

INDUSTRY NEWS

BEST PRACTICES ↓

Nutrition powers minds

■ Kick-start the day with a healthy, hearty breakfast

There's a reason it's called the most important meal of the day! According to reports from the American Dietetic Association, students who eat a healthy breakfast have better problem-solving skills, improved memory function and are less likely to be absent! Try foods high in fiber or protein as they'll sustain your child's hunger longer.

■ Snacks can be nutritious and delicious

When kids think of snacks, they imagine things like candy, cookies, chips and ice cream — but it doesn't have to be that way. Snacks often get overlooked as an opportunity to eat healthy but options such as unsweetened applesauce, fruit cups (in water, not syrup or gel), cut-up grapes, whole-grain crackers, and air-popped popcorn (for kids over age three) are all great alternatives!

■ Limit sugar consumption

According to the CDC, the largest contributor to America's sugar intake is sugar-sweetened beverages (those are your soda, juice drinks, tea) so next time you think about giving your child a sugary drink, opt for water, milk, or 100 percent juice instead!

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Technology: An essential ingredient in the 21st century classroom

In our interconnected world, it's surprising that there are people who still debate technology's value in education. Technology is here. It's becoming ever more influential. And it's not going away.

Students today are 21st-century learners, playing games on smartphones since preschool, finding the answer to any question on the internet and sharing class projects on YouTube.

As students head back to class, the vast majority of schools will be focused on implementing the Common Core State Standards. To implement the assessments that accompany the new standards, schools will have to make significant investments in infrastructure and hardware which will provide an extraordinary opportunity for extending and leveraging the use of technology to transform learning. Technology, effectively engaged to support learning goals, will play a major role in ensuring that all students meet rigorous learning goals and build the knowledge and skills necessary to graduate from high school prepared for college and a career in an increasingly competitive, global environment.

Enthusiastic learners

Technology also personalizes

learning and fosters activities that engage and motivate students. The enthusiasm is palpable as students learn about history by building a virtual Alamo, or connect with students in another country to conduct a science experiment. They're not asking, "How long does this report have to be?" They're generating ideas upon which to create video reports and movies, and sharing them with learners worldwide.

Collaborative advocates

To create and nourish a robust digital educational environment, we need advocates. Education leaders and education technology experts have created an unprecedented global community where they collaborate and share best practices across geographic borders. The International Society for Technology in Education (ISTE), the premier membership association for educators and education leaders engaged in advancing excellence in learning and teaching through the effective use of technology, and its members and partners are at the center of that community, using the ISTE Standards to support the development of digital teachers and learners, and opening new windows of learning. Most recently, ISTE has been pleased to see that the Federal

IMPACTS OF TECHNOLOGY INTEGRATION

One-year study showing learning improvements and overall increase in student achievement.

STUDENT ENGAGEMENT

72%

INDEPENDENT SEAT WORK

65%

PROJECT-BASED LEARNING

32%

22%

29%

SOURCE: TECHNOLOGY MAXIMIZES COMMON CORE SUCCESS

Communications Commission is exploring ways to increase its investment in broadband connectivity for schools. ISTE's advocacy on this issue is not new, but we have expanded our efforts and collaborations with vigor. We must match our high expectations of students and schools with a commitment to give them the tools necessary to succeed. In this case, that means equitable high-speed broadband connectivity.

Today, educators like those at

the heart of ISTE are on the leading edge of implementing technology to deepen critical thinking, engage students and create lifelong learners. As innovative educator Adam Bellow noted, we'd be doing our students a disservice if we relegate technology to "icing on the cake."

In education, as in our lives, technology is an essential ingredient in the cake itself.

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