



August 2019



Hi everyone! I'm so excited, it's **back to school time**! Time to join my friends back at school to learn and play! Starting soon, we'll be waking up early, getting dressed and going to the place we love! If this is your first time going to school, preschool or pre-k, we have some great tips to get you started on the right foot.

1. Start your school routine a few weeks before schools starts.
2. Meet the teacher and check out the school.
3. Be prepared by reading books and talking about school and what to expect.
4. Eat healthy! Start by eating healthy snacks and drinking more water by including a water bottle in the backpack.
5. Plan something fun to reduce the stress of starting a new school year!



Back to school time is also a good time to know what to expect from our developing bodies over the next year to 18 months. As an infant, I began to roll over, sit and pull up, grab and grasp, and even took my first steps. Soon, as a toddler I was pushing and pulling toys, walking up and down stairs, and began to run. Finally, as a preschooler I learned to throw and catch, ride a trike, balance on one foot, and climb the jungle gym. The Be

Active Kids Clubhouse Team loves school and enjoying developing our motor skills and movement concepts through structured and unstructured play. We keep healthy by being active and having fun so we hope you'll do the same. For more information on appropriate motor development check out [Kids Sense Child Development Charts](#).



If you want to try a few of our fun back to school Movement Guide activities, check out **Freeze Game (p.70)** and **Obstacle Course (p.96)**. Freeze Game works on helping us to listen, follow directions, all great skills for school and Obstacle Course lets us practice our motor skills and movement concepts in a fun and creative way. If you ask me or any of my clubhouse friends, being active is one of the best parts of our school!



Keep being active and eating healthy foods. Share your pictures and ideas on Facebook, Twitter, and Instagram using **#caughtbeingactive** and **@beactivekids**.

See you in September for Childhood Obesity Month!