

## Back-to-school health tips for kids



On a parents back-to-school list should be a physical exam, immunizations, well-child exam, exercise and eating right.

"The anticipation and preparation for another school year is an exciting but also a stressful time for parents and children," said Dr. Karen Breach, medical director for Prudential HealthCare. "By taking steps to ensure that your children start off healthy, you are well on your way to a happy and successful school year."

Parents should provide psychological support, as well as making sure children receive necessary medical check-ups and immunizations. Breach noted that these types of preventive care check-ups and tests are covered by HMOs.

Here are some tips for making your child's school year a healthier one.

**• Talk with your children about their feelings for the upcoming school year.**

Spend time with your children talking about the upcoming school year - about any fears, challenges, accomplishments, projects, etc. that they see ahead for themselves. Go over their schedules with them and discuss study habits so they feel less anxiety and stress over possible workloads.

**• Go shopping for new supplies and clothes.**

It sounds silly, but this activity helps children get excited for the school year. Remember that for older children and adolescents, trendy clothes are often a sign of their self-identity.

**• Schedule vision and hearing exams for preschool and kindergarten children, along with their well-child exams.**

**• Older children should have a physical exam every other year, unless they have a medical condition or will be participating in organized sports and get exams more often.**

**• Review your child's immunization records with your pediatricians.**

Some diseases, such as

tetanus, measles and hepatitis B require booster shots in later years, between the ages of 11-18. Children who have a chronic disease should receive a flu vaccine depending on when flu season begins.

**• If your child has a chronic condition, meet with the school nurse.**

If the child needs medication for a condition such as diabetes or asthma during school hours, it is important to discuss your child's medical history with the school nurse. Provide the nurse with contact information for your child's pediatrician and/or family doctor. Plan a timetable for your child to take his or her medication and set up a reminder system so he or she won't forget.

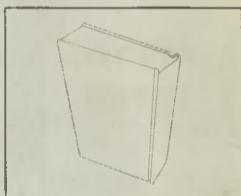
**• Schedule a dental appointment for your child.**

**• Stress the importance of routine physical activity with your children.**

Talk about sports they might be interested in participating in during the school year or other ways for them to stay physically fit. It may be an after-school activity not affiliated with the school or simply joining a health club or gym. Set a good example and exercise regularly yourself.

**• Make sure your child eats a balanced diet.**

A good diet consist of breads, cereals, pasta, and low fat baked goods; fruits and vegetables; dairy foods; lean meats, poultry, fish; and low fat snacks such as pretzels, graham crackers, animal crackers instead of corn chips and potato chips. Keep healthy foods and snacks around the house. Be a good role model by eating the foods you want your child to eat. Get your child into the routine of eating a well-balanced breakfast, one of the most important meals of the day.



## Two kids shows brighten up weekend television viewing

By John Minter

THE CHARLOTTE POST

Youngsters will find new shows among the Saturday television fare this season. "C-Bear and Jamal" targets an underrepresented audience in animated television programming, the African American family, and allows children of varied ethnic backgrounds to see themselves positively represented.

C-Bear and Jamal can be seen on the Fox-TV network, home of several popular shows aimed at African American audiences. The show premieres Saturday at 8 a.m. on the Fox Children's Network.

C-Bear brings hip hop to the world of cartoons teaches kids how to get along, according to publicity releases.

"C-Bear and Jamal" was created to illustrate to children that despite all the obstacles in life, there are still positive options. With the help of C-Bear and his fantasy adventures, Jamal is able to think through his problems and find positive solutions.

The story features 10-year-old Jamal, who learns about life and living aided by the "ultra-hip" teddy bear, C-Bear, who gives him guidance and encouragement.

C-Bear has magical powers and wears hip-hop clothing (i.e. - baggy pants, sunglasses and a baseball cap). He's always looking for the right adventure to teach Jamal a lesson.

The show is designed to entertain and educate children while focusing on the value of friendship, responsibility and integrity. The show was created "to illustrate to children that despite all the obstacles in life, there are still positive options. With the help of C-Bear and his fantasy



Kenan Thompson, right, and Kel Mitchell, stars of new Nickelodeon buddy comedy Kenan and Kel, airing at 8 p.m. Saturday. The show is a spin off from All That show.

adventures, Jamal is able to think through his problems and find positive solutions.

Rapper Tone Loc is the voice of C-Bear. Tone Loc is creating rap songs with fun lyrics for the animated show.

A line of toys based on the show is planned. The toys will promote non-violence and unity among all cultures.

Also new this season on Saturday morning television for cable viewers is Kenan and Kel, Nickelodeon's spin off.

The show is a buddy comedy for kids starring Kenan Thompson and Kel Mitchell from the comedy and music series "All That."

The show premieres Oct. 12 at 8 p.m.

Kenan and Kel follows the adventures of Kenan Rockmore and Kel Kimble, a duo who dauntlessly chase after the things most teenagers dream about, but few dare to pursue.

The stars take on the world in their own unique way. To Kenan the obstacles of teenage life are merely hurdles to find a way under, over and around. His dreams and schemes always include loyal pal Kel.

Grammy winning recording artist Coolio wrote and performed the Kenan and Kel theme song "Aw, Here it Goes," a hip-hop single. Immature appears in Nickelodeon's music video of the title song.

Vanessa Baden of Nickelodeon's Gullah Gullah Island and John Singleton's upcoming feature Rosewood stars as Kenan's little sister Kyra, who follows the duo constantly.

Kenan's parents are played by Ken Foree and Teal Marchande.

Thompson began acting at age five, playing The Gingerbread Man in a school play. Professionally he has appeared in D-2 The Mighty Ducks and Heavy Weights. Thompson, 18, is a native of Atlanta. On All That he created the characters Super Dude, Pierre Escargot, Ishboo and Mavis and Clavis.

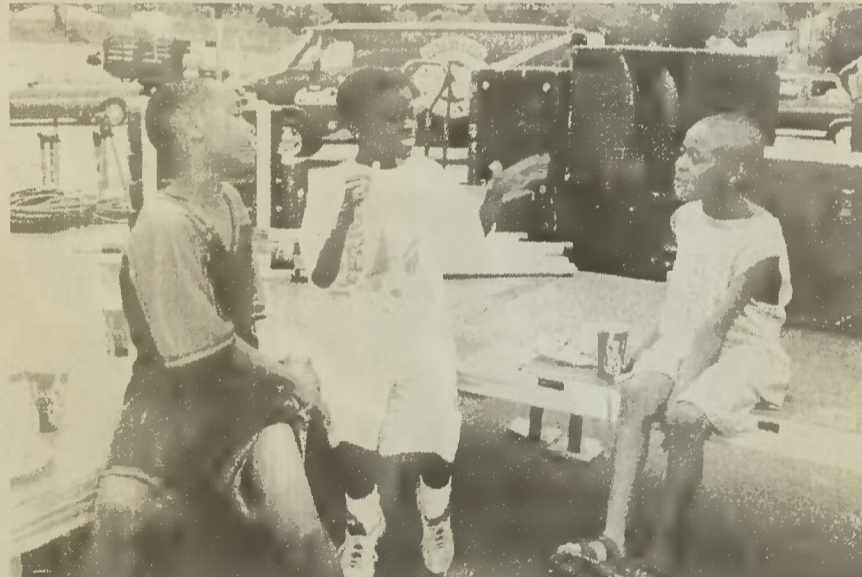
Kel Mitchell, 17, is a Chicago native who made his television debut on All That. His characters included Ed the "Good Burger" guy, Coach Kreeton, Okrah and with Thompson, the elderly hard of hearing pals, Mavis and Clavis.

Both actors will continue to perform as cast members on "All That."

## Kids enjoy Labor Day cookouts

Steve Raley, 10, spins a big one with friends Dante Jones, 8, on his left and Sherrman Adams, 9, on the right. The youngsters were among 350 who attended the free Labor Day cookout sponsored by The Crusade, an anti-drug and black-on-black crime group headed by Rev. James Barnett. Steve, Dante and Sherrman enjoyed burgers and hot dogs at the event on Griffith Street off South Tryon Street. The seven-year-old Crusade organizes communities to end violent crime through marches, cookouts and focused neighborhood crime watches.

The cookouts are important because "we want to have friends out there," said Barnett.



PHOTO/SUE ANN JOHNSON

## Smart kid alert!

Ryan Martin Roberts, son of Linda and Nathan Roberts, was one of 72 students who spent time this summer at a veterinary medicine workshop at N.C. State University in Raleigh.

Ryan, who attends Briarwood Elementary, spent two weeks in the Summer Veterinary Workshop led by faculty, staff members and

students designed to introduce rising six graders to the veterinary profession and encourage their interest in the sciences.

Activities included science labs, hands-on work with animals, and special field trips to places such as the N.C. Zoological Park.



PHOTO/SUE ANN JOHNSON

Octavia Linton, 8, anticipates the new school year as her mother Jacqueline Linton gets instructions for the re-opening of University Park school as a performing arts magnet last month. Octavia was among the more than 100,000 students from the region going back-to-school.



PHOTO/CALVIN FERGUSON

Pandemonium recently wreaked enough havoc in New York to win the famed Apollo Theater talent competition on a show that will air this fall. The local group sang "Feel the Funk," by Immature. Pictured back row, left to right, are Bukeeus Sadler, 11, Erren Woodson, 11, Don (D.J.) Wright, 11, and front, Ebriel Woodson, 9, left, and Leon Potts, 7.

Send story ideas about kids in our community to:

John Minter  
The Charlotte Post  
P.O. Box 32144  
Charlotte, N.C. 28230  
FAX- 342-2160

E-mail - charpost@clt.mindspring.com