

# KING Academy

## From the Director

So many parents wonder if they can really help their child succeed in school. After all, school is very different now than it was when we were kids. Some parents think that learning happens at school and ends when the school bell rings at the end of the day. The fact is, there is no one more important than you when it comes to your child's success in school.

### Where Do I Start?

All parents can help their children succeed in school. Where do you begin? At home. Try these three simple things.

1. Let your child know that you expect that she will do well in school. Your expectations are powerful.
2. Praise your child's effort in school and let her know you support her when school is difficult. Tell your child that her education is important to her future. And finally,
3. have fun learning with your child at home.

### I only have 15 minutes. What can I do?

Most parents are busy, so busy that at the end of the day they may have just fifteen minutes with their children. If this is your experience, don't worry. You can support your child's education in fifteen minutes whether your child is in high school or kindergarten by:

➔Asking your child something specific about her day and listening to her stories. "What did you

➔make in art today?", "How did your history test go?", "What did you do during recess?", or "What was the best thing that happened to you today?"

➔Saying to your child, "Tell me about something you learned today."

➔Reading to your young child, or listening to your child practice his new-found reading skills.

➔Telling your young child a story about your childhood or a story from your family's past.

➔Asking your child about their homework. Is it done? How difficult was it? Did it take very long? Was there anything that they could not do?

➔Asking your pre-teen/teenager about their friends, who is hanging out together, what did he/she do with their friends that day?

➔Reading your child's progress reports and report cards.

➔Writing your child's teacher a note, e-mail, or leaving a voicemail telling him or her any of your concerns. Or tell the teacher what you would like to know and ask for him or her to contact you about it.

Field Trip Februray 10th	February 20th	March 9th	March 26th - April 6th
K-4th Grades to The Children's Theatre to see Disney's My Son Pinocchio Jr.	No School (President's Day)	Third Quarter Ends	No School SPRING BREAK!

## United Way's Earned Income Tax Credit Initiative

### Get Help with Filing Your Taxes...for Free!

Use extra money to make life a little easier now, or put away for a rainy day.

Regional earned income tax credit initiative helps low and moderate income workers avoid tax prep fees and get money back fast!

Hardworking local families can get a leg up on tax season by planning now to take advantage of FREE in-person tax prep at one of 34 convenient sites located throughout Southwestern Ohio, Northern Kentucky and Southeastern Indiana. In addition to free preparation and e-filing, they'll get help determining eligibility for and claiming the Earned Income Tax Credit (EITC).

The Internal Revenue Service estimates that only four of five eligible taxpayers claim and get their EITC. That's as much as \$5,751 into the pockets of a family with three or more children. It is the largest federal program benefiting low-earning workers. Last year, the local effort prepared more than 16,553 returns, resulting in more than \$19 million coming back to our community and providing a financial boost for working people in a recovering economy.

If you worked in 2011 and earned between \$49,078 (married filing jointly with three or more children) and \$13,660 (single with no children) you may be eligible.

2012 sites open starting as early as January 17. A full list of **sites, hours, eligibility information and what to bring** to have a return prepared can be found at

[www.makeworkpay.com](http://www.makeworkpay.com) or by calling 513-762-7100



# EMPLOYMENT BEAT

## Do You Have:



Little to no college experience?

A strong desire to take the next step toward a career goal?

Commitment and dreams of developing a career in the healthcare setting?

If the answer is YES, this may be for you!

**This is an incredible opportunity to learn new skills in an industry that is consistently hiring! Not only can you enter the healthcare field at an average wage of \$10 - \$13 per hour, you can continue your training on a dedicated path of advancement and increased wages! Call to find out how you could attend TUITION FREE through the employer paid program.**

HCCG includes a group of health care facilities (Children's Hospital and The Health Alliance), educational institutions that train students to fill health care positions (Great Oaks and Cincinnati State), and community agencies that help individuals access those opportunities (Dress for Success, Mercy Neighborhood Ministries, and the Super Jobs Center). It all adds up to a great opportunity for you to get ahead in a new career!

### 1ST LEVEL OF ENTRY

The first level of entry in to the career pathway focuses on the unemployed and those in greatest financial need, with the goal of training and entry into the healthcare workforce as either a State Tested Nursing Assistant (STNA) or Health Unit Coordinator (HUC). The training can be completed in a 9-12 week short-term course that provides job readiness and professional training as well. These positions were selected because they consistently have job openings available and offer starting wages of \$10-13 per hour.

### 2ND LEVEL OF ENTRY

Provides career advancement opportunities for low-wage entry level healthcare workers of Cincinnati Children's and the Health Alliance. These individuals may or may not have participated in the first level of entry of the career pathway. Participants receive assistance to strengthen basic academic skills, up-front tuition reimbursement and enroll in 1 of 4 Associate Degree programs (Nursing, Surgical Technology, Respiratory Care or Multi-Competency Health). These programs have been selected by the two healthcare industry partners to meet their current and projected staffing needs.

For More Information, contact:

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# Healthy Foods For Winter - Breakfast, Lunch and Dinner

## Health Tips For Winter Season

<http://expertscolumn.com>

So many of us don't know what to eat during winter season and so we end up eating unhealthy foods - both kids and adults. Out of habit, we avoid healthy winter seasonal foods and go back to the most fattening winter foods - our comfort foods. Breaking out of this rut can make big changes in your health and weight while also starting our your New Year right!

Scientifically, it has been proven that the winter season keeps us healthy and increases the strength of our digestive system. Due to low temperatures our body emits heat, which is a form of energy. We need more energy in winter season, thus making us eat more. If you're finding you are gaining weight in the winter, it's most likely because you are consuming the extra calories your body needs but not finding a balance between how much you need and what you are burning.

### Healthy Winter Foods for Breakfast

Avoid Caffeine. Substitute or add herbal tea with ginger and Tulsi. It increases immunity against cold and heals cough and flu. Avoid fruit juices and go for vegetables, chicken or mushroom soup. Citrus foods are abundant in winter, consume them as much as you like. Orange, carrots, grapes and apples are high in nutrients and have a decent amount of anti-oxidants.

### Healthy Winter Foods for Lunch

Eat vegetables, and lots of them, together with brown rice and lentils. Add ginger, onions, coriander leaves and garlic to season them. Squeezing some lemons and adding cut tomatoes make them tasty and healthy at the

same time. Ginger helps to maintain your body temperature and gives quick healing against cold. Refrain from oily foods, alcohols, eggs and sodas. Use olive oil to make your food more healthy.

### Healthy Winter Foods for Dinner

Dinner should be as light and as oil-free as possible. Green veggies and soup are perfect. Before going to bed, eat a handful of nuts - 4 almonds, 4 cashew nuts and a chestnut. Then drink a tall glass of warm milk with honey and a little turmeric powder. You'll not only be giving your body a boost of fiber but also a good night's sleep. This will maintain your sugar level and metabolism for all night long. Maintaining metabolism is helpful to lose weight.

### Miscellaneous Winter Tips



- Milk Products, like curd, and cheese are excellent in winter.
- Raw vegetables should be included in your breakfast and with salads and fruits.
- Substitute flour and white rice with whole wheat and brown rice. Replace white bread with brown.
- Avoid munching on biscuits. Go for peanuts instead.
- Dine at least two hours before sleep and don't forget to drink milk.
- Avoid excessive use of pepper, seasonings and chillies.