

School's out: Ways for students to remain active during break

In many ways, today's kids have busier schedules than any previous generation of youngsters. Many extracurricular activities require a nearly year-round commitment, and the dual-income household has landed many kids in afterschool programs where kids tend to their schoolwork or engage in various activities that keep them from resting on their laurels.

But those busy schedules get a lot less hectic when the school year ends. Once school is out, kids used to a full schedule might find themselves with lots of time on their hands. Though it's good for kids to squeeze in some rest and relaxation during their summer break, it's also important for kids to stay active so they don't develop poor habits as the summer goes on. In addition, the American Psychological Association notes that kids who are physically active are more capable of coping with stress and tend to have higher self-esteem than kids who do not include physical activity as part of their regular routines. The following are a few suggestions for parents looking for ways to keep their kids active throughout the summer.

* Plan an active vacation. Summer is when many families go on vacation, so why not choose a vacation that involves more than napping poolside? Though it's still good to leave some time for

relaxation, find a locale where you can embrace activities like snorkeling, hiking, kayaking, or other adventures that get you and your youngsters off the poolside chaise and out exploring. Such a trip might inspire kids to embrace an activity more fully, getting them off the couch not only while they're on vacation but also when they return home for the rest of summer.

* Teach kids to garden. Gardening might be seen as a peaceful and relaxing hobby, but it still requires a lot of elbow grease and hard work that pays physical dividends. A garden must be planted, hoed, weeded, and watered, and gardening gets kids out of the house to enjoy the great outdoors. When growing a vegetable garden, kids might embrace the chance to be directly involved in the foods that will eventually end up on their dinner tables. * Go swimming. Few adults who work in offices haven't looked out their windows on a sunny summer day and thought how nice it would be to be spending that afternoon making a few laps in a lake, at the beach or in a pool. Kids have the same daydreams during the summer, so take a day off every so often and take the kids for an afternoon of swimming. Swimming is a great activity that exercises the entire body, including the shoulders, back, legs, hips, and abdominals.

In addition, swimming helps kids and adults alike maintain a healthy weight while also improving their cardiovascular health. It's hard for some people to find a place to swim once the warm weather departs, so take advantage of the summer weather and go swimming as often as possible while the kids are not in school.

* Limit how much time kids spend watching television, playing video games or surfing the Internet. Many of today's kids are as tech savvy as they are busy. But it's important that kids don't spend too much time online or on the couch watching television or playing video games. Such activities are largely sedentary, and they can set a bad precedent for the months ahead, even when the school year begins once again. Parents should limit how much time their youngsters spend in front of the television or the computer during summer vacation, keeping track and turning the TV or computer off if they

suspect kids are spending too much time staring at the screen instead of being active. Kids might not love it when you turn their video games off or minimize their access to social media, but explain the limitations at the onset of summer and let kids know you expect them to be physically active even if it is summer vacation.



Students of the Month

BOHEMIA ELEMENTARY



SHAYLA MENDEZ

Our Student of the Month is Shayla Mendez, a fifth grade student in Ms. Bascue's class. Ms. Bascue says Shayla has shown grit and perseverance this term. She has a positive attitude in class and takes pride in her work.

DORENA ELEMENTARY



MAKAYLA

Makayla has done a great job in the classroom this year. She is a kind and helpful student that is always willing to be there for her classmates. She has made great gains this year through her hard work and perseverance. Great job Makayla.

LINCOLN MIDDLE SCHOOL



RILEY ZOLEZZI

Riley Zolezzi is Lincoln Middle School's June Student of the Month. Riley is thoughtful and particular about his work. He's a kid who cares about school and his grades. He often likes to think out loud, which can be a good thing most of the time! He has shown great leadership abilities and is friendly to all. Riley has worked hard to be a good musician and plays trombone, piano, and now the baritone. He has also finely tuned his fabulous sense of humor!



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LATHAM ELEMENTARY

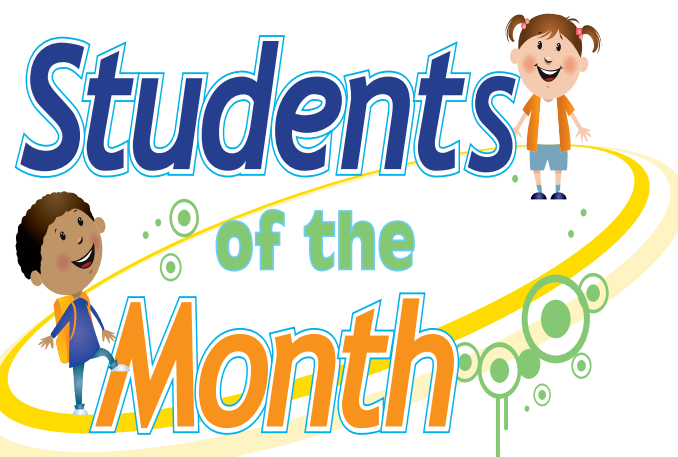


LIBBY HEMENWAY

Our Student of the Month is 1st grader Libby Hemenway. All year Libby has shown positive behavior while being a role model for her peers. Academically, Libby has shown great progress in both reading and math. Overall, Libby is a joy to have in class! We are proud to have her represent Latham!



ANNETTE SIMARD
Chiropractic M DC
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Have a GREAT SUMMER!

NORTH DOUGLAS ELEMENTARY/MIDDLE



CADEN REIGARD
is a 5th grade student at North Douglas Elementary. Caden is a member of both the NDE Basketball and Baseball team. Caden is a Thoughtful student and peer.



VIVIANNA DU FAUX
Viviana Du Faux is an 8th grade student at North Douglas Middle School. Viviana is a member of both the NDMS Basketball and Track team. Viviana is a creative, and kindhearted student and classmate. Viviana is highly regarded by both peers and staff.



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531 South Cedar St.
Drain, OR 97435

COTTAGE GROVE HIGH SCHOOL



MEILANI PANG

Our student of the month is Meilani Pang. Meilani is one of the most helpful students at CGHS! She is extremely polite, has a very positive attitude and is always the first to ask if she can help out. Meilani is one of the best representatives for our school motto; "Pride, Respect and Responsibility".



ADRIANNA BARRONE

Adrianna Barrone is a junior at North Douglas High School. She is enrolled in college classes, a National Honor Society member, participated in the Battle of the Books and volunteers at the Drain Fire Department.



JUNE THORNTON

June is a role-model student at Harrison School. She comes to school with enthusiasm and a desire to learn. June is always responsible, a diligent worker, and tries her best at everything she does. In addition, she is always kind, helpful, and compassionate to others. June is a teacher's dream student.



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