



# GRC NEWS

## Join us for Open House Sept. 16

Open House is Monday, September 16, from 5:00-7:00 pm. Come meet your child's teachers and guidance counselors. We hope to see everyone there!



## TUTORING OFFERED

After School Tutoring will be offered again this year – 3:45 to 4:45. No appointment needed – just show up! Students from all grades are welcome. See fliers around school for more info.  
Mon/Wed: Math (Williams, room 505 English (Foudray, room 512).  
Tue/Thur: Math (Griffith, room 523)

## Germany, France, Spain: Summer 2021

Need an idea for an amazing summer adventure? Want to explore the world before heading off to college? Looking for the best croissants in the world?

Pack your bags to travel to Germany, France, & Spain in the Summer 2021!

For details and prices, come to the info meeting

Thursday, September 19, 2019, 6:30 p.m., GRC Room 123 (enter via the middle door in the back of the building).

Learn more or register online at <http://grcfinearts.weebly.com/travel.html>. Remind text @euro2021 to 81010 to stay updated!



### HOW TO CONTACT: Ashley Childers- Freshman Counselor

Text Remind: text @grc2023 to 81010

(Remind text will no longer allow us to send out mass messages to a group this large, but you can send individual messages through the app)

Email: [Ashley.childers@clark.kyschools.us](mailto:Ashley.childers@clark.kyschools.us) Number: 859-744-6111 ext 3552

George Rogers Clark High School Title 1 Parent Newsletter  
September 2019

2745 Boonesboro Road • Winchester KY 40391  
[www.grchs.com](http://www.grchs.com) 859.744.6111

# CLASS OF 2020

Ms. Rector, Senior Advisor [andi.rector@clark.kyschools.us](mailto:andi.rector@clark.kyschools.us)  
Mr. Cunningham, Senior Advisor [matthew.cunningham@clark.kyschools.us](mailto:matthew.cunningham@clark.kyschools.us)

Sept 2019

Tentative  
Calendar:  
(dates may change)



- 9/4 Senior Pictures
- 9/10 NYC Trip parent meeting, 6 pm Library
- 9/13 KGI meets with seniors
- 9/16 KGI at Open House
- 10/4 Homecoming Game, 7:30 pm
- 10/5 Homecoming Dance, GRC 9-11pm, semi-formal
- 12/20 Half of SR Trip must be paid for

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- 1/27 Final NYC Trip pay balance due
- 3/30-4/3 Spring Break
- 4/8-12 NYC TRIP



## Trip to New York City: April 8-12

Cost, \$1220 (broken into 7 payments) Includes almost all meals

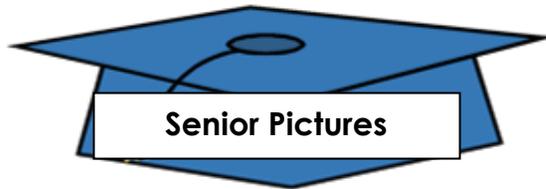
## Parent information meeting, Sept 10 @ 6 pm, GRC Library

Non-refundable deposit of \$170 due by Sept. 30 to Mr. Cunningham, then 6 monthly payments of \$175

## \*Half of trip cost must be paid by Dec 20.

Interested in chaperoning? Price is the same unless you opt to fewer in a room.

\*\*Tentative educational activities include the Statue of Liberty, Ellis Island, Wall Street, 9/11 memorial, a Broadway Play, Central Park, Strawberry Fields, 5<sup>th</sup> Avenue, Grand Central Terminal, Today Show, Top of the Rock, Chinatown, Time Square lodging, a city tour and a dinner/dance cruise.



Senior Boys are required to wear a white t-shirt for pictures. Tuxes will be provided.

Senior Girls are required to wear a white camisole for pictures. Drapes will be provided.

KGI—Kreative Graphics—is GRC's supplier of senior merchandise. Students will be given the opportunity to order sometime in September. A deposit is required. Items ordered through KGI must be paid directly to KGI with the exception of the cap & gown. You can preview items at [www.kgigrad.com](http://www.kgigrad.com)



# LONG KNIVES REGIMENTAL UPDATE



*George Rogers Clark High School  
Junior Reserve Officer Training Corps (JROTC)*

**DATE: September 2019**

<b>FAMOUS QUOTE:</b>	<b>PAST EVENTS:</b>
<p>- <i>Leadership is often characterized by having to be in places you DON'T want to be or having to do things you DON'T want to do. In either case, making personal sacrifices (Selfless Service) is a requirement of good leadership.</i></p> <p>- COL (Retired) Alexander</p>	<p>Clark County Fair Parking Detail Clark County Demolition Derby JROTC Obstacle Course Clean-Up – 19 Aug Assumptions of Command – 23 Aug</p>
<b>UPCOMING COMPETITIONS:</b>	<b>UPCOMING EVENTS:</b>
Grant County HS Raider Competition – 7 Sept (taking 3x Teams)	<b>Pioneer Festival Clean-Up:</b> 31 Aug & 1 Sept
EKU Raider Competition – 14 Sept	<i>Home Football vs. Tates Creek – 6 Sept</i>
	GRC Open House – 16 Sept
	<i>Home Football vs. Simon Kenton – 20 Sept</i>
	<i>Home Football vs. Ballard HS – 27 Sept</i>
	<b>Cadet Olympics (Family Day) – 28 Sept</b>
	Dairy Queen Benefit Night – 30 Sept
	<b>New Cadet (LET-1) Induction Ceremony – Oct 3<sup>rd</sup> @ 6:00 p.m. in GRC Auditorium</b>

**CADET OF THE MONTH (Month):** The 1<sup>st</sup> Cadet of the Month Board will be October 25<sup>th</sup>

**Regimental Command & Staff: (not yet announced)**

Regimental Commander:	<b>C/MAJ</b>
Regimental Executive Officer (XO):	<b>C/CPT</b>
Regimental Sergeant Major:	<b>C/SGM</b>
Regimental Administrative Officer (S-1):	<b>C/1LT</b>
Regimental Security Officer (S-2):	<b>C/1LT</b>
Regimental Training & Operations (S-3):	<b>C/CPT</b>
Regimental Logistics Officer (S-4):	<b>C/1LT</b>
Regimental Public Affairs Officer (S-5):	<b>C/1LT</b>
Regimental Communications Officer (S-6):	<b>C/1LT</b>
Bowman Company Commander:	<b>C/1LT</b>
Worthington Company Commander:	<b>C/1LT</b>

**Check us out on Facebook:** [George Rogers Clark \(GRC\) High School Junior ROTC](#)



# GOLF SCRAMBLE

**Southwind**  
Golf Course  
Winchester, KY



**Saturday**  
**September 28**

**8:00 am - Registration    8:30 am - Shot Gun Start**

### Schedule of Events

8:00 am - Registration  
8:30 am - Shot Gun Start  
1:00 pm - Lunch, Awards

### Sponsorships

Exclusive Hole Sponsor - \$150  
Shared Hole Sponsor - \$50  
4-Player Team - \$300  
Individual Player - \$75

Steve Anderson

859.749.1113 · [steveanderson1968@gmail.com](mailto:steveanderson1968@gmail.com)

Robbie Graham

859.644.2471 · [Robbie.graham@clark.kyschools.us](mailto:Robbie.graham@clark.kyschools.us)

### Registration Form

Please check level of participation:

Exclusive Hole Sponsor     Shared Hole Sponsor     4-Player Team     Individual Player

Player's Names:

Name: \_\_\_\_\_

1. \_\_\_\_\_

Phone: \_\_\_\_\_

2. \_\_\_\_\_

Email: \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

# HPV (Human Papillomavirus) Vaccine: What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de Información Sobre Vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Why get vaccinated?

HPV vaccine prevents infection with human papillomavirus (HPV) types that are associated with many cancers, including:

- cervical cancer in females,
- vaginal and vulvar cancers in females,
- anal cancer in females and males,
- throat cancer in females and males, and
- penile cancer in males.

In addition, HPV vaccine prevents infection with HPV types that cause genital warts in both females and males.

In the U.S., about 12,000 women get cervical cancer every year, and about 4,000 women die from it. HPV vaccine can prevent most of these cases of cervical cancer.

*Vaccination is not a substitute for cervical cancer screening. This vaccine does not protect against all HPV types that can cause cervical cancer. Women should still get regular Pap tests.*

HPV infection usually comes from sexual contact, and most people will become infected at some point in their life. About 14 million Americans, including teens, get infected every year. Most infections will go away on their own and not cause serious problems. But thousands of women and men get cancer and other diseases from HPV.

## 2 HPV vaccine

HPV vaccine is approved by FDA and is recommended by CDC for both males and females. It is routinely given at 11 or 12 years of age, but it may be given beginning at age 9 years through age 26 years.

Most adolescents 9 through 14 years of age should get HPV vaccine as a two-dose series with the doses separated by 6-12 months. People who start HPV vaccination at 15 years of age and older should get the vaccine as a three-dose series with the second dose given 1-2 months after the first dose and the third dose given 6 months after the first dose. There are several exceptions to these age recommendations. Your health care provider can give you more information.

## 3 Some people should not get this vaccine

- Anyone who has had a severe (life-threatening) allergic reaction to a dose of HPV vaccine should not get another dose.
- Anyone who has a severe (life threatening) allergy to any component of HPV vaccine should not get the vaccine.

*Tell your doctor if you have any severe allergies that you know of, including a severe allergy to yeast.*

- HPV vaccine is not recommended for pregnant women. If you learn that you were pregnant when you were vaccinated, there is no reason to expect any problems for you or your baby. Any woman who learns she was pregnant when she got HPV vaccine is encouraged to contact the manufacturer's registry for HPV vaccination during pregnancy at 1-800-986-8999. Women who are breastfeeding may be vaccinated.
- If you have a mild illness, such as a cold, you can probably get the vaccine today. If you are moderately or severely ill, you should probably wait until you recover. Your doctor can advise you.

## 4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of side effects. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get HPV vaccine do not have any serious problems with it.

### Mild or moderate problems following HPV vaccine:

- Reactions in the arm where the shot was given:
  - Soreness (about 9 people in 10)
  - Redness or swelling (about 1 person in 3)
- Fever:
  - Mild (100°F) (about 1 person in 10)
  - Moderate (102°F) (about 1 person in 65)
- Other problems:
  - Headache (about 1 person in 3)



## Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/).

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## What if there is a serious reaction?

### What should I look for?

Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a **severe allergic reaction** can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would usually start a few minutes to a few hours after the vaccination.

### What should I do?

If you think it is a **severe allergic reaction** or other emergency that can't wait, call 9-1-1 or get to the nearest hospital. Otherwise, call your doctor.

Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling 1-800-822-7967.

*VAERS does not give medical advice.*

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## The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). There is a time limit to file a claim for compensation.

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## How can I learn more?

- Ask your health care provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call 1-800-232-4636 (1-800-CDC-INFO) or
  - Visit CDC's website at [www.cdc.gov/hpv](http://www.cdc.gov/hpv)

Vaccine Information Statement  
**HPV Vaccine**

12/02/2016

42 U.S.C. § 300aa-26

Office Use Only



# DANGERS

## IN PLAIN SIGHT

*A COMMUNITY EDUCATION SERIES  
FOR K-12 PARENTS/GUARDIANS*

Sept. 19 Community Drug Awareness

Nov. 18 Human Trafficking

Feb. 6 Online Dangers and Bullying

**FREE DINNER 5:15 PM**

**STARTS 6:15 PM**

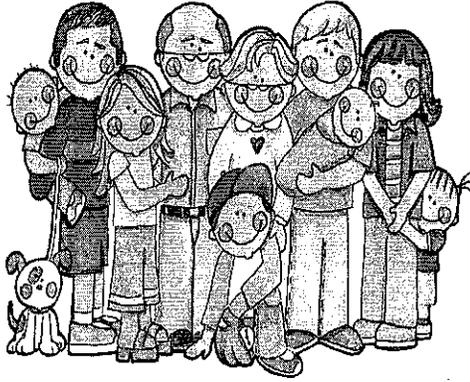
**BCTC Winchester–Clark County Campus  
2020 Rolling Hills Lane**



*For more information, contact:*

*Ramsey Flynn, BCTC, 859.246.6573*

*Melissa Stocker, ASAP, 859.608.1376*



**YOU ARE INVITED**

# **RAPP Meeting**

**(Relatives as Parents Program)**

**For those raising grandchildren, the child of a relative  
and/or a foster child.**

**Meeting location:** Central Office (Board of Education)

**Meeting Time:** 10:30-12:00

1600 West Lexington Avenue Auditorium

**Meeting Dates:**

September 25

January 29

October 23

February 26

November 20

March 25

December 18

April 29

For further questions, contact [Haylee.Smoot@clark.kyschools.us](mailto:Haylee.Smoot@clark.kyschools.us)

(859) 744-4545 or (859) 749-9803

**\*\* Please see District/School websites for changes in schedule\*\***

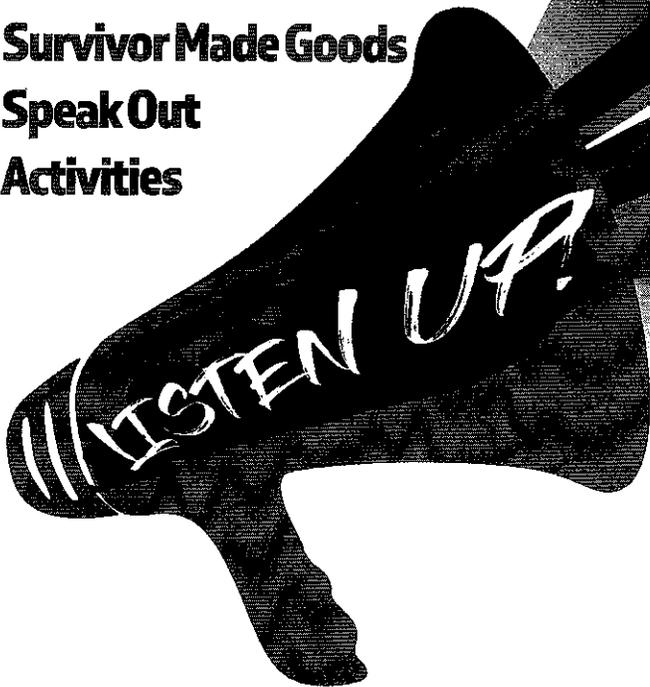
**Music**

**Resource Fair**

**Survivor Made Goods**

**Speak Out**

**Activities**



**2nd Annual**

**Listen Up! Festival**

**Saturday, September 21, 2019**

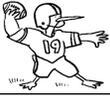
**11:00 am - 2:00 pm**

**Phoenix Park**

**HONORING  
SURVIVOR'S VOICES**

# High School YEARS

Working Together for Lifelong Success



## Short Clips

### Spreadsheet skills

Knowing how to create spreadsheets is an important skill in today's world. Suggest that your teen take a computer elective or attend a library workshop. Then, he can get real-world practice with something that matters to him. He might make a spreadsheet for his budget or to compare features of colleges he wants to attend.

### "I promise"

Let your high schooler know that the best way to build trust is for her to keep her word. For example, she should come home by curfew. Or if she borrows her sister's sweater, she should return it when she promised she would—and in the same condition.

### Show your interest

When you need to pick up your teen from sports practice, band rehearsal, or drama club, try arriving a few minutes early. You'll get a glimpse of what he's doing, he'll get the message that you care, and it'll give you a way to start a pleasant conversation.

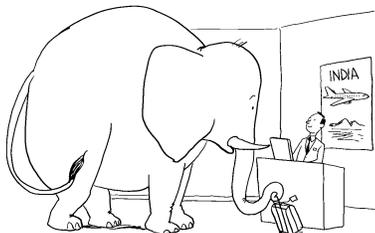
### Worth quoting

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way." *Doris Lessing*

### Just for fun

**Q:** What's the difference between an African elephant and an Indian elephant?

**A:** About 3,000 miles!



## Rested and ready to learn

As your teen adjusts to the new school year, establishing good habits will ease her back into the swing of things. Here are some strategies to help her create routines that work.

### Sleep for success

Teenagers need a lot of sleep—an average of 8 to 10 hours a night. To make sure your teen gets enough sleep, encourage her to keep a regular bedtime. She'll sleep better if she avoids using electronics an hour before bedtime, then silences her phone and places it out of arm's reach (not on her nightstand).

### Fill the tank

Studies show that kids who eat breakfast pay attention and absorb new information better than kids who skip a morning meal. Have your high schooler fuel up each morning—at home or in the school cafeteria—with nutritious, brain-boosting breakfast choices like fruit, yogurt, and whole-grain cereal or toast. Then to refuel for her afternoon



classes, it's important for her to eat a balanced lunch.

### Plan for homework

Your teen should set aside time and find a comfortable, distraction-free space to do homework and study. She might use a desk or table in her room or work in another quiet part of your home. To help her stay organized, try to give her drawers or shelf space nearby where she can store books, supplies, and papers. 👍

## Team up with teachers

You and your teen's teachers make a powerful team. Together, you can help your high schooler achieve his best. Try these ideas:

■ Back-to-school night is a good opportunity to meet your high schooler's teachers. Introduce yourself personally to each one.

Touching base now will help you feel more comfortable contacting them later with questions or concerns. *Tip:* If you can't make it, call or email teachers to introduce yourself and ask how you can support your teen's education.

■ Stay informed about school activities and your child's progress. Read information he brings home, or visit the school website regularly to learn about upcoming events. And find out if you can check your teenager's grades electronically or another way. 👍



# The power of kindness

Being kind not only makes your teen feel good about himself, it encourages others to be kind, too. Share with him these simple ideas for spreading kindness.

**Find daily opportunities.** Look for chances to practice acts of kindness. You might put coins in someone's expired parking meter or give up your place in line to a mom with small children. Or step in when family or friends need help (read to a sibling who's sick, study with a classmate who's struggling).



others will create a habit of kindness. Go through your outgrown clothing and games and box them up to donate. Or fill zipper bags with items for homeless shelters (toothbrushes, toothpaste, soap, shampoo, socks). 👍

## Do community service.

Check with the school counselor, local clubs, or places of worship for ideas. Offer to bag groceries at a food bank or sort toys for a gift drive, for example. *Tip:* Find a friend to join you—it will be more fun to volunteer together.

## Give to a charity.

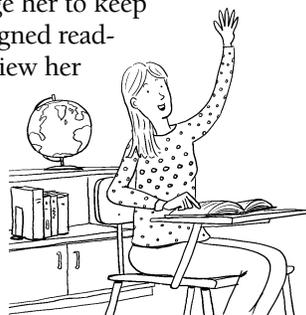


## Q & A Paying attention

**Q** My daughter says she gets distracted in class. How can she stay more focused?

**A** Your high schooler will find it easier to pay attention if she's prepared for class and actively participates.

Encourage her to keep up with assigned readings and review her notes regularly. Being familiar with the material will make it easier for her to follow what the teacher is saying, take notes, and answer questions.



Also, taking part in discussions will keep her on her toes—and boost her participation grade. Suggest that she look for opportunities to respond to what others say and share her ideas.

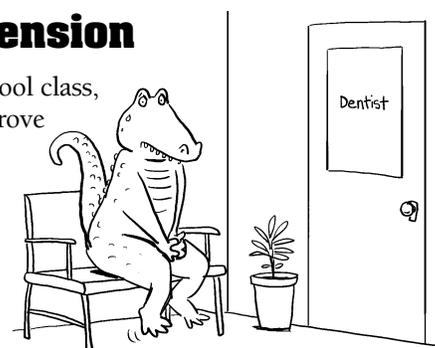
*Tip:* If she finds herself daydreaming or chatting in class, she could ask to sit in the front row or away from friends. 👍

## Boost reading comprehension

Reading is a critical part of every high school class, from English to history. If your teen can improve her understanding of what she reads, she'll reap the benefits across all subjects. Share these tactics with your high schooler.

### Draw conclusions

Not everything a writer wants the reader to know is written on the page. Details often hint at broader ideas. *Example:* "John sat down outside the dentist's office. His face and palms glistened with sweat. He squirmed in the chair, tapping his right foot as he waited." What conclusions can you draw from the text? (John is nervous about going to the dentist.)



### Visualize the scene

Strong readers form pictures in their minds as they read. Imagine what the text is describing. Draw pictures or graphs to illustrate and explain the concepts.

### Find relationships

Look for words that show relationships between ideas. Words like *similarly* and *unlike* and phrases such as "on the other hand" signal that two ideas are being compared or contrasted. 👍

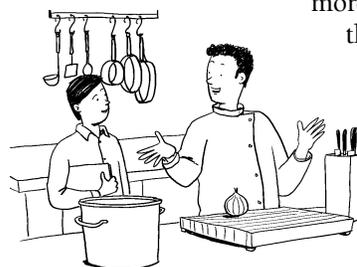
## Parent to Parent Thinking ahead to a career

My 10th grader, James, was surprised when his best friend told him he already knew he wanted to be a doctor. "I have no idea what I want to do," James said.

First I told him that while it's a good idea to begin thinking about a career, he does have time to explore his options. I suggested that he start keeping a list of activities and subjects he enjoys so we could brainstorm jobs related to them.

Since James loves to cook, he included chef and food critic. Together, we jotted down questions about the education required and everyday tasks for these jobs. Then, he called our favorite local restaurant to see if he could find out more. James was excited when the chef said he was willing to meet with him!

My son is putting together questions to ask the chef, and he's satisfied that he's taking small steps toward choosing a career. 👍



## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
www.rfeonline.com  
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# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

September 2019



## FAST TAKES

### Hungry...or bored?

Boredom can lead to mindless snacking. Before your tween reaches for a snack, encourage her to check in with her body. Is her stomach growling? How would she rate her hunger on a scale of 1–10? If she decides she's just bored, she might go for a run or do a craft instead.

### Choose active extracurriculars

Give your teen a way to stay fit *and* get involved in student life by encouraging him to put fitness-related extracurriculars on his schedule this year. He could try out for one sport each season. Or he might join a club that meets all year, such as the Ultimate Frisbee or outdoor adventure club.

### Did You Know?

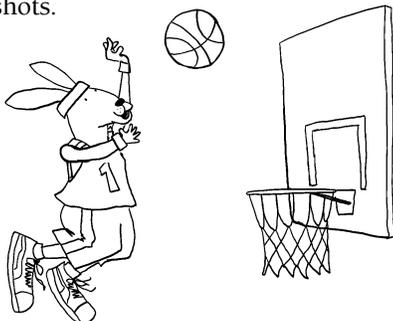
Mushrooms are a good source of three different B vitamins. Plus, their hearty flavor makes them an ideal meat alternative in dishes like stroganoff, lasagna, or sloppy joes. Simply replace half (or all) the meat with finely chopped mushrooms, and cook as usual.



### Just for fun

**Q:** Why did the coach want the kangaroo on the basketball team?

**A:** Because he was good at jump shots.



## Back to school with healthy habits

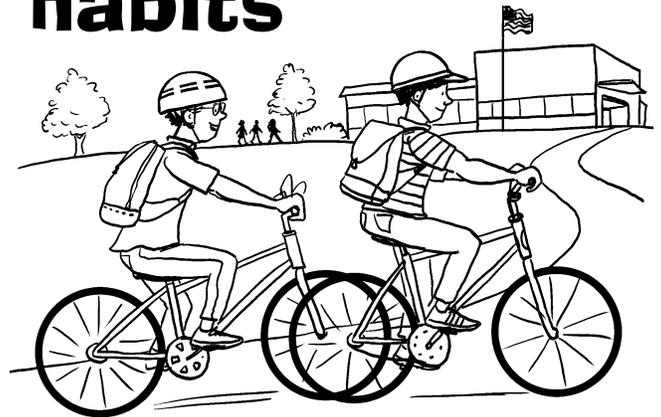
Eating right and getting enough exercise and sleep will make your tween or teen healthier—and help him do better in school. Share these tips for starting the new year with healthy routines.

### Make breakfast ahead of time

A nutritious breakfast will help your teen focus in class. If busy mornings cause him to skip breakfast, suggest that he prep food the night before. He might hard-boil eggs to eat with whole-grain toast. Or he could layer nonfat yogurt and fresh or frozen fruit in a glass, cover his “parfait” with foil, and refrigerate overnight.

### Get outside daily

Kids who spend time outdoors tend to be more fit. Offer to play catch with your tween after work. Or encourage him to start or join pickup games at the local



basketball court. *Idea:* For a surefire way to get outdoors five days a week, your teen could walk or bike to and from school with friends, if possible.

### Sleep for success

With enough sleep (at least 8–10 hours each night), your teenager will have more energy for learning and physical activity. Have him establish a relaxing routine that helps him get to sleep around the same time each night. For instance, he could put away screens an hour before bed and listen to music or read. ♥

## Motivated to move

Is your teen getting at least 60 minutes of exercise each day? Help her find the motivation to get or stay active with these strategies.

● **Buddy up.** Planning physical activity with friends can keep your teenager accountable. Plus, shared workouts are an excellent time to catch up in real life (rather than by text or on social media). She and a friend might make up dance routines or practice soccer drills.

● **Perfect the playlist.** Why watch the clock when she can work out with a musical “timer”? Your teen could make a playlist to match the length of her workout. Suggest that she put slower songs at the beginning and end for warming up and cooling down, then pack the middle with upbeat songs to get her heart pumping! ♥



# Better than takeout

Pizza and burgers and fries, oh my! Try these ideas for helping your teen make nutritious and creative versions of popular carryout dishes at home—she'll save money *and* calories.

● **Pizza.** Keep whole-grain naan or pita bread in the house so your teenager can whip up a healthy pizza any time. She could try different sauces, cheeses, and toppings—then name her creations. Maybe she'll make “BBQ Pit Pizza” with



low-sodium barbecue sauce, leftover chicken, shredded cabbage, and low-fat cheddar.

● **Burgers.** Your tween will look forward to burger night at home when she invents her own “secret” burger sauce. Let her experiment with condiments (low-fat mayonnaise, spicy mustard, hot sauce) to find a combination she likes. Then, serve lean turkey burgers on whole-wheat buns with lettuce, tomato, and her secret sauce.

● **Fries.** Help your teen make her own delicious *and* nutritious fries in the oven. She should cut peeled baking potatoes into strips, toss with olive oil and her favorite seasoning (Old Bay, rosemary), and bake at 450° for 35 minutes, or until golden and crispy. ●

## PARENT TO PARENT

### Excited about school lunch

My daughter Tara started a new school this year, and she wanted to pack lunch to make sure she'd have food she liked. I'd rather she get lunch at school, since it will be healthier—and certainly more convenient.

I suggested that we look at the cafeteria menu to check out the choices. Tara found lots of options that sounded good to her like chicken



wraps and vegetable lo mein. The menu also included unfamiliar but interesting foods, such as broccoli and cheese nuggets and bean empanadas. Best of all in her eyes, there was a salad bar.

Tara is realizing that cafeteria meals give her a bigger variety of healthy options than packing—and getting lunch in school sure makes mornings easier. ●



## ACTIVITY CORNER

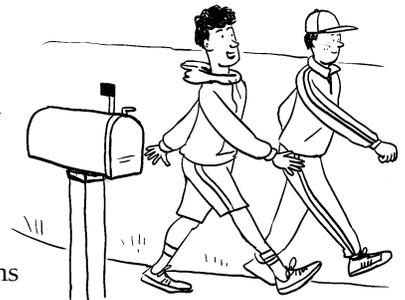
### Step it up

Everyday activities like enjoying a good book and checking the mail are great opportunities for your teen to get in more steps. Share these suggestions.

● **Listen and learn.** Your teenager can walk around a track or on a safe trail while he listens to an audiobook or an interesting podcast.

● **Take study breaks.** Between subjects or chapters, your teen could walk up and down the stairs of your home or apartment building.

● **Head to the mailbox.** Put your teenager in charge of checking the mail, and suggest that he take a loop around the block while he's at it. Also, instead of emailing friends or relatives, he could write actual letters—then take another trip to the mailbox to send them. ●



## In the Kitchen

### Lettuce-less salads

Inspire your teen to explore vegetables other than lettuce as the star of his next salad.

#### Corn, avocado, and tomato

**Dressing:** 2 tbsp. olive oil,  $\frac{1}{4}$  cup lime juice, salt, pepper

**Salad:** 1 cup corn (fresh or frozen), 1 pint cherry tomatoes (halved), 1 small diced avocado, 2 tbsp. crumbled feta cheese

#### Brussels sprouts and apple

**Dressing:**  $\frac{1}{4}$  cup olive oil,  $\frac{1}{4}$  cup fresh lemon juice, 1 tbsp. honey, salt, pepper

**Salad:** 1 lb. thinly sliced

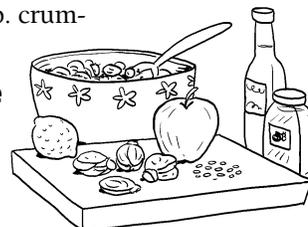
brussels sprouts, 1 thinly sliced Fuji apple,  $\frac{1}{2}$  cup sunflower seeds

#### Roasted carrot and parsnip

**Dressing:** 1 tbsp. olive oil,  $\frac{1}{2}$  tbsp. apple cider vinegar

**Salad:** 4 roasted carrots, 4 roasted parsnips, 4 cups raw spinach, and  $\frac{1}{4}$  cup chopped walnuts. (To roast, peel and

cut carrots and parsnips into 1-inch pieces. Toss with 2 tbsp. olive oil and a pinch of salt and pepper, and bake 35 minutes at 425°.) ●



## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-394-5052 • rfeustomer@wolterskluwer.com  
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Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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