The holidays are over. And you might have noticed your kids are not as motivated to get back into everyday life. Time to promote a positive mind-set, to affirm the importance of a good education to your children; and let them know how much you value their achievements so far.

There are proven methods for keeping your kids motivated and engaged in school. Set some learning goals for success together that include lots of practice, good time management and discipline. Children learn best by doing. They are more invested in their own learning if they are active partners. It will prove more helpful if the kids are involved in setting up practice and study schedules and make up self-test quizzes themselves. Give them a voice in choosing hands-on experiences to help reinforce memory and recall. Science kits are great; cooking with Mom helps with learning math. Also suggest a speed-reading class for older kids who are ready.

Give your children a variety of multisensory experiences that include touch, movement, sight and hearing. Include audio books, pre-recorded materials, music, grade level science, art and literacy books full of labs, examples and pictures and have the kids make a video of themselves teaching and giving reports.

Meet with your children’s teachers. You may learn that your kids are trying, but they are not studying to understand; they study the wrong things or aren’t studying early enough. New resources and strategies will change everything and learning will become exciting and easier.

### Influenza is on the Rise

Children spread the flu in their communities thru schools and day care centers. The flu causes more hospitalizations among children than any other vaccine preventable disease.

The flu vaccine is recommended for children over 6 months. Infected children should stay at home at least 24 hours after the flu is gone.

**Prevention Tips**

Stay away from people who have the flu. Cover your nose and mouth with tissue when you cough. Wash hands often with soap and warm water for 20 seconds. Avoid touching eyes, nose and mouth, clean and disinfect surfaces to prevent spread of germs.
Your Voice: January 2020

Ending School Lunch Shamimg

Some New Jersey lawmakers want to end the stigma for students who are unable to afford school breakfasts and lunches by having the state pick up the tab.

They have proposed Legislation that would appropriate $4.5 million to cover full cost of reduced-price school breakfasts and lunches beyond what federal reimbursements cover.

The proposal comes after incidents of school “lunch shaming,” including in Cherry Hill, where a school official instituted a policy banning students with lunch debts from prom and field trips. The proposal would also ensure that low-income students were eating more healthily.

Renee Koubiadis, executive director of the Anti-Poverty Network of New Jersey, said students must maintain a nutritious diet to succeed in school, “Not only is it stressful for the children, it affects their ability to be present and to function in school, to focus and pay attention to what they’re supposed to be learning,” she said.

SOURCE: NJ SPOTLIGHT NEWS

TU VOZ: ENERO 2020

Terminando el almuerzo escolar avergonzado

Algunos legisladores de Nueva Jersey quieren poner fin al estigma para los estudiantes que no pueden pagar los desayunos y almuerzos escolares haciendo que el estado pague la cuenta.

Han propuesto una legislación que asignaría $ 4.5 millones para cubrir el costo total de los desayunos y almuerzos escolares a precios reducidos más allá de lo que cubren los reembolsos federales.

La propuesta se produce después de incidentes de “vergüenza en el almuerzo” en la escuela, incluso en Cherry Hill, donde el funcionario escolar instituyó una política que prohíbe a los estudiantes con deudas de almuerzo en el baile de graduación y las excursiones. La propuesta también garantizaría que los estudiantes de bajos ingresos comieran de manera más saludable.

Renee Koubiadis, directora ejecutiva de la Red contra la Pobreza de Nueva Jersey, dijo que los estudiantes deben mantener una dieta nutritiva para tener éxito en la escuela: “No solo es estresante para los niños, sino que afecta su capacidad de estar presente y funcionar en la escuela, para enfocarse y prestar atención a lo que se supone que deben aprender”, dijo.

FUENTE: NOTICIAS DE NJ SPOTLIGHT

La influenza está en aumento

Los niños transmiten la gripe en sus comunidades a través de escuelas y guarderías. La gripe causa más hospitalizaciones entre los niños que cualquier otra enfermedad preventible por vacuna.

La vacuna contra la gripe se recomienda para niños mayores de 6 meses. Los niños infectados deben quedarse en casa al menos 24 horas después de que la gripe haya desaparecido.

Consejos De Prevención

Manténgase alejado de las personas que tienen gripe. Cúbrase la nariz y la boca con un pañuelo cuando tosa. Lávese las manos con agua tibia y jabón durante 20 segundos. Evite tocarse los ojos, la nariz y la boca, limpie y desinfecte las superficies para evitar la propagación de gérmenes.