

# THE PARENT CONNECTION

A QUARTERLY NEWSLETTER FOR PARENTS AND GRANDPARENTS RAISING CHILDREN

## GREETINGS!

*Believe it or not, it's time for the school year to get underway. In this issue of the Parent Connection, we look at several important areas related to health and safety of children. For more information or questions, please call Grace Guerra-Gonzalez at (210) 467-6575 or email at [g-guerra@tamu.edu](mailto:g-guerra@tamu.edu)*

*Your Newsletter is Online! Visit our Extension homepage: <http://bexar-tx.tamu.edu/>. Scroll down the left-hand column to "Cooperative Extension Program" then look for "The Parent Connection..." link on the right. And hey, it's in color!*

## RIDING THE BUS



School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus. Parents should remember these safety tips and encourage students to:

- ☺ Have a safe place to wait for the bus, away from traffic and the street.
- ☺ Stay away from the bus until it comes to a complete stop and the driver signals them to enter.
- ☺ When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between themselves and the bus. Also, remember that the bus driver can see them best when they are back away from the bus.
- ☺ Use the handrail to enter and exit the bus.
- ☺ Stay away from the bus until the driver give his/her signal that's okay to approach.
- ☺ Be aware of the street traffic around them. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect them and watch out!

## WALKING AND BIKING TO SCHOOL

Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decisions regarding situations and danger while walking to and from school.



Here are a few basic safety tips to follow:

- ☛ Mind all traffic signals and/or the crossing guard - never cross the street against a light, even if you don't see any traffic coming.
- ☛ Walk your bike through intersections.
- ☛ Walk with a buddy.
- ☛ Wear reflective material...it makes you more visible to street traffic.
- ☛ Bike Smart Use you head; Wear a helmet.

### References

Bicycle Helmet Safety Institute: Bike Helmet [www.helmets.org](http://www.helmets.org)

Education Programs: Bike Safety & Bicycle Helmet [www.bike.org/edu](http://www.bike.org/edu)

Bike & Pedestrian Safety [www.nfpa.org/riskwatch/parent\\_bike.html](http://www.nfpa.org/riskwatch/parent_bike.html)

Source: PVAMU.edu

# EATING ON A BUDGET - THE 3 P'S

## PLAN

- ✓ Plan meals and snacks for the week according to an established budget.
- ✓ Find quick and easy recipes online.
- ✓ Include meals that will "stretch" expensive food items (stews, casseroles, stir-fried dishes)
- ✓ Make a grocery list
- ✓ Check for sales and coupons in the local paper or online and consider discount stores.
- ✓ Ask about a loyalty card at your grocery store.

## PURCHASE

- ✓ Buy groceries when you are not hungry and when you are not too rushed.
- ✓ Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- ✓ Buy store brands if cheaper.
- ✓ Find and compare unit prices listed on shelves to get the best price.
- ✓ Purchase some items in bulk or as family packs which usually cost less.
- ✓ Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- ✓ Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- ✓ Good low-cost items available all year include:

- ♦ Protein -beans (garbanzo, black, cannellini)
- ♦ Vegetables-carrots, greens, potatoes
- ♦ Fruit - apples, bananas

## PREPARE

- ✓ Some meal items can be prepared in advance; pre-cook on days when you have time.
- ✓ Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- ✓ Try a few meatless meals by substituting with beans and peas or try "no cook" meals like salads.
- ✓ Incorporate leftovers into a subsequent meal.
- ✓ Be creative with a fruit or vegetable and use it in different ways during the week.

**Source:** U.S. Department of Agriculture



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