



Back to School!



photo courtesy U.S. Department of Education

Are you heading back to school in the next couple of weeks? It's exciting to think about new teachers, new friends and new school supplies. But for some kids, it's also an anxious time.

The Mini Page checked in with an assistant principal in Olathe, Kansas, to find out how to get the year off to a good start.

The first day

Most kids are nervous on the first day of school. It helps to remember that you're not alone — it's the first day for the other kids, too.

You can make the day easier for yourself and others by:

- smiling and being positive;
- asking new kids questions about themselves and showing them around;
- having friendly body language. Look others in the eye and show interest in what they say.



photo courtesy U.S. Department of Education

Ready to learn

A good student comes to school ready to learn. But what does that mean?

Good students:

- are able to listen and concentrate;
 - can communicate well with the teacher and other students;
 - can work well in small groups.
- You can help yourself be ready to learn by:
- getting plenty of sleep;
 - eating a nutritious breakfast that includes protein (eggs, meat, cheese, milk or yogurt).

Why go to school?

Sometimes the end of a fun summer makes us think, "Why do we go to school?"

There are many good reasons why school is important. Can you add to our list?

- To **communicate**: We learn to speak, read, write, understand and be understood.
- To **appreciate ourselves**: We get a positive feeling of self-worth when we do well.
- To **appreciate others**: We study all kinds of people and cultures.
- To **learn about citizenship**: We will be informed, responsible community members.
- To **think**: We study information so we can understand it.



photo courtesy USAG Humphreys

These kids are starting school at the U.S. Army Garrison Humphreys in South Korea. Their parents serve in the U.S. military.

First day tips

Your family may start getting ready for school days or weeks in advance. You might buy or gather school supplies and check to see which clothes you've outgrown.

- The day or night before school starts, assemble your supplies. Organize your backpack and make sure it's not too heavy to carry. (Remember, always carry it strapped to both shoulders so you don't hurt your back.)

- Lay out clothes to put on in the morning. You might want to choose a favorite outfit or accessory for the first day.

- Develop a schedule with your family for using the bathroom and having breakfast. If you work out a system in advance, there will be fewer fights about time spent getting ready.

- Be on time. Set your alarm clock to wake you with plenty of time for breakfast and getting ready. Give yourself enough time to walk or ride to school.

- Be energetic about learning. When the teacher calls on you, ask questions and make helpful comments.

- Give new classmates and teachers a chance. Sometimes it's hard to get used to changes, but most of the time things turn out well. Make a new friend!



photo by LILCountryBelle



Resources



On the Web:

- bit.ly/MPback

At the library:

- "The Secret Life of Squirrels: Back to School" by Nancy Rose

Try 'n' Find

Words that remind us of back-to-school are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



APPRECIATE, BACKPACK, BREAKFAST, CLASSMATE, COMMUNICATE, CONCENTRATE, ENERGETIC, FRIENDS, LEARN, LISTEN, ORGANIZE, SCHEDULE, SCHOOL, STUDENT, SUPPLIES, TEACHER, THINK.

L B X C O M M U N I C A T E V
N X A P P R E C I A T E K N M
S U P P L I E S L E A R N E R
T O R G A N I Z E I X X I R E
U L E T A M S S A L C K H G H
D I S D N E I R F G O Y T E C
E S A K C A P K C A B O I T A
N T W E L U D E H C S P H I E
T E M E T A R T N E C N O C T
W N B R E A K F A S T S R O S

Cook's Corner

Devilish Eggs

You'll need:

- 6 hard-cooked eggs
- 1/4 cup light mayonnaise
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder

- 1/8 teaspoon salt
- 2 tablespoons sweet pickle relish
- paprika (optional)



What to do:

1. Slice eggs in half lengthwise. Scoop yolks into a bowl and place egg whites on a separate plate.
2. Add all other ingredients (except paprika) to the egg yolks. Mix well.
3. Spoon yolk mixture into empty egg-white halves. Sprinkle paprika on top of each.
4. Chill until serving. Serves 6.

* You'll need an adult's help with this recipe.

1. A juicy, sweet and pulpy plant (5-letter noun)

□ □ □ □ □

2. A prepared food of grain, as oatmeal (6-letter noun)

□ □ □ □ □ □

3. Thin sheet used to write or draw on (5-letter noun)

□ □ □ □ □

4. Electronic machine that works with data (8-letter noun)

□ □ □ □ □ □ □ □

1. Ellie chose her favorite _____, a peach, for dessert.
2. Javier ate _____ with a banana, berries and milk.
3. Vicky used a crayon to create a horse on _____.
4. Don uses his school _____ in every class.

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Study the definition. When you know the missing word, fill in the letter boxes and the sentence blanks.

Answers: Fruit, Cereal, Paper, Computer.

Mini Jokes



Sam: Why did the broom get poor grades in school?

Sara: Because it was always sweeping during class!

Eco Note



Humans' influence is causing many animal species to be more active at night, while most people are sleeping. University of California, Berkeley, researcher Kaitlyn Gaynor and colleagues analyzed studies of 62 species on six continents and found that human activity caused an increase of about 20 percent in nighttime activities.

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Thank You



The Mini Page thanks Jenny Hayes, assistant principal at Prairie Star Middle School in Olathe, Kansas, for help with this issue.

Teachers: For standards-based activities to accompany this feature, visit: bit.ly/MPstandards. And follow The Mini Page on Facebook!



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