

# KidsFirst

August 2017

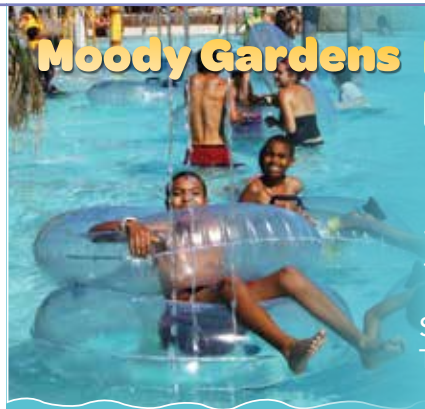


A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 12-18 and their parents.

## In this issue

- 2:** Make your homework less work
- 3:** 5 ways to prepare for your sports season
- 3:** Sports concussions - what to do
- 4:** Online safety
- 4:** Peanut butter honey raisin bagels recipe

MK-0817-270



## Moody Gardens Beach Party

Saturday, September 23  
10 a.m. to 2 p.m.

Bring your family and join us on the white sand at Palm Beach. Float in the lazy river. Zoom down the water slides. Ride the waves in the wave pool. Watch the little ones play on the splash pad!

Sign up begins September 7 at 10 a.m.  
[TexasChildrensHealthPlan.org/moodygardens](http://TexasChildrensHealthPlan.org/moodygardens).

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 1167  
N. HOUSTON, TX

Texas Children's Health Plan  
P.O. Box 301011  
Houston, TX 77230-1011



# Making homework less work

It's a new school year and you want to get off to a great start with your schoolwork. New classes and teachers can make your homework seem overwhelming, but you can be more organized and successful in the classroom if you follow these 4 easy tips.



## Create a homework plan

Write down your assignments so you can keep them organized. Make sure you

understand the teacher's instructions - don't be afraid to ask questions! Also, use any extra time you have in school to start on your homework. It's tempting to hang out with friends during your free time, but the more work you get done in school means you'll have less to do at night.



## Take a break

It's true: taking small breaks will help you do better work! Most people's attention spans aren't very long, so taking a 10 or 15-minute break every hour will help you concentrate better on your studying. Stretch, take a short walk, or fix yourself a snack during your breaks. Just don't get lost on your phone or computer and forget to finish your assignments!



## Get help when you need it

It's hard when you're stuck on an English assignment or a tough math problem. Keep in mind that there's nothing weird or embarrassing about needing extra help or advice. No one is expected to understand everything! Find a teacher or a classmate you trust who will be able to talk you through the assignment and answer any questions you may have. You can also seek help from a school guidance counselor or a tutor. If you don't ask for help when you need it, your homework will only seem harder as time passes.



## Watch where you work

You should try to study at a desk or table in a quiet space, away from distractions - a bedroom, an empty classroom, or your school or local library. This will help you concentrate on your homework and get it done faster.

# 4 ways to prepare for your sports season

If you've ever played competitive sports, you know starting a new season means a lot of hard work and practice. It's also normal to feel a little nervous about starting, especially if this is your first season.

Here are a few ways to make sure you're ready for your first day of practice:



## Get in shape.

Start by writing an exercise plan if you don't already have one. Schedule specific workout times during the week to help you stick with it.



## Check your gear.

Ask your coach if you're not sure what you need. New equipment can be pricey, so think about using some secondhand gear if it's available. Brothers, sisters, friends, and siblings of friends can be great sources of used equipment.



## See your doctor.

Your school or team will probably require a sports physical before allowing you to participate. Because everyone needs to get checked at the beginning of the season, doctors tend to be busy those times of year. So ask your mom or dad to set up an appointment early.



## Set realistic goals.

Before your season starts, consider setting a few goals, such as improving a specific skill like dribbling or passing the ball. Just making the team or getting in shape are great goals as well.

## Sports concussions

No matter what sport you play, you are always at risk for getting a concussion. A concussion is a temporary loss of brain function that can happen after a fall or collision. Here's what you should know about concussions and sports, so you can help prevent them and understand when you or a teammate may have one.

### Be prepared

Protect yourself against concussion by always wearing the proper equipment for your sport, even during practice. Learn the right techniques and skills to use so you can avoid unnecessary collisions or falls.

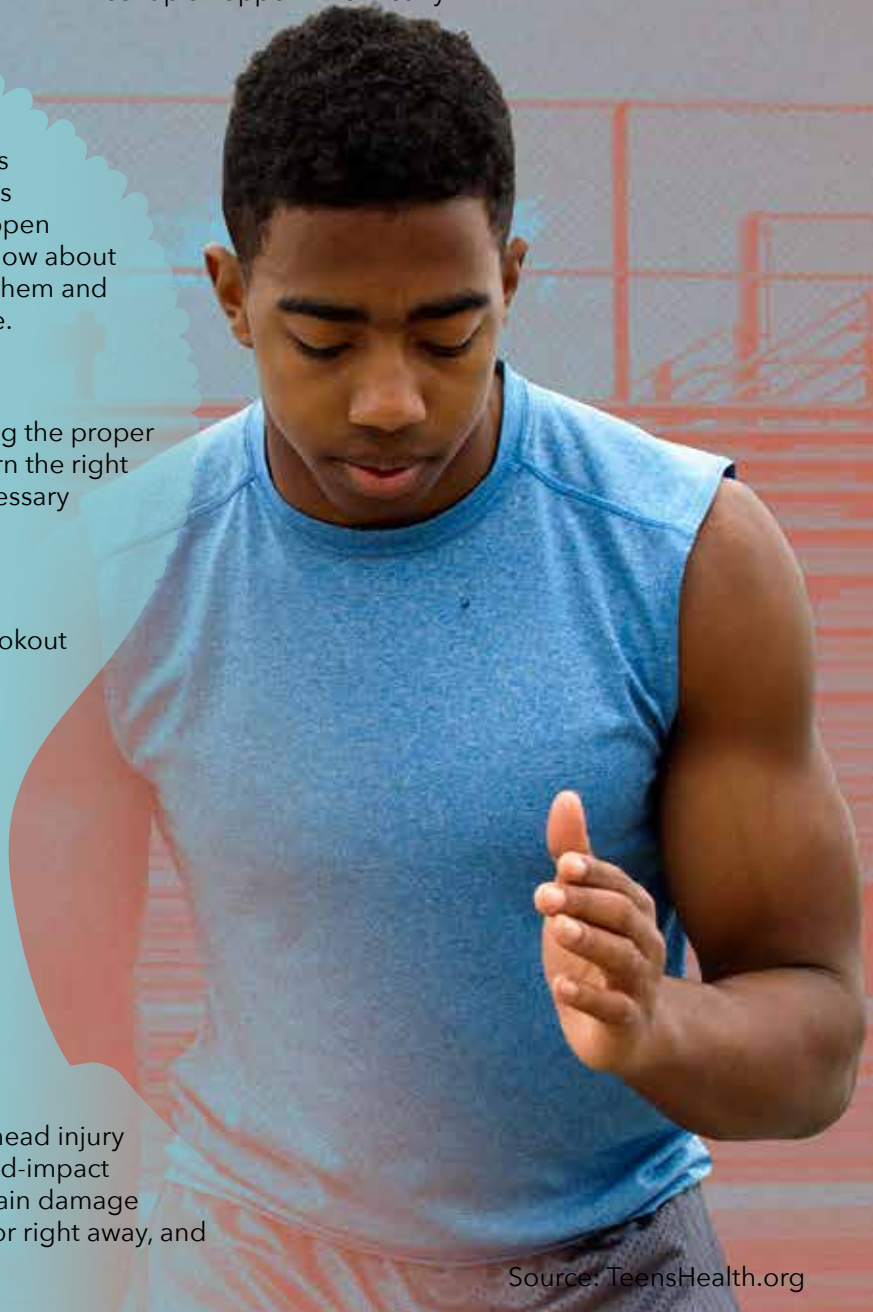
### Know the symptoms

If you've hit your head while playing sports, be on the lookout for these signs of concussion:

- |                                  |                                   |                                  |
|----------------------------------|-----------------------------------|----------------------------------|
| Headache.                        | Blurred vision.                   | thinking, or remembering things. |
| Dizziness.                       | Feeling confused or sleepy.       |                                  |
| Feeling sick or throwing up.     | Having a hard time concentrating, |                                  |
| Difficulty keeping your balance. |                                   |                                  |

### Stop playing and tell an adult

If you hurt your head while playing a sport, stop playing immediately and tell an adult (a coach, athletic trainer, or parent). Don't take a chance on hurting your head again. A second head injury can lead to a condition called second-impact syndrome, which can cause lasting brain damage and even death. Get checked out by a doctor right away, and don't play again until your doctor says it's okay.



Source: TeensHealth.org

Source: TeensHealth.org



Don't post or send out private information like your full name, phone number, home or school address, passwords, Social Security number, or credit card number. Remember that trustworthy people would not ask you for this type of personal information.

## Online safety

The internet is a great tool for learning and communication, but it can also lead to dangerous situations. Here are 5 simple steps to help you play it safe online.



Keep online friendships in the virtual world. You never know who's on the other side of your screen, so the best thing to do is to never give out personal information or agree to meet up with anyone from the internet in person.



If you check your email and don't recognize the sender of a document or file that needs to be downloaded, delete it without opening it to avoid getting a virus on your device.



If you're feeling upset or angry, take a break from social media. Sometimes we post things we regret later when we're not in a good mood.



Remember that any pictures or text messages that you send could become public. Be careful about what you're sending out and who you're sending it to.

## Peanut Butter, Honey, and Raisin Bagel

### What you need:

- 2 tablespoons creamy peanut butter.
- 1 bagel, cut in half and toasted.
- 2 teaspoons honey.
- 1 tablespoon raisins.

### What you do:

1. Spread 1 tablespoon peanut butter over each bagel half.
2. Drizzle each bagel half with 1 teaspoon honey.
3. Top each half with raisins and enjoy!



Source: MyRecipes.com