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The Computer Screen



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Special points of interest:

- It's school time again!
- Bob's steps to make school more enjoyable.

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Summer is over, Time for School again...

It's school time again!

You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.

(Source: http://kidshealth.org/kid/feeling/school/back_to_school.html)

Feeling Good on Day One

Seeing friends you haven't seen in a while can make the first

day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your step. If you wear a uniform, you might wear a favorite watch or piece of jewelry to show your personal style. It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the basics, you might tuck an extra dollar or two in your backpack for an emergency (like forgetting your



I can't wait to go back to school!

lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Make sure you pack the night before!

Bob's steps to make school more enjoyable...

Get More Sleep

Sleep at least until noon on your first day of school so you are refreshed and ready to learn new things. Then leave early because you do not want to work to hard your first day.

Eat Right

Bring plenty of sugary snacks for you and your friends to eat while in class. If you are in High School ordering a large pizza or two for the class may be appropriate. Make sure you get enough for the teacher.

Get More Exercise

Run around the class at least 3 times to make sure you get all your wiggles out before seating and begin learning.

I would suggest not actually doing these things, but isn't it fun thinking about it? Get at least 8 hours of sleep every night. You may have to start on your homework as soon as you get home to acquire this. Eat Right is very important. Lots of vegetables will help you think clearly and keep you healthy. Get more exercise. If you have a pet who likes to run, run with him. Riding your bicycle as fast as you can, and being outside in the fresh air is always good for you. If you use computers at home or in school always exercise your hands and wrists so you do not develop carpal tunnel syndrome. Clenching your hands into a fist and releasing them several times while bending your wrists back and forth is very good exercise... It kinda looks funny too. Have fun at school, learn lots of new things and most of all respect your teachers, they are people too.

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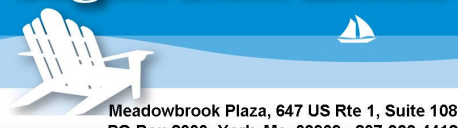
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