

PARENTING TV PROGRAMS

'HONEY, WE'RE KILLING THE KIDS!' is the name of a TV show on TLC (channel 3) that offers a startling look at the causes of childhood obesity. It shows parents the consequence of allowing their children to develop poor eating habits.

Nutrition expert Dr. Lisa Hark shows how every day choices can have long-term impacts on children. Using state-of-the-art computer imaging, she gives the parents a frightening look at the future faces of their children. Then she works with the parents to reverse course and give their kids a healthy diet and active lifestyle.

Dr. Hark's rules are straightforward and simple; rules like **'Sack the sugar'** and **'Family eats together'** or **'Set a routine bedtime'** and **'Limit television hours'** are introduced each week.

Are the children trying new healthy foods? Can mom quit smoking? Will dad agree to become more involved in family life?



The show airs on Mondays at 9 PM.

Visit their website: www.tlc.discovery.com for different types of information. It has a **Family Activity Guide** for families with children in all age groups. The website offers a **Kid's Quiz** and **On-line Resources** with lots of links. You can subscribe to their **news letter** and participate in **forum discussions**.

The website of PBS offers Parent Guides: surf to www.pbs.org/parents/. This site offers information on subjects such as:

- Child development;
- Children and Media;
- Talking with Kids and
- Birthday Parties.

Please, share the information with a friend.



**TO ALL PARENTS OF STUDENTS IN THE
LAURA LINZEY DAYCARE CENTER &
SACRED HEART PRIMARY SCHOOL**

FOUNDATION BASED EDUCATION

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*Prime Minister Emily de Jongh-Elhage
is presented with a bouquet of flowers by Carolina Hassell and Esther
Henry, at her short visit to the Sacred Heart School (April 25).*

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APRIL 2006

YOUTH POLICY

By Jet van Heijnsbergen

Our Commissioner of Education Ms. Lisa Hassell has organized a series of workshops and meetings leading up to a Youth Policy Plan.

Professional guidance was given by Mr. Pyt Lucas; the meetings were funded by the NGO Platform Saba.

All involved were invited to join:

- The youth self;
- Labor Department;
- Child Focus;
- Court of Guardianship;
- Education Department;
- Faith based organizations;
- Schools: boards and management;
- Federation Antillean Youth care;
- Saba Conservation Foundation, etc.

An inventory was made of all problems experienced, or even caused by youngsters. It was decided to describe the policy according to the following chapters:

1. Education

2. Labor

3. Health

- addiction
 - physical & mental well-being
 - social & physical surrounding
- ### 4. Community
- crime
 - recreation

It is suggested that a committee consisting of 5 members (+ 2 young observers) will monitor, control and evaluate the implementation of the plan. In due time, a Youth Officer will be appointed, who takes a coordinating role. The plan is now being reviewed by all, prior to presentation to the Island and Executive Councils.



Commissioner Hassell and Mr. Lucas



Board member Hilda Levenstone, Tr. Diane, and Anita van der Heijden, project leader Child Focus

SISTER MAGDA VISIT

By Sharron Johnson

On Monday April 24th, a group of teachers from **Sister Magda Primary School** in St. Maarten paid a two-day working visit to Sacred Heart School.

The group consisted of six teachers of Cycle One being escorted by their principal, **Mr. Han Schrijvers**. They came to visit us after receiving reports of successes within our school in connection to the implementation of FBE. They were excited to see for themselves how things are truly progressing in Cycle One.

During an afternoon session on Monday, the regular Cycle One meeting time, we were able to exchange ideas between the two schools. This discussion was beneficial to both parties to support and encourage the FBE-system. Both schools asked questions about classroom sizes, materials, environment, number of pupils, planning and naturally implementing FBE strategies.

Sacred Heart was able to show samples of procedures used in the classrooms, ways of reporting to parents, portfolios, student tracking system and planning ideas, to name a few.

After visiting in the classrooms on Tuesday, **Sister Magda** teachers commented on the exciting classroom environments and the interaction between the students and teacher. They were also impressed by the support staff (subject teachers and teacher aides) that are available and our gym facilities.

The management team also exchanged ideas to aide new developments to improve the reporting to parents.

The teachers of **Sacred Heart** hope to respond to an invitation to visit **Sister Magda** in the near future. This close relationship with a school similar to ours is beneficial to encourage and motivate each other as colleagues.

Walkathon

By Teacher Anna

On Friday the 24th of March the children in Cycle One took part in a **Walkathon** as part of their **Healthy Living** theme.

The children walked from the School to The Bottom with great enthusiasm and excitement. In school the children have been learning about the importance of a balanced diet and regular exercise. As Teachers we felt it was important to continue this message once the theme is complete. To make exercise fun we thought the children would enjoy playing with a variety of games such as skipping ropes, soft balls and target games during their playtime.



Therefore during the week leading up to the **Walkathon**, the children had collected sponsors for the event. The money raised will be donated for new play-ground equipment.

We are pleased to announce the **Grand Total** raised for the event was amazing.

The teachers and all the children were delighted with the response from the community, and on behalf of the school we would like to say a huge **Thank You** to all those who sponsored the children, the support was outstanding.



Thank you also to the many parents and volunteers from the Lipscomb group who came along with us, encouraging the children as they went. We all had a great time and the money raised will help keep our children happy and healthy.