



Volume 2 Issue 1
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H1N1 FIGHT THE FLU PREVENTION & TREATMENT

Get Vaccinated. Vaccination is the best protection against contracting the flu. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1 (Swine) flu vaccine. The CDC is encouraging people to get both vaccinations. Get the seasonal vaccination as soon as possible and get the H1N1 (Swine) flu vaccination as soon as it is available in early fall.

Find a Flu Clinic Near You and Get Vaccinated. The American Lung Association (ALA) has an online tool called, Flu Clinic Locator. Visit the [ALA Flu Clinic Locator](#) to find a clinic near you.

If you do contract the flu, talk to your doctor about

antiviral. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that can be used for prevention or treatment of flu viruses. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. Two types of antiviral, Oseltamivir (TAMIFLU®) and Zanamivir (RELENZA®) may be effective against the H1N1 (Swine) flu.

Take these everyday steps to protect your health:

1. Cover your nose and mouth.
2. Wash your hands often with soap and water.
3. Avoid touching your eyes, nose, and mouth.
4. Avoid close contact with people.
5. Stay home for 7 days if you

are sick after your symptoms begin or until you have been symptom – free for 24 hours whichever is longer.

6. Follow procedures regarding school closures, avoiding crowds, and other social distancing measures.

“GET THE FLU SHOT”



ENCOURAGING WORDS FOR OUR CHILDREN

Words have a profound effect on children. Here are a few that will promote a positive environment: Great! Great Job! Very good! Super! Excellent! Wonderful! Fantastic! Good! Good job! WOW! Awesome! Marvelous! That’s fine! Good work! Way to go!

Keep up the good work! You’re the greatest! O.K. Good for you! Terrific! Absolutely the best! That’s beautiful! Nice! Great going! Better! Much better! Perfect! Hard worker! Oh, let me give you a hug! Thank you! How about a high five! You de-

serve a pat on the back! Clever! S-w-e-e-t! Yes! Now you understand!



Inside this issue:

<i>Title I Parent Resource Center</i>	2
<i>Latch Key Kids</i>	3
<i>How to Prevent Injuries While Exercising</i>	4
<i>Tips For Overwhelmed Mothers</i>	4

Effective Study Tips

- Take good notes that summarize, not necessarily repeat material.
- Pay attention to clues that indicate when you should take notes.
- Use the traditional outline form to organize your notes.
- Emphasize important points with colored highlighter pens.
- Indicate points to remember with different styles of writing such as capitals and italics.
- Take notes on both sides of the pages.
- Develop your own system of shorthand.

Newton County School System Directory

East Newton Elementary	770-784-2973	Cousins Middle	770-786-7311
Ficquett Elementary	770-786-2636	Indian Creek Middle	770-385-6453
Heard-Mixon Elementary	770-784-2980	Liberty Middle	678-625-6617
Live Oak Elementary	678-625-6654	Veterans Memorial Middle	770-385-6893
Livingston Elementary	770-784-2930	Alcovy High	770-784-4995
Mansfield Elementary	770-784-2948	Eastside High	770-784-2920
Middle Ridge Elementary	770-385-6463	Newton High	770-787-2250
Oak Hill Elementary	770-385-6906	Sharp Learning Center	770-787-3010
Palmer Stone Elementary	770-784-2969	Challenge Charter Academy	678-625-3975
Porterdale Elementary	770-784-2928	Fairview Theme	770-784-2959
Rocky Plains Elementary	770-784-4987	Clements Theme	770-784-2934
South Salem Elementary	678-342-5907		
West Newton Elementary	770-385-6472		

Title I Parent Resource Center



Vision

The vision for the Title I Parent Resource Center is to create a comfortable environment that empowers parents to reach their full potential through support, education, and a sense of community.

Purpose

The purpose of the Title I Parent Resource Center is to offer services that enhance and strengthen the quality of family life and provide parents the resources needed to achieve success in their children's education.

Goal

The goal of the Title I Parent Resource Center is to increase parent awareness through training and workshops designed to assist parents in becoming tutors at home.

Numerous resource materials will be available for parents. Some resources are:

- Career Opportunities
- Continuing Education Information
- Living Options
- Health Awareness
- Computer Usage
- Lending Library
- Books for all academic areas
- Videos for all academic areas
- CDs and DVDs for all academic areas

Meetings and workshops will be offered quarterly.

(Tentative workshops):

- Test –Taking Strategies
- Georgia Criterion Reference Competency Test (CRCT)
- Georgia High School Graduation Test (GHS GT)
- NCLB
- Homework Help
- School Safety and Discipline
- Resume Writing
- Computer Skills
- Interviewing Skills
- Math Prep Class
- English Language Learners
- Writing for Success
- Internet Safety Tips

Location: Clements Theme School
Room C-3
66 Jack Neely Road
Covington, GA 30016

Hours of Operation:

August, 2009 – May, 2010
10:00 a.m.—6:00 p.m.
Mon. – Fri.

Contact Person:

Kim Johnson
Title I Parent Involvement Coordinator
770-787-1330 ext 1218
johnson.kim@newton.k12.ga.us

Schedule of Events:(Title I Parents)

Internet Safety & Gang Awareness

November 17, 2009 @10:00a.m.-12:00 noon
(grades K-5)

November 19, 2009 @4:00p.m.– 6:00p.m.
(grades 6-12)

Math Made Easy

December 8, 2009 @11:00a.m.-12:00 noon
(grades K-5)

December 10, 2009 @5:00p.m.-6:00p.m.
(grades 6-12)

Due to limited seating, all applicants are asked to complete a registration form. Upon receipt of your registration form, you will be notified that your information has been processed and we look forward to your participation.

All workshops will be held at the Title I Parent Resource Center.

Clements Theme School
Room C-3
66 Jack Neely Road
Covington, GA 30016



Latch Key Kids: A Guide for Working Parents and Kids Who Stay Home Alone

Being Prepared

Before being left at home on their own, children should know:

- Their full name.
- Their address.
- Their telephone number.
- Their parent or guardian's full name.
- Their parent or guardian's work telephone and work address.
- How to call 911.
- How to secure the house.
- Internet Safety skills, such as knowing not to give out contact information or let strangers know they are home alone.
- Stove or oven use should be avoided or kept to a minimum.
- Not to disclose to visitors or people on the phone that they are home alone.
- Not to label house key with the address.
- A check-in time or system through which your child will contact a parent or neighbor to let someone know they are home.

Who are the latchkey kids?

Millions of American children let themselves in or out of empty houses and supervise themselves for an hour or more each day. They are called "latchkey kids" because of the telltale key around their neck or in their pocket. They are usually children of a single parent home or a home in which both parents work. The number of latchkey children is expected to increase as more women enter the work force and as more families experience separation and divorce.

How old should a child be?

Although it is generally agreed that a young child in primary school should not be left alone, age is not the only consideration. Some children might function well at home alone, while others might not be ready to assume the responsibility of self-care. Parents must make an informed decision based on their own child. In order to be left alone, a child should want to assume the responsibility, should not be afraid to stay alone, should be able to follow directions, and should be able to solve problems independently. Factors such as the amount of time the child will be alone, the accessibility of a parent or another adult in case of emergency and how safe the neighborhood is, should also be taken into consideration.

How can a parent know if a child is ready to be left alone?

The simplest way is to ask the child if he or she wants to stay alone. Most children will answer truthfully. Signs of a child's fearfulness about being left alone include turning on all the lights, having

the radio or television on full volume and suffering from nightmares.

How long can a child be left alone?

The time should be kept to a minimum. For older children, three hours per day is probably the absolute maximum. Parents should come home as soon as they can and postpone errands until they can take the child with them. Check with your states laws on when and how long a child can be left home alone.

Can a child be left with an older brother or sister?

Most child development experts agree that no child younger than ten can effectively supervise other children. It is recommended that when an older child is left in charge, all children in the family should be instructed about self-care and be made individually responsible rather than relying on the oldest child to carry responsibility for the others.

What should a parent do to make the latchkey kid experience work?

The experience should be a positive one, reinforcing the child's sense of independence and competence, and minimizing fear and anxiety. Above all, it should be made clear that the parent is in charge, whether physically present or not. A carefully considered set of rules and back-up systems should be developed and discussed with the child so that he or she is aware of what is expected by the parent. The main issue for a parent in deciding if a child can function as a latchkey kid is whether he or she is capable of following agreed rules, completing homework, and accomplishing chores.

How can a family get organized for the latchkey arrangement?

Some families have an initial family conference to discuss the arrangements. They set up house rules, discuss expectations, write down a daily schedule, divide chores, prepare a master phone list, and choose a contact person such as a neighbor or relative to call in case of an emergency. After the conference, the house is organized so that the child can take care of needs such as meals, snacks, homework, entertainment, laundry, and other personal needs. Have regular meetings to discuss changes in schedules, to plan television time and talk about fears and concerns. Don't hesitate to change the rules or a planned schedule that isn't working.

This information is provided by the Mesa, Arizona, Police and Fire Departments.

Take the Test!

As a parent, you are in the best situation to access your child's readiness to take on the responsibility of staying home alone. It is best to start leaving the child alone for very short periods of time, perhaps 15-20 minutes to evaluate their readiness. If they seem to do well and are comfortable being left alone for short periods, you might want to slowly increase the time period of your outings up to 1-2 hours for children 12 and under.



"Set up a check-in time or system through which your child will contact a parent or neighbor to let someone know he/she is home."



Other Alternatives for Parents of Latchkey Kids:

Newton County Schools System (After School Program)
770-787-1330 ext 1271

Washington Street Community Center— 770-786-4002

Department of Family & Children Services -770-784-2490

YMCA - 770-787-3908

Local Day Care Services

How To Prevent Injuries While Exercising

By Elizabeth Quinn, About.com: Sports Medicine

Have a Routine Physical / Fitness Test.

Visit your doctor before beginning a new exercise program. Any new activity can stress your body. If you have undiagnosed heart disease or other conditions, you should modify your exercise accordingly. Your doctor can let you know what your limits might be and suggest an appropriate amount of exercise for you.

Gradually Increase Time and Intensity.

When starting an exercise program, many people have lots of enthusiasm initially, and go too hard, too soon. Begin with moderate exercise of about 20 minutes, 3 times a week and gradually build upon this. You can also use the perceived exertion scale to determine the best exercise intensity for you.

Warm Up Before Exercise

A proper, gradual warm up goes a long way to prevent injuries. The warm up can consist of walking, jogging or simply doing your regular activity at a snail's pace.

Don't Workout on Empty.

While you don't want to exercise immediately after eating a large meal, eating about 2 hours before exercise can help fuel your exercise and help you avoid bonking during your workout.

Drink Before You Exercise.

Dehydration can kill your performance, so stay well hydrated. Try to drink 16 oz. of water in the two hours before your workout and then take in water during your workout to replace any lost fluids.

Listen to Your Body.

If you experience any sharp pain, weakness or light-headedness during exercise, pay attention. This is your body's signal that something is wrong and you should stop exercising. Pushing through acute pain is the fastest way to develop a severe or chronic injury. If you don't feel well, you should take some time off until your body heals.

Take Time for Rest and Recovery.

In addition to getting enough sleep, it is important to take some rest days. Working out too much for too long can lead to overtraining syndrome and possibly reduce your immunity.

Dress Properly for Your Sport.

This includes using appropriate safety equipment for your sport, choosing proper footwear, replacing running shoes as needed and wearing clothing that wicks sweat and helps keep you cool and dry.

This publication is developed by Newton County School System's Parent Involvement Team. To submit an article or for more information contact:

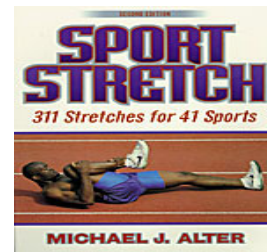
Kim Johnson, 770-787-1330 ext. 1218

or

Jennifer Jones at 770-787-1330 ext. 1279.

An electronic copy may be downloaded at www.newtoncountyschools.org.

Newton County School System
2109 Newton Drive
P.O. Box 1469
Covington, GA 30016



Coming together is a beginning; keeping together is progress; working together is success.

—Henry Ford

Organize This! Tips for Overwhelmed Parents

A blog on www.momsonedge.com states that, "Good organization is a parenting aid that leads to a more manageable life and more time to interact with the children. Maintaining a well organized life helps in parenting with less frustration and stress. Taking time out to keep the home clutter free and running smoothly does wonders in reducing parental stress." Listed below are two of the ten tips recommended by other moms on momsonedge.com.

TIP #4 . Save one and toss the rest. Children bring a lot of paperwork home from school. It is impossible to save and store it all. Choose a small

representation of what the child is doing in school and toss the rest. A thin well labeled spiral ring notebook with plastic sleeves works nicely for storing a small sampling of the child's hard work. An alternative to the notebook is to scan the pages into the computer and keep a CD of the child's school year. Really wonderful pieces can be brought immediately to a great frame shop to be framed and later displayed in a prominent spot in the home. One expertly matted and framed piece of artwork honors a child's hard work far better than keeping a stack of papers hidden away and yellowing in a musty box or drawer.

TIP # 10. Use a large calendar to reduce stress. Posting a large dry erase calendar in a central location allows parents and children alike to know what is coming up that day, week and month. The calendar should have everything posted so there are no surprises. Set a good example and be on time to appointments, school events etc. Teach children that being even five minutes late is disrespectful to those who are waiting. Tardiness adds to anxiety and stress so being on time will help calm down the household.