

KidsFirst

May 2017



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

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**FREE
BACKPACKS**

Back to School Fair

Almeda Mall

Saturday, August 5

10 a.m. to 2 p.m.

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Test season **DON'T PROCRASTINATE!**

The end of the school year is near and that means tests! It's tempting to put off studying (procrastinate) until the last minute. But, it's really not a good idea. It is much better to plan ahead.

The best way to avoid procrastination is to be organized. If you write test dates and project due dates down on a calendar or planner, it's hard to ignore them. When you take the time to plan out your assignments, it makes you think about how long it will take to complete the task.

Sometimes you may put off studying because you are already behind or because you feel overwhelmed by how much you have to do. This mainly happens because you may be disorganized.

If you are feeling overwhelmed by all the stuff you have to do besides studying (such as extracurricular activities), ask a teacher, coach or counselor to help you prioritize your responsibilities. But, don't wait until the last minute and don't be afraid to ask for help. Teachers respect students who are thoughtful and interested in learning and doing well. Good luck!

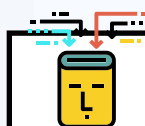
DON'T WORRY. THERE ARE WAYS TO OVERCOME BEING DISORGANIZED. HERE ARE A FEW:



KEEP UP WITH REQUIRED *readings.*



KEEP YOUR *notes* **ORGANIZED.**



START STUDYING THE MATERIAL
WELL before **THE TEST DATE.**

Source: Kidshealth.org

SCHEDULE YOUR SPORTS PHYSICAL NOW!

Both Locations of The Center for Children and Women are open to serve your healthcare needs!

To schedule your sports physical call **832-828-1005.**

Our locations:



700 North Sam Houston Parkway West
Houston, Texas 77067



9700 Bissonnet
Houston, Texas 77036

Find a list of all our providers under
"Find a Doctor" at
[TexasChildrensHealthPlan.org](https://www.texaschildrenshealthplan.org)



FINDING A Summer Job

Thinking about a summer job? As more people continue to compete for fewer openings, you'll need to start looking early, do your research, and apply to more positions. So it's more important than ever to have a job search plan.

WHERE SHOULD I START?

- 1 Prepare a résumé:** A good résumé is your best job-hunting tool. Talk to your school counselor for advice on preparing a résumé or visit livecareer.com to get started!
- 2 Find job leads:** Check out online teen job sites or the classified ads section of your local newspaper. If you're interested in working at a restaurant, bookstore, or other service business in your area, the best approach is to go there and fill out an application form.
- 3 Be your own boss:** If your job search hits a dead end, don't give up: get creative. Start a pet sitting, dog walking, childcare, or yard work! Print up flyers advertising the services your business offers, your rates, and your phone number or email address, then drop one off at every house in your neighborhood or ask supermarkets if you can post one on their community bulletin board.

Good luck!

Source: KidsHealth.org

DID YOU KNOW MAY 29 IS MEMORIAL DAY?

Many families will heat up the grill or head to the beach to celebrate this holiday. But Memorial Day has the word "memorial" in it for a reason. Memorial Day, is an annual holiday that honors those who have lost their lives in military service. Here are a few activities to help you get involved on Memorial Day this year:

- ★ Decorate the graves of loved ones with flowers and flags.
- ★ Display the U.S. flag outside your house.
- ★ Participate in community events that honor the holiday.
- ★ Wear red, white, and blue.



LEARN *soccer* FROM THE PROS

at one of our Houston Dynamo soccer clinics.



PERFORM DRILLS AND LEARN FROM DYNAMO COACHES. AND GET TICKETS TO A HOME GAME.

Where: Houston Amateur Sports Park

June 23, July 14, August 26, September 30, October 20

Sign up today at [TexasChildrensHealthPlan.org/dynamoclinics](https://www.texaschildrenshealthplan.org/dynamoclinics)

For Texas Children's Health Plan members only.
Restrictions and limitations may apply.

PROTECT YOURSELF FROM *mosquitoes*

There is a lot of talk these days about mosquito bites and the possibly serious viruses they can cause. Since there is no cure for some of the viruses, such as ZIKA, it is very important to protect yourself from getting bitten.



The best way to avoid mosquito bites is to wear an insect repellent. Repellents contain DEET are considered by the Centers for Disease Control (CDC) to be safe

in pregnancy. Do not use more repellent than you need to and wash it off once you get indoors.

Other ways to prevent mosquito bites include:



Wear long sleeves and pants, socks, and closed shoes when outdoors.



Avoid going out when mosquitoes are most active (at dusk and dawn).



Keep doors and windows closed or with tight-fitting screens with no holes that let insects come in the house.



Mosquitoes lay their eggs in water, so you should empty out buckets, flower pots, toys, and other things in your yard that can collect rainwater during a rainstorm.

Source: KidsHealth.org