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San Antonio
ourKids
Magazine

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5 Benefits of
Extracurricular
Activities

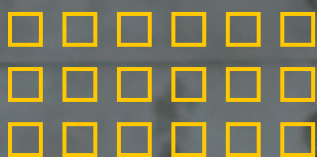
Great Apps That Can
Help Your Kids



Science Fair

Introducing
ourKids Science &
Engineering Fair

After School Activities



August 2023 // Vol. 38 No. 8

ourkidsmagazine.com

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A note from the publisher

It's National Wellness Month! Start the month strong with two articles I included in this issue about how your children can benefit from multiple extra curricular activities and use apps to stay mentally and physically fit. We're also introducing The ourKids Science Fair! Check out our ad on that for more information. Thank you for being a dedicated reader of ourKids Magazine!



Andres Flores

Author Cheryl Maguire write about how multiple extra curricular activities can help children with academic performance, physical fitness and social skills.

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Andres Flores

SOMBERSAIL

ourkidsmagazine.com

Calendar

To see more upcoming events, follow the QR code or visit our website at ourkidsmagazine.com



Zumba | Wellness at the Tobin
Aug 23
9:00 am

Free Event - Wellness at the Tobin is a series of free public experiences designed to address aspects of living and being well. Come prepared with comfortable shoes and clothes that you can move in. This event is kid friendly!



The Briscoe Western Art Museum - Full Steam Ahead
Sep 3
1:00 pm - 3:00 pm

Free Event for Bexar Residents - Join us to explore the night sky by studying Kim Wiggins's painting "Colonel Crockett's Return to Cibolo Creek". After a short study of the painting, families will have the opportunity to create a bedroom Planetarium.



Free Family Nights at The DoSeum
Sep 4
5:30 pm - 7:30 pm

Explore The DoSeum's fun interactive exhibits alongside your family for free! A link for ticket reservations will be posted on thedoseum.org at 8 AM the morning of Free Family Night. Registration is on a first-come, first-served basis.



Up | H-E-B Cinema on Will's Plaza
Sep 8
Plaza opens at 7PM

Free Event - Full concessions and bar available. Bring your own lawn chair or blanket and enjoy the movie on our 32-foot LED video wall! (Chairs also available at the venue). This event is located at the Will Naylor Smith River Walk Plaza



Junior Ranger Day
Sep 9
10:00 am - 2:00 pm

Located at Mission San Juan, our annual Junior Ranger Day will be packed full of fun activities, storytelling, and opportunities to learn about mission agriculture. Anyone who participates may earn up to two junior ranger badges!

Reach the publisher:
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Lifelong Benefits of Science Fairs for Kids

Story by Sarah Lyons

Is your child considering participating in a school science fair? Are you wondering if the benefits are worth the time commitment? Participating in a science fair is a great way for kids to explore their world and how things work. Science fairs first became popular in the 1950's when the invention of the television and atomic bomb piqued the interest of budding scientists all over America. (The University of Chicago Press Journals) Today, with the growing popularity of STEM education (focusing highly on the study of science, technology, engineering, and math) in our

schools and the potential for a drastic increase in STEM related jobs in the future, science fairs are more popular than ever. Kids who participate in science fairs will learn skills that can be used for problem solving and critical thinking throughout their lifetime.

Investigation

The first step in participating in a science fair is to come up with an idea. Kids will have the opportunity to choose a topic they are curious about, plan an experiment that will help answer



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their questions, and conduct an experiment. This fosters their creativity and problem solving skills. It will also encourage them to question how things work and make them aware of scientific principles all around us.

Project management

Once the child has planned their science experiment, they will need to manage

their project. This is no small task. Kids will need to use time management, stay within a budget, acquire the materials needed, conduct the experiment, and meet deadlines. The ability to successfully manage a project is an invaluable skill that kids can use now and in the future as they continue their education and enter the workforce.

Analysis

When the science experiment is complete, the child will need to compile the data, analyze it, and create a chart or graph of the findings. The answers to their questions will not be from a textbook, but will come from their own hard work and experience. Reflection is key as they have an opportunity to think about what they would



ourKids

2024 OURKIDS SCIENCE & ENGINEERING FAIR

Nurture Curiosity: This science fair is a great platform for your children to quench their thirst for knowledge and develop critical thinking skills. They can explore the world of science, challenge their preconceived notions, and cultivate a lifelong love of learning.

Showcase Creativity: Every young scientist will have the opportunity to demonstrate their unique insights and creativity through hands-on projects and experiments. Whether your child is into physics, biology, chemistry, or earth science, there's a platform for them here.

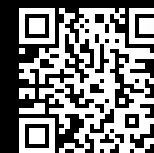
Build Confidence: The science fair is more than just an event; it's a confidence-building exercise. Presenting their project in front of judges and peers can significantly boost their communication skills, resilience, and self-esteem.

Connect with Like-Minded Peers: This event brings together young scientists from different backgrounds, providing a valuable opportunity for your child to socialize, network, and learn from their peers.

We are thrilled to invite you to participate in our upcoming 2024 ourKids Science & Engineering Fair for Homeschools and Small Private Schools – a platform where innovative minds meet scientific curiosity. Designed to challenge, inspire, and captivate, this event is the perfect opportunity to enhance your student's academic journey and provide your child with an immersive, fun, and educational experience.

Deadlines & Basic Rules:

Deadline to enroll is 2023-November-1st. Small private schools must host their own "First Round" science fair before 2024-February-29th and submit a maximum of 4 winners by 2024-March-16th. Homeschoolers must participate in the First Round Homeschool Science Fair at The Clowvazar Academy on 2024-March-9th. Participants must be age 11 by 2023-November-1st. Finals will be hosted by ourKids Magazine at a venue in April in San Antonio (location and exact date TBD). Locations and dates are subject to change. Information and rules are available at ourkidsmagazine.com/science-fair



Enroll By November 1st 2023
ourkidsmagazine.com/science-fair



do differently, what they have learned, and why. The ability to analyze and problem solve will be skills they use throughout their lifetime.

Communication

Once the science experiment has been completed and analyzed, kids will be expected to communicate their results through writing, speaking, and materials such as storyboards or other displays. Communication is one of the most important skills a child can develop. Even as our culture moves more towards digital communication, such as texts and emails, good public speaking skills are an asset they will rely on throughout the rest of their school and professional careers.

Most would agree that hands-on learning leads to better understanding, which is what participating in a science fair offers to students. When time is spent researching, developing a project, analyzing the results, and studying it thoroughly in order to communicate the findings to others, we are much more likely to understand and retain the information we have learned. Teachers and parents would agree that science fairs help develop benefits that last a lifetime and kids will tell you that science fairs are a lot of fun too.

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5 Benefits of Multiple Extracurricular Activities

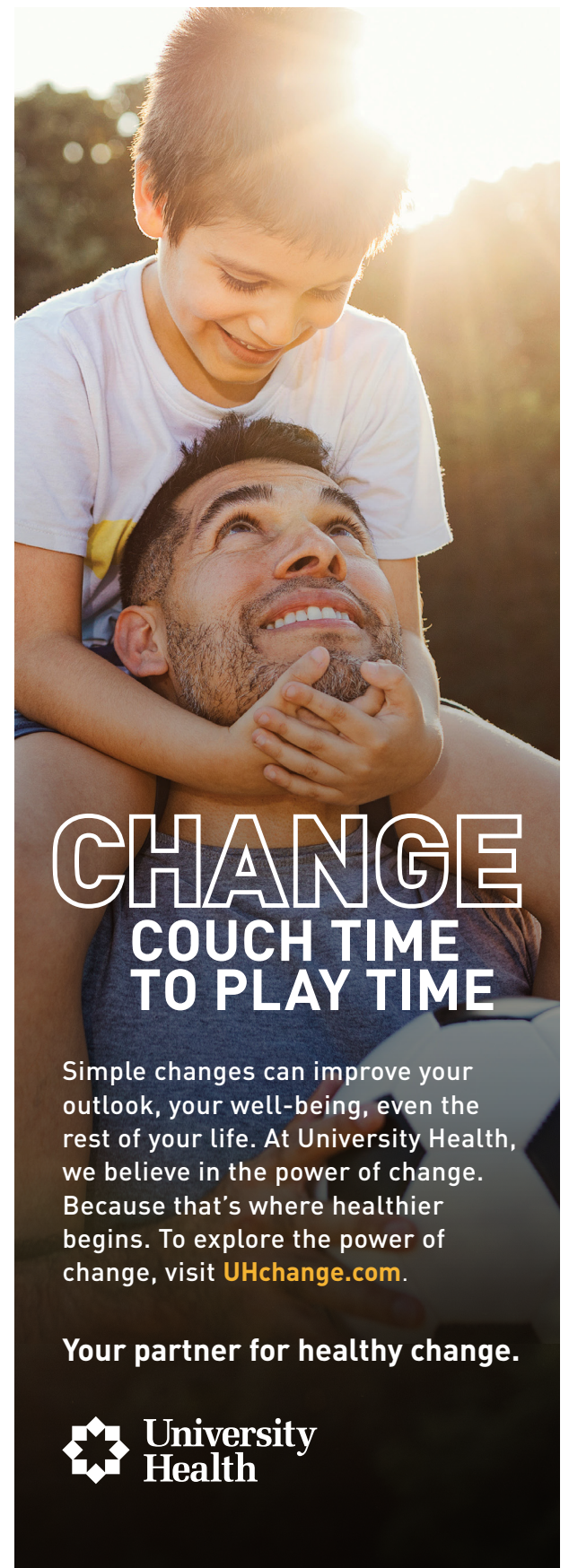
Story by Cheryl Maguire

"I'm bored," my 11 year old daughter grumbled as she collapsed on to the couch. It was a rare unscheduled moment in her life. I cringed as I recalled what can occur when she has a spontaneous second. At the age of three, I assumed she was quietly playing with her toys only to

discover the entire wall was covered with a new crayon drawn mural. We are both happier now she is enrolled in art classes.

She prefers being busy which is why she partook in six different extracurricular activities this past spring.

Her interests ranged from sign language class to swim team. Besides avoiding boredom (and messes) there are many benefits to having scheduled activities for your child. Research by NCES states that students who participated in after school activities had better attendance, higher levels of achievement, and aspirations to



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higher levels of education.

Better Academic Performance

Even though my daughter was in six different clubs or sports, she received all A's in her academic classes. By participating in extracurricular activities, a child is able to learn new skills which can be applied to the school setting. For example, my daughter was in the garden club and she used the information she learned about plants in her science class. Sports such as basketball, baseball and football use statistics, addition/subtraction, probability, and geometry which can be applied to math class.

Douglas Reeves studied data at Woodstock High School and found students who were

in three or four extracurricular activities during the year had dramatically better grades than those who participated in no extra-curricular activities. There was a study done by the College Board, which found high school extracurricular participation is correlated with higher SAT scores, SAT math by 45 points and SAT verbal scores by 53 points.

More Adaptable

If a child is participating in more than one activity, they will also experience more than one coach or teacher who will have different rules and expectations. They will have the opportunity to meet kids with a range of personalities and interests. These interactions will teach a child how to be adaptable to

multiple people and situations.

Maddi and Deborah Khoshaba's training guide, Resilience at Work, discussed the importance of being adaptable and how when adaptable people lost their jobs they thrived due to their ability to adapt to changing circumstances. Being adaptable is a skill which can be beneficial both in the school or work setting.

Better Social Skills

Children will gain social skills both from the person in charge of the activity or sport and by interacting with their peers. They also have the opportunity to learn about team work by either playing a sport together or doing a group class such as a musical for drama.



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In my daughter's book club at the end of their discussion of the book they have social time. During one meeting she didn't read the book, but she still wanted to go to the club since she loved the social interaction with her peers.

Less Screen Time

Common Sense Media research states on average teens spend over 9 hours per day playing video games or watching TV. If children are participating in after school activities they will have less opportunity to either watch TV or play video games and they will hopefully learn new skills.

Decreased Risk of Obesity

According to the CDC obesity affects about 12.7 million children and adolescents for the past decade.

If a child participates in a sport they will be more active which leads to better health benefits from being physically fit. Even if a child did a club or an after-school activity they will be more active than if they watched TV or played video games.

How to Balance Your Child's Schedule

Sometimes, even for my daughter, you can have too many activities. I'm always cognizant of her energy level. If she needs to skip an activity once in a while, I let her. Or when I noticed she wasn't enthusiastic about going to gymnastics anymore, we both decided it would be best not to sign up for the next session. Most importantly you want to make sure your child is happy and definitely not bored. Set a good example

For busy parents, it can be easy to get down about the thought of getting up early, packing lunches, helping with homework, shopping for school supplies, and prodding the kids out the door every morning. Our kids feed off of our attitude and if we are dreading the back-to-school routine, chances are they will too. On the other hand, if a parent focuses on the positives



Finding the Right School Fit for Your Child

Every parent wants to give their child the best education possible, and choosing the right school for their child is one of the most important – and often one of the most challenging – decisions a parent faces.

With so many school choices, what we've observed at Legacy Traditional Schools is that parents want their children to be taught using a well-rounded curriculum that emphasizes all areas of academic study, including the arts, physical education, and extensive athletics and extracurricular activities.

For some students, involvement in athletics or other extracurricular activities contributes to an increase in academic performance, too! These activities offer a tremendous opportunity for students of all ages to meet new classmates, form stronger bonds, and build a foundation for hard work. These boosts of confidence, whether from theatrical performances or practice on the playing field, encourage students and become essential factors for success in the classroom.

So, you may ask, what do other parents – who've grappled with this decision – have to say about the delicate balancing act between extracurriculars and academic focus? Read on to see suggestions for finding the right school to match your family's academic, athletic, and extracurricular interests.

Academics should always be the priority. As a parent, yes, it's your job to be involved, whether at practice or helping with homework. But you also have a responsibility to manage your child's time to ensure their activities don't overwhelm their school work.

Volunteer to support. Any youth coach or teacher will tell you they can't do it alone! Offer to lend a hand at your child's next practice or game by setting up drills, cones, or even refilling water.

Stay positive. As a parent, you're a role model. Help your child to be their best by setting realistic expectations and vocally reinforcing the positive steps they are making toward their goal.

Instill a strong sense of character. Find a school that promotes student involvement in the school community or offers programs that encourage responsibility, loyalty, and active citizenship.

During this year's National School Choice Week in January, an estimated 15 million Americans will participate in activities to celebrate opportunities in education. When you're ready to make your choice, we encourage you to learn more about the options available for your children to get the superior education they deserve.

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Introducing an exciting new venture from our beloved kids magazine, tailored exclusively for families in vibrant San Antonio! We are thrilled to unveil our in-house clothing and accessories line, crafted by our editor.



Super Dad / Mom Snapback Hat

\$35.00

This hat is structured with a classic fit, flat brim, and full buckram. One-size-fits-most hat

Bee Pattern Crew Neck T-shirt

\$35.00

Get a t-shirt that your teen will love! This tee is a colorful statement piece that's made of a soft fabric and has an eye-catching design that won't fade.

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More at OurKidsMagazine.com/store

Great Apps That Can Help Your Kids Stay Mentally and Physically Fit

August is National Wellness Month, a great occasion to consider how you can help your kids stay mentally and physically fit in a way that's both educational and fun. Encourage them to download an app – or three. Here are some of the very best apps available, and the best part

is that they're all free, so download an app – or three!

Eat-And-Move-O-Matic

(Available: Apple Appstore; Age range 9-18)

If you want your kids to understand the consequences of their food

choices, Eat-And-Move-O-Matic is the right app for them. Created by the Learning Game Lab at New Mexico State University, the app teaches kids to be aware of what they eat or drink. It lets them compare the calories in their food choices with the type and length of time of physical activities like biking,

running, or walking needed to burn of those calories.

Monster Heart Medic

(Available at: Apple Appstore; Age range: 9-12)

Monster Heart Medic teaches kids about a topic few other apps cover, namely the

cardiovascular system and how to stay heart-healthy. Created by the University of California, Berkeley, the app features a friendly monster named Ragnar who suffers from cardiovascular problems and needs help. Kids help Ragnar by running various diagnostic tests to figure out what's causing the problems.

Story by
Tanni Haas, Ph.D.



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The app also has tips for leading a healthier life, from reputable organizations like the American Heart Association, the Centers for Disease Control and Prevention, and the National Institutes of Health.

Nature Melody

(Available at: Apple Appstore, Age range: 5-18)

If there's one thing kids need to in order to lead healthy lives it's a good night's sleep, and the app Nature Melody can help them get that. It functions like an alarm clock and has more than 30 soothing, nature-inspired sounds to wake your kids up slowly and gently in the morning. The app can be used in the afternoon and evening, too, using the nap and a sleep timer function, for a stress-

free end to their day.

NFL Play 60

(Available at: Apple Appstore, Google Play; Age range: 5-18)

If your kids love sports, especially football, but it's hard to get them to do any actual exercise, NFL Play 60 is just the right app for them. Created by the NFL, in collaboration with the American Heart Association, the app lets kids pretend that they're professional football players. But instead of simply making their on-screen avatars run and jump, they have to get off the couch and actually run, jump, catch and turn to make their avatars move. The app lets kids count the steps they've taken while playing the game.

Space Chef

(Available: Apple Appstore; Age range: 5-12)

If you want your kids to learn to eat well, encourage them to download Space Chef. Created by the Lawrence Hall of Science, maker of the Monster Heart Medic app, Space Chef teaches kids important facts about healthy foods. And it goes one important step further: it has more than 60 easy-to-make and kid-friendly recipes that encourage kids to eat healthily and to take responsibility for their own diets.

Stretch Break for Kids

(Available at: Apple Appstore; Age range: 5-12)

Do your kids spend hours at a time hunched over their laptops or phones without

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getting up? If so, encourage them to download Stretch Break for Kids. The app has various stretching exercises designed to relax the neck and back muscles that are most affected by bad posture and repetitive strain. The exercises are demonstrated by other kids, who prompt viewers at intervals to keep moving through the exercises.

Super Stretch Yoga

(Available at: Apple Appstore, Google Play; Age range: 9-18)

Besides meditation, a great way for kids to relax their minds and

bodies for optimal health is to practice yoga. Super Stretch Yoga, created by a well-known yoga instructor, Jessica Rosenberg, teaches kids yoga through video demonstrations by other kids, with a focus on breathing and movement. It's narrated by a character named Super Stretch and features 12 different poses with different skill levels. Kids can use the built-in camera to take pictures of themselves doing the various poses.

Three Good Things: A Happiness Journal

(Available at: Apple Appstore; Age range: 5-18)

It's a well-known fact that mental health is impacted by a sense of well-being. If your kids need a little boost and happen to enjoy writing, encourage them to download Three Good Things: A Happiness Journal. The app helps kids think more positively by writing daily about three good experiences they've had. The app has a feature that lets kids upload and share their writings on social media.



We Grow Together!

LET'S CATCH UP ON ROUTINE VACCINES

Metro Health aims to ensure that women, infants, and children have access to quality and essential health care services. In August, we are promoting maternal and child health during three National Health Observance (NHO) campaigns.



National Immunization Awareness Month

National Immunization Awareness Month is an annual observance held in August to highlight the importance of vaccination for people of all ages. Immunizations are key to protecting children from diseases like tetanus, measles, and more.

Improving the well-being and enhancing the lives of mothers, infants and children is an important goal for public health. Their well-being determines the health of the next generation and can impact the future of public health in our community.



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