

Get in the KidZone with Holy Redeemer and YMCA

Super-sized foods and too few physical activities add up to an adverse affect on kids' health. That's why Holy Redeemer Health System and the Abington YMCA partner to present Healthy KidZone for children ages 10-14 and their families. The next 8-week program begins Thursday, September 19 at the Abington YMCA from 6:00-8:00 p.m. and runs every Thursday through November 14 (excluding October 31).

KidZone focuses on nutrition and fitness and includes individualized and group sessions with the YMCA's exercise physiologist and Holy Redeemer's registered dietitian. It also emphasizes overall wellness

through group sports and activities. Parents and guardians are strongly encouraged to attend each session.

A physician referral is required for Healthy KidZone. The cost is \$125 for YMCA members and \$160 for non-members (including use of the facilities during the eight-week program). Payment plans are available. Participants should check with their insurance companies regarding possible partial reimbursement. For more information and registration, call 1-800-818-4747.

Teaching Children Responsibility

Learning to become a responsible person is a long-term process. Well developed, this quality enables a person to succeed in relationships, love, and work. Holy Redeemer Health System is sponsoring a workshop "**Teaching Children Responsibility**" on Thursday, November 14 from 7:00-8:00 p.m. at the Women's Health Center, 821 Huntingdon Pike, Huntingdon Valley. Presenter Saul Fisher, Ph.D., Clinical Director, Growth Opportunity Center, will discuss how parents can foster the development of responsibility in their children. To register for this free program, call 1-800-818-4747 or visit www.holyredeemer.com.

Parent Council: Connecting Parents and Schools

Parent Council is a group of parents dedicated to the education and welfare of Abington School District children. It serves as the umbrella group for all parent-teacher organizations in the district and meets monthly, rotating its location among district schools. Parent Council provides education on topics of interest, promotes sharing information and ideas, and tries to solve problems that may arise. Members include parents, teachers, school district administrators, and School Board members. Parent groups such as the Parent Advisory Board for Gifted Education and Special Education have designated representatives serving on Parent Council.

Monthly attendance at the meetings allows those from every corner of school district to become familiar with the specific concerns of those areas, form relationships, and provide support. Members of the executive board also serve on the boards of community organizations such as the Abington Community Taskforce, Abington Human Relations Advisory Committee, and Citizens and Police Together. Parent Council's goal is to continue to serve as a proactive group. The first two fall meetings are September 11 at Willow Hill Elementary School and October 2 at Rydal East Elementary School, 7:30 p.m.

Peer Mediation for Student Problem Solving

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Carabelli also points out that sometimes students discover when they come together that their problems were more perceived than real and that they don't have significant differences.

Anyone with concerns about a student situation can initiate the peer mediation process. Students can either talk to their teachers or guidance counselors or complete a peer mediation form at their school guidance office.