

# Riverpark

ON THE BRAZOS

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August 2011

Official Newsletter of the Riverpark on the Brazos HOA

Volume 1, Issue 1

## Will My Child Be Ready for Elementary School?

*Submitted by: Brandi Muse*



More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The

quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

“Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor, social-emotional, creative and academic skills,” said Brandi Muse, of Primrose School at Summerwood. “It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed.”

- **ACADEMICS:** Let’s go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **TECHNOLOGY:** In today’s technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.
- **PHYSICAL DEVELOPMENT:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **MUSIC AND ART:** Young children naturally engage in “art,” or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **SOCIAL - EMOTIONAL DEVELOPMENT:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.

# RIVERPARK ON THE BRAZOS

## NEWSLETTER INFO

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## ARTICLE SUBMISSIONS

Interested in submitting an article? You can do so by emailing [riverparkonbrazos@peelinc.com](mailto:riverparkonbrazos@peelinc.com). All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for the Riverpark on the Brazos newsletter. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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## DON'T WANT TO WAIT FOR THE MAIL?

View the current issue of the Riverpark on the Brazos newsletter on the 1st day of each month at [www.PEELinc.com](http://www.PEELinc.com).

## SEND US YOUR

### *Event Pictures!!*

Do you have a picture of an event that you would like to run in the Riverpark on the Brazos newsletter? Send it to us and we will publish it in the next issue. Email the picture to [riverparkonbrazos@peelinc.com](mailto:riverparkonbrazos@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



## ADOPTION COALITION



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Keyon'te is 15 years old and will absolutely melt your heart with his sweet smile! He has a friendly and engaging personality. He loves playing soccer and also enjoys riding bikes, going fishing, skateboarding and playing video games. Keyon'te enjoys listening to Christian music. He is a smart young man and makes all A's in school. Keyon'te responds well to structure and needs a family that can give him a lot of attention.

## SHOW OFF YOUR SUPERHERO

Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc. Send in your pictures to be featured in the Riverpark on the Brazos newsletter.

E-mail your pictures to [riverparkonbrazos@peelinc.com](mailto:riverparkonbrazos@peelinc.com) by the 8th of the month.

## Going 100 Percent Organic Not Feasible?

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated “Dirty Dozen” list of the 12 fruits and vegetables containing the most pesticides. Topping this year’s list? Apples. This begs the question, “Can eating an apple a day really keep the doctor away?”

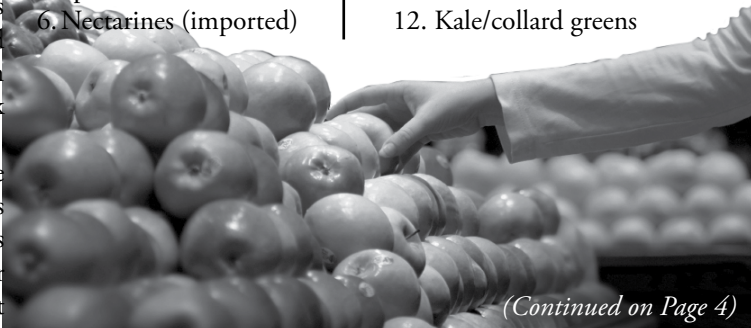
The answer may lie in where you get your apples. Although the EWG’s ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG’s list

offers a good starting point for consumers.

According to the EWG’s 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the “Dirty Dozen”) consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- |                          |                            |
|--------------------------|----------------------------|
| 1. Apples                | 7. Grapes (imported)       |
| 2. Celery                | 8. Sweet bell peppers      |
| 3. Strawberries          | 9. Potatoes                |
| 4. Peaches               | 10. Blueberries (domestic) |
| 5. Spinach               | 11. Lettuce                |
| 6. Nectarines (imported) | 12. Kale/collard greens    |



(Continued on Page 4)



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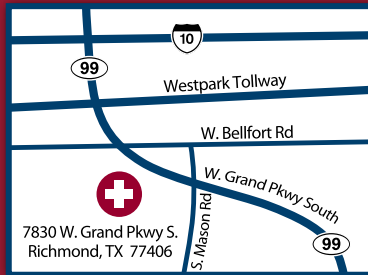
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# RIVERPARK ON THE BRAZOS

*Recipe of the Month*

## GRANNY'S COLE SLAW

*Ingredients*

- ½ cup mayonnaise
- ¼ cup sugar
- 1 tsp. salt
- ½ tsp. celery seed
- 2 T. vinegar
- ½ head cabbage, shredded

Mix mayonnaise, sugar, salt, vinegar, & celery seed. (May want to adjust to taste.) Shred cabbage. Mix with dressing. Is better make several hours ahead.

*Enjoy!*

### Going 100 Percent Organic... - (Continued from Page 3)

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

- |   |  |  |
|---|--|--|
| <ol style="list-style-type: none"> <li>1. Onions</li> <li>2. Sweet Corn</li> <li>3. Pineapples</li> <li>4. Avocado</li> <li>5. Asparagus</li> </ol> | <ol style="list-style-type: none"> <li>6. Sweet peas</li> <li>7. Mangoes</li> <li>8. Eggplant</li> <li>9. Cantaloupe (domestic)</li> <li>10. Kiwi</li> </ol> | <ol style="list-style-type: none"> <li>11. Cabbage</li> <li>12. Watermelon</li> <li>13. Sweet potatoes</li> <li>14. Grapefruit</li> <li>15. Mushrooms</li> </ol> |
|---|--|--|

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

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### KEEP TODDLERS CLOSE ENOUGH TO TOUCH IN POOLS

Parents can help prevent potential accidents at the pool this summer by staying alert and attentive, said a pediatric emergency medicine physician at Baylor College of Medicine. "A high percentage of summer drownings and accidents occur in community and residential swimming pools," said Dr. Rohit Sheno, assistant professor of pediatrics - emergency medicine at BCM and Texas Children's Hospital. "By far, the most common cause of drowning is lack of supervision." Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Sheno said. A good rule of thumb, he said, is to implement "touch supervision," which means keeping within arms-length of your toddler at all times.

### OTHER SAFETY TIPS INCLUDE:

- Don't rely on floating devices because children can easily slip out of them
- Make sure the pool has two unblockable drains to prevent the child or a body part from getting stuck in the drain
- Fence in your pool

### ACTIVE SUMMERS CAN LEAD TO HEALTHY LIFESTYLES

A balance of indoor and outdoor activities can help children maintain a healthy weight during the summer months. "Some research has shown that kids gain the most weight during summer vacation, so it's important that parents take an active role in providing opportunities for their children to be physically active," said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. Children should

have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate.

Outdoors activities can include swimming, biking and other outdoor play but remember to follow safety precautions, such as using sunscreen, drinking plenty of water and wearing proper safety gear. Television, computer and other media usage should be kept to no more than two hours a day for children ages 2 and up. Instead, parents can read to younger children, encourage them to use their imagination by playing around the house, or engage them in arts and crafts activities.

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals together or taking evening

*(Continued on Page 6)*

**DREAMING OF BETTER THINGS?**  
*(Continued on Page X)*

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## Health Briefs - (Continued from Page 5)

walks together. Getting children involved in chores is another way to keep them active, said Mendoza.

### EXERCISE-INDUCED ASTHMA IS MANAGEABLE CONDITION

Gasping for breath during a workout may be more than just a sign that you're out of shape. It could also indicate a condition called exercise-induced asthma, according to an expert at Baylor College of Medicine. It occurs when someone has shortness of breath, gets winded easily, has wheezing and sometimes even a cough shortly after exercise begins, explained Dr. John Rogers, professor of family and community medicine at BCM.

The condition is manageable and people are still able to perform at a very high level athletically with proper treatment, he said. Treatment usually includes using an inhaler 20 to 30 minutes before exercise. The inhaler helps relax the smooth muscle and can last for up to four hours. There is not one exercise routine that is better for the

condition than another. Rogers recommends those with the condition do other things to manage it such as staying away from cigarette smoke, staying indoors when pollen or other allergen counts are high if you have allergies and avoiding exercise when you have cold symptoms. Getting the flu shot each year is also recommended to help maintain healthy lung function.

### FOOD POISONING MAJOR CONCERN DURING SUMMER

If this summer weather has you feeling wilted, imagine what it does to your food. An expert at Baylor College of Medicine advises taking extra precautions with food during the summer heat.

Roberta Anding a registered dietitian at BCM, advises following the "golden hour" rule for foods such as meat, mayonnaise, eggs and cheese. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out. This rule also applied to baby formula.

"Don't assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don't run the risk of a food-borne illness," said Anding. In addition, be sure to wash all fruits and vegetables before cutting or eating. Use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

### OTHER FOOD SAFETY TIPS INCLUDE:

- Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature.
- When reheating food, make sure it's not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.
- Be cautious when going organic - make sure milk products are pasteurized to avoid food borne illnesses and bacteria.



## COLIN'S HOPE

Increasing water safety awareness and standards

### FACTS YOU NEED TO KNOW ABOUT DROWNING

## DROWNING ALERT!!!



**TEXAS has more drownings than any other state so far this year and we still have a long HOT summer ahead of us. Please be safe in and around the water.**

Source: U.S. Consumer Product Safety Commission's Pool Safety Campaign [www.poolsafely.gov](http://www.poolsafely.gov)

For more information, check out our website at [www.colinshope.org](http://www.colinshope.org)

### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM



NO ONE is "drown proof" - no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

### DROWNING IS QUICK AND SILENT



Drowning can occur in less than 2 minutes.



Irreversible brain damage can occur in 4 minutes or less.



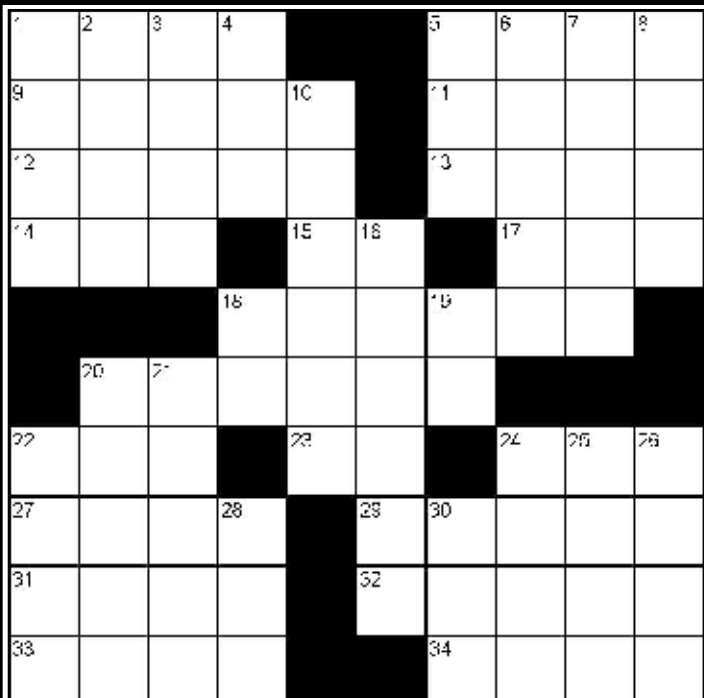
Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown may not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

## CROSSWORD PUZZLE



### ACROSS

1. Tack
5. Giant
9. Philippine dish with marinated chicken or pork
11. Journalist's question
12. Tiny insects
13. Cut of beef
14. School group
15. South
17. United States
18. Bottle need
20. Upset
22. Cow's chow
23. Year (abbr.)
24. Computer makers
27. Brews
29. Sleep disorder
31. Parent teacher groups
32. Strong rope fiber
33. Bend
34. Decorative needle case

*View answers online*

### DOWN

1. Incline
2. Change
3. Small particle
4. Compass point
5. Night bird
6. Body snatcher
7. Cultivate
8. Volcano
10. Change into bone
16. Musical productions
18. Canadian prov.
19. Palladium (abbr.)
20. Many
21. Perfect
22. Captain (abbr.)
24. Institution (abbr.)
25. Swain
26. African country
28. Fast plane
30. Pastry

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