Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.

**Make Time**
Set the alarm to allow 10-15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. **Tip:** If your youngster doesn’t like to make decisions first thing in the morning, give him breakfast choices the night before.

**Make It Healthy**
Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole wheat bread). The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

**Make It Kid Friendly**
These quick breakfasts are sure to bring an early morning smile to your youngster face:

- **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole wheat bread, put the slice in the pan, and crack an egg into the hole. Cook two minutes, flip and cook until the egg is set and lightly browned.
- **Waffle Wonder:** Toast a whole grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt.

**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.

- **When you do errands together, park far from the store to encourage more walking time.**
- **Take the steps rather than the elevator when you shop or visit 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

**“A Good Start”**

**“It All Adds Up”**
Mental Health/Health/Nutrition News

The month of April is National Child Abuse Prevention Month. This is the time to raise awareness about child abuse and to create strong communities to support children and families. If you suspect a child is being abused, it’s critical to get them the help he or she needs. Reporting child abuse seems so official. Many people are reluctant to get involved in other families’ lives. Understanding some of the myths behind reporting may help put your mind at ease if you need to report child abuse.

- I don’t want to interfere in someone else’s family. The effects of child abuse are lifelong, affecting future relationships, self-esteem, and sadly putting even more children at risk of abuse as the cycle continues. Help break the cycle of child abuse.
- What if I break up someone’s home? The priority in child protective service is keeping children in the home. A child abuse report does not mean a child is automatically removed from the home—unless the child is clearly in danger. Support such as parenting classes, anger management or other resources may be offered first to parents if safe for the child.
- They will know it was me who called. Reporting is anonymous. In most states, you do not have to give your name when you report child abuse.
- To get help or report abuse, call, 1-800-4-A-CHILD (1-800-422-4453) (Submitted by Meredith Mitchell)

“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 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 sign along the way.

“Two Steps to Becoming Your Child’s Best Advocate”

Communication

Learning to communicate effectively with teachers and other school personnel is one of the best ways to ensure that your child’s school is creating a good learning environment for your child, and to ensure that your child’s school is providing your child with the service or programs that he or she needs to succeed in school. Not everyone starts out by being a good advocate.

Participate

The most important thing you can do for your child is to participate. Attend teacher conferences, parent group meetings, school functions. And always attend parent night meetings; give your ideas and suggestions. If your child has a disability remember to attend the meetings, and negotiate and Individualized Education Program (IEP) that is truly individualized for your child. REMEMBER YOU ARE & ALWAYS WILL BE YOUR CHILDS BEST ADVOCATE. (Submitted by LaSha’ Garner)
**Preschool Philosophy**

The Universal Preschool Program is designed to encourage and support the overall development (cognitive, social, emotional and physical) of each child through a variety of structured play activities. We believe that the early childhood curriculum should be child-centered with the teacher serving as a facilitator of learning. We believe children develop vocabulary skills best by exposure to repeated readings of quality literature.

It is our objective to learn the needs of the individual child in our program and to provide opportunities for each child to be successful in Preschool. The teachers and administration are committed to exhausting all resources to instill in each child a healthy self-concept. Parents play a very important role in the development of a child's self-esteem. The Preschool Staff aims to work with the family in creating the best possible environment for each child.

**Mission Statement**

The Sabine Parish School Board Universal Prekindergarten staff and administration are committed to providing a high quality, comprehensive, preschool program for all preschool children and their families through a child-centered curriculum. The first priority of the program is to instill a healthy self-concept in each child. Parents play a very important role in the development of a child's self-esteem. The Universal Prekindergarten staff works with the family in creating the best possible environment for each child.

It is the objective of the Sabine Parish School Board Universal Prekindergarten program to learn the needs of each family and provide opportunities for them to become successful. Partnerships with community agencies are sought to help support each family and move them toward self-sufficiency.

**“Dates to Remember”**

- Spring Break—March 30—April 6, 2018
- Teacher Appreciation Week—May 7-11, 2018
  - Pre-K Picnics—May 11, 2018
  - Last Day of School—May 18, 2018