

A decorative border of thin black lines with small dots and stylized leaves and flowers surrounds the text. The border is thicker on the left and right sides, framing the central text.

**UPPER COLUMBIA CONFERENCE**

**HOME AND SCHOOL  
NEWS**

**APRIL-MAY  
2009**



**Upper Columbia Conference**  
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# April 2009

## Monthly Planner



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<p><b>5</b></p> <p>Invite someone to feature gourmet vegetarian cooking and vegetarian cooking made easy as part of your health fair</p>	<p><b>6</b></p> 	<p><b>7</b></p> <p>See if you can get sponsors for your fitness fair from some local businesses</p>	<p><b>8</b></p> <p><b>Passover Begins at Sundown</b></p> 	<p><b>9</b></p> <p>Ask a local bicycle shop to set up a booth at your fair, invite other sports shops as well</p>	<p><b>10</b></p> 	<p><b>11</b></p> <p><b>"Blessed is the man who fears the Lord, who finds great delight in his commands."</b> Ps. 112: 1</p>																																																																																												
<p><b>12</b></p> <p><b>EASTER</b></p> 	<p><b>13</b></p> 	<p><b>14</b></p>	<p><b>15</b></p> <p><b>TAX DAY</b></p> 	<p><b>16</b></p> <p>Last Day of Passover</p> 	<p><b>17</b></p>	<p><b>18</b></p> <p><b>"Lazy hands make a man poor, but diligent hands bring wealth."</b> Prov. 10: 4</p>																																																																																												
<p><b>19</b></p> <p><b>Family Fitness Fair</b></p> 	<p><b>20</b></p> 	<p><b>21</b></p>	<p><b>22</b></p> <p><b>EARTH DAY</b></p> 	<p><b>23</b></p>	<p><b>24</b></p> 	<p><b>25</b></p> <p><b>"Whoever loves discipline loves knowledge, but he who hates correction is stupid."</b> Prov. 12:1</p>																																																																																												
<p><b>26</b></p>	<p><b>27</b></p> 	<p><b>28</b></p>	<p><b>29</b></p> <p>Work with your principal to schedule the day of your school picnic and field day</p>	<p><b>30</b></p>																																																																																														





# May 2009

## Monthly Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div style="display: flex; justify-content: space-around;"> <table border="1" style="font-size: small;"> <caption>Apr 2009</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </tbody> </table> <table border="1" style="font-size: small;"> <caption>Jun 2009</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </tbody> </table> </div>					S	M	T	W	T	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<b>1</b> <b>MAY DAY</b> 	<b>2</b> "Come and see what God has done, how awesome his works in man's behalf! Ps. 66:5
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<b>3</b> Help plan your school's end-of-year picnic. 	<b>4</b>	<b>5</b> 	<b>6</b>	<b>7</b> <b>National Day of Prayer</b> 	<b>8</b> June 1 or 2 would be a great day for your school picnic	<b>9</b> "How awesome is the Lord Most High, the great King over all the earth!" Ps. 47:2																																																																																				
<b>10</b> <b>Mother's Day</b> 	<b>11</b>	<b>12</b> International Nurses Day 	<b>13</b> Enlist volunteers for your school picnic	<b>14</b> 	<b>15</b> Tomorrow is Armed Forces Day, please pray for a soldier	<b>16</b> "Sing praises to God, sing praises; sing praises to our King, sing praises." Ps. 47:6																																																																																				
<b>17</b> Plan a small get-together when you can thank all of your volunteers	<b>18</b> 	<b>19</b>	<b>20</b> Plan a garden brunch for your volunteers, and give them a small gift for their service	<b>21</b>	<b>22</b> Meet with your home and school team to finalize plans for your school picnic	<b>23</b> "For God is the King of all the earth; sing to him a psalm of praise. God reigns over the nations;" Ps. 47:7																																																																																				
<b>24</b>	<b>25</b> <b>Memorial Day</b> 	<b>26</b>	<b>27</b> 	<b>28</b>	<b>29</b> Email and hand out notices about the upcoming school picnic and potluck	<b>30</b> "My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation;" Ps. 62:1																																																																																				
<b>31</b> Call picnic volunteers to remind them of the school picnic																																																																																										



# The Kingdoms

*\*Author Unknown*



It was a fine day in June, many years ago. Frederick William, King of Prussia, wanted to get away from the noise of the city. So he went for a walk along a quiet road through the country.

As he walked along, he listened to the songs of the birds. He picked some wildflowers that grew by the way. After awhile he came to a little schoolhouse. The children were at play. It made him glad to see the children happy.

Soon they were called to their lessons. The king followed them into the schoolroom. At first the children were almost afraid to be in the presence of the king. But his kind face and pleasant ways soon won them. He was pleased to see how well they recited their lessons. After a time the teacher asked him to talk to the children.

“I will now ask you some questions,” said the king, “and the child who gives the best answer shall have a prize.”

The king held up an orange.

“You know that we all live in the Kingdom of Prussia. But to what kingdom does this belong?” he asked.

The children were timid. They did not know just what to say. Everyone sat quite still. At last a bright little boy spoke.

“It belongs to the vegetable kingdom,” he said.

“How do you know?” asked the king.

“It is the fruit of a plant, and all plants belong to the vegetable kingdom.” said the boy.

“That is a good answer,” said the king. “You shall have the orange for your prize.”

Then the king took a silver coin from his pocket. He held it up so that all the children could see it.

“To what kingdom does this coin belong?” he asked.

“It belongs to the mineral kingdom, sir,” said another boy.

“Why so, my lad?” asked the king.

“Because it is a metal, and all metals belong to that kingdom,” the boy answered.



The king was pleased.

“You are quite right,” he answered. “You shall have the coin for your prize.”

The children were delighted. With bright eyes and smiling faces, they wondered what he would say next.

“I will ask you only one more question,” said the king, with a twinkle of fun in his eye. “Tell me, children, to what kingdom do I belong?”

The king thought someone would say, “To the animal kingdom.” And then he meant to act as if he were greatly offended.

The children looked at him, but no one spoke. They were a little afraid, because he was the king.

At last, Christel, a little blue-eyed girl, looked up into his kind eyes.

“I think you belong to the Kingdom of Heaven,” she said softly.

For a moment there was breathless silence in the room. You might have heard a leaf fall as all eyes turned to little Christel. Even the king hardly knew what to say.

Then he caught the timid child in his arms and kissed her again and again. With tears in his eyes, he said, “May God help me to prove the truth of what you have said!”

From that day, so the story goes, the Lord had a better servant, and the people a wiser king.

- **He changes times and seasons, He removes kings and sets up kings.**

**Daniel 2:21**

- **I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; for kings, and for all that are in authority.**

**1 Timothy 2:1-3**



# Help Your Children Develop Healthy Eating Habits



There are several reasons for the epidemic of obesity in the United States. Chances are, if you see an obese child, you see at least one obese parent, often both parents. Who is primarily responsible for what goes into the mouths of the children? If you are the parent with that responsibility, take a hard look at yourself and what you are feeding your family.

Granted, this is only one aspect of the problem. We will assess the roll of exercise and fitness later in this issue.

Most of all, choose healthy foods yourself, if your kids see you enjoying these foods, they'll be more likely to make healthy choices themselves.

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
  - Include low-fat or non-fat milk or dairy products. (Only if there are no dairy allergies in your family).
  - Choose proteins healthy for your family.
  - Serve reasonably sized portions.
  - Encourage your family to drink lots of water.
  - Limit sugar-sweetened beverages.
  - Limit consumption of sugar and saturated fat.
  - Look for ways to make favorite dishes healthier.
- may prepare regularly, and that your family can be healthier and just as satisfying. For new ideas about how to add more fruits and vegetables to your daily diet check out the recipe database from the **FruitsandVeggiesMatter.gov**. This database enables you to find tasty fruit and vegetable recipes that fit your needs.



The recipes that you enjoys, with just a

Remember, small changes success. For more information to a Healthier You: Based on (PDF 255K)



every day can lead to a recipe for about nutrition, visit Finding Your Way the Dietary Guidelines for Americans.



## Remove calorie-rich temptations!

Although everything can be enjoyed in moderation, reducing the calorie-rich temptations of high-fat and high-sugar, or salty snacks can also help your children develop healthy eating habits. Instead only allow your children to eat them sometimes, so that they truly will be treats! Here are examples of easy-to-prepare, low-fat treats that are 100 calories or less:

- A medium-sized apple
- A medium-sized banana



- One cup blueberries
- One cup grapes
- One cup carrots, broccoli, or bell peppers with two tablespoons hummus

### Other healthy choices:

- Oranges
- Strawberries
- Peaches or Nectarines
- Plums
- Pears
- Apricots
- Snow peas
- Baked sweet potato fries
- Almonds
- Cherry tomatoes
- Broccoli
- Raspberries
- Cherries
- Watermelon
- Kiwi
- Cucumbers



### Chew on This

There's no substitute for brushing and flossing, but these foods can help keep your mouth healthy, says New York City dentist Jennifer Jablow.

**Raw, hard fruits and veggies.** Eating a crisp apple or a crunchy carrot or celery stick after a meal makes your mouth water, which helps clear away debris that can cause decay and gum disease.

**Cheese.** Cheese balances your mouth's pH level, making it less hospitable to decay-causing bacteria, and produces saliva to wash away food particles. The calcium in cheese helps build enamel on teeth that haven't grown in yet.

**Sugarless gum.** Chewing it after a meal increases saliva flow and works to neutralize tooth-decaying acids in plaque.

FamilyFun, Mar '09

## Fruits and Vegetables and Weight Management



Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy. Read more on CDC's page [How to Use Fruits and Vegetables to Help Manage Your Weight](#).

### Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.



### The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

## More Tips for Making Fruits and Vegetables Part of Your Weight Management Plan

### **Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.**

Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.

### **Canned or frozen fruits and vegetables are good options when fresh produce is not available.**

However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.

### **Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit.**

It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.

### **Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.**

A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.

*\*Source: [www.fruitsandveggies.gov](http://www.fruitsandveggies.gov).*

## A Report Card on American Fitness Grades 4-12



A telephone survey of over 1,500 families investigated both parents' and their childrens' attitudes and habits regarding physical activity. The research revealed that fewer than one-out-of-four youngsters in the fourth through twelfth grades gets vigorous physical activity every day of the week.

“Daily physical activity for children needs to become a priority for parents equal to that of buckling seat belts,” says James O. Hill, Ph.D, chairman of the PAN Advisory Committee and professor of pediatrics and medicine at the University of Colorado Health Sciences Center. Survey Highlights:

- Fewer than 25 percent of kids get vigorous daily activity.
- Ninety-three percent of kids say they enjoy physical education in school, but only one-in-three kids attends PE every day.
- Parents who are physically active are more likely to have physically active children.
- Parents and children say they are willing to volunteer to make more and better programs a reality.

No one likes being the odd person out. But if you are an overweight kid, chances are you will not only be the last one picked for a team, you will also find it harder to make friends. Research shows that overweight kids are more likely to be shut out socially than even kids with other physical challenges.

At least one-in-five kids today is overweight, a 50 percent jump in the last two decades. Research indicates that how much kids are eating has not changed that much in the last few decades, but the trend toward less physical activity has certainly spiraled in the wrong direction.

Regular physical activity has many benefits for children, including:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management

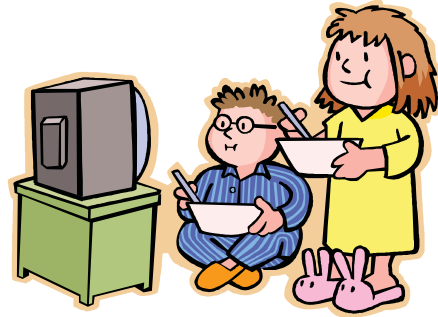
### **Helping kids stay active.**

Children and teens should participate in at least 60 minutes of moderately intense physical activity most days of the week, preferably daily. Children imitate adults so start adding physical activity to your own daily routine and encourage your child to join you.

Some examples of moderately intense physical activity are:

- Brisk walking
- Playing tag
- Jumping rope

- Playing soccer
- Swimming
- Riding bicycles
- Skating - roller and in-line
- Beach Volleyball
- Wii Fit



### **Reduce Sedentary time.**

In addition to encouraging physical activity, help children avoid too much sedentary time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the Web to no more than two hours per day. Additionally, the American Academy of Pediatrics (AAP) does not recommend television viewing for children age two or younger. Instead, encourage your children to find fun activities to do with family members or on their own that simply involve more activity.

### **What parents can do:**

- Breastfeed your baby. The longer a mother breastfeeds her baby, the less likely her child will become overweight later in childhood.
- Promote healthy eating patterns by offering nutritious snacks, such as vegetables and fruits, low-fat dairy foods, and whole grains; encourage children's autonomy in self-regulation of food intake and set appropriate limits on choices; and model healthy food choices.
- Routinely promote physical activity, including unstructured play at home, in school, in child care settings, and throughout the community.
- Limit television and video time to a maximum of two hours per day.
- Work with schools to decrease the availability of foods and beverages with little nutritional value and decrease dependence on vending machines, snack bars, and school stores.
- Promote regular physical education programs that model learning of daily activities for personal fitness.
- Model proper nutrition and personal fitness yourself, your child will emulate you.



*\*Sources: About.com Pediatrics. Food Insight, July/August '97. [www.fruitsandveggies.gov](http://www.fruitsandveggies.gov)*



## Enjoy the Health Benefits of an Active Life

Join with thousands of other Adventist Christians all over the North American Division who are interested in improving their fitness and health. Experience the "abundant life" God intended for us to enjoy.

[Learn more...](#)

[Watch fitness/health videos online...](#)

*"I've come that you might have life and have it more abundantly." John 10:10*

### Did you know?

- People who walk half an hour daily cut their risk of a heart attack in half compared to those who seldom exercise?
- People who are physically active are happier, cope better with stress, have less depression, and sleep better?
- That the best predictor of a long, healthy life is your level of physical activity?

If you walk half an hour daily, you will burn the equivalent of 15 pounds of fat in a year? [Learn more...](#)

## Getting Started

*InStep for Life* is a program to encourage fitness and healthy living for all members of the Adventist church throughout the North American Division. Adventist believe that the body is a temple and that taking good care of the body enhances health and the ability for God to work in and through His people.

*"Don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? ... Honor God with your body."*

**I Corinthians 6:19. 20**

### Who can participate?

Any Adventist church member or friend who is interested in improving their fitness and health are welcome to join. We hope whole families will participate together and that you will invite your non-church member friends to join you as well on this journey to better fitness and health.

### You can join and participate as a member of:

- A local church in an Adventist Conference
- An Adventist health institution
- An Adventist educational institution
- Or any other official InStep for Life fitness group.



### **InStep for Life includes these steps:**

- **Choose an activity.** Walking is the primary activity promoted but you can choose to do any activity: walk, bike, hike, jog, swim, or 30+ other activities.
- **Invite a fitness buddy** to join you in your journey to better health and fitness.
- **Set a daily activity goal** such as: walking 8-10 thousand steps, jogging 2+ miles, or engaging in 30+ minutes of a physical activity of your choice.

Use the **InStep pedometer** to track your daily activity. (Order form for InStep for Life pedometers [PDF](#).)

- **Record your daily activity** as steps, miles, or minutes of activity completed.
- **Submit weekly record.** Once a week, enter your exercise data into the *GetFit Adventures* web site or submit your monthly record to an *InStep for Life* fitness leader in your church or organization.
- **Choose a virtual fitness adventure.** Your daily exercise activities will be converted into "fitness miles" that apply toward virtual fitness adventures around the world.
- **Awards.** As you complete fitness adventures and reach "fitness mile" bench marks you will be eligible for fitness awards.
- **Fitness Letter.** All *InStep* members will receive regular communications on fitness and health to help keep motivated and informed about physical activity and ways to improve their health.



[Learn how you can join!](#)  
awards.[Learn how to begin...](#)

**Earn InStep fitness**

## **Start a Walking/Fitness Program**

*InStep for Life* is especially designed to help those interested in starting a regular physical activity program through walking. It also accommodates those who are already active, and includes a large variety of physical activities.

### **It's easy to begin. You can...**

- Start walking.
- Set personal goals and monitor progress with a pedometer.
- Progress at your own rate.
- Invite a family member or friend to join you.
- Log your daily activity as steps, miles, or minutes of activity for a large number of active sports.
- Enter your exercise weekly on the *GetFit Adventures* Web site. All personal information is confidential. Only you can view it.
- Track your exercise progress by the week or for the whole year.
- Participate in virtual fitness adventures around the world.
- Earn InStep fitness awards.[Learn how to begin...](#)

# Packing a Healthy Lunch for Little People

We all know what picky eaters young children can be. Why not pack some fun AND nutritious items in your child's lunch? The key; mix it up a little, make food easy for small hands to handle and make a lot of it bite-sized.

**It's all in the packaging:** find the best lunch bag that fits your child's personality. Brown bags are still great to use and you can personalize the bag with stamps, stickers, and other fun crafty items. Most lunch boxes come with water bottles, Tupperware, and other compartments and containers.



**Make it healthy.** Use whole-wheat or multi-grain bread, peanut butter, almond butter and fruit, applesauce, with a sprinkle of cinnamon is fun, tasty and nutritious; veggie-meats, used sparingly, cream cheese, cucumber, tomato slices all make a tasty sandwich. Experiment with ground up Fri-Chik or smoked veggie turkey, add a little mayo, maybe some chopped pickles or celery (if your little one likes crunchy stuff), and YUM, another winner!

**It's all in the presentation:** cut off the crust (kids don't like it anyway), experiment with shapes. Cut your sandwich on-the-square in quarters. Next time, cut it in triangles, but still in quarters. Use a cookie cutter to make unique shapes for your sandwiches; hearts for Valentines Day, a shamrock for St. Patrick's Day, a flower for spring, an apple shape for the first day of school, a pumpkin for fall, a cornucopia for Thanksgiving, a Christmas tree for December. Your imagination is your only limit. Your child will enjoy the variety.

**If your child doesn't like sandwiches** try pita-pockets with hummus, tomatoes and cucumber, or make a roll-up with a flour tortilla shell (whole-wheat is best, also experiment with spinach shells, your child will enjoy the color).

**Pack dipping sauces** and veggies or fruit so your child can enjoy the flavors.

**Make your own trail mix,** roast almonds in your oven or other nuts your child enjoys, sprinkle in a few dried cherries, cranberries, a small amount of chocolate chips or M & M's.

**Avoid sugary drinks.** The best drink is water, use fruit juices sparingly, your child should be getting most of his calories from food.



**Think fruit for treats.** Fresh fruit is best when in season, cherries, strawberries, blueberries, star fruit, kiwi, bananas, etc., go with your child's preferences.

## ELEMENTARY SECTION

### Attendance Matters

# Attendance--it's the little things that make the biggest difference



If your child misses just one day a week, he'll miss more than two and a half years of class time before he graduates! That means he'll have lost valuable time learning important subjects like math and reading.

What can you do to make your child's attendance more regular? Often, it's the little things that make the difference. If he hasn't finished his book report, he may not want to go to school the next day. If he can't find his math book, he might be late and miss the bus.

So help your child get organized. Write down due dates for big projects on the family calendar. Don't let him wait until the night before to read the book and write the book report.

Set up a "launch pad" by the door. Each night make sure your child places everything he'll need for school on the launch pad.

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### Computers & Internet

# Use the Internet to teach your child important research skills



The Internet is filled with all types of information. Have some fun teaching your child about the kinds of information he can find there. Try these two games to get started:

1. Scavenger hunt. Make a list of 20 to 30 questions for which there are right answers. What's the temperature in Madrid today? What's the longest river in Asia? Who holds the Olympic Gold Medal in women's figure skating? Then see who can find the answers most quickly. As you search for answers, you may find that some search engines are better for finding out some types of questions than others. See if you can beat your own time.
2. Panning for gold. Choose a famous person from history. Give everyone in the family 15 minutes to search the Internet for interesting facts about that person. After everyone takes a turn, share what you've learned. Vote for whose "nugget" turned out to be gold!

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## The Exceptional Child

# Take your suspicions about learning disabilities seriously

It's normal to worry about You may wonder, "Is school it be a learning disability?" come by, but it helps to con-



your child's struggles in school. just hard for my child? Or could Answers aren't always easy to sider

- Risk factors. Certain of having a learning dis- about issues such as a abilities, or medical problems that could affect her at school.
- Delays. Think about your child's growth. Did her skills develop on time? Did she use large muscles (such as for walking) when expected? What about small muscles (such as for grasping)? Have thinking, talking, listening and social skills seemed on target?
- Expert opinions. Meet with both your child's doctor and teacher regularly. Be honest about your concerns. Is there a pattern in what others have seen in your child? If she attended preschool, did the staff there have concerns?
- Progress. Even if a learning disability is not detected, pay attention to your child's development. In third grade, for instance, can she read grade-level books? Write short sentences? Add and subtract fairly well? Talk with the teacher about your child's progress.
- Abilities. In addition to noticing what your child can do, pay attention to what is tough. Does she have trouble reading? Focusing? Behaving? These are a few of the red flags that deserve attention.
- Next steps. If you believe your child may have a learning disability, seek help. Schools have many ways of identifying problems and finding solutions. By working with the school, you can make sure your child reaches her full potential.

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## When You Need Help

### Use report card as springboard for discussions

Maybe the report card is all A's. Maybe it's worse than you had feared. Whatever the report card says, it can be a great chance to talk with your child about school and study habits. Lisa Huffman, a professor at Ball State University, offers these tips for parents:

- Take the report card seriously. Set aside time to talk about it. Does your child agree with the grades? Why or why not?
- Don't lose your temper. If you are too angry to talk with your child at first, wait until you are calmer.
- Make a plan. Tutoring or extra study time can help a struggling student.
- Look at your child's work regularly. Report cards won't be a surprise if you check homework each day.
- Contact your child's teacher with concerns. Together, you can work out a way to help your child improve.

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### Parent Quiz



## Do you encourage your child to work independently?

"Mom, I can't do it. I need help!" Every child makes that plea once in a while. But if your child says it every day, you may need to help her become more independent. Answer yes or no to the questions below to find out if you are fostering self-reliance:

- \_\_\_1. Do you tell your child that you believe she can do it?
- \_\_\_2. Do you help her break big projects down into smaller pieces that are easier to finish?
- \_\_\_3. Do you remind her of the importance of effort? "You couldn't ride a bike the first time you tried. But you kept at it. You'll learn this if you keep at it."
- \_\_\_4. Do you ask her questions when she gets stuck? "What did you learn when you read the chapter?"
- \_\_\_5. Do you sometimes offer small treats to keep her motivated?

### How well are you doing?

Each yes answer means you are helping your child learn how to work on her own. For no answers, try those ideas.

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## Women's History Month is a great time to read a biography

It's Women's History Month, and that means it's the perfect time for your child to read a biography about a famous woman.

Help your child select a biography she will enjoy by talking with her about subjects that interest her:

- Is she a sports fan? She might like to read about Wilma Rudolph, a three-time Olympic gold medal winner.
- Is she interested in science? Perhaps she'd like to learn about Marie Curie, the only person to win a Nobel Prize in two different sciences.
- Is she interested in politics? She might like to read about Victoria Woodhull, who in 1870 became the first woman to run for president!

Whatever your child's interests, there is sure to be a biography she can read. Ask the librarian for help if you don't see a book that catches her interest right away.

Whether you read the book with your child or let her read it on her own, don't stop there. Once finished, have your child:

- Write a persuasive letter. Since some famous people get their pictures on a cereal box, have your child write a letter to a cereal company suggesting why a particular person should be honored.
- Write a personal letter. Have your child tell the person what she learned by reading about her life.
- Find out "the rest of the story." After reading the biography, encourage your child to do additional research on the person.

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## Testing Tips



# Support your child by sharing test-taking tips

Your child has a big test tomorrow, and you want her to do her best. How can you help? During the test, tell your child to remember to:

- Focus on directions. Whether they are given out loud or are written, she should ask about anything that is unclear.
- Write down information. If she struggled to memorize something, she should write it down as soon as the test starts, in case she needs it later.
- Start with the easiest questions. to earn the most points. She should mark the hardest ones and go back to them last.
- Remember true/false tricks. If any part of the answer is false, the whole answer is false!
- Use multiple-choice strategies. She should try to answer the question before looking at the choices. Or, she can eliminate the wrong answers and see what's left.
- Look for fill-in-the-blank hints. If the blank line is short, the answer should be short, too.
- Match the best answers. She should avoid matching too quickly and consider all options. If one is a mystery, answering the others may solve it.
- Outline essays. Instead of writing freely, she should make a plan and stick to main points and key details. Even a brief outline is better than no answer.

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## Now is the time to develop your child's test preparation skills

It's so awful that many adults never forget it--the feeling of arriving at school unprepared for a test. Prevent this from happening by helping your child build good study habits. Encourage your child to:

- Study every day. Even if no homework is assigned, use that time to read or review.
- Plan ahead. As soon as the teacher announces a test, make a plan for success. Don't "cram" at the last minute!
- Make to-do lists. Use a calendar or notepad for organizing tasks. Check off finished work.
- Ask questions. If it isn't clear what will be on the test, talk with the teacher. Find out what to study.
- Review returned homework. Teachers often make important corrections for students to see.
- Take practice tests. Use flash cards, have someone ask questions or write down questions and answers. Spend extra time on the hardest parts.

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## Homework/Study Skills

# Reduce your child's anxiety over taking standardized tests

Whether schools use standardized tests to assess students, teachers or both, the exams usually cause stress for parents, too. To ease the pressure on your family:

- Learn about the test. Ask what subjects it will cover. Likely topics are math, language arts and reading.
- Ask about preparation. The teacher may send home a "practice test" or provide information to review.
- Understand results. Find out how the scores will be used. How might a particularly low or high score affect your child?
- Consider accommodations. If your child receives special services, this may influence how the test is administered.
- Practice following directions. When studying at home, have your child read directions carefully. Check to make sure he understands them.
- Set a timer during math homework to help your child get comfortable with "timed tests."
- Relax. Make sure your child gets plenty of sleep and nutritious food. Provide happy distractions from stress, such as family walks.

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**“Cast all your cares upon the Lord, for He cares for you.” I Peter 5:7**

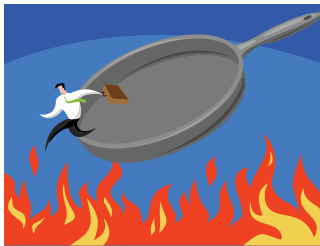
## MIDDLE SCHOOL SECTION

# Take four steps to eliminate behavior problems in school

Middle school can be tough for preteens. And if your child is struggling in school, she can develop behavior problems. If this sounds like your preteen, it's important to take action.

To tackle the issue effectively, you should:

- Volunteer at school. Not only will it show your child how seriously you take school (and her behavior there), it will let the school staff know it, too. If you can't volunteer, attend as many conferences and other school events as possible.
- Be a good listener. If your preteen mentions problems she's having at school, really listen. Ask questions about the things she's telling you, too. Don't just pat her on the arm and tell her it will be fine.
- Be honest about your preteen's abilities. Take a hard look at her needs and abilities. She's taking the right classes. It's always important to set the bar high and encourage your child to excel. But it's just as vital that she experience success in school--or she may be more likely to act out.
- Treat school staff with respect. Advocate for your preteen, but treat her teachers and principal respectfully when you do. Their goal is to help your child succeed. If you have a problem with the school staff, don't complain to your child. It may encourage disrespect on her part.



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## Encouraging Writing

# Share strategies to liven up your preteen's writing

Does your child "hate to write?" Does he claim to be "no good at writing?" Knowing a few strategies that instantly brighten up most kinds of writing may fix both problems.

Suggest that your child:

- Tell a story. This can be something that really happened to him or something he made up.
- Play with language. One way to do this is by starting several words in a row with the same letter. "The blue ball bounced in the breeze." Another way is by using phrases with like or as. "He tried to



sing, but the song fell flat as a pancake."

- Put humor into his writing, such as an appropriate joke.
- Quote someone. "'You can't judge a book by its cover,' my Grandpa always said. But I never knew what he meant until I met Kevin."
- Give tired verbs a rest. Get a thesaurus. Have him go through his writing and replace words like was, said or walked with words like prevailed, drawled or sauntered.

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## Motivating Your Child

# Find effective ways to keep your child motivated in middle school

Struggling to keep your preteen motivated at school? Try thinking of motivation as more than a carrot-and-stick type of thing. In other words, don't assume you should reward her when she does well or punish her when she does poorly.



Instead, you can keep your preteen motivated if you:

- Challenge and support her. It's a bit of a juggling act, but strike a balance between urging your preteen to succeed and supporting her as she tries. She may not always do well, but she always needs your love and acceptance.
- Avoid competition. Don't assume you'll motivate your preteen by pitting her against someone else. "Your sister got an 'A' in science. Think you can, too?" Competitions tend to motivate only the person who feels she has a shot at winning. If your preteen thinks she's going to fail, she'll probably have no desire to compete.
- Give occasional rewards. Don't make every test or quiz an opportunity for a reward. Instead, surprise your preteen with an occasional treat for a job done well. It will show her that you appreciate her hard work, but that she doesn't need a prize for every good thing she does.

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## Fitting In

# Experts say early middle school may be prime time for bullying

The first year of middle school can be stressful enough, but it may also be the time students and parents need to worry most about bullying.

During other years, boys who bully tend to be disliked by peers. But research from the University of Illinois shows that boys who bully in sixth grade are popular.



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who bully tend to be disliked by peers. But research from the University of Illinois shows that boys who bully in sixth grade are popular.

Researchers say boys might turn to bullying in sixth grade to cover up feelings of being the "little kids" in school.

Bullying is serious. Don't look at it as "part of growing up," even if the bullying is not physical. Any of the following can be bullying:

- Calling others names or insulting them. (This is different than light-hearted, good-natured teasing between friends.)
- Taking or destroying possessions.
- Making threats.

Researchers found that children who are bullied are more likely to:

- Feel anxious.
- Feel depressed.
- Think about suicide.

Report bullying to your child's school. Most schools have strict policies against bullying. Work with school officials to help your child.

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## Parent Quiz

# Are you helping your child maintain healthy habits?

The school year is well past its halfway point and good habits may slip. Answer yes or no to the questions below to see if you are supporting healthy habits in your middle schooler:



\_\_\_1. Do you offer your child healthy foods? These include fruits and vegetables, whole grains and lean protein.

\_\_\_2. Do you encourage sleep? Research shows that middle school students need at least nine hours a night to function at their best.

\_\_\_3. Do you promote exercise for the whole family?

\_\_\_4. Do you talk with your child about the dangers of underage drinking and illegal drugs?

\_\_\_5. Do you encourage your child to have fun? Stress is a major problem for many middle schoolers. Your child needs healthy ways to "blow off steam" and enjoy life.

### How well are you doing?

Mostly yes answers mean you are helping your child stay on track for health right through the school year. For no answers, try those ideas.

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## Coping With Adolescents

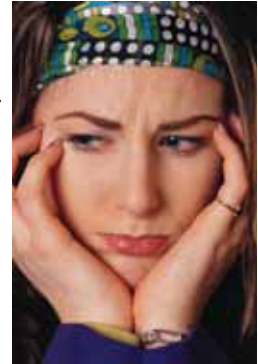
# Recognize the many milestones middle schoolers will face

Middle schoolers are still reaching milestones. And the more you're aware of them, especially the emotional ones, the better you'll understand where your middle schooler is coming from.

Along with the physical changes of puberty, your middle schooler may be dealing with:

- A need for independence. The preteen years are prime time for this particular milestone. So expect your middle schooler to separate a bit from you as she begins figuring out who she is. Yes, she still needs your love and support. But she may be less likely to admit it right now.
- A desire to feel responsible. Your middle schooler may bristle at being "treated like a kid." Honor her need to feel more grown up. Give her real responsibilities and allow her to make some decisions on her own, such as when to do her homework.
- Waves of self-doubt. Along with more maturity, the preteen years can bring a great deal of insecurity. Help your middle schooler weather these bouts of self-doubt by praising her when she does well and catching her when she stumbles.

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### Quotes:

“Students may forget what you tell them, but they will never forget how you made them feel.”  
—Anonymous

“My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up.”  
Psalm 5:3 KJV

“Father, help me never forget the trust of a child is to be cherished.”  
Pamela Kay Tracy



## Reinforcing Learning

# Help your child keep learning after the test

Your middle schooler is used to learning material before a test. But what about after the test?

Unless your child gets a perfect score on every test, every time, there is still learning to be done after the test. Proper review after the test is one way to improve scores on the next test.

After a test, your child should:

- Review the test when she gets it back. She should make notes about which answers she got right and which she got wrong. After finding wrong answers, she should correct them and learn the corrected answers.
- Know the types of errors she makes. Mistakes generally come in two forms: Carelessness--your child may have rushed through the question. Lack of preparation--your child didn't study enough.
- Make adjustments. Brainstorm with your child about how she can reduce careless mistakes. She could read each question twice, think about the question before answering and check her work before turning in her paper. For mistakes based on lack of preparation, the solution is probably more study. Experts suggest beginning to review at least five days before the test. The last 24 hours should be spent going over everything a final time, not trying to learn new material.

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# Family Fitness Fair

This is a chance to show Fitness Fair can highlight the way. There is a huge interest healthy eating that we can



Adventism at its best. A Family health message in a wonderful in fitness, feeling better and share with others.

**Step One:** Contact your administrator and choose a date for the Family Fitness Fair. Choose the location for your fair.

**Step Two:** Contact a local health care provider or if your conference provides employee health screening, ask them to provide this service. (Physicians may volunteer their services free of charge; it doesn't hurt to ask.) Our conference has a Fit4Him program for employees. If you have questions regarding this program, contact Cindy Williams [CindyW@uccsda.org](mailto:CindyW@uccsda.org). Fit4Him does the following screening tests: height, weight, blood pressure and pulse, body mass index (BMI) and percentage of body fat,



grip strength, flexibility, one mile fitness walk, blood test lipid panel. **Remember**, you need to schedule this at least a couple of months in advance if possible.



Contact InStep for Life, a North American Division Initiative at [www.instepforlife.com](http://www.instepforlife.com). Office: 301-680-6733; Reg Burgess, Coordinator. See if they are interested in attending your fitness fair. They don't do health screenings, but have a wonderful on-line program for walking and other cardio fitness activities.

**Step Three:** Invite a culinary expert to feature gourmet vegetarian cuisine. If you have a local kitchen boutique, invite them to have a booth at your event. Ask them to give a cooking demonstration. Also invite them to sell food at your event.



**Step Four:** Canvass local sports, camping, and fitness businesses to see if they would like a presence at your fair. Ask them to help sponsor your fair or donate something for prizes or give-aways for your fair. You can use them as door prizes and announce them throughout your event. For example, offer a one-month introductory membership to a local health club, or a free bicycle tune-up, or free massage. Don't forget to invite Mountain Gear, or REI or some such camping and sporting store to participate. Perhaps one of these stores could set up a climbing wall and give attendees a taste of sport climbing. If you have an indoor climbing business such as Wild Walls, invite them to attend. Point out that it is good exposure for their business. It's a win-win proposition.



**Step Five:** Contact local children's sports organizations and invite them to have a booth at the fair. Tell them it's a chance to sign up children for summer sports programs. Suggest they have a mini-clinic, so children attending the Family Fitness Fair can sample their sport.

**Step Six:** Enlist volunteers to help run your event smoothly. You'll need:

- someone to contact businesses for participation and donations
- Someone to be in charge of floor plan organization., don't put two similar businesses next to one another
- One person to greet business reps and show them where their booth location is
- Organize a set-up and take-down crew, clearly mark where participants areas are
- Enlist a clean-up crew
- Safety officers
- PR to get the word out
- Electrical expert so any business selling or making food has the power they need to heat and cook their food



## Organizational Question to Ask Yourself

- Are we set up to accept credit card purchases?
- What do businesses need in order to accept credit cards? Can they bring this to the location themselves?
- Are we charging for this event? Do we want to view this as a fundraiser or as a service for our school families and community?
- Do we want this to be an annual event for community outreach?
- How long do we want this event to last?
- Do we need to have a first aid station? The answer to this one is YES!



# CELEBRATE YOUR VOLUNTEERS

No one knows more than you on the home and school team. appreciation goes a long way in valued and appreciated. So here you to the people who make success:



how much energy it takes to be  
And you know that a little  
making your volunteers feel  
are a few ideas to help say thank  
your home and school program a

- **Say a one-on-one** sincere heartfelt thank you. Be specific about the talents you appreciate in this person. Don't gush, but be sincere, show that you value their contribution.
- **Do little things**, call them and say thanks; mail a thank you card; give a small potted plant or bouquet; give quality chocolate, just a few pieces says a LOT; give a gift card; when you meet them unexpectedly, tell them how much you appreciate what they are doing for the school; put a notice in your school newsletter and church bulletin thanking your volunteers by name.

## End-of-Year Thank You

You'll want to do something special; see if you have funds in your home and school account to help defray the cost of this celebration.

- Thank your volunteers publically at the school spring concert.
- Plan a get-together where you can celebrate a job well done and debrief for the year. Some suggestions:
  1. Hold a garden brunch at a private home/garden; ask the upper grades to cater as a fundraiser for a mission trip or the class fund.
  2. Keep it low-key, have low background music. Serve buffet style.
  3. Make sure it's pretty, lots of flowers and serve the meal on pretty dishes.
  4. Or, take your volunteers to an authentic English Tea (this could get pricey so check the costs up front.)
  5. Go "Dutch" and meet for brunch or lunch at a local restaurant.
  6. Do-it-yourself and provide breakfast or lunch for your volunteers in your house or garden.
  7. Pot-luck at your house, but if you do this, give flowers, plants or gift cards to your volunteers.

## What's In It For You?

If your volunteers feel happy and appreciated, they may help you again, and, they may become your best recruiters!

