

THE CHILDREN'S
MUSEUM
AT SARATOGA

Back to School Bonanza! 🎒
Wednesday, September 2 | 4:30-6:30pm

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AT SARATOGA

BACK TO SCHOOL
BONANZA!

WEDNESDAY, SEPTEMBER 2 | 4:30PM-6:30PM

MEMBERS: \$5/PERSON

NON-MEMBERS: \$10/PERSON



The school year is almost here, so make one more summer memory at the Museum! Join your friends at the Museum this Wednesday, September 2 from 4:30–6:30pm for an evening of fun, treats, creativity, and a chance to capture those first-day-of-school memories. PLUS, you'll get to play in the Museum after hours!

Here's what's happening:

 Professional Back-to-School Photos with Erin Donlon of Shutterbean Studios Photography! Get 4 high-resolution digital photos for just \$20 per child with a special back-to-school setup.

 Climb Aboard a Real School Bus thanks to Saratoga Springs School District!

✦ Bedazzle & Create with fun back-to-school activities. Bring a folder or notebook to decorate!

 Grab a Treat from Jus' Kickback Concession Stand.

 Members: \$5/person | General Admission: \$10/person  BUY YOUR TICKETS HERE: <https://tinyurl.com/CMASbacktoschoolbonanza>

This fundraiser helps the Museum create more opportunities for children and families to learn, play, and make memories together.

[Back to School Bonanza Tickets](#)

Superhero September at the Museum 📺



The Museum is celebrating the superheroes who help make the community a better place every day! Throughout September, educators, law enforcement officers, firefighters, EMTs, healthcare workers, and other community heroes can receive **one free admission for each child ticket purchased**.

Just bring a valid work ID and your little heroes along for a day of learning, playing, and making memories at The Museum. Thank you for all that you do for our community! 💙

A Parent's Perspective: Back-to-School Jitters 🍎



A PARENT'S PERSPECTIVE: BACK-TO-SCHOOL JITTERS

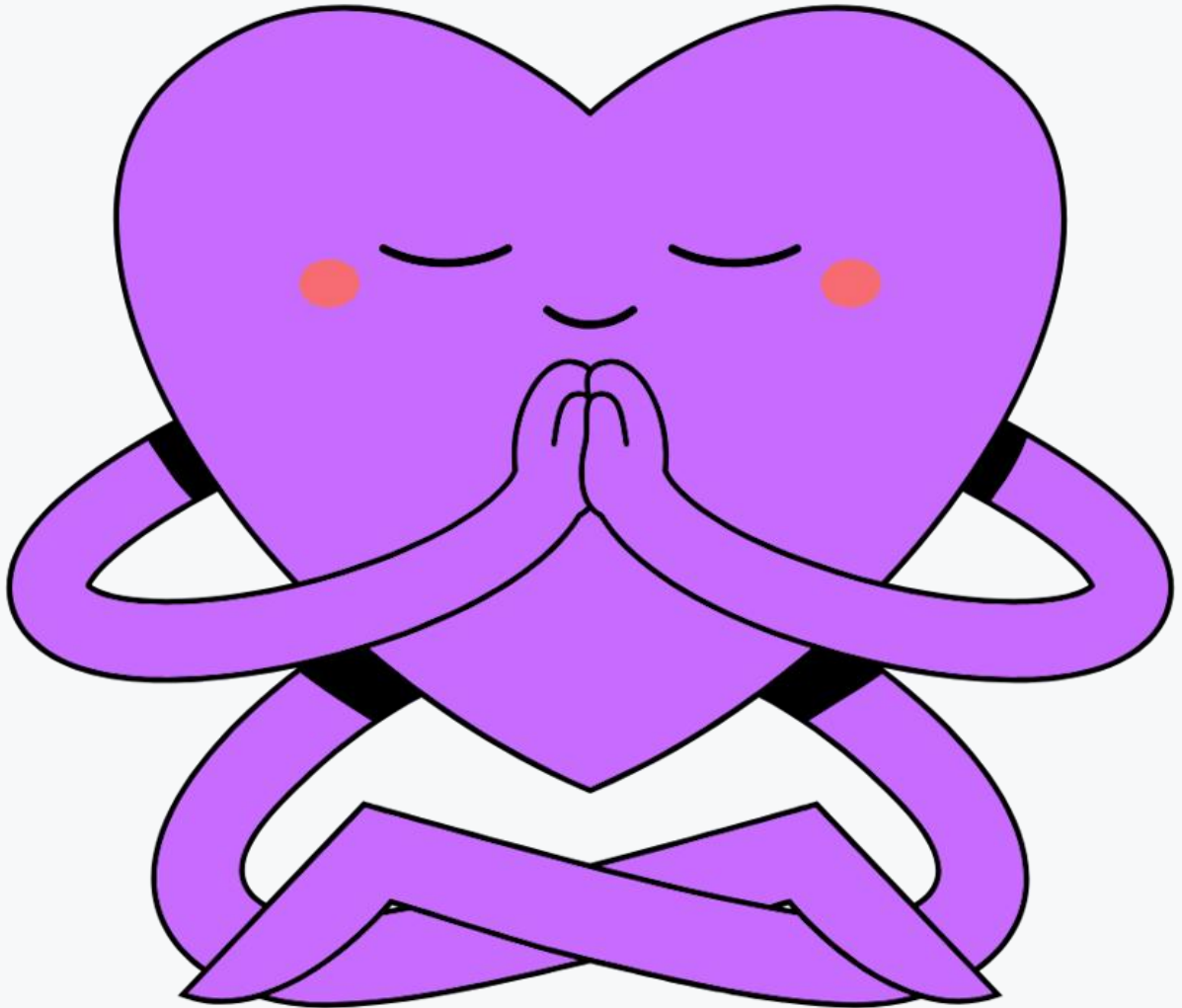
Back-to-school season can bring a whole mix of emotions, and not just for kids! Brian, the Museum's Development Manager, shares his family's experience navigating a new school year, from middle school nerves and fourth-grade safety goals to the bittersweet reminder that our kids are growing up far too quickly.

As schedules fill up and routines change, it's easy to get caught up in the logistics of a new school year. But sometimes, the most important thing we can do is slow down, stay present, and make time for connection, self-care, and, of course, play!

Back-to-school isn't just a big transition for kids. It's one for parents, too. [Read the full blog](#) for a little reassurance, a few laughs, and a reminder to make room for what matters most this time of year. 💖

[Read Brian's Full Blog Here](#)

Mindfulness Resource for the Back-to-School Season 💖



New routines, new classrooms, new teachers, new expectations... back-to-school season can bring a lot of big feelings for kids (and parents, too!). When those feelings start to feel overwhelming, a few simple mindfulness practices can give children a chance to pause, check in with themselves, and reset.

The Museum's Mindfulness Guide for Kids & Families is filled with easy activities families can try together, no special equipment or experience required. Practice rainbow breathing or hand tracing to slow down and focus on your breath, use grounding exercises to bring your attention back to the present, or create positive affirmations to build confidence.

And, because mindfulness doesn't have to mean sitting perfectly still with your eyes closed, the guide also incorporates creativity! Families can try dragon breathers, emotion wheels, doodling, coloring, dancing, or painting to music as ways to express feelings and practice being present.

As the school year gets underway, keep this guide handy for those moments when emotions run high, whether that's before the first day, after a challenging afternoon, or simply when your child needs a little help putting big feelings into words.

Take a breath, check in, and find a strategy that works for your family!

[Download the Museum's Mindfulness Guide](#)

Help Keep the Museum Growing

As the Museum's fiscal year comes to a close, it's a meaningful time to reflect on the families, educators, and community members who walked through the doors this year and the countless moments of learning, discovery, and play that happened inside.

The Museum is proud to be a community resource for children and families, but keeping that resource available takes a community, too. Less than 5% of the Museum's funding comes from tax dollars, which means support from generous donors, members, sponsors, and community partners plays an essential role in making the Museum's programs, exhibits, outreach, and experiences possible.

Consider making a gift to help the Museum continue creating a place where children can ask questions, try something new, make a mess, make a friend, and most importantly, be kids.

Every gift, at every level, helps make a difference.

If the Museum has made a difference for your family this year, [please consider giving back](#) and helping make those same experiences possible for the next family who walks through the doors.

[Support the Museum's Mission](#)

September 1-15 Calendar is available to download [HERE](#).

SEPTEMBER

We are open
Tues-Sat, 9am-4pm
Sundays, 1pm-4pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 & 1:30 Tuesdays for Tots 11:00 & 3:00 Dragon Breathers	2 9:30 - 11:30 1:30 - 3:30 Art Adventures 	3 9:30 & 1:30 Storytime 11:00 & 3:00 Color Fun	4 9:30 & 1:30 Science Explorers 11:00 & 3:00 National Wildlife Day	5 STEAM Saturday Activities throughout the day! 
6 OPEN 1-4 2:00-3:00 Make It!	7 CLOSED	8 9:30 & 1:30 Tuesdays for Tots 11:00 & 3:00 Back to School Fun!	9 9:30 - 11:30 1:30 - 3:30 Art Adventures 	10 9:30 & 1:30 Storytime 11:00 & 3:00 Math Magic	11 9:30 & 1:30 Science Explorers 11:00 & 3:00 Space Adventures	12 STEAM Saturday Activities throughout the day! 



SEPTEMBER IS SUPERHERO MONTH!

Are you a hero in our community? The Museum wants to celebrate you! Bring your work ID along with your child and receive 1 free hero admission per child ticket purchased throughout the month of September.



THANK YOU TO OUR SPONSORS!

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THE MUSEUM IS A NON-PROFIT — YOUR SUPPORT MAKES A DIFFERENCE!

- The Museum utilizes donated funds to operate. Membership, admission, and programs pay for some of the budget, but the rest is funded through generosity. If you love the Museum, please be generous!
- Your donation directly provides the children of the Capital Region with excellent educational programs, interactive exhibits, and wonderful staff members who create an engaging and fun learning environment.
- Your donation allows the Museum to make improvements where they are needed so that your children and all the other children who visit have the best possible experience.

The Children's Museum at Saratoga (CMAS) is a 501(c)(3) nonprofit organization. Donations are tax-deductible as allowed by law.

[Make a Donation Here](#)

Follow us on social media!