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FALL REGISTRATION GUIDE
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High Insurance Costs and Community Groups

By Claudette Bouman

The old adage, it takes a village to raise a child, is just as true today as it ever was. Parents' responsibility as an ever-present force for good in their child's life is critical. However, with the positive support of an extended family, friends, and social connections a child can achieve lofty dreams.

I worked with a community group for the past six years starting as a teacher in an after-school program in the first year. In year two, I joined a Dartmouth education committee assisting in planning and organizing extra-curricular activities and events for children and youth, ages five to fourteen. This past year, Committee members planned a fieldtrip with mentors, instructors, and parent chaperones for the children in June. It didn't happen.

We had managed to organize a few previous field trips but this time we faced the problem of acquiring liability insurance. Our group looked into extending our committee's existing liability insurance to include that of the children in our charge. We hit obstacles at every turn.

The quotes for covering a one-time event were initially prohibitive for a committee with little funding. The umbrella education association for our afterschool program had no insurance in place for activities

outside of the classroom. Of course, the bus company transporting the children had its own insurance. But the nature of the field trip—involving touring and learning about an agricultural university with animals, fields, and labs—and the steep demands of the host site, made the insurance company wary. The company hesitated, hedged without giving a straight answer and kept asking for more and more information no matter what we offered. As a committee, we just could not provide enough evidence to satisfy their requests. When the company asked us to provide the insurance guarantee of the hosting university that was the final straw. There was no way forward. In the end, our committee decided to cancel the children's field trip.

We live in an age where liability insurance appears to be necessary for what used to be the most commonplace activities and possessions. And once the question of coverage is asked, it must be answered. Unfortunately, insurance costs have skyrocketed beyond the budgets of many small community groups and organizations. In previous years, we had naively overlooked the protection problem. We thought we were covered for liability when we took the children to Victoria Park in Truro and taught them about old growth forests, and then again when we went to the Discovery Centre for exposure to the creativity and applications of science. By the way, on those two occasions, the children enjoyed themselves immensely—learning while having great fun.

When these type of field trips are thwarted because of increasingly higher and higher insurance costs, it's our children who lose out the most.

Claudette Bouman's book Failing Forward in Saarland is now available locally at: Book Mark on Spring Garden Road; Atlantic News in Halifax; King's Co-op Bookstore, Dalhousie University; and Evergreen House, Dartmouth. Go to <https://booksfriesenpress.com/store/title119734000398425456> to order a copy or contact the author at: claudette.bouman@gmail.com.



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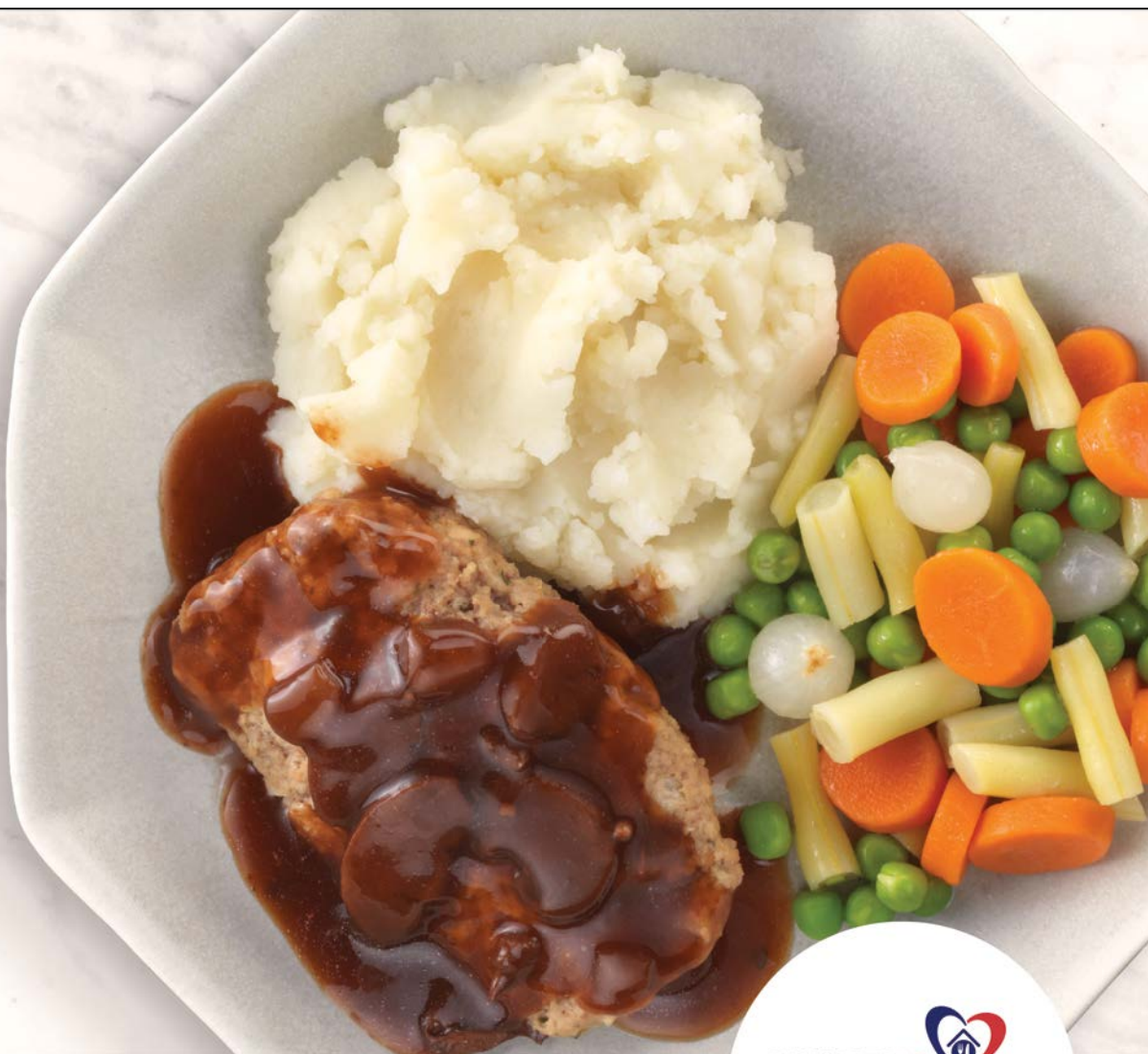
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HRM MLAs and MPs Working Hard for YOU!

A Message from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

IT IS BACK TO SCHOOL TIME!

It is will soon be an exciting time for students as they return to classrooms around the province to begin the new school year. Teachers, principals and vice-principals, coaches and support staff are eager to welcome back their students.

I would like to wish everyone a happy, healthy, and successful 2024-2025 school year!

NATIONAL SCHOOL FOOD POLICY

Every child deserves the best start in life. Ensuring they can access nutritious food not only helps reduce hunger and food insecurity, but going to class with a full belly is also proven to improve academic outcomes and achievement.

The National School Food Program will increase access to school meals for up to 400,000 additional children annually and will help families reduce food costs by up to an estimated \$800 per year.

https://www.canada.ca/en/employment-social-development/programs/school-food.html?fbclid=IwZXh0bgNhZW0CMTAAR0LT_a5BehBD2Bn8uXS4mvqaqFtGuzcOnS0waxri42NyCRSfWYYsv0N0c8_aem_wUABN-5VyVQsETODMIEWLOA



CANADA DISABILITY BENEFIT (CDB)

One year ago, the Canada Disability Benefit (CDB) Act became law. Now, through Budget 2024, we are making historic Investments to establish and administer the CDB.

- Investing \$6.1 billion over six years, and \$1.4 billion per year ongoing, to officially launch the CDB program.
 - Proposing an additional \$243 million over six years, and \$41 million per year ongoing, to cover the cost of medical forms required to apply.
 - Ensuring the CDB is exempt from being counted as income in relation to provincial/territorial benefits and supports for persons with disabilities.
- This is all part of our government's promise to empower persons with disabilities with the economic support they need to succeed.


Learn more about Canada's Disability Inclusion Action Plan here: https://www.canada.ca/en/employment-social-development/programs/disability-inclusion-action-plan.html?fbclid=IwZXh0bgNhZW0CMTAAR1EvmeSK_BJse-kZZnA7FQMdwiruVASsXs0AzdAchz6ESsFinXlPRuNMI_aem_MXRjASOe3TL1jjFyRYUx8g

CANADIAN DENTAL CARE PLAN (CDCP)

As of July 8th, oral health providers everywhere will be able to file claims on behalf of Canadian Dental Care Plan members without having to formally participate in the program!

Current groups who are eligible for the CDCP include: Seniors 65 years and older, children under





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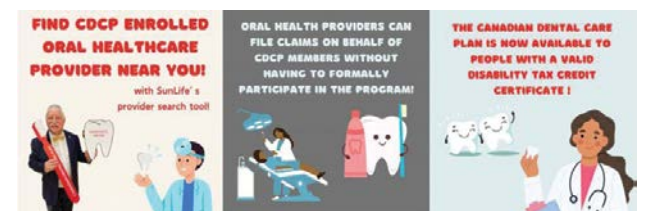


I would like to wish all the parents, kids, teachers and support staff a wonderful school year for 2024-2025!

the age of 18, and people who hold a valid disability tax credit certificate.

To assist in finding a provider close to you, please click on the following link which includes a very helpful search tool!

Learn more: [https://www.sunlife.ca/sl/cdcp/en/member/provider-search/Dental%20Care%20Plan%20\(CDCP\)%20%7C%20Sun%20Life](https://www.sunlife.ca/sl/cdcp/en/member/provider-search/Dental%20Care%20Plan%20(CDCP)%20%7C%20Sun%20Life)



A Message from Rafah DiCostanzo, MLA for Clayton Park West

In early July, I was honoured to be joined by dozens of breast cancer survivors and dense breast advocates as we rallied together to call on the province to pass the Find It Early Act ahead of a meeting of the Standing Committee on Health.

I introduced the Find It Early Act in March, which would make supplementary screening options, such as abbreviated MRIs, available to women with dense breasts, defined as category C or D density. Dense breasts is a risk factor for cancer, and cancer is often missed in dense breasts as the dense tissue appears white on a

mammogram, as does a tumour.

Roughly 55 per cent of Canadian women in their 40s have dense breasts, and the vast majority of them have category C density. MRI machines can detect nearly four times more cancers than a regular mammogram, yet mammograms continue to be the standard practice for women with dense breasts in Nova Scotia.

Many women, like myself, underwent regular mammogram screenings for years and were reassured that there were no signs of cancer. However, just months after my last

mammogram and ultrasound screening in 2022, a new lump appeared, leading to a diagnosis of 95% malignancy. For many NS women with category C and D dense breasts, the absence of supplementary screenings like abbreviated MRI and CEM available in other provinces, drastically impacted our outcomes. Instead of benefiting from early intervention, we faced mastectomies and several rounds of chemotherapy and radiation, resulting in a significant decline in our overall health, quality of life, and hair loss.

With the recent announcement of two new

and two replacement MRI machines added to our healthcare system, now is the time to reconsider cancer screening practices in Nova Scotia. Putting more resources into finding cancer early could save the healthcare system hundreds of thousands of dollars on treating advanced cancer.

If I can save even one woman from going through the hell I went through, it is worth it.

Please follow my social media. We need to put pressure on this government to change the outdated Breast Cancer screening policies.



Rafah Di Costanzo

MLA - CLAYTON PARK WEST

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HRM MLAs and MPs Working Hard for YOU!

Focus on Families

By: Halifax West MP Lena Metlege Diab

Back-to-school time is right around the corner! As parents get ready to send their little ones back to the classroom, I want to highlight some of the ways we've been working to make life better for families in our community.

Canada Child Benefit Increase

Since we created the Canada Child Benefit, 650,000 Canadian children have been lifted out of poverty. In July, this tax-free monthly payment was adjusted to keep up with inflation. That boost will put up to \$350 more into the pockets of Halifax West parents over the next year, depending on their household income, number of kids, and their ages.

More Child Care Spaces

The childcare agreement we signed with Nova Scotia in 2021 continues to bear fruit. Recently, we marked two major local milestones: the creation of 75 new childcare spaces in Hammonds Plains at the new It Takes A Village Daycare Society location, and the 82 spaces being added at Mount Saint Vincent's Child Study Centre. These additions are crucial, as many more families will need access to childcare as we continue reducing fees down to \$10/day by 2026.



Upgrading the Keshen Goodman Library

The Keshen Goodman Library is an important resource. Last month, I helped celebrate the

library's reopening after extensive renovations. That work included improved spaces for visitors and staff, and a new HVAC system and solar installation that was supported with federal funding. I know so many are thrilled to have the library reopened. It's a better building now—and a greener one too!

Jobs For Youth

Recently, I've met many of the hundreds of young people getting valuable work experience at local businesses and organizations thanks to wage support from the incredibly popular Canada Summer Jobs program.

Each year, I proudly advocate for funding to be directed towards this vital program which helps our youth earn money, bolster their resumes, and give back to their communities.

Dental Care Plan Update

The Canadian Dental Care Plan is now open for children under 18, seniors aged 65 and over, and adults with a valid Disability Tax Credit certificate.

If your family income is under \$90,000/year and you don't have private dental insurance, check with your dentist's office and visit canada.ca/dental to see how the CDCP could save you major money on many common dental services.

As your MP, I'll keep working hard to find new and better ways to support our families so that everyone can get ahead. Thank you for your support!

A Message from Hon. Tim Halman, MLA Dartmouth East

On behalf of Dartmouth East, I would love to welcome back our students to another academic year. Especially so to our students at NSCC Akerley Campus residing in the brand new 100 bed student residence building constructed by our government!

Besides academic beginnings, September is also well known as a time of year when the potential for storms is at its highest.

Planning for storms and hurricanes will ensure you and your family, friends

and neighbors are ready before a storm reaches our province. Recommended ways to prepare for such an event include having an emergency kit on standby with important items such as food, water, medications, important documents and supplies to last for several days. This will allow you to be prepared in the event of an extended power outage or possible evacuation scenario. Another method of preparedness is to prepare your property, if applicable. This can include trimming trees, securing loose items, and clearing gutters and storm drains. Lessening the

amount of possible debris can save your own property, as well as that of your neighbors.

These steps are valuable to consider as we move into a season especially well known for storms and hurricanes. The most import-

ant part of a storm plan is to have one, and make sure it is in place and ready to go before you need to make use of it. While we can hope for a light storm season, it is always a wise decision to prepare for the worst.

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Places To Go!

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Back to School with Stagecoach: Inspiring Education Through Performing Arts

Submitted by Stagecoach

As the days grow shorter and the air turns crisp, the anticipation of a new school year fills the hearts of parents and children alike. Backpacks are packed, pencils sharpened, and schedules carefully arranged. But beyond the traditional subjects of math and science, there lies a world of creativity waiting to be explored—the world of performing arts.

Nurturing Creativity and Confidence

Stagecoach, a renowned performing arts school, invites you and your child to embark on a transformative journey this fall. With locations in

Halifax, Dartmouth, Truro, and Bedford, Stagecoach provides a vibrant space where young stars can discover their talents, build confidence, and ignite their passion for learning through singing, dancing and acting classes.

Creative Courage for Life

Performing arts go beyond mere entertainment; they are a powerful tool for personal development. Whether your child sings, dances, or acts, these activities foster essential life skills:

Persistence: Rehearsing a dance routine or memorizing lines re-

quires dedication and persistence.

Resilience: Performing in front of an audience teaches resilience in the face of nerves and stage fright.

Flexibility: Adapting to different roles and styles hones flexibility.

Discipline: Regular practice instills discipline and commitment.

Creativity: Exploring characters and emotions sparks creativity.

At Stagecoach, we call this holistic approach “Creative Courage for Life.” These skills extend beyond the stage, positively impacting academic performance and personal growth.

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CREATIVE COURAGE FOR LIFE!

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- October 6 Medicine is All Around Us
- November 17 Games and Play
- December 8 Make and Share

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Canadian Parents for French, Nova Scotia Back to School 2024!

Submitted by Rebecca Lancaster, Executive Director,
Canadian Parents for French, Nova Scotia

La Rentrée! The English speaking world doesn't quite have an equivalent for this unique French expression. It is the energy that comes in September as students head back to school, but also daily life moves from the slow pace of summer to the cooler more productive days of fall.

Parents often contact us at this time of year asking: "What can I do to support and enrich my child's French during the the school year?" There are lots of activities and resources to be found through CPF Nova Scotia partners such as the Centre Communautaire du Grand Havre and Alliance Francaise.

FRENCH FOR PARENTS CLASSES

Feeling overwhelmed that your French skills need a serious reboot. Not to worry! Our partner, Équipe d'alphabétisation Nouvelle-Écosse is offering their popular "Je parle Français avec Mon Enfant" classes, virtually and in-person, this fall. This is a 20 week program to increase your knowledge of French. Open to parents of students in French immersion programs. For more information, contact coordinationjpfls@eane.ca eane.ca/en/programs/french-courses-for-second-language-parents

CPF Alberta is also offering a 6 week self

guided French for Parents course this fall. For more information, check out ab.cpf.ca/en/learning-french-lessons. Learn at your own pace and time.

FRANCOFEST

Do you want to take your child to family friendly Francophone events? The Francofest takes place each year in October to November. There are many events from concerts to the Salon de Livre (French Book Fair)! The Francofest concert line up will be announced in September. www.Francofest.ca

ALLIANCE FRANÇAISE IN THE HYDROSTONE

Become a member! Alliance Francaise offers many courses for all ages, as well as other resources and events. As a member, you will be able to borrow books, magazines, CDs and DVDs from the Mondiatheque and access their online library for free. The library includes more than seven thousand resources- for all ages. This is a perfect way to practice your French, discover new cultures and have some fun!

Membership advantages even go further. Alliance Française Halifax organizes cul-

continued on page 14



CANADIAN
PARENTS
FOR FRENCH
NOVA SCOTIA

CPF Nova Scotia French Camps



MANY THANKS

to our camp staff for making
our 2024 French camps great!
Our camp kids had
a wonderful summer.
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au camp ont passé un été merveilleux.
À l'année prochaine!



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St. Margaret's Bay Skating Club

These two pair skaters had a fantastic opportunity to work with World team members Carolane and Shane Firus. The choreographers spent 4 intensive days bringing a new level of difficulty and maturity to Fallon and Matthew's program this season. This team has been skating together for over 5 years and they have big goals and dreams.

Fallon, 14, may look tiny but she is mighty and so determined. This team has big lifts and strong throws. Matthew, 16, says that Fallon keeps him calm when he competes. They are proud of the new program and hope it will give them a strong showing this year.

They are looking for a great start to the season in Montreal at the Summer Championships this August. They will be joined by Addison Riley, 10,

and Connell Meagher, 15, also skating in Pre Novice-Pair category. St. Margaret's Bay Skating Club will have five single skaters competing and another four pair teams in the Novice division.

Anyone that is interested in giving pair skating a try just message the club at smbskating@gmail.com.



St. Margaret's Bay Skating Club

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Fall Registration Fall Registration Fall Registration Fall Registration Fall Registration

Canadian Parents for French
continued from page 12

tural events throughout the year, such as film and documentary screenings, traditional French celebrations (galettes des rois, crêpes bretonnes), concerts and special must-see events. www.afhalifax.ca

FRENCH RESOURCES AT YOUR LOCAL LIBRARY

Many local libraries carry books and movies in French. You can use your library card to order French resources and have them delivered to your local branch. This fall the Halifax Public Libraries will have story time and Mom and Tots groups in French. Check out French events on their website at www.halifaxpubliclibraires.ca

CENTRE COMMUNAUTAIRE DU GRAND-HAVRE

The community centre in Dartmouth is open to all HRM Francophones and Francophiles. There are great events and programs coming up in 2024-2025. Many activities for parents and kids, such as badminton nights, bowling league, concerts and holiday events; all in French! www.ccgh.ca

FRENCH RADIO IN HALIFAX

We have a French radio station in HRM! They have programming to suit all tastes in Francophone music. Check it out! c98fm.cmedias.ca You can find radio stations from all over the Francophoné on the internet. There are also many options for listening to French radio in your car or at home!

NEW BOOK LAUNCH
Failing Forward in Saarland

By Claudette E. Bouman

Failing Forward in Saarland is the memoir of a transplanted Canadian with Caribbean roots, venturing with her husband and their daughter into Saarland, Germany. The memoir describes the year the family spent in

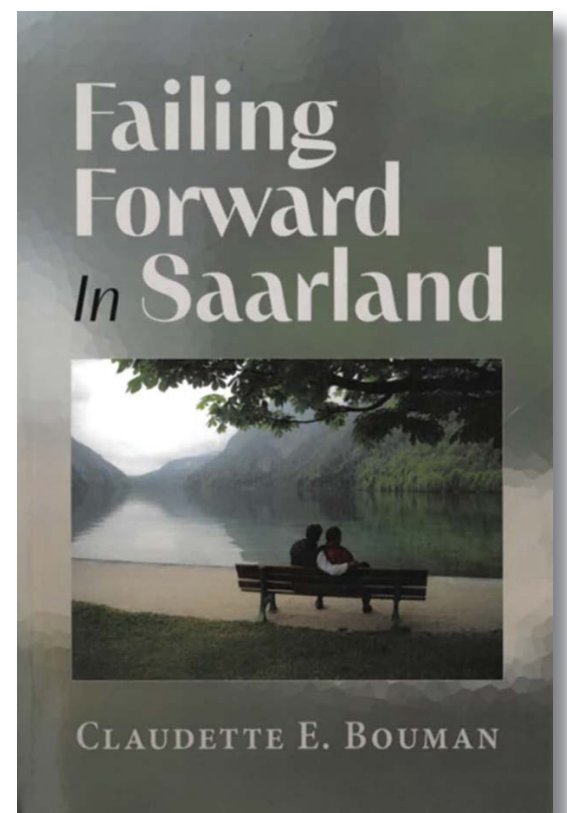
this small forested land tucked away in the western corner of Germany on the border to France. Her teenage daughter made the daily commute to attend a lycée in France and her husband spent most days doing research in labs and forests. What was the mother and wife left to do in the Saarland with next to no knowledge of the German language let alone the Frankish accent? As a career teacher, the author's life had never before been reduced to awaiting the daily home-coming of a daughter and husband. During her year in Saarland, she did much more than that. This book is an entertaining and informative account by an experienced Black teacher of what it means to transplant a family into a foreign country and how to enjoy a welcoming culture.

lived most of her adult life in Canada, far from her Barbados birthplace — she immediately faces the challenges of adjusting to the customs of a new land and, especially, learning to communicate in German. And her story is anything but ordinary — it's a moving, often amusing, and sometimes humbling account of the author's adventures and learning experiences in a largely unknown country without the benefit of fluency in the local language. As the title indicates, the author comes to view these challenges — and even failures — as positive "life lessons in adaptability, strength, and resilience" — failing forward.


Claudette Bouman author will be doing readings and signings at Central library on Spring Garden Road on September 29th and at Cole Harbour Library on October 24.

And also Claudette Bouman will be at Booktoberfest at Central Library October 5th Halifax.


Most significantly, this memoir is a meaningful addition to the literary corpus focusing on strangers in a strange land. Even though the author is intimately familiar with the notion — she has



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Stage Coach continued from page 10

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Inclusivity and Personalized Attention

At Stagecoach, inclusivity and teamwork are at the core of our programs. Small class sizes allow professional instructors to cater

to each child's unique interests and abilities, ensuring everyone feels included and accepted for who they are.

Try Before You Commit

Unsure if Stagecoach is the right fit for your child or yourself? Stagecoach offers two-week trial classes, giving you the perfect opportunity to experience our programs and meet our teaching team.

Discover the magic of the performing arts firsthand.

Join the Stagecoach Family

As we all gear up for the fall term, you are invited to join our Stagecoach family. Conveniently located across Halifax, Dartmouth, Truro, and Bedford, their classes provide a dynamic and inspiring environment.

Enroll today and watch your child—or yourself—flourish.

For more information, visit Stagecoach Halifax www.stagecoach-schools.ca/halifax or call 902-266-2601. Let's make this school year unforgettable by embracing the performing arts and inspiring a lifelong passion for creativity and learning.

Kindle the spark for a life-long passion for learning in the performing arts!

Submitted by Maritime Conservatory

Our Conservatory is uniquely able to offer Music and Dance instruction under one roof which means your whole family can enjoy inspiring activities within our arts community.

We offer year-round classes for children and youth taught by instructors who are amongst the best in Canada. Getting the right building blocks for a solid arts foundation is critical in starting down the path of a lifetime of pleasure within the performing arts.

Our experienced and specialized faculty are committed to inspiring students of all ages to reach their goals and our internationally accredited

Kindermusik and Early Childhood Movement programs are the perfect starters beginning at age 0!

The Conservatory is a supportive and safe space for children and youth to be inspired, learn and grow as they begin their journey in the arts or to continue with their already found passion within our arts family at the Conservatory.

Registration for fall classes is now open!

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Health & Wellness

The First Visit

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C)

The familiar fall season is upon us. You may find it difficult to book all the necessary appointments for you and your kids before the hours of the day are filled with school and soccer and supper: Eye doctor – check. Hair cuts – check.

Dentist – check.

Then your Dentist throws you a curve ball and recommends that you see an Orthodontist for your child. Before you even have time to think about one more appointment to fit in, you think to yourself “My child is only eight, that’s far too young for braces. They still have baby teeth!”

So, why the First visit. What is to be expected and what is to be gained?

Eight years of age is a perfect time for an Orthodontic specialist to see your child. It is a transition stage between primary and permanent teeth that offers the orthodontist the opportunity to assess the developing bite and make predictions and possible recommendations for treatment that may either prevent problems from worsening or make treatment easier later on. Treatment without surgery and without extractions of permanent teeth is the gold standard whenever possible. The best chance of your child having this type of treatment, or perhaps avoiding treatment altogether, is to have an early screening exam with a certified Orthodontic Specialist.

The First visit offers something else for you and your child. It offers you both a chance to meet with an Orthodontic specialist and have your questions answered.

For many children, the first visit is bene-

ficial because it is just that, a first chance to meet and visit with the Orthodontist in a relaxed way. It is positive reinforcement for children who may have some dental anxiety. You can reassure your child that no treatment will be done at this initial visit. Often times a simple screening x-ray will be taken to ensure all teeth are present and developing normally and a few photographs may also be taken to help the Orthodontist point out interesting findings. It is all about gathering information. Children often have their own questions or concerns regarding their teeth or bite and establishing a rapport with the Orthodontist who may treat them someday, is very important. And most times your child will be placed on a yearly recall until the time they are ready to discuss treatment options, if indicated.



So if you find yourself invited to a First visit, take the invitation! At our clinic it is free. Use it as an opportunity for you and your child to learn more about their teeth and bite and maybe get some insight on whether or not Orthodontics will be part of your future!

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist at The Brace Space. She is a co-owner of The Brace Space in Bedford (Larry Uteck), The Brace Space Sackville, The Brace Space Halifax and The Brace Space in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact (902) 455-7222.

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How to Develop Stronger Reading Habits

Submitted by Oxford Learning

The Information Age has brought remarkable advances in our technologies, from smartphones to electric cars. However, it also comes with a cost. Research shows that the increased use of technology negatively impacts reading habits and comprehension skills. We're more likely to read information off a computer or mobile device, and we want the most important information available at a glance.

With more technology in schools harming academic performance, it's crucial to incorporate more vigorous reading habits for better cognitive development so your child can get the most out of their education.

The Benefits of Daily Reading

Today's average child spends nearly 45 hours per week with media, compared with 17 hours with their parents and 30 hours in school. Building a daily reading habit can help balance things out.

Daily reading benefits include:

- Exercise for your brain to strengthen its circuits and signal (essential for staying sharp as we age)
- Improved literacy skills
- Fiction reading boosts empathy
- Builds vocabulary
- Reduced stress
- Better sleep when used to wind down before bedtime
- Can help with mental health

How to Strengthen Reading Habits

We know the technique to build strong reading skills, but how do we help today's students become avid readers for life in a digital society?

The most important thing to remember—reading should be enjoyable! Here are other ways to nurture a love of reading:

- Lead by example!
- Read a book together and have a conversation about it.

- Create a quiet reading space in your home with quick access to various books.
- Visit your neighborhood library.
- Provide autonomy by letting them pick what they want to read.
- Don't focus on just books! Allow your child to read grocery lists, recipes, user manuals, and other things found in your daily life.

If Your Child Isn't A Fan Of Reading Traditional Books, That's Okay!

As soon as something is forced, it feels like a chore. Intentional use of social media or the internet to find blog posts and articles that they're interested in works, too. Some things you can do to prevent them from spending too much time in front of the screen include:

- Set a screentime timer.
- Remove distractions from other platforms or unnecessary browser tabs, including hyperlinks found in blog posts

continued on page 18

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Campus de Halifax

HOME *Décor*

Balancing Act

By Holly Gouthro, Interior Consultant,
DWD Interiors

Just like everything else in life when it comes to designing an interior space you want to have balance. There are multiple ways to achieve balance throughout your space and by doing this you create harmony.

Positive and negative space is one of the ways to create balance. Having too many items in a space will make it feel cluttered and chaotic while having too little will make a space feel sparse and clinical. Placing your furniture throughout the room intentionally helps to create balance through the visual weight. You do not want all large items to be on one side of a room; you need to have weight throughout the space to create balance.

Colour is another way to create balance throughout the space. Having colourful furniture and decor is balanced by having neutral colours in the fixed items such as walls and flooring. While doing this can be sometimes difficult to achieve, repeating the same colour throughout the

space helps create harmony and allows your eyes to flow throughout the room. Try to repeat the colour a minimum of 3 times.

The style and design of furnishings and decor also need to be kept in balance. Similar to colour it is nice to have repetition of style and design but having too much repetition lacks visual interest and will feel too monotonous. If you have chairs with long spindly legs try a dining table with a heavier base or instead of all wood bedroom furniture try mixing it up with some painted or upholstered pieces.

Overall with design you want repeating elements to keep your eyes flowing but also want to have some mixture to keep visual interest throughout. This will lead you to have a balanced comfortable space.

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Reading Habits continued
from page 17

and articles. Experts recommend that students read through the text first, then open any links to avoid getting sidetracked.

- Encourage a sense of balance of taking notes with pen and paper if they want to comprehend the information better.
- Take breaks to improve focus and build reading stamina.

Develop The Skills & Habits While They're Young

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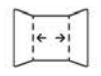
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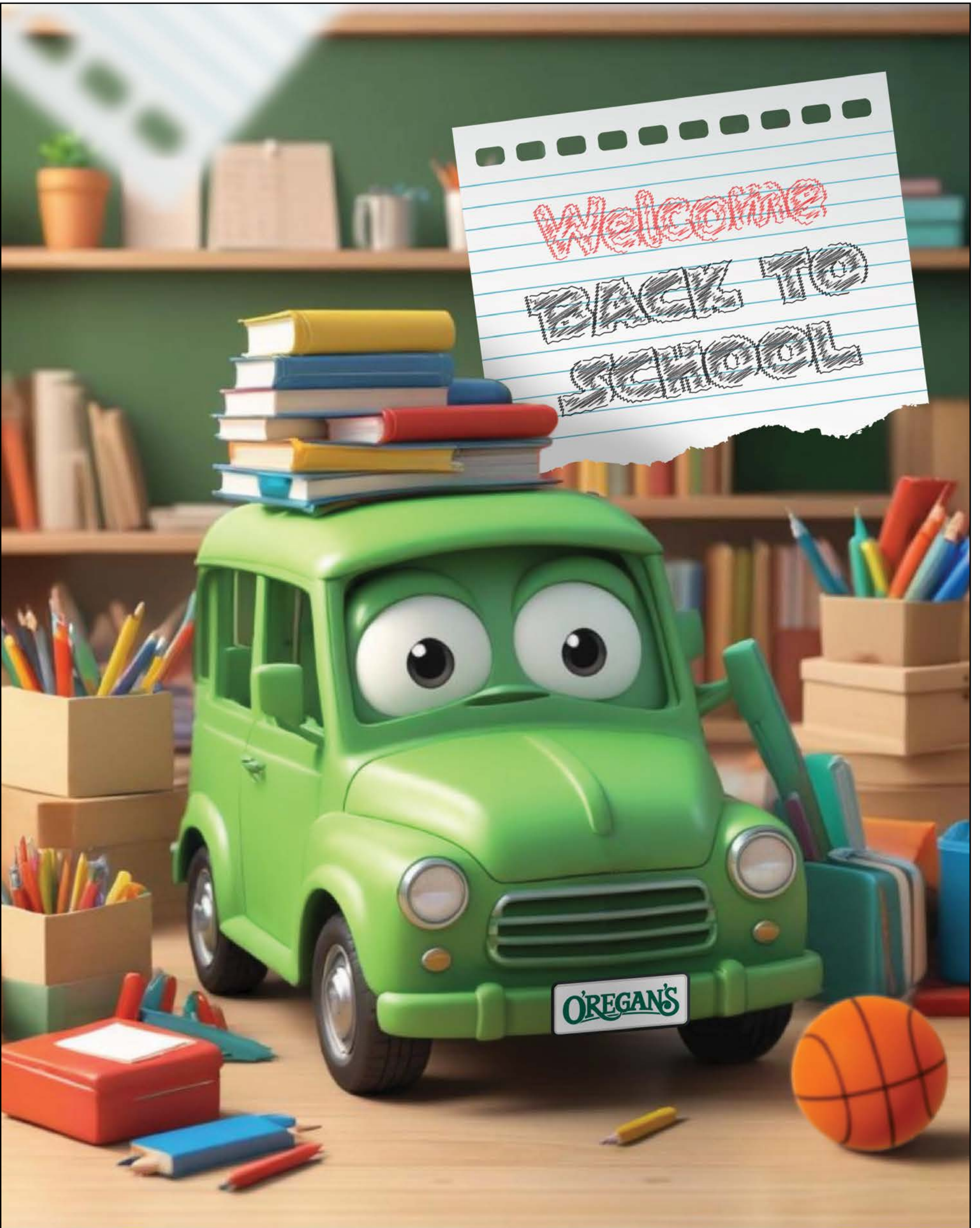


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