

Bogdan Bulletin

August 15, 2011

www.dicksoncountyschools.org/tds/

<http://discoverindickson.blogspot.com/>

www.youtube.com/tdstoday

Character Counts Emphasis: Trustworthiness

Week 2 went very well and we are delighted to have our kindergarten friends in our building! ☺

Please remember your child needs to be in the building by 7:40 each day in order to join us for opening assembly in our auditorium at 7:45. I open the doors to the building each morning at 7:10. When your child comes in after the 7:45 bell, he/she starts the day in a race trying to figure out where everyone is. By 7:55, he/she has missed morning assembly and that is such a special way for our students to start their day. I know you want your child's day to get off to the best possible start.

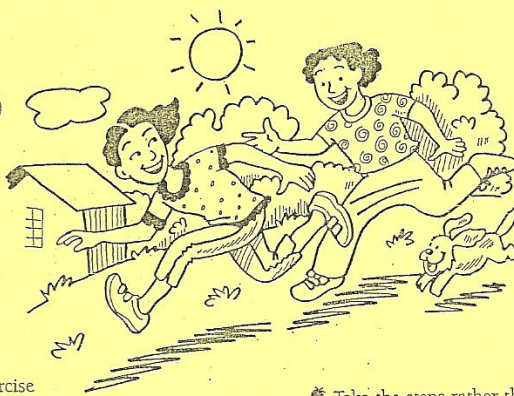
This Thursday, August 18th, I will be available from 8:00-9:00 should you want to come by and have "coffee with the Big Kahuna"! Bring your own coffee and I'll be in the office conference room ready to field your questions, comments, or concerns. We value your input.

Nutrition Nuggets

It all adds up

Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day—small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine:

☛ Have her invite friends over for a backyard game of tag or capture the flag.



- ☛ Suggest that she jump rope for 10 minutes.
- ☛ Put on some music, and dance to it.
- ☛ Bike together to the library or a friend's house. *Note:* For safety, use sidewalks and wear helmets.
- ☛ When you do errands together, park far from the store to encourage more walking time.

☛ Take the steps rather than the elevator when you're shopping or at the dentist.

Remember: Regular exercise will not only make your child healthier—it will help her sleep better at night and be in better shape to learn and play all day. ☛

A walk a day

A daily family walk is a great way to get your child—and you—moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk.

Figure out the best time for your family's schedule, and use the time to walk and talk—you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow.

You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way. ☛

