

**In this edition:** **Easy Breakfast Ideas**  
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**What Every Parent Needs To Know About Online Learning**

## **Breakfast Power!** By Donna Jo Hensey, Manager, Nutrition Marketing Programs, United Dairy Industry of Michigan

A nutritious breakfast is as critical as textbooks and computers for students to be ready for each day's educational opportunities.\* A simple breakfast at home or school can ensure that your child doesn't start the day hungry. Studies from around the United States have shown that kids who eat breakfast:

- Seem to have an easier time learning (better concentration, make fewer errors, score higher on tests)
- Behave better in school (get along better with classmates, are more cooperative, are less likely to be sent to the principal's office for a discipline problem)
- Are more likely to be in school (are less likely to be absent or late, are less likely to go to the school nurse's office with a stomachache or headache)



One of the most common reasons given for not eating breakfast is, "I don't have time." If having your child eat breakfast at home has not been a success, check with your school to see if they offer a breakfast program. Be a role model for your child and eat breakfast. Keep breakfast foods on hand, in sight if possible, and on lower shelves where younger children can help themselves. Or, try some of the grab and go ideas below!

### **Simple recipes:**

#### **Banana-Berry Smoothie**

Blend a banana, 1 cup of milk and 1 cup of berry flavored yogurt until smooth. Serves one. Option: Use a frozen banana.

#### **Fruit Pizza**

Place one slice of cheese or ¼ cup cottage cheese on pita bread. Top with sliced fruit and broil until the cheese melts or the cottage cheese gets hot.

#### **Mini Pizza**

Toast an English muffin. Top each half with a spoonful of tomato sauce and a slice of mozzarella cheese. If you like, add a slice of ham. Broil until the cheese melts.



### **Quick-Fixes:**

- Leftovers like pizza, macaroni & cheese, or casseroles
- Toaster waffle spread with peanut butter
- Cheese and crackers or fresh fruit
- Cook several hard boiled eggs ahead; eat plain or add to bagel sandwiches
- Fruit yogurt topped with granola or other crunchy cereal

### **Pre-packaged Convenience Foods**

- Single-serve packs of applesauce, yogurt, pudding, and cereal
- Breakfast and granola bars
- String cheese, juice boxes, nuts, dried fruit, fresh fruit, milk boxes
- Cheese & cracker snack packs

\*Fast Break to Learning School Breakfast Program, Minnesota Department of Children, Families & Learning, Food and Nutrition Service.

## **What You Need To Know About Resistant Head Lice**

Among the most common treatments used against head lice are shampoos and cream rinses, which include pediculicidal. Head lice appear to have developed resistance to pediculicidal products. The lice that survive these products continue to reproduce, building a population of resistant head lice. This does not happen all at once and with every louse population. In any given location there could be resistant and nonresistant populations.

Products used to fend off head lice may work one day, but not the next and alternative treatments should be used. For more information about eliminating head lice, visit: [www.headliceinfo.com](http://www.headliceinfo.com) or [www.hsph.harvard.edu/](http://www.hsph.harvard.edu/)



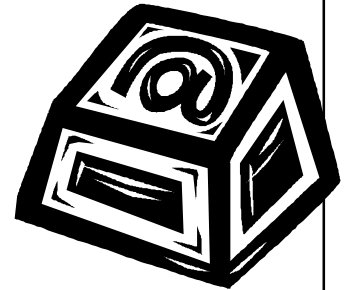
So what does it take to be a successful online learner? Researchers have found that the characteristics that lead to success in online learning very closely parallel those necessary for success in a traditional classroom. Students that have done well in online classes:

- Are highly motivated
- Are independent active learners
- Possess good organizational and time management skills
- Enjoy using a computer and the Internet
- Have discipline to study without external reminders
- Can adapt to new learning environments

If these are not necessarily all of the words you would use to describe your child don't despair. Although he or she may lack one or two of these attributes, you know your child well and how they may develop these skills.

If you work together to identify what their needs are, an online learning experience may provide a good opportunity to improve on some of these traits. If you can comfortably answer the following important questions then your child may be well on his or her way to having a successful online learning experience.

1. Does my child want to take an online learning course?
2. Does my child have good time management skills?
3. Is it necessary for my child to be in a traditional classroom in order to learn?
4. Does my child ask questions about what he or she doesn't know?
5. Is my child at ease using a keyboard, mouse and logging onto and navigating the Internet?
6. Does my child know how to download files, and send and receive email?
7. Is my child comfortable communicating through writing?
8. Does my child have access to a computer and a connection to the Internet at home, school or library?



While there certainly are no guarantees that your child's first venture into online learning will be perfect, by answering these questions you will have gone a long way toward enhancing his or her chances of their first experience being a positive one. Visit [www.mivhs.org](http://www.mivhs.org) for more information on online learning.

## Online learning resources help make a parent's job a little easier

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Are you looking for free online tools and resources to help your child? In addition to the online learning resources available at your school, here are some resources that may make your life a little easier.

- **Michigan Virtual School™** – [www.mivhs.org](http://www.mivhs.org) In addition to online courses for middle school and high school students, MVS has a variety of no-cost resources that are sure to be useful. Your student can prepare for the Michigan Merit Exam, including the ACT and portions of the WorkKeys exam, using test prep tools that are available at no cost to Michigan students. Visit <http://www.mivhs.org/content.cfm?ID=667> for more information.
- **CareerForward™** – This course helps introduce middle and high school students to globalization and career planning, and highlights how young people can be more entrepreneurial as they look to the future. This course was developed in partnership with the Michigan Department of Education and Microsoft Corporation. Visit <http://careerforward.org> to learn more.
- **Mydreamexplorer®** – This career website is available to all Michigan K-12 students and its parent site is password free. Go to [www.mydreamexplorer.org](http://www.mydreamexplorer.org), and then click on the orange icon, "Parents Click Here." Why is your school beginning career activities in middle school or earlier? This site features a series of online seminars to help you understand and support the more rigorous curriculum that the world of work is demanding in addition to other useful resources. Your students have access to this career site for assessments, career/college information and planning tools, including an Educational Development Plan (EDP).

### Other no-cost resources you may find helpful:

- [www.partnershipforlearning.org](http://www.partnershipforlearning.org), features learning tips and "EduGuides" that offer articles and advice on student success from preschool to college.
- <http://www.mich.gov/mistudentaid>, contains information on paying for college, including the types of financial aid, applying for financial aid and the Michigan Merit Award.
- <http://www.mcca.org>, links and information to all community colleges in Michigan, bachelor and advanced degrees can be obtained at some of these locations.
- <http://www.pcsu.org>, information on undergraduate and graduate education at the 15 public universities in Michigan.
- [http://www.michigan.gov/mde/0,1607,7-140-6530\\_6598---,00.html](http://www.michigan.gov/mde/0,1607,7-140-6530_6598---,00.html), obtain the information you need on special education and early intervention services.
- <http://www.mel.org/SPT>, the state's e-library contains full-text articles from magazines, journals and newspapers, test and tutorial resources, librarian-recommended websites and more.

