

Wellsville



We're making healthy choices!

Get fit and have fun at Wellsville!

Make Homework Time Fun

Most kids groan at the thought of homework. But, there's no need for that because we have 6 tried and true tips to help make your homework time more productive, less stressful, and perhaps a little fun!

1 Know your child's homework assignments for each night and be familiar with how your child's teacher communicates their daily assignments. Maybe the kids have an assignment pad which you sign, or maybe the teacher has a website you can log onto to check assignments. This will help you keep your kids current with their homework.

2 Have a designated time and place for your child to do homework: Everybody studies differently. Some kids like to sit on the floor, some at the table; some like music some like quiet. Involve your kids in establishing a time, place and environment for homework.

3 Know when it's time to take a break: if your child is crying, frustrated and/or you're losing your patience, it's time for everyone to take a breather. Once you see tears, you're probably not going to get anywhere, so know when to take a break.

4 Keep a calm tone of voice and be patient. Remember that even though the homework may be easy for you, it's new to your child. Have some patience, especially if your child wants to give up or gets frustrated too easily.

5 Avoid long, convoluted explanations. Most kids just want the answer, so try to keep your explanations brief and save the "well, another way to do it is..." for a time when homework is not on the line.

Continued on page 2





Homework...Oh NO!

Continued from page 1

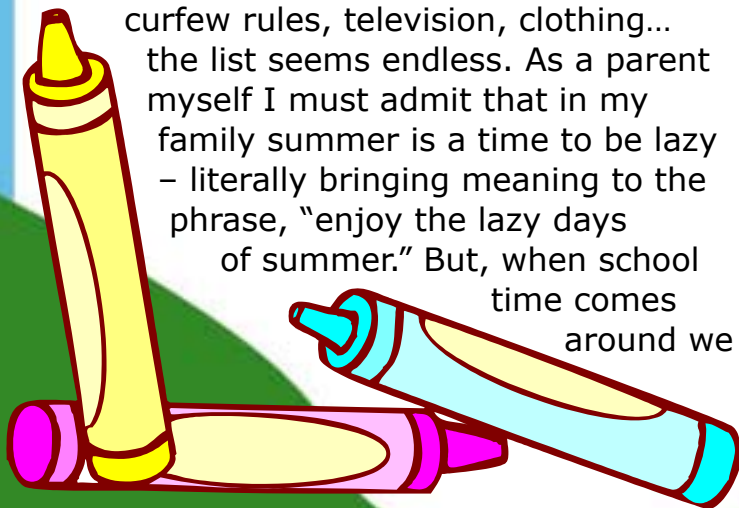
6 Know when to bring in the troops. If a certain subject is not your forte, you may want to have an older child help them, get a tutor or seek advice from your child's teacher. Teachers, just like you, want the best for your child's learning experience.

The bottom line: be proactive, keep your kids involved in how homework will be done, help keep them focused and take breathers when things get tense.

Preparing Your Child to go

It seems that summertime gets shorter and shorter every year - especially if you're a kid or the parent of a kid. The transition into a new school year is annually greeted with mixed feelings of anticipation, excitement, fear and regret.

Summer is over and it's time to go back to the grind. The whole ritual does not only affect the children, but the entire family as a whole. Sleep schedules have to be put into place and strictly adhered to, eating schedules redefined, homework and curfew rules, television, clothing... the list seems endless. As a parent myself I must admit that in my family summer is a time to be lazy - literally bringing meaning to the phrase, "enjoy the lazy days of summer." But, when school time comes around we



all have to work, as a family unit to make the transition smooth

and as pleasant as possible. Here are a few suggestions:

➔ **Bedtimes.** It seems that parents never get enough sleep while their children feel they get too much. After staying up late, enjoying the long days of summer it is time to create and enforce sleeping schedules. Be warned, for the majority this may not be easy but your efforts will be well worth it. You certainly don't want to send a tired and cranky child off to a busy day at school. Try enforcing new routines two to three weeks prior to the beginning of a new school year. This should give everyone plenty of time to iron out the wrinkles, work through the arguments and adjust to a good night's sleep in preparation for the busy days that lie ahead.

Continued on page 3



Back to School Preparations Continued from page 2

➤ **Eating Schedules.** During the summer do you find your family eating later and later? Or, perhaps family members have gotten into the habit of fending for themselves in order to adhere to their own active summer time social schedules? Now is the time to put an end to this. A family style, sit down dinner is in order and is a wonderful way for family members to be together and communicate events of the day. Also, keep in mind that lunch is rarely served at noontime in school. It may be a good idea to schedule your meals at home earlier in the day as well.

➤ **Homework and Curfew Rules.** Before school starts plan a homework and curfew schedule. Sit down and discuss the rules with your children. Be sure that they know these rules are not to be broken. Is the television allowed on? When is homework to be done? How late is the telephone allowed? What is the school night curfew?

➤ **Clothing.** Of course, the start of a new school year also means new clothes. Before going school shopping with your children discuss what types of clothing will and will not be allowed. Also, try getting into the habit of having outfits prepared the night before to eliminate some of the last minute, frantic rushing around. Have older kids take responsibility for laundering, ironing and caring for their clothing. If you have younger kids, keep in mind that they will be wearing these clothes all day. Going to the bathroom may be a problem for very young kids if they are forced to contend with zippers and difficult buttons and snaps. Try to choose clothes that require little effort and encourage them to ask their teacher for help to avoid any accidents.



As a family, work together. Remember, back to school does not just effect the lives of your children but the entire family unit as well. Create and discuss new rules and schedules. Listen to and consider feedback from other family members, they might just have something to contribute that you hadn't thought of. Once a rule or schedule is accepted and decided upon enforce it. Stand your ground and be clear that there is to be no argument about it. It is possible to start a new school year smoothly and enjoy it.



Join the Wellsville gang and get movin' and groovin' to a healthier life.



After-School Snacking Ideas

Peanut Butter Dip

Ingredients

- 1/3 cup creamy peanut butter
- 1 container (6-8 oz) vanilla yogurt
- 1/2 cup thawed frozen whipped topping
- apple wedges, strawberries, celery sticks, pretzels, or graham crackers sticks

Method

Put the peanut butter and yogurt in small bowl and whisk until smooth. Add the whipped topping to the peanut butter mixture and mix well. Serve with dippers!!

Fruit cicles

Ingredients

- Bunch of seedless grapes or blueberries
- toothpicks
- plate

Method

Wash grapes or blueberries. Put a toothpick in each one. Plate them on a plate and put in the freezer for about 2 hours. Take them out and enjoy.

Find More Recipes at:
www.wellsville.tv

Salsa and Corn Cheese Sticks

Ingredients

- low-fat mozzarella cheese sticks
- salsa
- corn tortillas (soft)

Method

Wrap the corn tortillas around the cheese sticks. Dip the wraps into the salsa and enjoy!

Reminder!!

**Watch Wellsville with your children
every Saturday
8 a.m.
Fox 66 - Erie**

Did You Know? (Back to School Trivia!)

- ☞ The "lead" in the pencil is actually made of carbon. So, you cannot get lead poisoning from a lead pencil!
- ☞ The first box of Crayola crayons were sold in 1903 for 5-cents. This first box contained eight colors: black, brown, blue, red, purple, orange, yellow, and green.
- ☞ In 1993, students from Purdue University created crayons that were NOT made out of petroleum-based paraffin wax (the commonly used substance). They made their crayons from soybean oil.
- ☞ Children in kindergarten will learn how people in communities work together and will begin to use their five senses to make simple scientific observations.
- ☞ Children in first grade will learn how to count to 100 by one's, two's, five's, and ten's.