

Mathematics

www.mathplayground.com

A challenging, animated, multigrade website for elementary school children which offers work and logic problems in a math playground format!

www.coolmath4kids.com

An educational, fun web-site designed to make learning fun for children by using games, puzzles, riddles, etc.

Food Guide Pyramid

www.mypyramid.gov

The Department of Agriculture unveiled a new version of the food guide pyramid, adding a colorful reminder to make healthy food choices and increase physical activity. The new graphic interprets the food groups as rainbow-colored bands running vertically from the tip to the base with each color representing a different food group. You can find 12 different models based on daily calorie needs from the 1,000 calories for toddlers to 3,200 for teenage boys.

www.balancedforlife.net

In keeping with our New Food Guide Pyramid, this web-site has healthful information which includes the Top Ten Smart Snacking Tips.

Healthy Living

Mrs. Backman has recently sent home health information to parents regarding Fifth Disease and Mononucleosis. Two good web-sites to educate yourself regarding these health concerns are:

www.kidshealth.org & <http://familydoctor.org>

Parents' Action for Children

www.parentsaction.org

The web-site "Parents' Action for Children is beginning a series of reports on childhood health and nutrition. Their focus is on the prevention of childhood obesity.

This topic is of particular interest to educators and parents as the Federal government has passed a law directing all school districts to develop a wellness policy for students and to have it in place by September 2006. Additionally, the State of New Jersey has issued a ban on junk food in schools and that ban will begin in September 2007. As we move closer to those dates you will be receiving additional information. Please feel free to call me to discuss or to volunteer your time toward these efforts.