



Dr. Caughman Taylor, Senior Medical Director at Palmetto Health Children's Hospital, believes children need a good dose of active play and healthy foods. To encourage exercise and good eating habits, Dr. Taylor offers the following suggestions:



- "When your child arrives home from school, encourage fun physical activity-such as shooting basketball, bicycle riding or dancing-for the first hour or two, rather than doing homework.
- Don't make unhealthy snacks, such as chips and soda available, instead, have healthy alternatives such as favorite fruits, vegetables, nuts, low-fat cheese and salsa with low-fat corn chips available at home and for school lunches.
- Provide small containers of bottled water and low-fat milk to help your child avoid the beverage machines.
- Schedule time right after dinner for homework and then for household chores. This limits the amount of television viewing.
- Encourage children to eat a healthy breakfast, for academic reasons as well as for the nutritional benefits."

SOCIAL STUDIES

Listed below are some activities you can do, as a family, to relate the study of Social Studies to real life experiences:

- ✚ Every trip in the car can be a lesson in directions and reading maps;
- ✚ As you are driving through the community, discuss how the land is being used for commercial, residential or agricultural purposes;
- ✚ Read the newspaper together or watch the news to see how government is working in their lives; and
- ✚ Discuss how people get paid for their work and use that money to pay bills and buy food and clothing.



Did You Know children learn best when they enjoy what they are learning? They become engaged with the learning and are able to transfer the information to long-term memory. They make memories that stay with them forever.

Remember to Exercise Your Right to Vote

If you are not registered to vote, you may:

- ❖ Register online through the SC State Election Commission's online portal.
- ❖ Register in person at your local board of registration or DMV office.

Testing Tips for Students

- Read and pay careful attention to all directions.
- Read each passage and accompanying questions.
- Read every possible answer-the best one could be last.
- Read and respond to items one at a time rather than thinking about the whole test.
- After completing the test, use any remaining time to check your answers.
- Keep a good attitude. Think positively!!!!

