



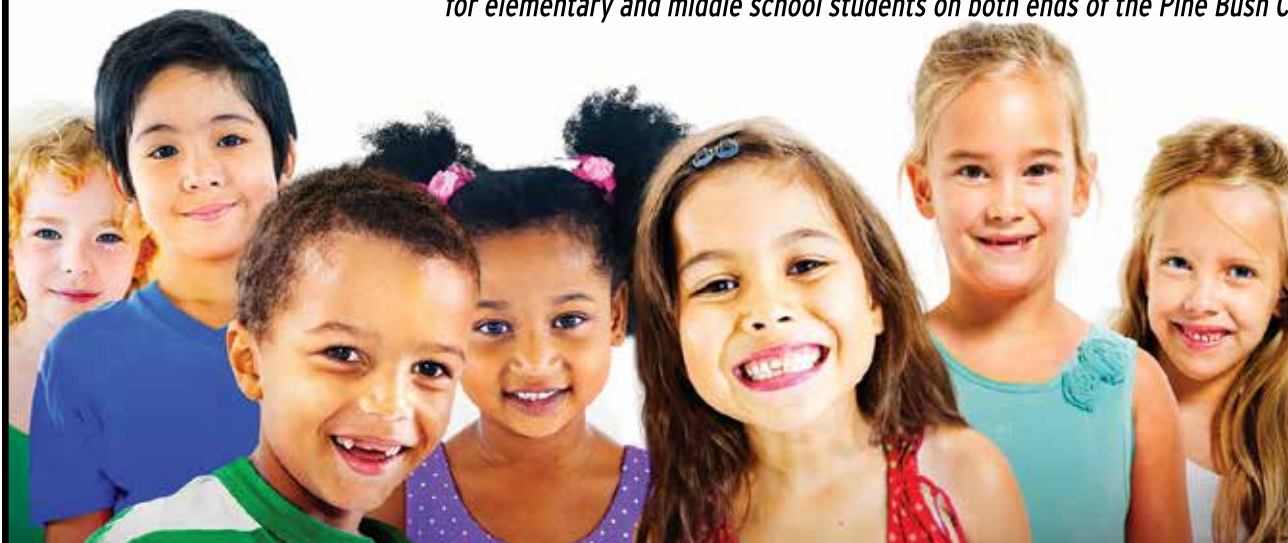
## **BOYS & GIRLS CLUBS OF TOWN OF WALLKILL INC.**

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## **Register for Fall 2016 Programs Now!**

*The Town of Wallkill Boys & Girls Clubs operate the most affordable, quality, before and after school programming for elementary and middle school students on both ends of the Pine Bush Central School District.*



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Scholarships are available for families who qualify for free or reduced lunch at school.

# Get an A+ in health this new school year

By AVI SIBLER, MD,

Pediatrician, Cornerstone Family Healthcare, Chief Medical Officer

There is a lot to be done as summer comes to an end and we begin to prepare for a new school year.

Along with getting the perfect outfits for school and making sure your child has all of their school supplies, it is important to remember to schedule their back-to-school physical, too. Any school-aged children should receive an annual physical regardless if they need one to attend school, play sports or to go to camp.

A physical exam is one of the few times that children see their physician for a scheduled check-up. In one visit there is a lot to cover, but if you come prepared your child will leave the doctor's office happy and healthy!

## Why does your child need an annual physical?

Some parents have asked why their child needs to come



to the office for a complete physical every year, even if they seem perfectly healthy. Children are not "little adults," and a lot can change as each year goes to the next. An annual physical examination is a very important safeguard. We are able to take the extra time to examine the whole child, including areas not inspected during most sick visits.

## What should your child expect at a physical?

If you have small children and they are hesitant about going to the doctor it might be helpful to tell them beforehand what to expect. Typically during an exam, physicians will check a child's height, weight, blood pressure, pulse, heart, lungs, vision and hearing, behavior, reflexes, and motor skills. To be on the safe side doctors also like to check for high cholesterol, lead poisoning, and scoliosis. Depending on your child's age they also will touch on safety, whether it's about bike and stranger safety for young children or safety regarding alcohol, drugs, and sexual activity for teens.

## How can you prepare for your child's annual physical?

Your doctor may start out the appointment by discussing with you and your child about their nutrition, their medical history, regular diet and physical activity as well

as ongoing health conditions, like asthma or allergies. If your child has a medication chart for school this is a great time to talk about current medication and refills needed throughout the year.

As a pediatrician, I always tell my patients that they should be prepared to answer the following questions: Do you know how many times your child missed school last year and why? Has your child suffered from any sports-related injuries, visits to the emergency room or urgent care? Has your child been hospitalized or had surgery within the last year? How is your child doing in school academically and socially? Being prepared for and answering these questions will help the doctor when they complete the physical.

Don't forget to discuss immunizations for your child with your doctor. Keeping immunizations up-to-date will keep your child healthy and safe from diseases that can be highly contagious. Vaccines for pertussis (whooping cough), Meningitis, Hepatitis B, Polio, Chicken Pox, Influenza, Human Papillomavirus (HPV), and the measles, mumps and rubella are all recommended for school-aged children.

To help you get an A+, Cornerstone Family Healthcare (formerly The Greater Hudson Valley Family Health Center) has added convenient Sunday hours in pediatrics! Schedule your physical today!

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# Recognizing cyberbullying

**B**efore social media became so prevalent, instances of bullying were somewhat easy to recognize. However, with a majority of children now engaged in social media, bullying may not end with the ringing of the school bell.

Statistics from the i-SAFE foundation show more than half of adolescents and teens have been bullied online, and about the same number have engaged in cyberbullying. More than 80 percent of teens use a mobile phone regularly, making it easier for repeated cyberbullying.

Cyberbullying takes place through electronic technology and differs from traditional forms of bullying. It can occur via text messaging, blogging, updates to social media sites and/or phone conversations. What makes cyberbullying more difficult to detect and remedy is that sometimes this type of bullying is veiled in secrecy.

Those who engage in cyberbullying can create aliases and accounts under false names. As a result, tracking down bullies can be challenging.

There are things that parents and children can do to put a stop to unfortunate instances.

- Parents who feel their child is not emotionally ready for the responsibility of a digital device can hold back



on purchasing a smartphone or choose one with limited features. Some schools set strict limits on phone usage at school, and children who go from school to home and vice versa may not need an “emergency phone” that can open bullying opportunities.

- Adolescents and teens should feel comfortable talking to parents without the fear of reprimand. Otherwise, they may hide instances of cyberbullying or not know how to broach sensitive topics. Parents can engage in

conversation with their children often and stress that the doors of communication are always open.

- Teens should be made aware that cyberbullying is a very real occurrence and is not just other kids “having fun” or “joking.” If it’s repetitive and hurtful, it should be addressed.

- Parents can monitor and limit their children’s personal accounts. Some smartphone and tablet applications can be mirrored on the main account, enabling parents to see text or video messages.

- A laptop, desktop or smartphone should be placed in a shared space so it can be monitored.

- When online, children should be advised not to share personal information. Children

should be urged to keep passwords secret and to never give information such as birthdays, phone numbers and addresses to people who aren’t close friends. Friend lists should be restricted to only those people students interact with frequently to minimize the chance for bullying or other inappropriate behavior.

- Teens should keep evidence of any bullying and may benefit from talking with a counselor.

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# Fostering a love of the arts

Time and again research has proven the benefits of music education. Children who study music typically score better on standardized testing and exhibit improved language and reasoning skills, and music education helps students with advanced mathematics lessons by improving their spatial and temporal reasoning. Involvement in music and the arts can improve a student's SAT scores and make the student well-rounded.



Despite these benefits, music and art education is slowly disappearing from the classroom. At many schools across the nation, stages are dark and band and chorus rooms are empty. Budget cuts have been unkind to music education programs. To keep up with the demand

for technology in the classroom, certain school programs have to be scaled back, and art and music are generally the first to go. This leaves it up to parents to involve their kids in music and art education.

Private lessons have long been a great way for kids to learn music, and many such music coaches are former music teachers. With private lessons, kids get to benefit from working with certified instructors, and parents are happy to make music a part of their youngsters' lives.

Arts education is important, and those seeking instruction may have to look outside of school. Private instructors are available to help foster a love of the arts and mold creative, well-rounded children.



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