



CPTV Parents E-Newsletter August 2018

Themes: **Back to School & *Splash and Bubbles***

This August, get ready to go back to school with CPTV and PBS Kids!

Back-to-School Tips for Parents

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these [teacher-approved tips](#).

Make the Most of Back-to-School

Kids face lots of changes when they head back to school. You can help them make the most of this time by talking about new schedules and taking the opportunity to practice trying new things. We've got a Back-to-School Checklist and Calendar that can add some fun to your first week; to view the downloadable and printable PDF, click the following link, or paste it into your browser: <https://cdn.cptv.org/wp-content/uploads/2018/07/18164026/BTS-Checklist.pdf>

Calm Classroom Jitters by Reading Together

A new school year, a new grade, plus new teachers, friends, and routines can be a little overwhelming for little ones, but it's all fun and safe when shared within the covers of a book. Kids ages 0-9 will enjoy the recommended children's books on [this list](#), which are all about going to school.

5 Simple Techniques to Get Started with Bento Lunches

Have you ever packed a bento lunch for your child? Bentos — a Japanese tradition of food packed attractively in a box — are a great way to send a healthy, balanced, fun lunch to school with your child. [Learn how](#).

Play and Learn with PBS Kids

Each year brings lots of new challenges and new concepts to learn. Free PBS Kids apps like the [PBS Kids Measure Up](#), [PBS Kids ScratchJr](#), and [PBS Kids Games](#) apps can help kids learn new skills in math, coding, literacy, and more.

Just For Kids:

- **Narwhals and Penguins and Humpbacks, Oh My!, Are Featured in *Splash and Bubbles: Pole to Pole***
The Reeftown Rangers set off on a migratory adventure from the Antarctic to the Arctic in this new one-hour *Splash and Bubbles* event. Watch it on Monday, August 6, 2018 at 10 a.m. and 1:30 p.m.; Wednesday, August 8, 2018 at 10 a.m. and 1:30 p.m.; and Friday, August 10, 2018 at 10 a.m. and 1:30 p.m. on CPTV, as well as Saturday, August 11, 2018 at 7:30 a.m. on CPTV. Or, watch any time on the [PBS Kids Video App](#).



- **Beach Art - Shell Painting**

Are you making one last trek to the beach before school starts? Try a summer art project so simple that toddlers can do it with little to no help: [shell painting](#)! Take the time to find the shells with your children and talk as you paint.

For Your Family:

- **Continue Your Global Expedition!**

Journey with the people and animals of Australia's Kimberley region in North West Australia, a vast, rugged, and remote wilderness, bursting with character! [Outback](#) premieres Wednesday, August 1, 2018 at 8 p.m. on CPTV. Then, travel south along Mexico's mountain spine, explore the tropical forests of the Maya, and journey across the deserts of Northern Mexico to discover the [Wonders of Mexico](#), premiering Wednesday, August 1, 2018 at 9 p.m. on CPTV.

- **CPTV PBS Kids Family Night**

Make it family night on Friday, Saturday, or Sunday night at 7 p.m. with CPTV PBS Kids. This August, our Family Night specials are: *Arthur: D.W. and the Beastly Birthday* (August 3, 4, 5); *Splash and Bubbles: Pole to Pole* (August 10, 11, 12); *Wild Kratts Alaska: Hero's Journey* (August 17, 18, 19); *The Cat in the Hat Knows A Lot About Camping* (August 24, 25, 26); and *WordGirl: The Rise of Ms. Power* (August 31, September 1, 2). Pop the popcorn and tune in to the 24-hour streaming channel [CPTV PBS Kids!](#)

PBS Kids School Supplies

Send your kids to school with their favorite PBS Kids friends. From backpacks to lunch bags, PBS Kids Shop offers a range of back-to-school supplies featuring PBS Kids characters, and every purchase supports PBS Kids programming. [Go shopping!](#)