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PARENT HEALTH BULLETIN

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THIS MONTH'S TOPIC: SCHOOL SPORTS

Encourage your child to try a new sport!

Can you believe that it is school time again? The summer seems to go by faster every year! Hopefully, your child has had a great summer and has been able to get outside and enjoy the summer air. As the school year starts, now would be a great time to talk to your child about school sports. There are many different types of activities that your child may want to learn about or try. Your support is important. Take the time to talk to your child about the types of sports that the school offers and what he or she thinks would be fun to try this year. Some of the sports require a try-out. Make sure to visit your school's website, or talk to a teacher or administrator about the sports offered and if your child will be required to try-out.

These are some of the sports traditionally offered during the school year. Your child's school may not offer all of the sports.



Fall Sports

- Cross-country
- Dance
- Soccer
- Football
- Volleyball
- Cheerleading

Winter Sports

- Basketball
- Cheerleading
- Dance
- Gymnastics
- Indoor track and field
- Wrestling
- Swimming

Spring Sports

- Baseball
- Golf
- Softball
- Tennis
- Track and field

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Perhaps your child might enjoy biking, running or even bowling.

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Team sports and individual sports

Some sports such as soccer, football and basketball require players to be working together on the field at the same time. Sports such as tennis, gymnastics and cross-country have each team member working toward an individual score which is then added up to determine the winning team. Talk to your child and find out what they think is interesting or fun. Some children do not like having everyone looking at them, which happens with most individual sports. Other children like the sports in which they are coached one-on-one. Remember that if they do not like a sport, they should stick it out for the season but they can try something new next year.

5 reasons girls should play sports

1. Girls who play sports usually do better in school.

Exercise can help concentration and memory which helps in the classroom and with homework.

2. Girls who play sports learn teamwork.

Life skills such as team work and goal setting are important for sports. These are important skills for children to have as they grow older and become involved in the workforce.

3. Sports are very good for girl's health.

Girls who exercise are less likely to smoke and more likely to live a healthy life. The more active a girl is, the better her health.

4. Sports boost self confidence.

Children need to be able to set AND reach goals. It will help them learn to set those goals and what the rewards are for reaching them!

5. Sports are stress relievers.

School can be stressful and being active can help your child manage stress.

If you have a daughter, do not think that sports are only for boys. Research now shows us that sports are great for EVERY child!



Sport safety

There are many different sports that require safety equipment. Some sports require special shoes that help grip the field or pads that will protect your child's shins, wrists, shoulders and knees. Other sports require a mouth guard to help protect your child's teeth and mouth while playing. A helmet is another piece of common safety gear. It is needed for bicycling, skating and sports such as football. Remind your children that they should be wearing their safety gear!

REFERENCES:

- KidsHealth.org What if I do not like sports? October 2010
- KidsHealth.org 5 Reasons girls should play sports. May 2009
- KidsHealth.org Choosing the right sport for you. January 2011
- WebMD Sports Safety: Helmets Save Heads. May 2010

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