

March 2009

Parent News Bulletin



Hello Parents,

It's me Wally Cat. I have been working hard trying to get back in shape by eating right and exercising. I have also been burning off a few extra calories helping my friends and neighbors around the state shovel snow!

As you know, our state was hit hard by bad weather. I know many of you did your best to help your family, friends, and neighbors get through some really tough times.

I want you to know how proud I am to live in Kentucky. Kentucky has some of the most responsible, hard-working, smart, and kind people I have ever met. I am happy to call Kentucky home.

I would also like to thank all of you for encouraging my Wild Cat and Wild Cub friends to keep sending me emails.

T.W. from Allen County wrote...

"Wally Cat I can't wait for Little League baseball and soccer to start. I hope my team wins the championship this year!"




G.K from Scott County wrote...

"My dog Sam loves to catch a Frisbee in his mouth. I can't wait until it is warmer so Sam and I can play!"



Spring is just around the corner. Many of you may be thinking about signing up your child for team sports.



America is facing the worst child obesity epidemics in history. Team sports give your child a reason to exercise and offer emotional, social, and physical benefits. Studies have found that children who participate in team sports have higher grades, get along better with others, and are generally physically healthier than their peers who don't participate in sports.

Team sports will help your child:

- ▶ Become physically fit
- ▶ Increase their confidence and self-esteem
- ▶ Interact with positive mentors
- ▶ Make new friends
- ▶ Learn and Master New Skills
- ▶ Develop leadership skills
- ▶ Learn time management
- ▶ Learn problem solving skills
- ▶ Become part of a team
- ▶ Have fun

Sports give children a fun way to develop their own talents and learn the value of hard work. Children who participate in sports learn life lessons that will help them to both deal with disappointment and learn to handle adversity as they become adults.

Education.com reminds us to remember the 3 P's:

- ▶ Practice
- ▶ Patience
- ▶ Persistence

The 3 P's remind us that just as reading and math become easier the more your child practices, the same is true for sports. There may be times your child doesn't feel like going to practice, are tired of waiting for their turn up at bat, or miss another basketball or volleyball shot and may feel like giving up. Remind them that with **Practice**, **Patience**, and **Persistence** it will get easier and they will get better.

Wally Cat Question:

As a parent, how do you feel about letting your child participate in team sports?

Email your answer to Wally.Cat@uky.edu
Let's all work together to become healthier Wildcats!
Be on the lookout for me in April!

Your friend,

Wally Cat

The March 2009 Youth Health Bulletin prepared by:

Travonia Brown-Hughes, Ph.D., MCH Postdoctoral Fellow,
HEEL Program
University of Kentucky

Sources

<http://www.enotalone.com/article/5298.html>
<http://pbskids.org/itsmylife/body/teamsports/index.html>
http://www.education.com/magazine/article/Ed_Benefits_Team_Sports/