

KID'S CONNECTION

Fall 2016

It's that time of year again! Some may dread it and others can't wait for it, but school is starting. Every year, we talk about the importance of school, and there's good reason! School is a big part of many kids' and teenagers' lives. For kids like you and me who have Chiari or Syringomyelia, however, school can cause even more challenges and stress. I have just finished up my first year of college. Over the last thirteen years of my education, I've made a lot of mistakes and learned from them, so I thought I could share this learning with you. Here are some DO's and DON'T's to make your school year as successful as possible!

DON'T put off doing your homework or studying. Waiting too long means you'll have a lot more work to do all at once!

DO ask your parents to talk to your school, or email your teacher yourself, if you have to miss school for a while or are having trouble keeping up. Your school can make a plan for helping you get everything done.

DON'T work too hard when you're tired or hurting. I've done this one, and it always just makes me more sick and tired!

DO give yourself time to rest and take things slowly if you are not feeling well. This will help your brain stay energized, and you'll actually be able to do your work faster and do better on your tests this way!

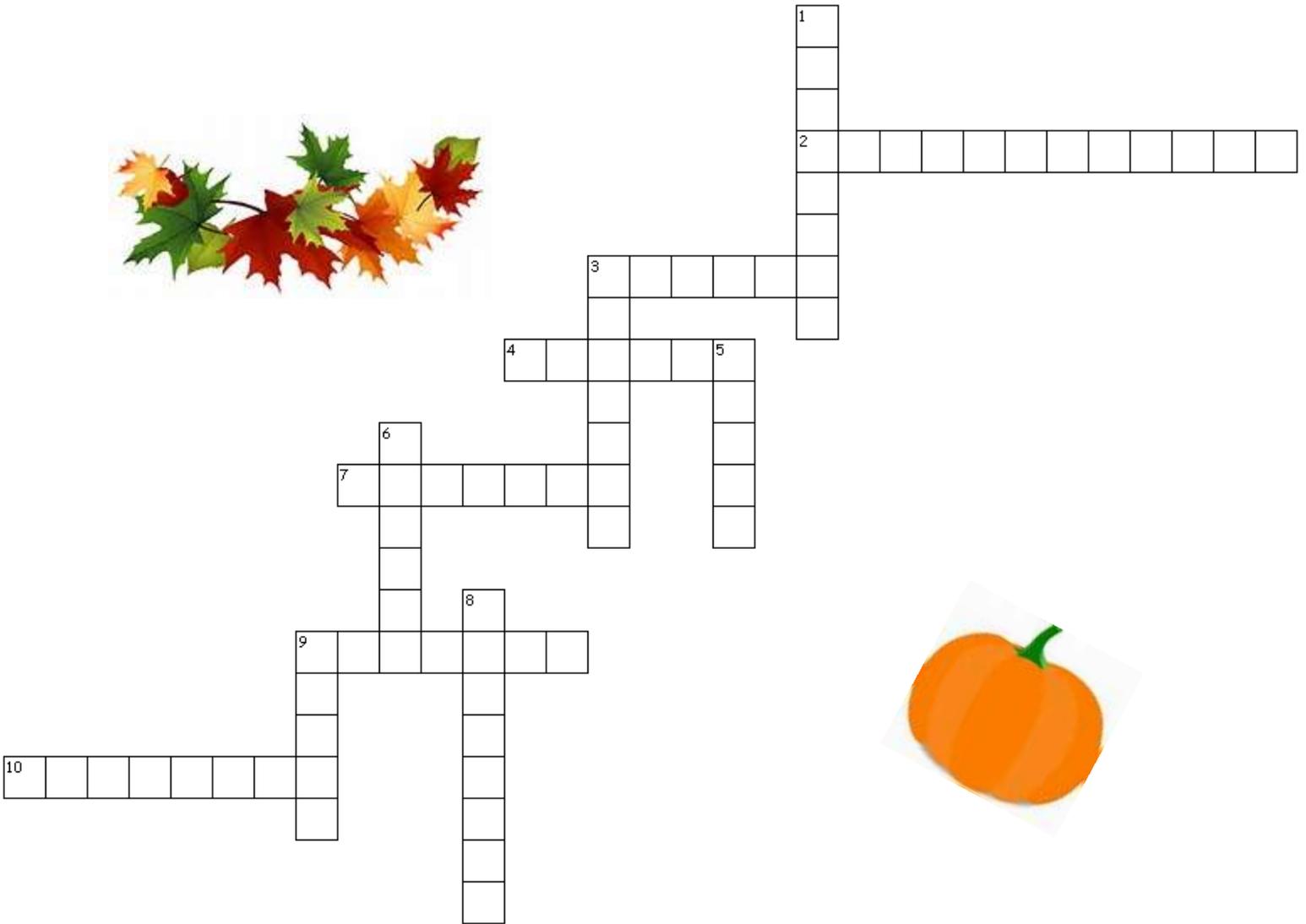
DON'T forget to spend time with those around you. It's much easier to get distracted from any pain you might be having when you are with friends or family.

DO consider joining a club to meet new people. There are clubs for about anything! Just find one that interests you.

DON'T try to hide your stress. Not talking about your stress or your pain will only make you more stressed.

DO reach out to a trusted adult, like a counselor, teacher, or parent, if you are having a lot of stress. Colleges like mine have their own therapy groups for students who have concerns, because almost all of them do!





Fall Crossword Fun!

Across

2. A tasty holiday that happens in November
3. It's time to go back to _____!
4. Things that fall from trees
7. Carved into a jack-o-lantern
9. You light these in your house to make it smell good
10. You might get lost walking through one of these (Hint: it's made from a yellow vegetable that you can eat on the cob!)

Down

1. A sport played in the fall that has a brown ball
3. Fall is one of four _____ that make up the year
5. _____ crow (Hint: it's frightening!)
6. Another word for fall
8. Once every four years event involving athletes from around the world
9. A sweet drink made from apples