for ages 3 and up with adult help....a GREAT way to get families to interact when REGULAR educational avenues are SHUT DOWN.

All kits come in sanitized zip-lock bags with complete instructions and diagrams.

Earlier during the pandemic, John was delivering LIVE ladybugs, praying mantis egg cases and caterpillars to hatch your own MOTH. Those kits sold out VERY fast!

John says "I had A LOT of interest right away in these kits as everyone was in lock-down mode and the kids are looking for something to do. Mom and Dad got tired of TV and videogames and these kits are an easy way to SPARK a little imagination and maybe continue with future exploration after things get back to normal."

"If you build a bat house, get the experience of DOING that and then learn about the different bats that will hopefully come TO your bat house and eat your MOSQUITOES every night, that's a BIG thing when you're stuck at

home and can't get together to play with friends."

John hopes to continue issuing these STEM kits for the next few months.

"Even though school is out for the summer, things are still upside down. These kits will CONTINUE to bring a touch of that missing education into the home until we get back to the "good old days.""

ALL info about the kits and pricing is available on the BUGS-R-US Educational Services FACEBOOK page.

If you are interested, please email your address and quantity of kits to bugsrus@juno.com.



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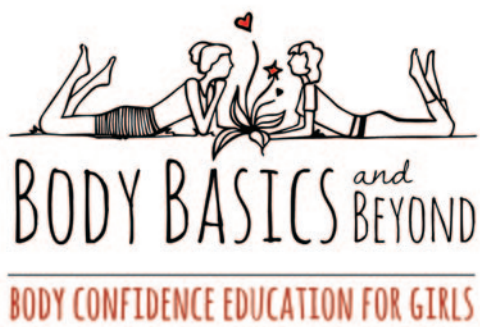
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# SUMMER IS ALMOST HERE FOR YOUR PRE-TEEN/TEEN

Summer is just around the corner, and it's time to prepare for making plans for the daze of summer with your pre-teen/teen to ease the potential of anxiety around yet another change in routine. With COVID-19 restrictions loosening, you may already have summer planned...or not. Either way, a transition is looming and it's time to consider how to make it go smoothly for everyone, including you! Here are a few things to consider in preparation and how to address them.

**Anticipate together.** Have a summer-prep meeting together over pizza. Make it fun! Let them know you are aware of the transition coming. What are they excited about for summer? What, if any, concerns do they have? Share what you're excited about and your concerns. Let them know you will be back at some point to share some of your summer expectations and guidelines. This is a listening and sharing time. Avoid the temptation to get all done at one time. Keep this first connection around summer light and with anticipation and curiosity as the focus.

**Give pre-thought to your summer expectations and guidelines.** As routine gives way to free time don't assume they know what your expectations and

guidelines are of them. It is important to be clear in what you expect of them around areas you want to manage for their physical and mental safety. These may include communication with you, technology use, hanging out with friends, etc. Give pre-thought to your expectations and consider some possible consequences if those expectations are not followed. Write your expectations and guidelines down. They are beginning a major brain remodel and their auditory abilities to hold information are compromised. Read it over together asking for clarifications then put it up for visual reference.

**Plan on one-on-one time with you.** In planting anticipation for summer include some one-on-one time with you. Though family vacations can be fun, the needs of your developing adolescent are changing. I hear this repeatedly from girls, "I wish I could have more alone time with mom/dad".

They crave time with you even though they may not initially show it.

Have a daughter going into 6th grade next year? Join us for a 3-day retreat this September! Go to [bodybasicsandbeyond.com](http://bodybasicsandbeyond.com) for details and updates.



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# River City BMX

**W**hat is BMX. Bmx is a fun family sport that allows all ages to participate in an adrenaline fast pace single-lap track of jumps, rollers and high banked corners. All races have a two moto transfer system and a main event. There are up to 8 riders in each race and line up in a gate to start the race. Each moto group is made up of riders by age and proficiency skill level. All riders start as novice and work their way to intermediate and expert level by winning races. Boys and Girls race together until they reach the expert level. BMX is an Olympic sport and River City BMX is one of the over 300 tracks sanctioned by USABMX.

River City BMX is located in Grants Pass Oregon where it was established in 1991. We are a non-profit track that is made up by club members. We normally run year round with a 2 week down period at Christmas time between seasons. Races are on Tuesday and Saturday nights but once we can get back to racing again we plan on running on Thursday night through the summer months. If you enjoy riding bikes you will defiantly love racing them. You don't need a race bike to start just a single speed bicycle with no kick stand or pegs and must have brakes. You also need to wear a full face helmet, long sleeve shirt and pants unless you have pads to protect yourself.

How to get started and what does it cost? The best way to get started is to come out and get a one day free trial. This will get you out on the track and give you some practice time and a free race. At this point you will be able to make the decision on a one year membership. This will not only enroll you into RCBMX but you will be a member of USABMX and allow you to race at any one of its sanctioned tracks. The cost of a one year



membership is \$60 for the first family member and you save money for each additional family member. Each time you race you earn points and at the end of the year this determines your number for the next season. RCBMX currently holds all 4 District #1 riders.

We are currently not racing but plan to start racing again once the restrictions change and we can have larger groups at the track. Once we start again the cost to race is \$5 on Tuesday, \$8 on Saturday with a trophy race for the top three riders. We are currently holding Social distancing practices in small group sessions on Friday nights and Saturday mornings. River City will also host the 2020 State finals this year.

Track location is on the corner of Redwood Avenue and Pansy Lane in Grants Pass Oregon. Best way to contact us is by private message on our face book page we also post all info and updates on our page or email us at [riverscitybmxers@gmail.com](mailto:riverscitybmxers@gmail.com). You can also check out USABMX.com for more info on our awesome fun family sport of BMX.

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July 20th-24th, ages 13-18  
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\$150 per camper (scholarships available)

Camp size will be limited to 10 students per week; reserve your spot early! Physical distancing and sanitation guidelines will be adhered to. Please bring a lunch and a snack

HOORAY!

BOO

Register by emailing [barnstormersgp@gmail.com](mailto:barnstormersgp@gmail.com) or calling (541) 479-3557



# Get Glowing This Summer with Glow in the Dark Games that Get Kids Outside and Unplugged

by Guest Contributor of Product

With summer months finally here, the minds of many parents turn to ways to get the kids off their screens and out and about, playing and engaging with others. It's not just about getting up off the sofa, but about interacting with others in real life, in real time and in the great outdoors!

A recent report on CNN noted that the average teenager spends up to 9 hours on their tech devices, every single day. As a former teacher, this is a familiar tune that Judd King, founder of Starlux Games outdoor, glow in the dark games, knows all too well.

Finding a way to get kids to unplug isn't always easy, particularly as they get older. But what if they were able to play a game that was action packed, required strategy and teamwork, sparked imagination and got everyone—from little Timmy to Grandma—up and moving?

That's the goal of the series of games reimagined from Starlux Games. Leveraging classic games that many parents grew up with, but adding elements of strategy and teamwork, these group games get everyone glowing... literally! That's because every game set comes with glow-in-the-dark accessories, adding a fun twist to the action!

Active play is about more than running around getting exercise: it's about interacting with others and building on skills including cooperation, creativity, strategy and critical thinking, but all done in a fun, engaging way that everyone, of any age, can enjoy.



An evening spent with the family and some favorite friends playing a game like these is a memory that will last a lot longer than any time spent staring at a tiny screen. They are video games come to life... real life, that is! All you need is a backyard.

Starlux Games offers three different games: Capture the Flag Redux, the classic game reimagined for today's youth, Glow Battle, a light up sword game and Wizards and Werewolves, a glowing outdoor fantasy game.

Starlux Games have earned the Outdoor Toy of the Year Award from Creative Child Magazine along with a Mom's Choice Award and is available at <https://www.starluxgames.com/>.





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# Imagine Your Story

## Libraries offers free virtual Summer Reading Program



**Jackson County Library Services (JCLS) 541-774-8678**

Summer Reading 2020 will include online tracking through the Beanstack app, where participants can earn virtual badges and real-world prizes by keeping track of their reading. Participants in all age groups are eligible for weekly prizes, as well as grand prizes. Kids and teens can also register to pick up free "Take & Make" kits of hands-on activities on the 2nd and 4th weeks of June, July, and August.

"The goal of the kits is to offer screen-free activities for families that encourage creativity and the use of fine motor skills, something that doesn't get used as much with digital programming," said Brystan Strong, JCLS Youth Services Coordinator.

Babies, children, teens, and adults are invited to register online at [www.jcls.org/srp](http://www.jcls.org/srp) or through the Beanstack app beginning Saturday, June 6. Participation is free. The summer reading program will continue through Saturday, August 15, 2020.

"If you have a child in school, the Library's summer reading program is a great way to maintain reading skills and avoid the 'summer slide' (when reading skills drop over the summer) during break. Parents can model good reading habits by participating alongside their kids," added Strong. "It's also never too early to introduce your baby or preschooler to the library and the wonderful world of books and reading."

Adult Summer Reading programs cover a wide range of topics and allow adult patrons opportunities to learn, grow, and connect. Jackson County residents can participate in innovative virtual workshops, book clubs, and "take and make" programs that are sure to inspire continued learning through JCLS resources and beyond.

"The JCLS Summer Reading Program is not just for kids," said Carrie Turney Ross, JCLS Adult Services Coordinator. "It is also a time for adults to challenge themselves to read more, learn more, and have more fun!"

The 2020 summer reading sponsors include the Kenneth A. and Lucille D. Hulburt Fund and The Friends of the Jackson County Libraries. For more information, contact your local branch library or visit [jcls.org](http://jcls.org).

**Josephine Community Libraries 541-476-0571.**

Although the library's doors are temporarily closed to the public due to the COVID-19 pandemic, the community is invited to join the free virtual Summer Reading Program from June 1 through August 23 with activities and raffles for all ages.

Community members can look for updates each week in the Sunday edition of the Grants Pass Daily Courier and Wednesday's Country Weekly for fun activities and recommended reading for all age groups and skill levels. Visit the library website at [josephinelibrary.org](http://josephinelibrary.org) for printable coloring pages, online tips, digital events, and more.

Summer reading programs have long been acknowledged by researchers and the general public as key to the long-term academic success of students. Numerous studies have shown that reading over the summer months prevents "summer reading loss," which can have a cumulative effect. Studies show that by the end of sixth grade, children who lose reading skills over the summer are two years behind their classmates.

A library card is not needed to take part, however instant online library cards are available to all Josephine County residents at no cost. Anyone who uses their instant online library card to access ebooks, audiobooks, or other digital resources through the library from June 1 through August 23 will be automatically entered in a weekly raffle to win gift cards to support local businesses.

The theme for this year's Summer Reading Program is "Imagine Your Story." Funding for the Children's Summer Reading Program is made possible by the Oregon State Library Ready to Read Grant and the Grants Pass Friends of the Library.

For more information about specific Summer Reading Program activities, visit [www.josephinelibrary.org/srp19](http://www.josephinelibrary.org/srp19), email [info@josephinelibrary.org](mailto:info@josephinelibrary.org)



**TOGETHER WE CAN**

Josephine Community Library remains committed to enriching our community through the many digital tools we have available.

- Free instant online library cards for Josephine County residents
- Thousands of ebooks and audiobook
- Community resources related to COVID-19
- Virtual entertainment for seniors, adults, teens, and children
- Summer Reading Program for all ages
- JosephineLINK community database

During this time, password-free WiFi is available from the comfort of your car at all four library branches.

**Josephine Community Library**

541-476-0571  
[info@josephinelibrary.org](mailto:info@josephinelibrary.org)  
[josephinelibrary.org](http://josephinelibrary.org)

# Britt Education Brings BrittVids to Families this Summer



Although our live events on the Britt Hill are postponed this summer, Britt Education is committed to providing new ways for you and your kids to stay creatively engaged with music and art from the comfort of your own home.

Our new BrittVids series, launched in April, features some of our beloved education artists performing their favorite music. From The Meriwethers to storyteller/musician Kevin Carr, to Teddy Abrams and members of our Britt Festival Orchestra, we have something for everyone in BrittVids. To see the entire playlist, families can go to our Britt Festival YouTube channel. To see new videos

as soon as they are released, follow us on the BrittKids Klub Facebook page or Britt Instagram. Keep an eye out for new BrittVids every Tuesday and Thursday throughout the summer, along with special online events that feature recordings from past Britt Festival Orchestra seasons and other offerings (yet to be announced) for the entire family!

We are also continuing to offer wonderful activity and coloring sheets as free downloads on our BrittKids Klub web pages. Join the free BrittKids Klub and open the door to an exciting world of music, games, prizes, and special events, designed especially for younger children. Members receive early invitations to Klub content and events, special correspondence from Scout & Friends, and the chance to earn musical toys and instruments. To join, go to BrittKidsKlub.org today!



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<p><b>Cheer &amp; Tumbling Camp</b>          June 24th -25th   10 am -2pm          Ages: 5-17          Early Bird: \$69, After 6/17: \$79</p>	<p><b>Ninja Warrior Camp</b>          August 6-7   10 am -2pm          Ages: 5-12          Early Bird: \$69, After 6/17: \$79</p>
<p><b>Tumbling &amp; Tricking Camp</b>          June 26th   530-830 pm          Ages: 5-17          Early Bird: \$30, After 6/17: \$40</p>	<p><b>Teenage Tumbling Camp</b>          August 10-12   10 am -Noon          Ages: 12-17          Early Bird: \$49, After 6/17: \$59</p>
<p><b>Mini Cheer &amp; Tumbling Camp</b>          July 13-14   9 am -Noon          Ages: 3-6          Early Bird: \$69, After 6/17: \$79</p>	<p><b>Cheer-nastics Camp</b>          August 17   10 am-1pm          Ages: 4-12          Early Bird: \$30, After 6/17: \$40</p>
<p><b>Gladiator Camp</b>          July 16-17   10 am- 2pm          Ages: 5-12          Early Bird: \$69, After 6/17: \$79</p>	<p><b>TNT Cheer / Cheer Zone Cheer Gym</b>          4779 Airway Drive, Ste. 106,          Medford • 541-941-2450</p>

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# 6 Fun Tips for Hiking with Kids

By Franziska Weinheimer of hikeoregon.net

As adults we often lose our sense of wonder however, hiking and backpacking with children can instantly bring this back into our lives, and it can be the most rewarding and enriching experience. In order to make it a memorable trip for both you and your child, here are some tips to keep in mind before heading out.

- 1) Make sure to pick a hike that fits your child's hiking abilities and interests. While some kids might love longer trails that have old mining equipment and lots of history to them, others might prefer short hikes with lots of beautiful wildflowers, mushrooms or bugs to look at.
- 2) If you are hiking with younger kids, keep in mind their attention span is not very long, and a 4 mile hike can seem endless to them. Before heading out for the hike, put together a little scavenger hunt for them on a piece of paper. This can include things like find a rock, a pine cone, a snail, a flower, a fern etc. This is a great way to involve education into your hikes and make it an even more fun experience for your child.
- 3) We all know that kids love snacks! Pack a large variety of snacks and lots of water on the hike and make sure to take breaks often *before* your child gets tired. This will help avoid a mid-hike meltdown.
- 4) Besides packing the 10 Essentials (per REI.com), taking bug spray can be a lifesaver! Bugs can ruin the enjoyment of a hike for everyone, so taking a child-safe bug spray or lotion with you will make all the difference! You can even pretreat clothing with permethrin beforehand. This is especially handy when going on a backpacking trip.
- 5) Making sure your child is comfortable in their footwear and clothing is key to having a successful hike. Make sure they have worn their hiking shoes and socks a few times before heading out on the trail to ensure that they won't get blisters. Kids love getting dirty, so packing a change of clothes is also a good idea.
- 6) It's never too early to start instilling the 7 Leave No Trace Principles. Talk about each principle during the hike and why they are important, and remember to always lead by example.

After you have enjoyed a hike with your little one, it can be fun to recap the experience on the car ride home. Ask them what they loved about the hike and what their favorite part was. This will help them remember the experience for years to come.



*Make sure to pick a hike that fits your child's hiking abilities and interests.*

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# Me? Homeschool?

by Becky Abrams, Director, Arrows Christian Homeschool Community, Medford, OR

Conversations like this are happening all over America especially in recent months. As a homeschool leader in Southern Oregon, the phrase, "I NEVER thought I would consider homeschooling!" is something I hear almost daily. Yes, YOU. Even YOU can homeschool!

## WHY?

Parents choose to homeschool for a variety of reasons. I believe the greatest benefit of homeschooling is the direct connection between a parent, a child, and their education. Homeschooling places the parent(s) in prime position to have meaningful, regular connections with their child(ren)—all through the fantastic medium of the pursuit of knowledge. It also provides the family greater flexibility, not only in practical ways, but also academically. Children are free to work ahead in their strengths and slow down in any areas of struggle (no more "keeping up with" or "slowing down" for the class as a whole).

## AM I QUALIFIED?

Homeschooling often seems like a daunting task, but, fear not! ANYONE can homeschool. A parent's education or perceived lack thereof makes very little—if any—impact on a child's academic success. In fact, "a child's academic achievement is tied to how much the parents value education" (Barnier). You are your child's biggest fan, you have their best interests at heart, and you are the one who most desires for your child to succeed in school and in life. That makes you the most qualified person to teach your child.

## HOW?

Homeschooling in Oregon has a few simple requirements:

1. Register as a homeschooler with the Education Service District (locally, the Southern Oregon ESD). You only need to do this once and only once your child has reached age 6 by September 1st.

2. Have your students take a state approved standardized test in grades 3, 5, 8, and 10. These are offered locally by homeschool groups.

For specific details on these rules, visit [www.arrowschc.com/law](http://www.arrowschc.com/law).



## WHERE DO I START?

1. DON'T try to recreate school at home. Take time to adjust being home together without pressure to accomplish a long list of assignments. It takes time to find a rhythm--give yourselves grace as you make your way.

2. READ. READ. And then, read. Reading good books is one of the best things you can do with and for your child. Read to them (even if they are older), listen to them read, and have them read to you.

3. Don't be overwhelmed by curriculum. Consider finding a math and language arts program for starters.

4. Find support. Homeschooling is growing increasingly popular and there are many social media groups, websites, podcasts, and more all intended to support and encourage homeschoolers. You are not alone!

You can do this! Homeschooling isn't always easy, but it is always worth it! For more information on homeschooling or to reach out with questions, visit our website at [www.arrowschc.com](http://www.arrowschc.com).



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# Tips for Helping Kids Through The Covid Crisis

By Tammi Pitzen, Executive Director of the Children's Advocacy Center

The Coronavirus has become a pandemic crisis impacting every aspect of our lives. Parents are being forced into the role of educator as our children are pushed into a home-schooling situation. To add to that stress, many of us do not know how long we will have a paycheck or a job as so many industries are having to reduce operations or shut down completely. We are being asked to limit contact with others. All of this is causing anxieties to rise in both adults and children.

Be mindful that your children are looking to you to see if they should be scared. Do not completely ignore what is happening. Answer your child's questions in an age appropriate way. Develop a new routine so that your child can feel safe. Talk to them about taking the recommended precautions to stay healthy.



Additionally, do a daily "worry" check in. With my child it goes something like this, "Let's check in. Tell me something you are worried about today?" or "Are you concerned about anything today?" It is enlightening what you may find out. Many days those concerns have nothing to do with what is currently happening and many times it is something that a parent can address easily. The later is great. It gives you a boost in your confidence level as a parent and

your child is reassured that things are okay. Soon, you may find that your child is initiating the daily check in. "Hey Mom! Tell me how your day went? What made you happy today?" At my house, we change the questions up. Sometimes worried focused questions, sometimes feelings focused questions and sometimes activity focused questions.

Here are some ideas for activities that you can do to keep your child engaged and to help with your own self-care during this unsettling time:

- Read a book aloud. My child's class has read aloud time during the school day and it is something he enjoys. Pick a series and read together for thirty minutes a day.
- Do an art project together. Draw, make slime, finger paint, color—build with legos.
- Write a "book" together. Develop a story line, take turns writing paragraphs, create illustrations. It can be a true or fantasy.
- Take a hike. Go someplace and enjoy nature together.
- Watch a movie or find a series on Netflix or Amazon Prime that is family friendly.
- Bake or cook with your child. This helps to develop math, reading and survival skills.
- Teach your child to clean and disinfect.
- Play outside...basketball, catch, blow bubbles, hide and seek, take a walk.
- Play tic tac toe, board games, card games, or make up your own game.

Structure can help get you through this crisis and as a bonus the "together time activities" will help to strengthen family bonds.

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## Wildlife Safari Welcomes New Litter of Cheetah Cubs

"It's like a different energy," explains Dan Van Slyke, the executive director of Wildlife Safari in Winston, "with the spring comes new babies, and cheetah cubs are always exciting."

Wildlife Safari, the most successful breeding facility for cheetahs in the western hemisphere, welcomed the new litter of cheetah cubs on the



morning of Saturday, March 28. The cubs are doing well and will help contribute diverse genetics to the captive breeding population.

"We participate in what are called Species Survival Plans (SSPs) through our Association of Zoos & Aquariums (AZA) accreditation, which means that not only is the park a great place to make family memories, but plays an important role in saving animals from extinction," said the park's general

curator-in charge of the animals- Dan Brands. "Most of the species at the park are affiliated with an SSP in some way."

Wildlife Safari's AZA accreditation means they are one of the top 10% of zoological institutions in the United States, and the cheetahs from Wildlife Safari will enter breeding populations across the country.

The cubs mother, Delta, is a first time cheetah mother and while cheetahs are notoriously bad mothers who struggle with the rearing cubs, she is doing very well with her litter.

Wildlife Safari is excited to be able to keep its drive through open to the public, and people can start to see the cheetah cubs every Monday at 11am during Facebook live broadcasts on the park's page at [facebook.com/wildlife.safari.oregon](https://facebook.com/wildlife.safari.oregon).

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# Grilling Safety Tips

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout. But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons. To keep you and your family safe while grilling, your local firefighters recommend these general guidelines.



### General grilling tips:

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and trays.

- Never leave your grill unattended.

### Before your first seasonal cookout:

- Check the major connection points between the tank hose and the regulator and cylinder, and where the hose connects to the burners. Tighten if loose.
- Check the tank hose for any potential leaks. To do that:
- Apply a light soap and water solution to the hose using a brush or spray bottle.

- Turn the propane tank on. If there is a gas leak, the propane will create bubbles around the hose.
- If there are no bubbles, your grill is safe to use.
- If there are bubbles, turn off the tank and check connections.
- If the leak doesn't stop, call the fire department immediately.
- When the grill is on:
  - As you are cooking, if you smell gas, turn off the gas tank.
  - If the leak stops immediately, get the grill serviced by a professional before using it again.
  - If the smell continues, move away from the grill and call the fire department immediately. Do not move the grill.

### Charcoal grills

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add any other flammable liquids.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.



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