

Unicoi Elementary Afterschool Newsletter

February 2017

UT Extension Unicoi County -100 N. Main Ave. Suite 107, Erwin, TN 37650

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We are an afterschool program serving children in 1st-5th grade at Unicoi Elementary. This program is funded by the LEAPs Grant through the University of Tennessee Extension Office.

Be a Homework Star!



At Unicoi Elementary Afterschool, we encourage students to be responsible and develop good study skills during homework time. This starts with coming each day with materials needed to do your work (we help with supplies like paper, pencils, dictionary, etc.) and trying

your best on your homework assignments. To reward responsibility and good behavior, students get a homework card that is punched each time they are successful during homework time. After 10 punches, students can choose a prize from the prize box. Encourage your child to do his/her best everyday at school and afterschool!

Here are a few homework tips for parents:

- Be positive about homework. The attitude you have about homework will be the attitude your child acquires.
- If homework is meant to be done by your child alone, stay away. Homework is a great way for kids to develop independent, lifelong learning skills.
- Stay informed. Talk with your child's teacher. Make sure you know the purpose of homework and what your child's class rules are.

February Afterschool Highlights

Feb 10: Fun Friday Program: Rockets and Physics

Feb. 17: Early dismissal– no afterschool

Feb. 24: Swimming at YMCA (tentative)

March 3: Fun Friday Program: Polymers and Putty



Themes this Month:

- ◆ Space Explorer
- ◆ Art and Music @ the World
- ◆ Polymers and Putty

Staying Fit at Afterschool!



We have been learning about physical fitness at afterschool with Mrs. Rachel York (Family and Consumer Sciences Agent with UT Extension Unicoi County). Physical activity helps us stay healthy and feel great about ourselves! You should exercise for 60 minutes or more a day at least 3 days a week. Staying fit should be fun—play tag with your friends, ride your bike around the neighborhood, or go for a walk with your family!