

## WELCOME BACK SCHOLARS!!

### Time to UnPlug

A recent study published in the Journal of American Medicine suggests that there may be a link between high digital media use such as television viewing and video game playing and decreased attention which may impact learning. In addition, social media use among teens and adolescents may lead to lower self-esteem, increased depression, risk-taking behavior, and cyberbullying. The American Academy of Pediatrics recommends the following:



- For children 2- 5 years of age, limit screen use to one hour a day.
- For children greater than 6 years of age and teenagers, limit screen use to two hours a day.
- Designate media-free times together at home
- Make certain locations at home media-free, especially the bedroom.
- Encourage your child to play and get at one hour of physical activity per day.
- To promote good sleep, avoid exposure to computers and TV at least one hour prior to bedtime.
- No sleeping with smartphones or I pads.
- No entertainment media use while doing homework.

### The Dangers of Secondhand Smoke



Did you know that secondhand smoke has a higher concentration of harmful chemicals than firsthand (inhaled) smoke? That's because secondhand smoke is made up of exhaled, filtered smoke and unfiltered side-stream smoke produced by the burning end of a cigarette. In fact, one study discovered that air pollution from secondhand smoke is 10 times greater than diesel car exhaust! Early exposure to secondhand smoke is particularly dangerous to young children. It can lead to:

- An increase in upper and lower respiratory illnesses including the flu.
- Asthma flare-ups, and
- A decline in intellectual and physical functioning.

### CORE VALUES

*We believe in Soaring to Success by building strong Character, Academics, Relationships, and Entrepreneurs for a life of leadership!*

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Unborn children exposed to secondhand smoke or maternal smoking may have lower birth weights, and be at risk for Sudden Infant Death Syndrome (SIDS). It's important to limit a child's exposure to secondhand smoke. Smoking outside the home will help minimize your your child's contact with these toxic chemicals.

## Heart Healthy Recipes for our Entrepreneurs



### SOUTH AFRICAN BOBOTIE

**Ingredients:** Lean Ground Beef (or one bag of cooked lentils if you want to make this a vegetarian dish), 2 tbsp vegetable oil, one large onion, chopped, ½ tsp crushed garlic, 1 tbsp curry powder, 1 tsp ground turmeric, ¼ cup milk, 1 large tomato, diced, finely grated rind and juice of ½ small lemon, 1 egg, 1 tsp black pepper, ½ cup dried chopped apricots, ¼ cup golden raisins, ⅛ cup slivered almonds (optional), 6 whole bay leaves. Yellow rice (prepare per directions on package).

**Topping:** One cup milk, 2 eggs, ½ tsp salt

#### Directions:

Preheat Oven to 325. Lightly grease a large casserole or baking pan. Brown ground beef (or prepare lentils per directions on package), and set meat aside. Heat oil in saucepan and fry onion, and garlic, add chopped tomato. Stir in curry powder and turmeric. Add cooked meat (or lentils), milk, lemon rind and juice, egg, salt, pepper, apricots. Apple, golden raisins and almonds. Place into casserole or baking pan. Bury the bay leaves in the casserole at regular intervals. Cover with foil and bake for 1 ¼ hours. Increase oven temp to 400/ Mix topping ingredients (you may need extra topping if you are using a very large casserole), pour over the casserole and bake uncovered for a further 15 minutes. Serve over yellow rice.

## UPCOMING EVENTS: SATURDAY, SEPTEMBER 22ND, 11AM-2PM: ANNUAL WELLNESS FAIR, OPEN HOUSE AND OLWEUS ANTI-BULLYING WALK

**FREE FLU SHOTS WILL BE AVAILABLE TO STUDENTS AND FAMILIES. JUST BRING YOUR INSURANCE CARD. COME WIN A RAFFLE BASKET and HAVE SOME FUN!!**



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