

The Clippings

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The Value of Sleep for Children and Teens

Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than 2

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.



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The Clippings



FOUR-LINED PLANT BUGS



Four-lined plant bugs are brightly colored. Nymphs (immatures) are red while older nymphs start to have wing pads with yellow and black stripes. Adults have fully developed wings that are yellow and black striped. Adults look similar to, and may be mistaken for, striped cucumber beetles.

These insects have piercing-sucking mouthparts which they use to suck out plant juices. The plant bugs suck out chlorophyll and leave a "window" between the upper and lower epidermis of the leaf. Damage appears as white, dark or translucent spots of foliage and is sometimes mistaken for fungal damage. Feeding may also cause curling and browning. Fortunately, damage is mostly cosmetic, but if you are trying to eat the foliage of the damaged plant it may become a problem.

The insects feed on a wide variety of hosts, including fruits and vegetables, annuals and perennials and woody plants. When disturbed, the insects are fairly good at hiding. They either crawl to the underside of the leaves or drop to the ground to hide among foliage.

If you feel the need to manage these insects, try insecticidal soap. If that doesn't work, you can try azadirachtin (neem- concentrate, not oil; it's getting too hot to use oil formulations) or pyrethrins. If that doesn't work then try a residual contact product.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com.

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THE BENEFITS OF HOSTING SPAN BORDERS

Traveling the world and experiencing new cultures is something many dream of but few are able to do. Hosting an Ayusa exchange student provides the opportunity to experience the world while bringing other benefits to their family and local community.

For schools, opening their doors to an exchange student provides their students the opportunity to experience new cultures and expand their understanding of the global society. Not only will students be able to expand their circle of friends, they will be able to reference different perspectives of world events. The new perspectives that both local and exchange students gain through the exchange experience are invaluable for the ever-expanding global community.

Ayusa exchange students are eager to learn and participate in school and community programs. They take their role as ambassadors for their country seriously. Ayusa students are not simply bystanders to their program year; they are active participants looking to make a difference in their host school and community.

Ayusa exchange students are strong academic performers, well-rounded, and open-minded. Prospective students go through an extensive interview process in their home countries and are evaluated for maturity, strength of goals, leadership skills, and academic

background. Ayusa honors all school enrollment standards, academic requirements and student placement criteria specified in school or district policies.

Host families also reap the benefits of opening their home by sharing their America. When they share with their exchange student, they are also able to see America with fresh eyes through the student. Families often learn new things about the U.S. and have different perspectives after hosting. The experiences and memories that are shared during the program last a lifetime and span international borders.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

About Ayusa

Ayusa is a non-profit educational organization that promotes global learning and leadership through foreign exchange and leadership program programs for high school students from around the world. Ayusa offers unique, richly personal cross-cultural experiences for students, volunteer host families, schools, and local communities.



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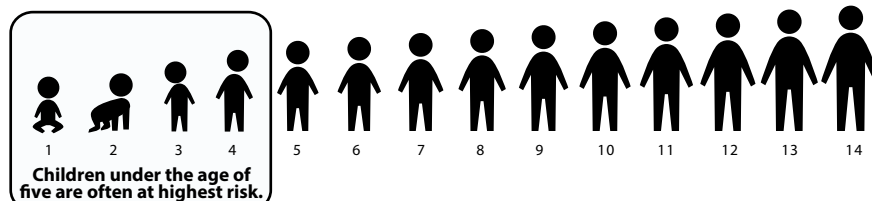
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DROWNING IS THE NUMBER ONE CAUSE OF ACCIDENTAL DEATH FOR CHILDREN UNDER FIVE, AND A LEADING CAUSE FOR CHILDREN AGES 1 - 14.



13 Texas children have already lost their lives to drowning in 2015

DROWNING IS PREVENTABLE



Ready...Set...Learn! What to expect from high-quality early childhood education



Families across the nation are realizing the lifelong benefits of a high-quality early childhood education for their children. They know that a preschool experience is more than just learning numbers and letters; it provides the foundation their children will build upon for the rest of their lives.

Primrose Schools ensures that children are ready for elementary school and beyond. With the Primrose proprietary, accredited Balanced Learning® system, teachers have the tools they need to help each child thrive and grow through learning, play, art, music and character development – all in a safe, nurturing environment. These high-quality early childhood education and child care services are available in Kingwood at the Primrose School of Lake Houston and in Humble at the Primrose School of Eagle Springs.

Primrose School of Eagle Springs

17979 Eagle Springs Parkway
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281.852.8000
PrimroseEagleSprings.com

Primrose School of Lake Houston

20027 W. Lake Houston Pkwy
Kingwood, TX 77346
281.812.6361
PrimroseLakeHouston.com



When you enroll your child at Primrose, here is what you can expect.

Results: Primrose Schools give the National Bracken Assessment to Pre-Kindergarten and Kindergarten students to assess their concept knowledge and receptive language skills. This helps parents and teachers see how prepared students are for the next steps in their educational journeys. Over the last four years, Primrose students have typically performed at twice the level of their peers on the Bracken Assessments of readiness concepts and have shown 1.3 times more yearly growth in concept mastery by the end of the school year.

Survey results from the last three years show that more than 90 percent of parents whose children attended elementary school after Primrose rated their children as ready for school in their ability to relate to peers, enthusiasm for learning, positive classroom behavior, concern and caring for others, and ease of transition.

Safety: While children are busy learning, playing, singing, painting and growing, parents can trust in Primrose's ongoing commitment to providing a safe environment. From controlled building access and playground safety to cleanliness, food handling and other practices, Primrose has high standards for safety and security measures. Every staff member is required to be certified in CPR and first aid and trained on the Primrose Safe School Plan, a proprietary program that includes universal precautions and appropriate responses to different emergency situations.

Physical Activity: Children engage in purposeful play and skill building through a unique Thumbs UP!® Physical Activity and Outdoor Play Program. The Thumbs UP! curriculum was developed in consultation with Dr. Steve Sanders, Director of the School of Physical Education and Exercise Science University of South Florida, who believes, "Children do not always learn physical skills on their own. They need adults to help them with challenging activities and practice."

Creative Arts and Music: Research has shown that the first few years of life are crucial to developing musical aptitude. Early exposure to the arts has a huge influence on life-long potential for enjoying music and learning to play an instrument. Primrose Schools, in partnership with one of the largest premier international music education companies in the United States, provides daily music instruction through Rhythm and Notes® with music from The Music Class®! Not only are we committed to providing a fun and educational music curriculum, but also to enabling parents and teachers to engage musically with their children throughout the week, both at school and at home.

Your child will be happier with Primrose's balanced approach to learning and will also be more confident and well-prepared for his next steps in life. To learn more about the many lifelong benefits to enrolling your child at Primrose, please visit www.PrimroseSchools.com/Houston.

The Leader in Educational Child Care®

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SUMMERTIME IN HOUSTON

Houston summers bring plenty of sunshine, bathing suits, trip's to the beach, vacations, and for many, MOVING trucks. That's right! A significant portion of all families that will be moving into and out of the Houston market in 2015 will do so over the summer months.

It's always bitter sweet for me. I love this time of year when I am able to help so many families move into and out of Northeast Houston. It's bitter in that many of my clients that have become wonderful friends over the years will be saying goodbye. For those that I've been blessed to work with before I look forward to helping you again. For those of you that I don't know, I look forward to ensuring that you receive the Tracy Montgomery Experience.

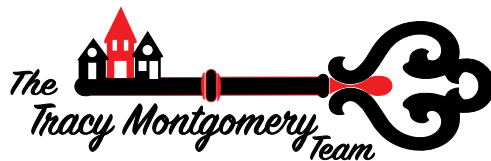
I've been blessed over the years to be recognized with many awards. Those awards however don't always tell the story. Behind every home sale are countless memories, opportunities we've had to help customers successfully move. We treat every customer just as we did our first; plenty of energy, a desire to help, clear communication, and a customer first philosophy. Our experience and service help to ensure that every customer receives the greatest possible value for their home.

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