

GEARUP SUCCESS PARTNERSHIP

UPCOMING EVENTS
at Cincinnati Public Schools

This week
Midterm Week

Monday, Feb. 18
President's Day
Schools closed

Monday, Feb. 25
Board of Education Meeting, 7 PM
2651 Burnet Ave., Auditorium.

Friday, Feb. 29
Staff Professional Development Day
No pupils

Monday, March 10
Board of Education Meeting, 7 PM
2651 Burnet Ave., Auditorium.

Did You Know?

Many resources are available to help you prepare for the SAT and ACT. Start online—learn how the tests are structured, take sample tests, and read more tips and suggestions at

www.collegeboard.com
(for the SAT) and
www.actstudent.org
(for the ACT).

For additional help, ask your school counselor or GEARUP resource coordinator.



Serving 3,800 students in
23 Cincinnati Public Schools

For more information:
phone 513-556-3611
or fax 513-556-1037

Thinking of college?
Wondering about how to
pay for it?

Visit the following Web sites:
www.finaid.org
www.fastweb.com
www.collegeboard.com

measure UP!

Prepare for tests!



Does an Apple a Day Equal an A?

Just like every other part of your body, your brain works best when it's fueled by healthful foods. Studies show that starting the day with a nutritious breakfast helps you pay more attention, concentrate better, and learn more. **That's a formula for success that can work for you on test days—and every day!**

Just what is a "nutritious breakfast"?

A healthful meal—whether it's breakfast, lunch or dinner—consists of foods from at least three of these five groups. We've included a few suggestions of specific foods that are quick and easy to prepare, or grab on the run for breakfast or lunch.

- **Whole grains:** cereal or cereal bar (watch the sugar!), sandwich bread, English muffin, bagel, pita
- **Protein:** lean meat, peanut butter, eggs, nuts
- **Fruit:** fresh whole fruit, unsweetened juice, canned or frozen fruit (low or no sugar)
- **Dairy:** milk, cheese, yogurt (low-fat is best)
- **Vegetables:** carrot sticks or other portable raw veggies

Simple school day tips to help
your brain and body work better

- **Sit up straight.** Good posture helps stomach and back muscles.
- **Use the restroom on another floor and take the stairs.** You'll be exercising and giving your mind a few minutes to recharge.
- **Walk everywhere.**
- **Take advantage of school opportunities for physical activity, like PE class or sports.**
- **Do one active thing after school, particularly before you attempt homework.** You'll feel refreshed and your mind will be more ready to work. Participate in a game of basketball with friends, jump rope or dance – even a brisk five-minute walk to a mailbox or corner store can recharge your mind's "batteries."
- **Don't forget to stretch.** Take time during the day to stretch your arms, legs, neck, and even your fingers. Stretching can help you relax during problem-solving situations and reduce test anxiety.



Become a creative chef!

It's not hard to think of ways to combine foods from these groups for simple, tasty meals. Slice a banana or sprinkle some berries on your cereal. If you've got a blender, whip up a fruit and milk smoothie. And making an omelet is as simple as scrambling an egg with diced veggies and ham or turkey sausage.

An egg salad sandwich on whole-grain bread covers two groups; peanut butter on multi-grain toast topped with pear or apple slices covers three. Add something from one or two more groups—like a yogurt cup or carrot sticks—and you're there.

Strive for a balanced combination at each meal. Eating a high-sugar breakfast, high-fat lunch, and high-carb dinner does not add up to a day of balanced nutrition! Save sugary or higher-fat treats for the end of your meal. (Here's a bonus: once you start eating well, your craving for fats and sweets will decrease!) Start breaking the soda habit by substituting water. Not only is water your healthiest option, drinking even one less pop a day can equal a 1- to 2-lb. weight loss in a single week.

Good eating helps the whole "you"

There are so many benefits to eating healthfully—on test days and every day—that it makes little sense to choose any other path. Besides keeping your brain fit for better academic performance, good nutrition can reduce your risk for certain diseases and disorders, and improve your body image and energy level. Good eating habits may positively impact your emotional health, too, by helping you manage stress, experience fewer mood swings, and generally feel better about your life.

