



Family & Consumer Sciences

NEWSLETTER

 Cooperative
Extension Service
Boone County

August 2024

Life with Liz

As summer draws to a close, parents, children, and teachers are gearing up for an exciting return to school. This time of year is not only the start of a new school year, but is also a period of growth and learning facilitated by our dedicated teachers and supported by engaged parents. While teachers provide invaluable guidance in the classroom, parental involvement is equally as important in supporting a child's education. Here are some ways that parents can compliment their child's learning at home:

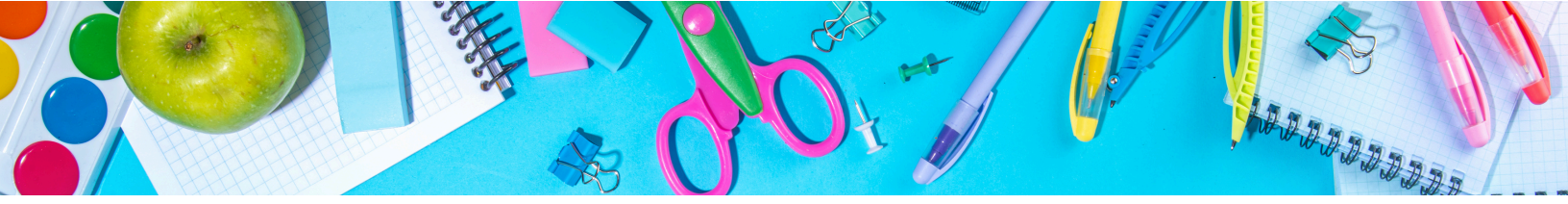
1. Create a positive learning environment by designating a quiet, organized space where a child can focus on homework and good study habits.
2. Encourage reading by setting aside time each day to read together.
3. Incorporate learning into everyday activities such as cooking, gardening, or various outings. Check out the educational programs we are offering through the Boone County Extension Office!
4. Communicate with teachers and work together to support the child's academic success and social development at both school and home.
5. Encourage curiosity and exploration by asking open-ended questions, encouraging children to seek answers, and explore new interests together.

If your child is not quite school age, focus on doing activities together such as reading, talking, counting, playing, moving, and connecting to work on kindergarten readiness skills. And again, check out the Boone County Extension Office for early childhood programming.

I hope everyone has a fantastic start to the school year!

~ Liz Evans, Boone County FCS Agent





PARENT

HEALTH BULLETIN



AUGUST 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

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to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

REFERENCES:

- https://www.cdc.gov/healthyschools/families_tip_sheet.htm
- <https://www.cdc.gov/healthyschools/features/B25.htm>

ADULT
HEALTH BULLETIN

Written by:
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Adobe Stock



RECIPE OF THE MONTH!

 Cooperative
Extension Service



Banana Strawberry Smoothie

Servings: 2 Serving Size: 1 1/4 cup



Ingredients:

- 1 cup frozen strawberries
- 1 cup 100% orange juice
- 1 banana
- ½ cup milk or a milk alternative, such as soy milk, almond milk, coconut milk

Directions:

1. Combine all ingredients in a blender.
2. Blend until smooth.

Source: LEAP...for Health: Adapted from: Kids Cooking Activities. Kids Simple Smoothies
<http://www.kids-cooking-activities.com/simple-smoothie-recipes.html>.

NUTRITION FACTS PER SERVING: 130 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 32g carbohydrate; 4g fiber; 20g sugar; 0g added sugars; 4g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.



MONTHLY SPOTLIGHT

Source: Alex Elswick, assistant professor and Extension specialist

Over the last 75 years, smoking among adults and youths has been steadily decreasing. In the 2010s, rates of smoking reached all-time lows in the U.S. and Kentucky. Unfortunately, with the advent of vaping, this trend has quickly reversed. This reversal is especially concerning given that young people who use e-cigarettes are more likely to smoke cigarettes in adulthood.



What are Vapes?

Electronic cigarettes, or vapes (short for vaporizers), typically contain nicotine. However, they sometimes contain other substances such as THC, the chemical in marijuana that gets people high. Although emerging research seems to suggest that vaping is less harmful than smoking combustible cigarettes, vapes are nonetheless very harmful. They are especially harmful for young, developing brains. In fact, most adult smokers began smoking before the age of 18.

Youth vaping rates are significantly increasing

Kentucky youth are vaping at a startling rate. The Kentucky Incentives for Prevention survey shows that vaping among 10th graders has increased almost 6% in five years – from 11.4% in 2016 to 17% in 2021.

In that same year, more than 20% of Kentucky high school students, and nearly 10% of Kentucky 8th graders, reported vaping in the past month.

In response, the state has launched a confidential quit line for youths called My Life, My Quit at ky.mylifemyquit.org/, which offers free coaching 24/7 via text, chat or call.

Vaping facts (accordingly to ky.mylifemyquit.org):

- Nicotine leaves you stressed out. Vaping to handle stress can make you more stressed! When you stop using nicotine, that “feel-good” dopamine stops flowing leaving you moody. The more nicotine you put into your brain, the more hooked you become.
- Nicotine causes other problems. Using nicotine as a teen makes your brain think it needs it, causing problems with learning, memory, paying attention and managing your mood. Additionally, it can also make you more likely to get hooked on other drugs.
- Vape and tobacco companies want you to get hooked on nicotine. By keeping you craving more, companies will keep you as customers for life. Teens who start vaping are four times more likely to smoke cigarettes or use other forms of tobacco. Almost 90% of adults who use nicotine today started as teens.

We believe that quitting alone is hard; however, quitting with support is much easier.

Contact your local Boone County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.



UPCOMING EVENTS

FRIDAYS

9/27-10/25

1:30PM - 3:30PM

CRAFTING CALM: MINDFULNESS IN HANDMADE CREATIONS

Boone County Enrichment Center-Upper Level
1824 Patrick Drive, Burlington, KY 41005

OCTOBER

8

1 - 2:30PM

AGING WITH OUR FURRY FRIENDS

Boone County Cooperative Extension Office
6028 Camp Ernst Road, Burlington, KY 41005

OCTOBER

9

1:30 - 3:30PM

FCS ADVISORY COMMITTEE MEETING

Boone County Cooperative Extension Office
6028 Camp Ernst Road, Burlington, KY 41005

OCTOBER

30

12 - 1:30PM

HOMEBUYING 101 (virtual)

Will be taught via zoom. A link will be sent to registered participants prior to class.

Register at boone.ca.uky.edu or call 859.586.6101



LIFE THROUGH THE LENS OF FCS



Stitch & Lounge
July 18, 2024



Planner Hours
July 19, 2024



Boone County Fair
June 24 - 29, 2024



Boone County Fair
June 24 - 29, 2024

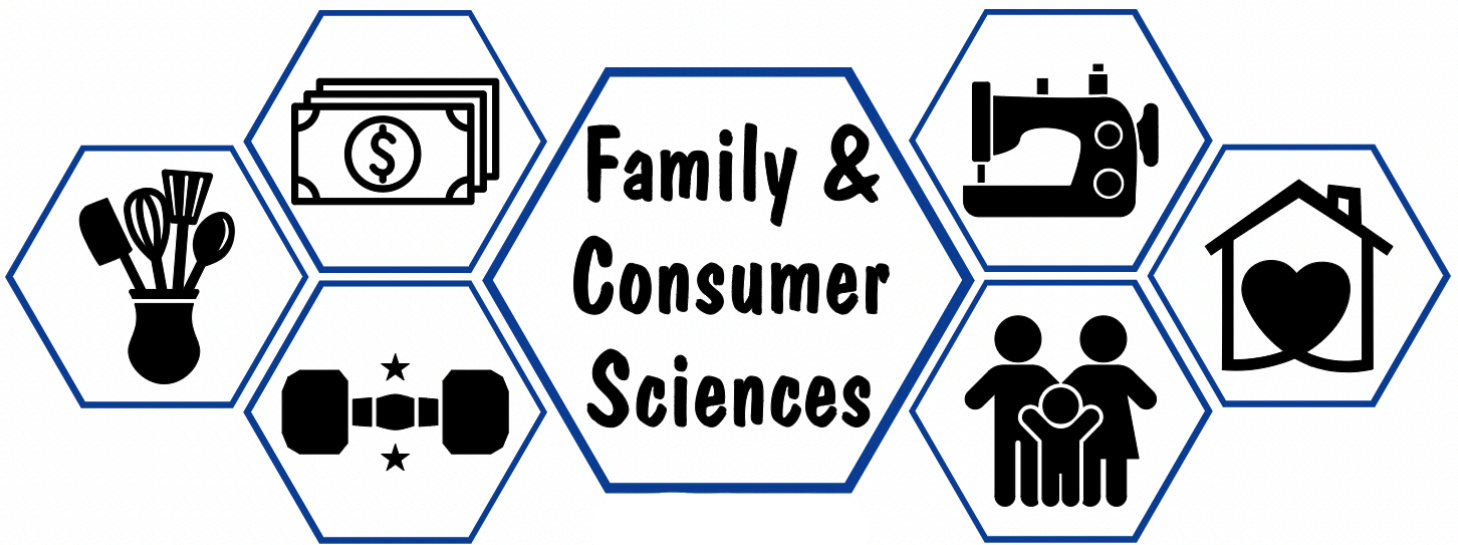


Boone County Fair
June 24 - 29, 2024



Friday Food Fun: Oh Nuts
July 19, 2024

Boone County Cooperative Extension Service
P.O. Box 876
6028 Camp Ernst Rd. Burlington, KY 41005



For more information or if you have questions, please reach out--I'm here to help!

Elizabeth Evans

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