

DONS Youth Football Academy

July 9 - 12 at Acalanes

open to all athletes entering 5th-9th grade in the Fall of 2018

Goal is to teach fundamentals, develop skills, and help kids with the transition to tackle football in a fun, fast-paced, and non-contact environment.



Camp Dates July 9-12

5th - 8th Grade 1-4pm
9th Grade 6-9pm

- Combine Stations • Hands Drills • Trench Wars • Film Study
- Sled Work • 7 x 7 Tournament • QB Drills • Agility Stations
- Route Running • Tackling Technique • and much more

To register or get more information visit:
www.acalanesdonsfootball.com

FULL DAY SUMMER CAMPS 2018

Roughing It Day Camp

(Lafayette)

see ad

Discover the outdoors at Roughing It Day Camp! An all outdoor summer camp experience for children ages 4-16. Enjoy the wonders of our lakefront location: canoeing, fishing, hiking and more. Swimming and horseback riding instruction included. Free transportation. Free extended care. Learn more or schedule a camp tour at roughingit.com.
Dates: June - August
(925) 283-3795
www.roughingit.com

Saklan School

(Moraga)

see ad

Summer @ Saklan provides culture, language and summer fun for ages 3-11. Mornings on campus are filled with enrichment in Mandarin, French, Japanese, Spanish and Italian. Afternoons are packed with summer fun, including field trips, swimming, art and music. Three-week sessions 8:30 a.m. - 4:30 p.m.
Full or half days, with extended care available.
Dates: June 11 - Aug. 10
(925) 376-7900
www.saklan.org

Sewnow! Fashion Design

(Lafayette)

see ad

Have a blast, learn to design, sew, and illustrate like a pro and walk away with unique personalized fashion items. Camps include FashionKit patterns and digital instructions, fabrics, notions, custom embroidery, and participation in our end-of-summer fashion show. One-week, half-day and full-day camps for juniors (second and third grade), kids, and teens.
Dates: June - August
(925) 283-7396
www.sewnow.com

Summer @ Saklan



Your Passport to the world!

Culture, Language, and Summer Fun!

Ages 3-11
saklan.org

LEARNING • LANGUAGE • LAUGHTER

Amazing Summer Math Camps

- **The Wide World of Sports Statistics**
Play sports and calculate your statistics
- **Conquer Common Core Math**
Clarify/review current year's math and prepare for the next
- **Classes to Attack Algebra**
Prepare for all levels of algebra from pre-algebra to algebra II through games, art and humorous lectures
- **Get a Jump on Geometry:**
A fun, hands on class for high school students

**** **Warning** – These classes might trick students into believing that math is fun ****

If you have further questions feel free to contact Michael at m.adler@sbcglobal.net

Classes taught by teacher & experienced math instructor, Michael Adler

To enroll contact the Moraga Parks and Rec. Department at www.moraga.ca.us or call (925) 888-7036

Want a great tutor who is fun? Individual/small group summer or year round tutoring available
m.adler@sbcglobal.net



Michael Adler

Thank you Advertisers!
Lamorinda Weekly.

Sienna Ranch

(Lafayette)

Camp choices at Lamorinda's own ranch camp include morning Farm Hands and Nature, and Horseback Riding camps as well as afternoon pottery, woodshop, archery, art and animals, horses and more. Serving campers entering grades PreK-8 with select teen programming, Sienna Ranch offers weeklong, full-day or half-day camp options.
Dates: various dates and times available
(925) 283-6311
www.siennaranch.net

Spanish Immersion Summer Camps with Viva el Español

(Lafayette)

see ad

Learn or improve Spanish language skills through games, music, arts and crafts, science projects and cooking. During each weeklong camp students learn vocabulary related to a specific kid-friendly theme such as Wondrous Outdoors at the Reservoir or Mission Impossible. Full day, 9 a.m.-3 p.m. Before/after-care available. Half-day options also available.
(925) 962-9177
www.vivaelespanol.org

Summer Shakespeare Conservatories at Saint Mary's College

(Moraga, Oakland)

Give your child the memories and skills of a lifetime! In this intensive 4-week conservatory, students work with theater professionals to create a live performance while learning stage combat, physical comedy, vocal studies, and more. Space very limited, register today!
Dates: July 9 - Aug. 3
Saint Mary's College, 1928 St. Mary's Road, Moraga
www.calshakes.org/learn
(510) 809-3293

The Lamorinda Weekly Summer Camp listings are not paid advertising. Our intent is to provide a useful reference guide. In the event we have inadvertently printed misinformation, please let us know. LW is not liable for errors or omissions.

GET AHEAD IN MATH THIS YEAR



WHEN MATH MAKES SENSE, YOU SUCCEED!

MATHNASIUM
The Math Learning Center

GRADES K-12
Pre-Algebra • Algebra 1 & 2 • Geometry
Pre-Calculus & Calculus
SAT/ACT Preparatory
Individualized Instruction

HOMEWORK HELP FOR ALL LEVELS

Flat Monthly Fee

Drop-in any time, no scheduling needed!

1 WEEK FREE TUTORING & HOMEWORK HELP
Must present coupon. New students only.

3435 Mt. Diablo Boulevard, Lafayette
(Golden Gate Way at Mt. Diablo Blvd.)
(925) 283-4200 www.mathnasium.com

Family Focus

Eight ways to help your underachieving child

By Margie Ryerson, MFT

Nancy Anderson alternately wept and raged in my therapy office. Her 12-year-old son, Jake, had failed two subjects in the first semester of seventh grade. Jake had a history of struggling in school, despite performing well above average on standardized tests. Nancy explained that she and her husband, Bill, had tried everything at one time or another: rewards, restrictions, daily backpack checks for assignments, and frequent teacher conferences. They had Jake tested in sixth grade for learning disabilities and attention deficit disorder, and there was no indication of any problem.

Jake refused to go to a tutor or see a counselor for help. He remained a happy, fun-loving child at home except for conflicts with his parents over schoolwork. Athletically talented and socially adept, Jake seemed relatively well-adjusted. He had a good relationship with his two older brothers, both of whom were excelling in high school.

As children begin to mature, they search for their own sense of identity and control. If parents inhibit this process by being too intrusive or demanding, a child may rebel. Often, the rebellion is unconscious in that the child is not aware of why he or she behaves the way they do. It is important

for parents to avoid reacting to the child's behavior as a personal challenge to their authority. This kind of reaction only sets the stage for a full-scale power struggle. The unfortunate result of family power struggles is that no one really wins.

Here are the strategies we used to help Jake turn around his low academic performance:

1) Never let your child see that you are more worried and concerned about their schoolwork and grades than he or she is! Of course you may be quite upset, but you need to hide your reaction. Most children derive a sense of power from the ability to upset authority figures. Think back to your own childhood, to a time when you were frustrated your parents, and see if you can recall having this feeling. Watch not only your words, but also your tone of voice and overall body language when you are communicating your new sense of calm.

2) Work at having a positive, loving relationship with your child, despite your (hidden) frustrations. Because the topic of school is probably highly charged, stick to safe, neutral subjects for discussion. Have fun together, laugh, and enjoy your child's company. Let him or her know all the qualities they possess that you admire and appreciate. Find what they are doing

well and focus on that. Be sure they have positive pursuits that they enjoy so that they can have a feeling of accomplishment and pleasure in areas other than academics.

3) School is your child's responsibility, not yours. After all, you already finished seventh grade successfully, so this is not really about you. Let him or her know, in a calm, caring tone of voice that it is their decision whether or not they do well in school. If your student struggles with the work, you can tell him you know he will do well with extra assistance at school, from you at home, or with tutoring. Ask him if he's receptive to having help, and if so, what form of help? Ask him if he wants you to check in and offer assistance from time to time, or if he wants to be the one to approach you for help.

4) Be consistent. Be sure other family members are following the same approach. Otherwise, you will lose time and need to start the process all over again. One pique of anger about schoolwork will undo much of the effort you have already made. Inform teachers and school personnel of your approach and ask them for help in making sure they apply consequences at school if she doesn't turn in work or gets low grades. Your child will be accountable to them for neglecting his work, not to you.

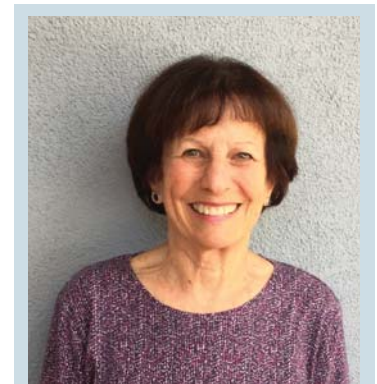
5) Be patient. Lower your immediate expectations. Your child's patterns developed over time, and will take anywhere from one school semester to two years to improve. Think in terms of the big picture – your child's future happiness and success – instead of dwelling on the current situation.

6) Keep trying to get to know your child and to help him learn about himself. After your new approach has been in place for a few months, ask him how he feels about his life in general – his activities, friends, school, etc. Ask about his goals. Be nonjudgmental and loving. If he does not want to have this conversation, don't persist. Try again in a few months.

7) Avoid lecturing or giving unsolicited advice about school. Listen to your child as you would to one of your close friends. If she complains about school, be sympathetic. Sometimes a child's low performance in a class is related to his dislike of a teacher. If she tells you she didn't study, forgot to hand in an assignment, or got a low grade, be sympathetic. (This is when it's especially hard for parents to stifle themselves. But I can tell you that most kids resent parents' negative or nagging reactions to their mishaps, and wind up directing anger towards you instead of where it belongs – at themselves). You want to

leave room for her to figure out if she wants to do anything differently. And for her to understand that the power to change resides within herself.

8) Don't hesitate to get support for yourself and other family members if following these rules becomes too difficult. Talk to the school counselor or set up an appointment with a family therapist.



Margie Ryerson, MFT, is a marriage and family therapist in Orinda and Walnut Creek. She is the author of "Appetite for Life: Stories of Recovery from Anorexia, Bulimia and Compulsive Overeating" and "Treat Your Partner Like a Dog: How to Breed a Better Relationship." Contact her at (925) 376-9323 or margierye@yahoo.com.