



**NEW HAMPSHIRE  
PUBLIC TELEVISION**

# For Families

## from NHPTV Ready to Learn

Winter 2002

Volume IV, Number 1

### ***New on Saturday Mornings***



### ***Jay Jay the Jet Plane***

***6:30-7 a.m.***

"Where imagination takes flight." Jay Jay and his airplane friends bring stories of fun and adventure from their magical home at the Tarrytown Airport.

Programs illustrate various situations in which young

children find themselves, and explore such topics as sharing, caring, self-understanding, respect for others, responsibility and following instructions. A nature and science component looks at everyday things like water, air, weather, rocks, plants, five senses, and healthy bodies. [www.pbskids.org/jayjay](http://www.pbskids.org/jayjay)

### ***Anne: The Animated Series***

***8:30-9 a.m.***

Viewers can follow Anne Shirley, the irrepressible red-head from L.M. Montgomery's popular novel, "Anne of Green Gables," as she uses her imagination to solve problems. Each episode weaves an everyday childhood issue into the storyline. Programs emphasize the importance of family and relationships; as well as social skills and emotional development, including sharing, helping others, taking responsibility for your actions, and respecting others. [www.annetoon.com](http://www.annetoon.com)



### ***Weekly Schedule of Children's Programming***



7:00 a.m.	Arthur
7:30 a.m.	Arthur
8:00 a.m.	Clifford, the Big Red Dog
8:30 a.m.	Dragon Tales
9:00 a.m.	Sesame Street
10:00 a.m.	Teletubbies
10:30 a.m.	Barney and Friends
11:00 a.m.	Mr. Rogers' Neighborhood
11:30 a.m.	Reading Rainbow
2:00 p.m.	Caillou
2:30 p.m.	Clifford, the Big Red Dog
3:00 p.m.	Sagwa, Chinese Siamese Cat
3:30 p.m.	Dragon Tales
4:00 p.m.	Between the Lions
4:30 p.m.	Arthur
5:00 p.m.	Zoom
5:30 p.m.	Arthur
<b>Saturday</b>	
6:00 a.m.	Zoboomafoo
6:30 a.m.	Jay, Jay, the Jet Plane
7:00 a.m.	Between the Lions
7:30 a.m.	Clifford, the Big Red Dog
8:00 a.m.	Sagwa, Chinese Siamese Cat
8:30 a.m.	Anne of Green Gables
<b>Sunday</b>	
6-8 a.m.	Bookworm Bunch
8:00 a.m.	Dragon Tales
8:30 a.m.	Arthur



## Helping Others

### Helps Children Cope with Fear and Loss in Difficult Times

from **Thoughts for All Ages** by Mister Rogers

"We'd all like to feel self-reliant and capable of coping with whatever adversity comes our way, but that's not how most human beings are made. It's my belief that the capacity to accept help is inseparable from the capacity to give help when our turn comes to be strong.

When I was a child and would see scary things on the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

#### Tips for Families

##### from a Sesame Workshop Special Update

"Feelings of fear may cause some children (and parents) to feel out of control. A good way to cope with stress is by helping others. Describe what people in your community are doing and offer to help your child get involved."

#### More Tips for Families from "Arthur"

When public tragedies and upsetting events occur, here are some ways parents and caregivers can reassure children and help them feel safe.

1. Listen and talk to your child.
2. Help your child feel safe -- encourage lots of family togetherness, talking and cuddling; acknowledge a bad thing has happened, but try to be reassuring and optimistic; keep daily routines as normal as possible.
3. "Become a helper."

- Help your child notice the many things caring people in your family, community, and the world are doing to help others.
- As your family reaches out to others, try to find ways your child can also participate.
- Violent events remind us how important it is to find ways to solve our problems peacefully. Help your child learn to respect others, appreciate diversity, and find healthy ways to resolve daily conflicts."



#### Book Suggestions from "Between the Lions"

"Reading together as a family is therapeutic, reassuring, and a wonderful shared experience."

#### Coping with Fear

- "Brave Bear" by Kathy Mallat
- "Sheila Rae, the Brave" by Kevin Henkes
- "There's a Nightmare in My Closet" by Mercer Mayer
- "Sylvester and the Magic Pebble" by William Steig
- "Abiyoyo" by Pete Seeger
- "The Monster at the End of This Book" by Jon Stone

#### About Helping

- "Horton Hatches the Egg" by Dr. Seuss
- "Fireman Small to the Rescue" by Wong Herbert Yee
- "Make Way for Ducklings" by Robert McCloskey
- "Fire! Fire!" by Gail Gibbons
- "Firefighters A to Z" by Chris Demerest



[www.nhptv.org/zoom](http://www.nhptv.org/zoom)

[www.pbs.org/wgby/zoom](http://www.pbs.org/wgby/zoom)

Check out these web sites for ideas for volunteer projects and to see what other children are doing.

In connection with their Martin Luther King, Jr. Service Day Initiative, NHPTV will award a Certificate of Outstanding Community Service to young people who contribute a minimum number of volunteer hours between January 21, 2002 and January 20, 2003. Requirements are 20 hours for children in kindergarten-grade 2; 30 hours for grades 3-6. Contact Pat VanWagoner (1-800-639-3413 or e-mail to [pvanwagoner@nhptv.org](mailto:pvanwagoner@nhptv.org)) for more details.

# Children's Corner

## Being an Everyday Hero

Do you know what a hero is? Usually we think of a hero as being someone especially brave or making a great contribution to society. But, people can also be everyday heroes -- to their families, friends, neighbors, and community. Children can be everyday heroes.

Three of Clifford the Big Red Dog's Big Ideas can help you be an everyday hero:

- Be kind.
- Help others.
- Work together.



One way to be kind and help others is to share your knowledge and skills. Is there something special you can do? Here are some ideas:

- Tell a story or read a book to a younger child.
- Teach others how to play a game you know.
- Donate outgrown toys to family shelters.
- Do simple chores for elderly neighbors.
- Participate in a community clean-up or walk for hunger.
- Surprise your parents by doing a chore without being asked.

Brainstorm with your parents, teachers and friends other ways to help others.



## Make a Special Gift to Give: Crayon Window Hanging

**Activity from "Mr. Rogers' Neighborhood" to be done with adult help.**

### What you need:

- old pieces of crayons
- crayon sharpener or plastic knife
- wax paper
- iron
- ribbon, yarn or string
- scissors

### What you do:

1. With the help of an adult: for each hanging, cut two pieces of wax paper in any shape you want. Then, use a crayon sharpener or plastic knife to shave off small slivers of crayon onto one piece of the wax paper. Use any colors or combination of crayon colors.
2. Cover the shavings with the second piece of wax paper. Have an adult press the sheets together with a warm iron. The crayon shavings will melt and run together, making designs.
3. Make a hole on one side and thread through a piece of ribbon, yarn, or string and tie the ends.
4. Hang the designs in a window. When light shines through, it will look like stained glass.





## *8th Annual Young Writers and Illustrators Contest for K-3*

Parents, teachers, librarians—it's time to encourage children in kindergarten through grade 3 to fire up their imaginations. Sharpen their pencils. Get out their crayons and markers. The 8<sup>th</sup> Annual "Reading Rainbow" Young Writers and Illustrators Contest is underway, sponsored each year by the NHPTV Knowledge Network to encourage reading, writing, and creativity in children.

The contest runs from January 1 through April 1, 2002. Stories can be fiction or non-fiction, prose or poetry, and about any theme. All stories must include five original illustrations. All young authors submitting a story must include an entry form signed by a parent or teacher. These are available at school and public libraries in New Hampshire or from New Hampshire Public Television. Contest rules are listed on each form.

Approximately 15 stories at each grade level will be selected for final judging. The story winning first place in each grade category will be entered in the national competition. An awards ceremony will be held in May at the NHPTV Broadcast Center for first, second and third place winners and their families, and their stories will also be posted on the NHPTV Knowledge Network web site: [www.nhptv.org/rrcont](http://www.nhptv.org/rrcont). All children who submit a story will receive a certificate.

Check the NHPTV Knowledge Network web site or contact the NHPTV Knowledge Network at (603) 868-4354 or [sadams@nhptv.org](mailto:sadams@nhptv.org) for forms and more information.

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