

2017

BACK TO SCHOOL

How Music And Singing Benefits Children

Music is everywhere: on the radio, in movies and television shows and as a backdrop when shopping or celebrating milestones. Music is an integral part of cultures all over the world. Music can express emotions not easily conveyed otherwise. It also provides a sense of community and belonging and can help unite the divided. Playing musical instruments or singing has a number of benefits. From the earliest days after their birth, children can be calmed by music. Music helps people work out their feelings and can be uplifting and comforting when people need a boost. While many people are familiar with the mood-enhancing benefits of music, they may not know that music also has developmental benefits. According to Don Campbell, internationally known educator and author of "The Mozart Effect for Children," music enhances intelligence, coordination, emotional expression, creativity, and socialization

skills. Studies have suggested that music and movement affect all areas of development. Music can bolster listening skills, improve motor skills, assist with problem solving, and promote spatial-temporal reasoning. Many others say that music can calm and focus the mind, which is why it so often employed by therapists. In the book, "The Importance of Music," author Ellen Judson cites a 10-year study that tracked more than 25,000 middle and high school students. The study showed that students in music classes receive higher scores on standardized tests than students with little to no musical involvement. In addition, singing and engaging in musical appreciation sharpens one's ability to communicate. Learning a piece of information attached to a tune will more readily embed that information in the brain. For example, many children learn the alphabet via song. Pairing lessons with song can help anyone retain information more

easily. Music also is fun, so much so that kids may not realize they're actually learning while singing. Matthew Freeman, development manager of "Sing up," a national singing project to help enhance music in children's education, states that children don't think of singing as work and may be more willing to participate. Song can be used to reinforce all different subjects, from language arts to mathematics. Children or adults who are apprehensive about meeting new people can use music as a means to open the door to new friendships. Joining a choral group will immediately introduce people to others who enjoy music as well. Group singing is less intimidating than singing alone, so it takes some of the pressure off of a person and can staunch performance anxiety. Music is beneficial throughout one's life and can be an enjoyable way to make learning more fun.



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Calming The Student With Hypnosis

For some students, the stress and anxiety of school and academics can become overwhelming. The huge amount of pressure can come from themselves, parents, teachers, and friends. Stress affects students in many different ways. For some students, their grades start to suffer. Others become so overwhelmed by stress that they start self-mutilating, develop tics, delve into drug or even drop out of school all together. Hypnosis can be very useful tool for struggling students who are seeking help in reducing their stress. A study performed in 1990 took a look at the role hypnosis played on helping college students with test anxiety. The participants in the study were randomly divided into two groups. One group served as the control group and received no form of treatment. The other group received cognitive-behavioral hypnosis. The researcher evaluated the effects of hypnosis in

improving academic performance and decreasing test anxiety. Both groups were enrolled in a demanding psychology course. All students were evaluated based on their midterm grade and anxiety levels. The hypnosis group reported a significant reduction in test anxiety and improvement in academic achievement. Both groups were evaluated 6 weeks after the end of the course and the hypnosis group was found to have maintained their hypnosis treatment gains in achievement and reduction in anxiety. Cognitive behavioral hypnosis is a highly effective form of treatment that helps students improve performance and reduce anxiety. The self-hypnosis that was taught to students, which included relaxation techniques and the usage of imagery, was able to help the college freshman cope with stress and the pressures of college. Hypnosis is a very effective in

helping to reduce stress and anxiety in college students and also students of all grades. Having the ability to better manage stress not only improves their academic performance, but will continue to help them cope with stress in other situations throughout their lives. As their stress and anxiety lessens their confidence grows. Parents of a stressed student are usually stressed themselves and benefit greatly from hypnosis. On August 26 there will be a class on hypnosis. For information on the class, see Pinnacle Hypnosis and Therapies ad in this Back-To-School issue. For more information, contact Lori Kleinsmith, RM, NLP & Certified Hypnotist, Pinnacle Hypnosis & Therapies, 610-823-4160. www.pinnaclehypnosis.com. Located at Inner Peace and Wellness Center, 202 S. Third St., Hamburg, PA 19526.

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Shop For Sports Eye Protection

The end of summer is crunch time for families preparing for the new school year. So many items make up back-to-school shopping lists that it can be easy to overlook supplies necessary for extracurricular activities. First of all, a before-school eye exam to be sure a child's vision is excellent and wearing the appropriate eyewear if necessary is essential for any age-group. Also, autumn marks the beginning of many scholastic sports seasons, including cross-country, field hockey, football, and rugby. Sports can be exciting and challenging for athletes, but athletes also are at constant risk of injury. Prevent Blindness America notes that more than 40,000 people seek treatment for sports-related eye injuries each year. While many of those injuries affect children, the good news is that sports-related eye injuries are largely preventable. Sports eye protection is a must, and protective eyewear should be included on back-to-school shopping lists.

In addition to wearing protective eyewear when playing sports, athletes can take the following steps to avoid sports-related eye injuries.

- Wear helmets. Kids who play youth baseball should always wear batting helmets with polycarbonate face shields when batting. When playing hockey, use helmets with face shields approved by the U.S. Amateur Hockey Association.
- Wear safety goggles. Regular glasses or goggles may not offer adequate protection. Wear proper safety goggles that have lensed polycarbonate protectors for racquet sports or basketball. All eye guards or protective eyewear should be labeled ASTM F803-approved, according to Prevent Blindness America. This eyewear is guaranteed to offer the highest levels of protection.
- Recognize non-contact sports also can be dangerous. Even non-contact sports such as badminton can present a chance for injury. Individuals should exercise caution any time they play sports that require the use of balls, racquets or flying objects.

- Speak with coaches and teachers. Open a dialogue with coaches or physical education administrators in an effort to highlight the importance of protective eyewear and learn about the steps being taken to protect athletes and their eyes. Include youngsters in these discussions so they learn about the need for protective eyewear and the benefits that such eyewear provides in sports where there is a high to moderate risk of eye injury.
- Protect eyes from the sun. Athletes who play outdoor sports should take steps to protect their eyes from the sun. When shopping for goggles, find ones that offer UV protection. In addition, look for tinted lenses that reduce glare.
- Exercise good sportsmanship. Always follow the rules of the sport and be a good team player. Use the equipment in the way it was intended so everyone, including teammates and opponents, is as safe as possible. Sports-related eye safety is about prevention. Protective eyewear is essential when competing in various sports



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How To Buy School Clothes Without Busting Your Budget

Parents often note that kids seem to grow like weeds. Pants that once reached to the tops of a youngster's feet quickly become too short, while once-loose shirts may soon become too snug. Many parents find themselves regularly in children's clothing departments stocking up on the basics, which can put quite a dent in already stretched-thin budgets. Although children's wardrobes are added to at various times of the year, the bulk of shopping occurs just before the school year begins. Though clothing can be expensive, families need not bust their budgets when shopping for kids' clothing. By shopping smart and concentrating on fashion staples, it's easier to stretch money further.

* Spread out purchases. Shopping early allows parents to make the most of sales. Warm weather clothing generally goes on sale in July to make room for new fall lines. Considering the first few months of school still may be warm, short-sleeved shirts will still have utility and are generally less expensive than sweaters and sweatshirts. Staggering purchases also enables parents to develop a clothing

allowance each and every month instead of having one large bill at a certain point in the year. Parents can even add to their children's wardrobes during the holiday season, when clothes tend to get reduced again for holiday sales.

* Don't discount hand-me-downs. It's trendy to recycle clothing and also to be environmentally conscious by putting items to good use again and again. Aside from you and your wallet, no one will know if your child is wearing a secondhand pair of pants or a brand new pair. Many school moms are anxious to swap clothing with others to lessen their own financial burdens with children's clothing. Start a clothing swap with a group of friends, and you may find you have more than you need in the way of clothes for the kids.

* Take stock of what you already have. How many times have you run out to the grocery store for a missing ingredient only to find that very item buried at the back of the pantry? The same thing happens with kids' clothes. Before taking kids clothes shopping, take inventory of their closets. Have little ones try on clothes to see which items

still fit and which can be discarded or donated. Make a list of the items you need to cut down on impulse spending at the store.

* Invest in the right high-quality pieces. Spending a fortune for a trendy pair of pants that may end up getting ruined on the playground is not the best way to shop for kids' clothing. However, investing in a quality pair of shoes that will last much of the year is a good investment. Know when to splurge and when it's okay to shop at the discount store.

* Stock up on staples. A straight-leg cut of jeans, some solid colored polo shirts and an A-line dress or skirt are some classic foundation pieces for children's wardrobes. Such items tend to last longer than trendy items that may only last a few months before the next trend arrives.

* Learn to layer. Layering items can make pieces look like new by putting them together in different combinations. Layering a summer T-shirt under a fall hoodie gets use out of two different seasons' worth of clothes. It also enables kids to be comfortable during unpredictable weather.



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