

**Family Newsletter**

March 2019

**Jacobetti Tour**

**Friendly Activity**

If you are concerned that your child is not active enough, try to find ways to make physical activity more enjoyable for her. For example, inviting friends over to play outside might motivate them. Or suggesting that you exercise or do yoga together might spark their interest.

**Morning Commute**

One reason that children are less physically active than in previous generations is that fewer and fewer children walk or bike to school. If doing so is a safe alternative for your 7th grader, encourage the practice.

Information provided by ParentToolKit.com at <https://www.parenttoolkit.com/health-and-wellness/advice/physical-health/7th-grade-physical-health-tips>



**Physical Health Tips**

How can you advance your child's physical health and development in their middle school years?

**School Activity**

Find out how much physical activity your child is getting each day at school and what sorts of activities they are doing in gym class or at recess. This will give you a better understanding of their overall level of physical activity. According to a recent Institute of Medicine report, even the best physical education curriculum fails to provide the necessary 60 minutes of recommended activity a day.

**Family Activity**

School districts vary widely in the amount of physical education they offer, so it’s especially important for parents to encourage physical activity and model good behavior. Organize family activities that incorporate physical activity, such as walks and bike rides. Outdoor chores such as raking leaves or shoveling are a good way to squeeze exercise into a busy weekend.

**Explore Organized Sports**

Explore lessons and organized sports for your 7th grader. These might include gymnastics or ballet classes or soccer or little league. As they grow and their physical abilities progress, they may express an interest in sports that even a year ago were too difficult for her. Expose them to as many options for physical activities and sports as possible. Community organizations like the local YMCA often offer affordable and kid-friendly yoga or Tae Kwon Do classes, for example.

**Budgeting Basics**By: Shirley Brozzo

Do you know how much money you make? Do you understand that this amount is different from the amount you take home each week/two weeks because of taxes? This difference is your *net income*. When you make a budget there are some things you should keep in mind. First of all keep in mind that it is your budget, and yours will not look exactly the same as anyone else’s. It’s an individual thing.

As you begin to create your budget, keep in mind not only your net income, but any other sources of income that you might have, be it Social Security, public assistance, child support, any dividends/interest that you might collect, and any other payments you regularly receive.

One way to be successful is to keep things simple. You can create a paper/pencil budget, or use your computer’s spreadsheet program, if that’s your style.

You can set this up as an example to follow every month. Obviously, if your expenses are greater than your income, you’ll have to make adjustments in your spending, or find an additional source of income.

If you set this spreadsheet up on a computer, you can easily track your month-to-month spending.

Other helpful hints include making sure that you pay your bills on time, every time. Try to pay them in full, or call to make arrangements if you can’t make a full payment. Prompt payments help increase or improve your credit score. Having a low credit score could negatively affect you when you apply for loans or a mortgage. You might want to enroll in an automatic-pay system so you don’t forget to make the payment.

For several budgeting tips and tools go to <https://www.mint.com/budgeting-3>

Here is one basic sample, adapted from [www.mint.com](http://www.mint.com)

INCOME:

Item Amount

Salary $

Spouse’s Salary

Interest/Dividends

Child Support

Other \_\_\_\_\_\_\_\_\_

TOTAL $

EXPENSES:

Rent/Mortgage $

Food

Electricity

Gas/Heat

Health Care

Car payment

Insurance

Childcare

Phone

Internet

Cable

Pet Supplies

Clothing

Entertainment

Gifts

Charity

Savings

Other \_\_\_\_\_\_\_

TOTAL $

**The Benefits of Being a Benchwarmer**

Being a part of a sports team is a special experience. Playing team sports helps to teach cooperation, teamwork, and instill confidence and self-esteem in the individual. So what do you do when your child attends all the practices, works hard at skill building, and is committed to the team but sits on the bench most of the game? It’s not easy for parents to watch their child on the sideline, and it’s even harder to keep quiet about it. You are trusting the fate of your child’s sports education to the will of the coach or coaching staff, and needless to say it can be a lesson in self-control to remain silent if your child becomes more of a spectator than a player. Do not fret because here are some wonderful benefits of warming the bench:

IT’S MOTIVATING

Sitting the bench for all or part of a game is a great motivator to athletes. It pushes them to practice harder, pay more attention, and play at a higher level in the hopes that they’ll gain more playing time. It also teaches that hard work and diligence can take you very far in life, sometimes farther than natural talent or skill. It usually takes a combination of these things to achieve the greatest success.



IT’S EYE-OPENING

Athletes can also learn a great deal by watching their teammates execute plays, compete against other teams, and listen to the coach’s calls. They have a front row seat to what is working (and not working) on the field or court. Watching other, more skilled players can help to push a teammate to set new goals and work harder in achieving them.

IT BUILDS CHARACTER

It’s humbling to sit on the sidelines and it produces a more selfless attitude with regards to playing on a team. Even the best players should take some time out and learn to cheer on and encourage the other players. As children grow in age and skill level, they learn that more talent equals more playing time. This can produce an attitude of pride and selfishness that doesn’t bode well for any team, so sitting on the bench can be a good tool for coaches to use when a player needs to cool down a bit. As the famous saying goes, “There’s no I in team.”

It is undoubtedly hard to watch your child be a ‘bench jockey,' but it’s an experience where the pros outweigh the cons. You can help your child see this as a motivating experience by constantly encouraging them and reminding them to never stop striving to reach their goals. Offering to help them get some extra practice in and praising their efforts and growth are great ways to remind them that playing games are meant to be fun! By keeping this in mind you can help your child leap over the hurdles in front of them and then reap the reward of watching them reach their potential on and off the court.

Information provided by Horizon Prep at <http://www.horizonprep.org/blog/the-benefits-of-being-a-benchwarmer>

**Keep him moving.** Exercise is critical, but not close to bedtime — three hours before bedtime at the latest.

**Hone time-management skills.** As the homework load increases and time is eaten up by extracurricular activities, many preteens and teens find it hard to figure out just how long that English paper will take — and they stay up very late to do it. Insisting that a teen turn his light out at 11 p.m. will get you nowhere fast. Better to have him learn from experience that he probably won't get a good grade on a paper that was written at 2 a.m. the night before it was due.

Information provided by Scholastic.com at <http://www.scholastic.com/parents/resources/article/health-nutrition/sleepless-everywhere>



Articles written by Miranda Findlay.

**Promoting Healthy Sleeping Habits**

More than two-thirds of children sleep less than they should—less than even their parents realize. Many fail to meet the minimum recommended hours during a 24-hour period.

When kids hit puberty and adolescence, they actually need even more sleep, and not getting it can have serious consequences for their learning, long-term memory, and safety. Children who regularly sleep nine hours perform better in school, are happier, suffer fewer accidents, and are less likely to develop weight or emotional problems later on than those who try to function on less.

As kids enter the teenage years, changes in the brain that regulate sleep and waking literally hardwire them to stay up longer and sleep in later: a typical school day usually starts around 8:00 am, when the students' bodies are there, but their brains are still asleep. Add homework and extracurricular activities and most kids have little time to catch up on sleep.

Unfortunately in our fast-paced society, sleep is low on most people's priority list. You can help your child maximize their hours of sleep by teaching the following habits:

**Cut caffeine.** Check the label on that new flavor of cola, water, or sports drink. Cola drinks may contain as much as 23 mg of caffeine. Ditto for iced tea. Chocolate milk? That'll be 5 mg; a chocolate candy bar, 6 mg. A small scoop of coffee ice cream packs a whopping 58 mg. After 2 p.m., decaf your kids.

**Establish calming bedtime rituals.** That means no stimulating activities, such as watching TV, playing video games, or even surfing the Web for at least a half-hour before lights out. After a shower or bath, suggest snuggling under the covers and chatting quietly, or allowing her to read or listen to quiet music or an audio-book.

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