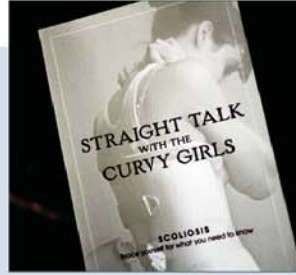
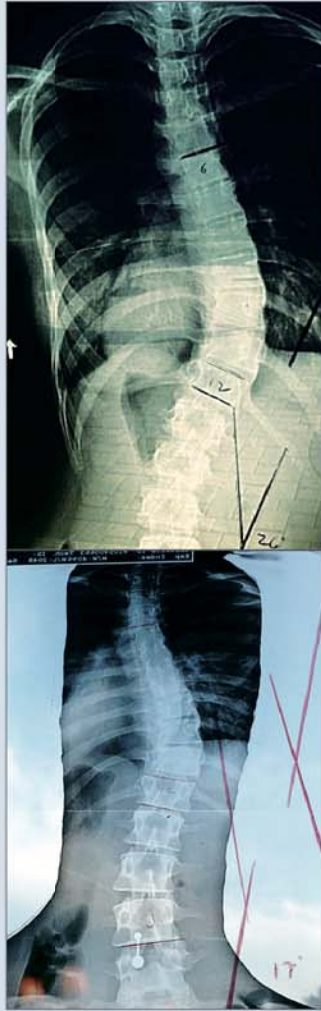


Teenagers talk about scoliosis



Real world advice from Curvy Girls who have been there



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URI freshman Rachel Mulvaney is one of several New Jersey teens who contributed to a book, top, about coping with the braces and surgery often associated with scoliosis. The scans show a spine with scoliosis before (above) and after treatment. Page B6

Part of school is learning to get along

Now that school is in full swing, parents are hearing a range of reactions from "I love my teacher" to "I hate my teacher." Or "All my friends are in another class." Sometimes children are more subtle: "I can't go to school because I have a stomach ache." With a full school year to go, how do parents help children navigate classroom personalities? Both Susan Chin, award-winning Veazie Street Elementary School principal, and David C. Rettew, M.D., child psychiatrist at the University of Vermont — whose new book on child temperament is about to be released — provided some suggestions.

Susan Chin is a believer in enhancing respect. She says "Everything hinges on communication and building



Rita Watson

relationships to build up children and families. Mutual respect is key and we operate under the premise that we are all here for the same reason — the children."

While teachers may help ease the transition most often it is up to the parents, especially when children are unhappy with a new teacher. Dr.

SEE WATSON, B5

Rettew says, "It is fine to support and validate a child's feelings, if he or she is struggling with a particular teacher, but get the facts. Then keep any strong criticism away from your child. You can let your child know you are talking to people and trying to help without undermining their respect for the teacher and the school," he said. Dr. Rettew is also associate professor of psychiatry and pediatrics at UVM.

In the actual school setting teachers know that sometimes things get off to a bumpy start and Chin says it is important to address this. She noted: "We need to work through what the adult concerns might be." She advocates coming to the table and

Health Matters

Health and fitness events around the state. B2

Words of Comfort

A retired physician blogs about his own Alzheimer's diagnosis. B5

the mix

A joyful hail to kale. B6



Monday Meditation

After every storm the sun will smile; for every problem there is a solution, and the soul's indefeasible duty is to be of good cheer.

— William R. Alger