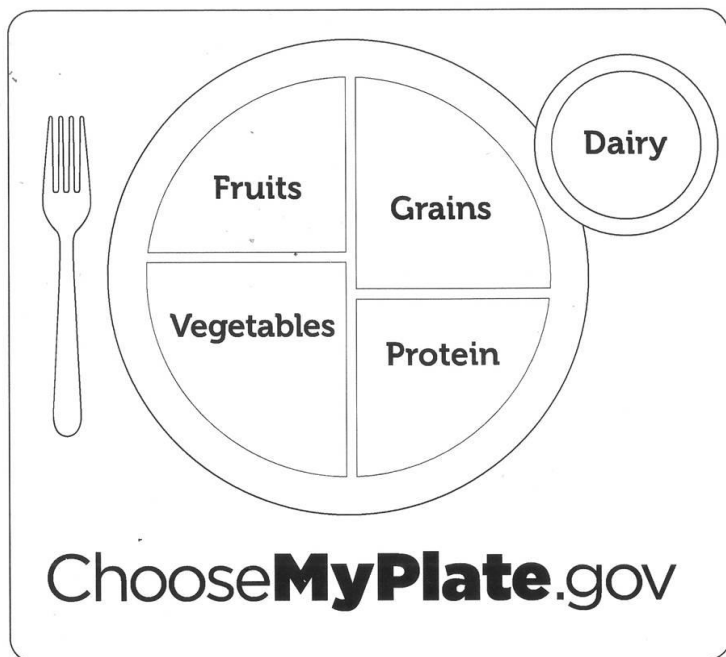


Are you ready to be cool about keeping your body fit?



USDA Center for Nutrition Policy and Promotion

Fruit = red ★ Vegetables = green ★ Grains = orange
Protein = purple ★ Dairy = blue

HEY PARENTS!

KitchenKids! is an official

Community Partner of the U.S. Department of Agriculture. For more information about helping your child make healthy food choices, keeping fit AND having fun practicing math,

Reading, learning about history, geography, community involvement AND getting an introduction to 52 different languages, for only \$5.00 per year visit our eLearning website and join us at:

<http://www.kitchenkidz.weebly.com>



where smart is the new cool

Kid tested ★ Parent approved ★ Educator endorsed

The best \$5.00 edu-tainment investment you'll ever make
for your child!

Back-to-School Readiness Tips For cool kids (and big-kids-in-Charge)

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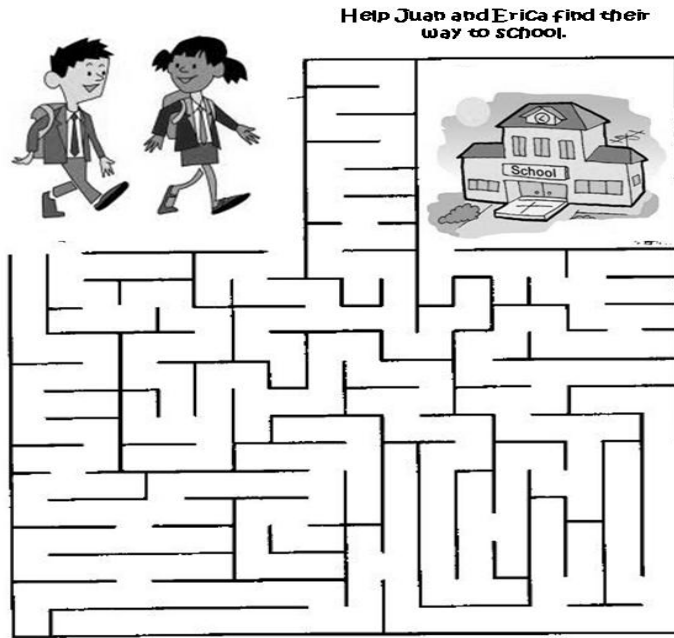
For more information contact us at:

P. O. Box 767102

Roswell, Georgia 30076

kitchenkids@yahoo.com

Are you ready to be cool in the Classroom?



Your Daily List of School Readiness Tasks

- Eat breakfast
- Pack your bookbag the night before
- Get to school on time
- Pay attention to the teacher
- Choose a healthy lunch
- Exercise your body
- Ask for help when you need it
- Do your homework
- Get a good night's sleep

Are you ready to be cool on the playground?



Bullying is not cool and it's not fair.
But sometimes we aren't sure what to do when we see someone is being a bully with us or with some other kids.

5 things you can do to help stop bullying:

- ❖ Don't be a bully.
- ❖ Don't be friends with bullies.
- ❖ If you see someone else being bullied, speak up and say STOP IT or THAT'S NOT FUNNY.
- ❖ Get help from an adult right away to stop the bullying.
- ❖ Be a good friend to the kid being bullied.

Write down the names of 2 adults you can talk to, if someone is bullying you:

1. _____
2. _____

Want to share you kid power?

Check out our kid power video at <http://you.be/oobV-TBK9jY> and tell us about your kid power potential on our kid power station page at <http://www.kitchenkidz.com>