

BACK TO SCHOOL

TIP: To help your child cope with first-day jitters, attend the school's orientation session.

TIPS FOR PARENTS

Early to bed

The National Sleep Foundation recommends. Fill a box with everything your child might need, such as erasers and markers. It keeps them from procrastinating.

Chunk it: Make homework seem more manageable by breaking it into smaller chunks. For example, if there are six spelling words to learn, have your child work on three and then take a break. Such "chunking" can also help with larger, long-term projects.

Keep in touch: For homework that is confusing or difficult, take advantage of telephone hotlines or teacher websites that offer live help. Keep on hand a contact list of classmates who can be called for clarification. Regular communication with the teacher is vital, too.

Food safety for lunches

If you don't have an insulated lunch bag, keep food cool by nesting two paper bags one inside the other. Whatever type of container you use, add a freezer pack or frozen food item to keep things on ice.

Keep hot foods hot. If your child is taking hot soup or chili for lunch, pack it in an insulated bottle. Between uses, wash the bottle and rinse it with boiling water.

Keep everything else cold. Keep foods cold by using an ice pack. Or use a frozen juice box or sandwich; taken out of the freezer in the morning, they should be thawed by lunchtime. Before freezing a sandwich, spread a thin layer of butter or margarine on the bread to keep it from getting soggy, then put it in a plastic freezer bag.

Foods that should be kept chilled: Most meat, fish and poultry, including bologna and hot dogs; cooked vegetables and beans, rice, milk, dressing and gravy.

Foods that safely can be kept at room temperature until lunchtime: Yogurt and hard cheeses, peanut butter, baked goods, butter or margarine, dry cereal, raw fruits and vegetables, pickles, mustard and ketchup, dried meats such as jerky and pepperoni.

Foods that freeze well: Cheddar and cream cheeses, peanut butter, sliced or ground

SO, WHAT'S NEW?

...ing with teachers and work online. New literature and social studies textbooks that include electronic texts mean all core subject areas except religion have electronic texts.

Forest Hills' Nagel Middle School is expanding its bring-your-own-laptop program from the seventh grade to include eighth-graders this year. The program, begun in January, encourages students to use their electronic devices in all subject areas at school. The school lends laptops to those who don't have their own. The district plans to expand the program through high school in the 2012-13 school year.

Loveland schools will encourage students this year to use their wireless communication devices in all buildings as instructional tools. All students in grades 7-12 will be assigned school email accounts through Google Enterprise Solution. By assigning accounts students and teachers will take advantage of the free Google apps available to educators.

Mariemont High School students will use a virtual desktop infrastructure, which allows them to use their personal electronic device — such as laptops, tablets, iPads — at school to work on course content.

Wyoming Middle School will pilot a new iPad lab and video streaming system and expand use of blackboard technology to students and parents.

New at the top

Several of Greater Cincinnati's largest school systems — Lakota and Fairfield in Butler County and Mason in Warren County — will

School Facilities building project. Also, its high school just received a federal Title II D Teaching and Learning Grant.

Ross schools in Butler County completed renovation and expansion of Elda Elementary and Ross Middle School.

St. Thomas More, in Withamsville, is adding a second eighth-grade class to meet the demand of growing enrollment. Its PTO also will renovate its library for use as a multimedia center for the 2012-13 school year.

Sycamore schools is building a new Maple Dale Elementary and new district offices, both to open in fall 2013.

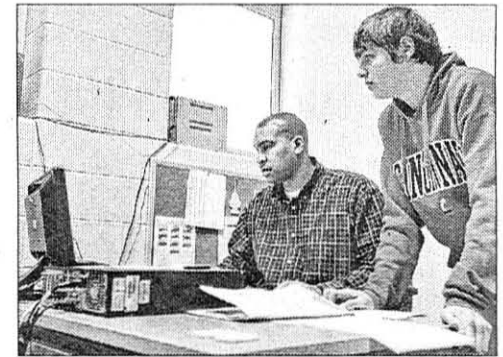
Southwest schools is opening a new media center at the high school with new technology for staff and students, and it will offer Junior ROTC at the high school in

The Children's Home of Cincinnati launches a new high school on its Madisonville campus for students diagnosed with autism spectrum disorders, including attention deficit disorder, learning disabilities, and communication disorders. The school is an approved Ohio Autism Scholarship Provider. It is a partnership between the Children's Home of Cincinnati, which offers treatment and education for students with social, behavioral or learning challenges, and Linden Grove School, a private K-8 school that helps students with autism and related disabilities.

new learning experiences

Ohio and Kentucky schools are part of national efforts to embrace

The Children's Home of Cincinnati will be opening a new high school on its Madisonville campus for students diagnosed with autism spectrum disorders. Here, Brian Burnett, 17, works with Jamar Hocker, a virtual academy instructor, at the Children's Home.



The Enquirer/Gary Landers

their senior year.

Also at the high school, students will take hybrid courses, with face-to-face and online instruction, in world history, English I, introduction to engineering and sociology.

At Oak Hills' middle schools, eighth-graders can earn high school credit for Mandarin I through a blended course facilitated by a visiting teacher from China, and seventh-graders can earn high school credit for Spanish I in a blended course facilitated by a high school Spanish teacher.

In the **Northwest** district, Cole-rain and Northwest high schools will expand their online pilot courses to include "blended" classes, where students receive face-to-face instruction from teachers and from online curriculum. The blended courses have several advantages, ranging from ease of scheduling to cost savings, said Pauletta Crowley, district spokeswoman.

The **Milford** district changed its junior high schedule to reduce its day from seven periods to six for more time on core subjects. Also,

Kings High alum, Phil Poggi, to head the district's athletics.

Lebanon High's Scott Butler is moving from assistant principal to principal, replacing Sam Ison, who left to become an administrator in Middletown Schools. Butler will be joined by newly hired assistant principal Brad Potter and David Gregory, who will serve one more year as a substitute assistant principal at the high school.

Indian Hill hired Jim Nichols as its new primary school principal and hired Antonio Shelton as new principal at the high school. Nichols had been an assistant principal at the Mason Early Childhood Center, and Shelton had been assistant principal of Curriculum and Instruction at Mason High.

Reading schools moved around principals: Bob Longworth moved from Hilltop Elementary to the middle school; Dennis Ramsey moved from the high school, where he was an assistant principal, to Hilltop; and Pete Muehlenkamp moved from the classroom to assistant principal and athletic director at the high school.