



GOPHER TALES



VOLUME 27 ----- OCTOBER 2011 ----- NO. 1

From The Desk of the Principal...

Welcome new and returning families to Honey Creek Continuous Progress Charter School. The staff and I encourage each of you to get involved in your child's education by participating in parent conferences, checking the red communication folder every evening, reading the parent handbook, and attending P.A.C. monthly meetings (second Tuesday of each month).

Honey Creek is a reputable MPS School because of your involvement and support. As long as you, the parents support Honey Creek and remain involved in your child/children's educational programming, Honey Creek will continue to provide quality education to the children in Milwaukee. Please spread the word so more parents choose our school.

In each issue of the Gopher Tales Newsletter, a small section will be devoted to helping you get to know more about your child's school.

Honey Creek CP School is a Continuous Progress Charter School with levels Kindergarten through Fifth. The unique feature of our school is that we implement a research based reading curriculum that emphasizes:

- phonics (relationship between written and spoken letters and sounds)
- phonemic awareness (the knowledge and manipulation of sounds in spoken words)
- reading fluency including oral reading skills
- vocabulary development and
- reading comprehension

Children are assessed and instructed in ability based groups as they build upon their skills to mastery levels. Reading is the basis of all other learning! Children first learn how to read and then they continue to read for information!

We also have promotional requirements that are aligned to the Common Core State Standards (CCSS). Please check them out at: www.corestandards.com CCSS set the stage for education, ensuring that all students are prepared for the global workplace. Teachers plan and implement lessons that will assist your child in meeting the rigorous expectations of the CCSS. We need our students to be Career and College ready! We will use the results of the MAP Assessment (Measurement of Academic Progress), ongoing formative assessments in the classrooms, and also the state assessment – WKCE (Wisconsin Knowledge and Concepts Examination) to determine student promotion from one grade to another. We will communicate your child's progress to you throughout the year as we work to increase their achievement.

Honey Creek has also incorporated key elements of PBIS (Positive Behavioral Interventions and Supports) – Be Responsible, Be Respectful, and Be Safe. PBIS lends itself to our Character Education and Steps to Respect programs that we continue to implement.

The Staff and I have high expectations that our students will continue to achieve academic excellence. The only way for this to be accomplished is to work together (home and school), to promote good study habits, good discipline, and a positive attitude towards education. Let's begin this year by celebrating years of successfully educating children.

PLEASE VIEW OUR CALENDAR USING THE SIDE TAB - "CALENDAR" ON OUR WEBSITE

The Milwaukee Public Schools does not discriminate in its programs, activities, facilities, employment, or educational opportunities on the basis of a person's sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or disability.

INTERNET RESOURCES

Honey Creek's web page at www2.milwaukee.k12.wi.us/honey_creek
Gopher Tales - Newsletter tab
Math+Science Connection - Parent tab

MPS Student Resource Toolbox - mpsportal.milwaukee.k12.wi.us
click on Student tab

Bookflix - bkflix.grolier.com
Username - hcreekcp
Password - bookflix

TumbleBookLibrary - www.tumblebooklibrary.com
Username - honeycreek
Password - books

Accelerated Reading Quiz Information - www.renlearn.com/store/quiz_home.asp

SUPPORT OUR SCHOOL



"BoxTops for Education" - save and send them to school in your child's red folder

Campbell's Labels for Education - Collect UPCs and caps from Campbell's products and send them to school for redemption..



Kemps- Send clean dry milk caps in a bag to school for redemption

When shopping:

- at PicknSave be sure you have registered with the Honey Creek charity code of 332000 when using your Roundy's Savers Club Card



- at Target use your Red ChargeCard and be sure you have designated Honey Creek to receive the 1% donation. Visit Target.com/tcoe for more information



MARK YOUR CALENDAR

No School for all students on the following days:

Banking Time Day -
October 7, 2011

Parent Conference Day -
October 21, 2011

Professional Development Day - October 28, 2011



PARENT/TEACHER CONFERENCES

Our conference will be:
Thursday, **October**

20th from 4:00-7:05 pm &
Tuesday, **October 25th** from
2:45-5:45 pm

Due to conferences there will be: **No school for all students on Friday, October 21, 2011.**



ARE YOUR CHILDREN IMMUNIZED!

Immunization Requirements

2 yrs.- 4 yrs : 4DPT/DTaP/DT, 3 polio,
1MMR, 3 HepB, & Varicella
Grds K5-12: 4DPT/DTaP/DT, 4 polio,
2MMR, 3 HepB, & 2 Varicella

Please see your Honey Creek Parent Handbook page 4-6 for further details or call the school office if you have any questions. If your child is not in compliance with the above requirements, he/she will be excluded from school. The first exclusion period is October 10-14, 2011. A letter will be mailed to all students that are noncompliant on October 3, 2011.



HARVEST PARADE EXTRAVAGANZA

On Friday, October 14th, we will have our annual Harvest Parade at 1:00 pm.

Students have the opportunity to dress up in their favorite costume and parade around the school accompanied by Wedgewood Park International and Audubon Middle School Bands. We ask that students please choose a costume that is not scary and is appropriate for all ages. The children are

encouraged to be creative with items they already have around the house or can borrow, rather than spending a great deal of money. Costumes should be brought to school in a bag and NOT WORN to school in the morning. Students will assemble in front of the school on Eden Place at 1:00 pm. The parade route will be: East on Eden Place to S. 63rd St, then south on 63rd Street to Warnimont Ave. Then west on Warnimont Ave. and reenter the school through our playground. Parents and friends are welcome to join in the parade or watch from anywhere along the parade route. If the weather is not cooperative we will parade inside the school.

SHOWCASE DISPLAY



Room **124** has decorated the showcase in the front hallway. The theme is mathematical practices. Please take a moment to check out this bulletin board.

HELP KEEP OUR STUDENTS SAFE

Honey Creek and MPS have a Visitor Policy that requires all school visitors to sign in at the office and obtain a lime green pass. Visitors will be asked to wear or display the pass. Please be aware that staff members will ask those visitors without a visible pass to return to the office to obtain one. We are doing this for the safety and security of our building. Thank you in advance for your assistance and compliance.

PBIS at HONEY CREEK... GET "SPOTTED" BEING GOOD!



As we start off the new school year, we are recognizing students who are being

responsible, being respectful, and being safe!

This goes along with the district **PBIS** program to promote good behavior in the classroom and in ALL areas of the school building, playground and on the bus.

Of course the students at Honey Creek are being good all the time, but students try even harder to get "spotted" so that they receive a special ticket. The tickets from all

the children go into a drawing for the week. Each teacher pulls out 2-4 names per week and those students are allowed to choose a special prize. Those students who win a prize also get their name on a dog bone that becomes part of a

permanent hallway display for the year. Additionally, we will be having all school celebrations to recognize the effort our students display for being responsible, respectful and safe at school. The first school-wide celebration was already held on September 16th when our students

reached the goal of receiving 500 tickets! To celebrate, everyone enjoyed a popsicle on the playground along with an extra recess. Tickets will also be randomly given to students who are wearing school uniforms.

PIZZA HUT 'BOOK IT'



BEGINS OCTOBER 1st!

All students are invited to earn a certificate for a free personal-size pan pizza from Pizza Hut. A minimum of **four** books or **480** minutes must be read each month to qualify. After the monthly form is completed and signed, please return it to your child's teacher.

Certificates will be completed and awarded to your child – PLEASE only **ONE** form per month. Happy reading for free pizza!

ATTENTION CP5 PARENTS

Now is the time to be thinking about a middle school for your child. Several of the MPS middle schools have an Early Admission period. These middle schools have traditionally filled their 6th grade seats during this early admission period. Watch your mailbox for notification of the schools with early admission and the dates of their Open House and Application. If you are interested in applying at any of the middle schools that participate in Early Admissions, we strongly urge you to attend their Open Houses.



SCHOOL PICTURE TIME

Our annual School Picture Day will be **Thursday, October 6th**. Individual and class pictures will be taken on this day.

Announcements have been sent home regarding the various packages available

for ordering. Contact the school office for more information. **REMINDER:** Please send in the order form and money with your child on October 6th. Orders will not be taken after that day. All students will be photographed for the class picture on that day. A picture make-up day will be scheduled at a later date.



ACCESS YOUR CHILD'S SCHOOL INFORMATION ON THE WEB

Parent Assistant is available at Honey Creek. Parent Assistant provides access to information about your children. You need Internet access and you will be able to view the following information:

- * Your child's attendance
- * non school days
- * Bus transportation pick up and drop off times
- * Demographic information (name, address, telephone number)
- * Parent contact information and
- * Emergency contact information.

You can request changes to your child(ren)'s information using the Parent Assistant.

To gain access to the Parent Assistant you will need to fill out an application and return it to school with your child. You will be assigned a logon ID and password unique to you which you can use to log on and view the information for your child.

For more information please visit:

<http://mpsportal.milwaukee.k12.wi.us>

If you have questions or need to request a form, please contact the school office.



**WE CAN'T TEACH
EMPTY DESKS.....
IT IS VERY IMPORTANT
TO SEND YOUR
CHILDREN TO SCHOOL
EVERY DAY!**

Please note the following:
Parents must submit an excuse in writing or via electronic format (i.e. voicemail, electronic mail, or fax) for each absence. An absence is considered unexcused until we receive a phone call on the attendance voice mail or a written excuse from the parents/guardians. The following reasons are considered by the school, to be legally excused absences. All other unexcused absences are regarded as trancies.

- A. Personal Illness
- B. Funerals
- C. Required Legal Appearances
- D. Designated Religious Holidays
- E. Medical/Dental Appointments

(If possible, please bring your child back to school after appts.)

Please help us meet the MPS district attendance goal--send your child every day!



**INTERNATIONAL
WALK TO SCHOOL DAY**

Join others around the world in celebration of the Day to bring visibility to walking and biking conditions and inspire positive change.

Wednesday, October 5, 2011 is International Walk to School Day. Why promote walking and bicycling?

1. To enhance the health of kids

Increased physical activity can combat a host of health problems facing kids today.

2. To improve air quality and the environment

Replacing car trips to school with walking or bicycling can help reduce air pollution.

3. To create safer routes for walking and bicycling

Sidewalks, education programs and traffic calming measures are some of the ways to improve conditions.

**10 Reasons for
Walking/Biking**

1. It's fun.
2. It's healthy.
3. It's nonpolluting.
4. It's friendly.
5. It reduces stress.
6. It's a chance to teach and learn street crossing skills.
7. It's a reminder that streets could be safer.
8. It's considerate.
9. It's economical.
10. It's educational.

Honey Creek School would like to encourage you to participate in this event. For more information log on to www.walktoschool-usa.org.



**SCHOLASTIC
BOOK FAIR**

Thank you to all who attended our Scholastic Book Fair. It was a huge success! The funds earned will be used to purchase new materials for the Library Media Center. We would also like to extend a special thank you to the volunteers who helped make this evening possible!!

**WELCOME
STUDENT TEACHERS**

We have student teachers from UW-Milwaukee: Stephanie Carter (115) & Mari MacDonald (116). We wish them a wonderful experience as they begin their teaching careers. We will also host fieldworker students from University of Wisconsin-Whitewater on Tuesdays from October 4th through November 22nd.



**LET'S ENJOY
GOOD
HEALTH!!**

Honey Creek is a healthy snack school, and we need your help. Please take time to find and bring in birthday and classroom treats that are healthy. Your reward will be healthy adult children free from health issues, because you showed them how to enjoy life with good nutrition. Suggested snacks: pretzels, cheese, fruit tray, vegetable platter, dried fruit, crackers, chex mix, popcorn, raisins, and mini bagels w/cream cheese. See a more comprehensive list later in this Gopher Tales. If you have a healthy snack suggestion or recipe, please share it with us.

**BE A GOPHER TALES
SPONSOR...**

We need your help... please ask businesses that you patronize to sponsor our newspaper or consider being a family sponsor. Sponsorship for the entire year is only \$35.00. Your sponsorship will help defray the cost of paper and toner to publish the newspaper.

FREE/REDUCED LUNCH APPLICATIONS

Honey Creek receives a considerable amount of federal funding from the Title 1 program which is based on the number of students that qualify for free or reduced lunch. If you **have not** already completed a free/reduced lunch application the most efficient way is to complete it online at: www.sns.milwaukee.k12.wi.us If you have any questions please call the school office at 604-7900 for more information.



SCHOOL TO CAREER

The School to Career program provides the means for students to develop into contributing adults performing at their highest potential.

There are 5 major areas of emphasis in STC:

1. Transforming Teaching and Learning
2. Student Assessment
3. Parents Are Partners
4. Business/Community Links
5. Career Planning and Post Secondary Linkage

Some of the STC programs at Honey Creek include:

In School Jobs - Students fill out applications, participate in interviews and take on school job responsibilities (cadets, room monitors, peer mediators, computer cleaners, teacher helpers, primary recess buddies).

Active PAC - Parents volunteer time to work with students and staff, participate in fund raising

and develop family involvement activities.

Business/Community Connections - Honey Creek works with Hamilton High School and Wedgewood Park Middle School students, MATC, University of WI - Whitewater, LaCrosse, Oshkosh, Madison, and Stevens Point and Alverno students, Our Lady of Lourdes volunteers, Black Achievers, Gopher Tales sponsors and various other community members. Please join us in continuing to make School to Career a successful program at Honey Creek School!



GET READY FOR A GREAT SCHOOL YEAR....

It's the beginning of another school year. Here are five things that can get your child off to a good start:

1. **Meet your child's teacher.** Explain that you want to hear about your child's progress. Ask how you can help at home.
2. **Use routines.** Morning, bedtime, and study routines are especially key to school success.
3. **Have high expectations.** Tell your child that he/she doesn't always have to be the best, but he/she should do their best. Say how proud you are of them.
4. **Read, read, read.** If your child doesn't have a library card, get them one. Visiting the library and reading with your child is essential.
5. **Support your school.** Attend parent nights and volunteer in ways you'll enjoy. Show your child that school is a family priority.

UNRAVEL THE UNKNOWN THIS YEAR...



How do I know when my student's lunch balance is running low? Is there an easier way to pay for lunch?

THE ANSWER IS YES.. Solve the mystery with MealpayPlus. Meal Pay Plus is an online system for prepayment of school meal charges. The service is free. Use **MealpayPlus** to:

- Check account balances online.
- Make payment to lunch account.
- Monitor lunchroom purchases.
- Receive email reminders when your student's balance is low.
- Setup auto payments.

So how do you get started? Simply sign onto: www.MealpayPlus.com and follow the directions for registering your student.



CHARACTER BUILDING - OCTOBER IS CITIZENSHIP

Honey Creek will continue Character Building Education through monthly themes. October's theme will be **Citizenship**. Please join us in stressing to your children that practicing good citizenship will help them in school, at home, and in the community. Please talk to your children about rules of good citizenship, such as: sharing, responsibility, working in the community, taking care of the world around you, being a good friend and neighbor, and treating everyone with respect.

CP3-CP5 STUDENTS

WILL BE **TAKING THE** **WKCE-CRT TEST**



The test will take place between October 24-November 23, 2011. Honey Creek students completed the first MAP tests in September and we will be giving additional sets of MAP tests in January and June.

Following are some tips to help your child be a successful test taker... ATTENTION

STUDENTS: Be ready and prepared for Testing!!

Getting ready physically and mentally:

Get plenty of sleep the night before the test.

Don't take a test hungry.

Be on time and alert.

Put everything else out of your mind and think only of doing your best.

Dress comfortably.

If you wear glasses, be sure you have them and wear them.

Making the best use of your time:

If the test is timed, don't rush but don't waste time either.

Answer the easy questions first.

If you're stumped by a question, go on and come back to it later.

Make a note on scratch paper of the questions you want to go back to so you can find them easily. If you finish early, check over your answers.

Making fewer mistakes:

Read all directions; understand what you're supposed to do.

Don't be embarrassed to ask the person giving the test for help if you don't understand the directions.

Read questions and ALL of the answer choices carefully.

Be sure the question number in the test is the same as where you make your answer on the answer sheet.

GUESSING:

You should guess if you don't know the answer.

Try to eliminate some of the answer choices as wrong; this increases your chances of guessing the correct answer. Don't make wild guesses; your choice should at least be reasonable.

Miscellaneous Tips:

Don't panic! Tackle each question one at a time rather than thinking about the whole test at once.

Use relevant content information from other test questions where possible.

Don't score yourself as you take the test. Trust your first answer but change an answer if you feel you must.

Remember there will be no pattern of correct answer choices.



Accelerated Reading News
We have access to over 132,000 book titles...most popular children's literature have an Accelerated Reader Quiz available. If you wish to find out whether or not a quiz exists for a particular book, your child can log on the program at school, or at home you can go to the website:

www.renlearn.com/store/quiz_home.asp
follow the directions, if a quiz is found your child will be able to take that quiz at Honey Creek. There is a Parent Guide to Accelerated Reader located at the website ar.renlearn.com. Last year we passed 9261 tests, a school record; can we beat that record this year?? Our students anxiously wait for the second Tuesday of each month to shop for prizes they have earned by reading. Students who pass an Accelerated

Reading quiz before November 4th can put their names in a special jar. On November 4th, 4 lucky students will win Milwaukee Bucks tickets or a gift certificate for Half Price Books. Every Friday we choose a name from the completed Accelerated Reading quizzes and that student is our "Accelerated Reader of the Week". They are allowed to select a reading buddy from our stuffed animal collection in the computer lab. The more students read, the better chance they have to win!! Keep on reading, more special promotions to come! We have received many prizes for this reading program from our fund raisers and our PAC. Some local businesses such as Old Country Buffet, Cousins, Burger King, Red Carpet Lanes, and the Herb Kohl Foundation have sponsored us in the past, but some are no longer willing to help.... Now we need your help in obtaining more prizes for this worthwhile program. We will accept donations; monetary or otherwise. Perhaps your employer or someone you know would be willing to donate items we could use as incentive prizes. We are in need of parent volunteers to help in setting up our Accelerated Reading Store the second Tuesday of each month from 12:30-2:15. Contact Pat Larsen at 604-7924 if you can spare 2 hours each month.



Honey Creek families now have access from home to the website "Tumble Book Library". This is a collection of TumbleBooks (animated talking picture books with fiction and nonfiction titles), Read-Alongs (chapter books with sentence highlighting and narration but no animation), TumbleTV which consists of pre-set playlists of a sequence of books, Tumble Puzzles and Games, and TumbleResources for teachers and students. You may access the site with the URL:

www.tumblebooklibrary.com

and logon with the Username: honeycreek

Password: books

Please utilize this great resource to enhance your child's interest in reading.

STUDENT COUNCIL NEWS...



Congratulations to our 2011/2012 Student Council members:

Room 111- Rep: Linda N.
Alt: Oralia A.

Room 112 - Rep: Kiersten L. and Ellie G.

Alt: Reece T.

Room 113 - Rep: Brooke S.
Alt: Natalya G.

Room 115 - Rep: Aidan B.
Alt: Autumn P.

Room 124 - Rep: Jake L.
Alt: Eithan A.

Room 125 - Rep: Collin H.
Alt: Valeria G.



VOLUNTEER OF THE MONTH

Congratulations to Ms. Tammy Shalewski for being chosen as Volunteer of the Month. We want to take this opportunity to recognize her outstanding contribution to our school. Ms. Shalewski has 2 children at Honey Creek, Sarah in Room 111 and Michael in Room 116. She volunteers in several classrooms, and wherever and whenever she is needed. Without the assistance of volunteers, our efforts to serve the students would not be as effective. Thank you to all who take time volunteer. Anyone interested in volunteering, please call Teo Mendoza our Parent Coordinator at 604-7921.



CHESS CLUB

VOLUNTEER NEEDED

As in the past we would like to have a Chess Club at Honey Creek this year. Chess Club participants learn how to play chess and can attend tournaments. Tournaments are on Saturdays in the Milwaukee area. Attendance at tournaments is encouraged, but not required. We are looking for adults who would be willing to help organize the Chess Club this year... If you can help us please contact Ms. Biesterveld at 604-7906 or email biestelm@milwaukee.k12.wi.us.



HELP SAVE THE EARTH!!! RECYCLE YOUR PRINTER INK

CARTRIDGES AND CELL PHONES!!

The Honey Creek program for recycling computer/copier print cartridges and cell phones is going well.

Thanks to all who have been sending in their cartridges, especially to those students who carry them to school on the bus for us. We are also accepting certain NEW OR USED CELL PHONES, LAPTOPS, and AND PDAS!!

If you have any questions, call Pat Larsen at 604-7924 or stop in and check out the information on the drop off box across from the school office. Please consider giving your personal empty ink cartridges and cell phones and contact your friends or employers about recycling them too!!! Many companies just throw them away or return them to the manufacturer for no reimbursement...but Honey Creek could be turning them into CASH!!! By participating we benefit by earning extra cash for our school and by keeping these cartridges and phones out of our landfills!!

THREE CHOICE SCHOOL SELECTION 2011-12

The dates for the Three Choice Selection process are January 3-27, 2012. This is the time new students can request seats in MPS and current students can request a transfer. We will be sending more information as the time approaches.

Suggested Food Choices for School Celebrations **Healthful Food and Beverage Options for School Functions**

Dear Parents,

Listed below are some healthful food options that will promote student health and community wellness. Example of nutritious foods and beverages are suggested below:

- *Fresh vegetables sticks/slices with low fat dressing or yogurt dip
- *Fresh fruit wedges-cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- *Sliced fruit- nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc
- *Fruit salad
- *Cereal and low fat milk
- *100% Fruit or vegetable juice
- *Dried fruits- raisins, cranberries, apples, apricots
- *Single serving applesauce or canned fruit
- *Fruit smoothies made with fat-free or low-fat milk
- *Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- *Party mix (variety of cereals, pretzels, etc)
- *Pretzels or reduced fat crackers
- *Popcorn (popped in non-transfat oil or air popped)
- *Baked chips with salsa or low fat dip (Ranch, onion. bean, etc.)
- *Low fat muffin (small or mini), granola bars, and cookies (graham crackers, fig bars)
- *Pasta salad
- *Bread sticks with marinara
- *Fat-free or low-fat flavored yogurt& fruit parfaits
- *Fat-free or low fat pudding cups
- *Fat-free or low fat milk and milk products (string cheese, single-serving cottage cheese, Cheese cubes)
- *Flavored soy milk fortified with calcium
- *Pure ice water

Please share your suggestions and we will be happy to include those as well as we revisit this list of suggestions.

Thank you.

Principal and Staff

BE A FIT KID

There's a lot of discussion these days about fit kids. People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit. Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends. Some steps only parents can take — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge, too, when it comes to health.

Here are five rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

Eat a Variety of Foods, Especially Fruits and Vegetables: You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, are more pleasing the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables. Here's one combination that might work for you:

at breakfast: ½ cup (about 4 large) strawberries on your cereal
with lunch: 6 baby carrots
for a snack: an apple
with dinner: ½ cup broccoli (about 2 big spears) and 1 cup of salad

Drink Water and Milk Most Often: When you're really thirsty, cold water is the No. 1 thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are younger than 9 years old, drink 2 cups of milk a day, or its equivalent. Aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods. Here's one combination:

2 cups (about half a liter) of low-fat or nonfat milk
1 slice cheddar cheese
½ cup (small container) of yogurt

You probably will want something other than milk or water once in a while, so it's OK to have 100% juice, too. But try to limit sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

Limit Screen Time: What's screen time? It's the amount of time you spend watching TV or DVDs, playing video games (console systems or handheld games), and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school.

Be Active: One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves basketball, baseball or soccer. Maybe your passion is karate, tae kwon do, kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad says it's time to stop watching TV or playing computer games!

Please Support Our Advertisers

We need your help, please ask businesses that you patronize to sponsor our newspaper or consider being a family sponsor. Sponsorship for the entire year is only \$35.00. For more information, call Ms Biestveld at Honey Creek at 604-7906.

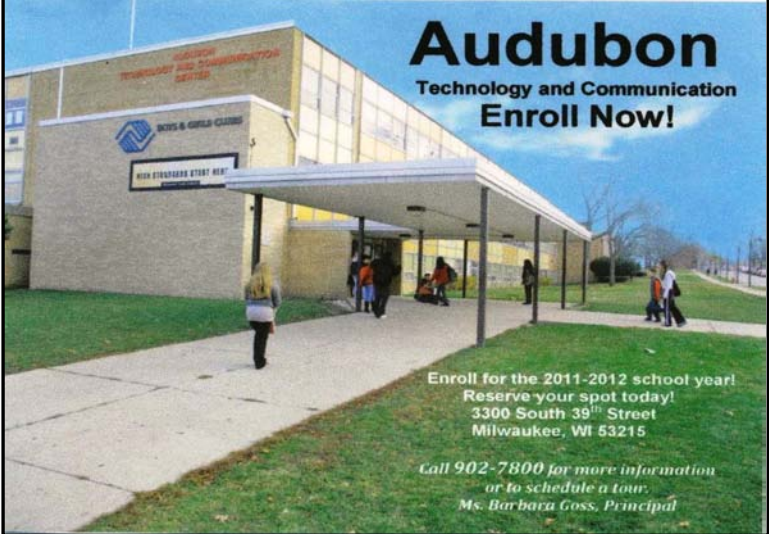
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