



THE BOULEVARD SCHOOL

Toddler • Pre-School • Kindergarten • Summer Camp • Extracurricular Activities

A HAPPY PLACE! established 1974

23022 Victory Blvd. Woodland Hills, CA 91367

Summer Camp Swim Lessons

Sign up forms for Summer Camp swim lessons were emailed to all families enrolled in Summer Camp as of April 7th. Swim lessons are offered to all children aged 2 years and up. All swim lessons will be private one-on-one lessons. You may sign up for 2, 3, 4, or 5 lessons per week. For your convenience, lessons will be given while the children are attending Summer Camp. Please complete the form and return it with payment. You may also pay via credit card. Just pick this option on the enrollment form.

Summer Camp & Fall Enrollment

Enrollment for Summer Camp & Fall 2021 is continuing and classes are filling up. We strongly urge you to return your completed enrollment applications immediately. You can rollover your current school year deposit to next year. Stop by the office for forms. Summer Camp tuition can be pro-rated by the full week if you are attending only a portion of the summer. The camp deposit is due with the enrollment form.

Children's Extra Clothes

Please make sure and check your child extra clothes box in the classroom. With the changing season and weather it may be necessary to change some of the clothes in your child box as well as your child face mask. If you have any children clothes you do not need (especially shorts, pants, socks, and underwear) we welcome donations. Feel free to bring them to the school office. We use them for children who have accidents in their clothes. Thank you.

APRIL CALENDAR

April 5th
Tuition #10 Due.
Please be on time.

April 8th
Spirit Day!
Wear your school shirt.

April 9th
Celebration of fathers.

April 12th
Zoom Parenting Class.

April 16th
Hop-a-thon. Raising money for
the West Valley Food Bank.

April 19th - 23rd
"Caring For Our Planet" Week

April 21st
Graduation pictures
for rooms 12-18

April 22nd
Recycled Art Show

April 23rd
Fun Friday: planting project

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Health Corner

Pre-diabetes in Children

Excerpts from “How Not To Die” By Michael Greger, M.D. nutritionfacts.org

What was once called “adult onset diabetes” is now known as type 2 diabetes because children as young as eight are developing the disease. This trend can have devastating consequences: A fifteen year follow-up study of children who were diagnosed with type 2 diabetes found an alarming prevalence of blindness, kidney failure, and death by the time these kids had reached young adulthood.

Why the dramatic rise in childhood diabetes? It’s likely due to the dramatic rise in childhood obesity. Over recent decades, the number of American children considered to be overweight has increased by more than 100 percent. Children who are obese at age six are more likely than not to stay that way, and 75-80 percent of obese adolescents will remain obese as adults.

Childhood obesity is a powerful predictor of adult disease and death. For example, being overweight as a teenager was found to predict disease risk fifty-five years later. Such individuals may end up with twice the risk of dying from heart disease and a higher incidence of other diseases, including colorectal cancer, gout, and arthritis. Researchers have found that being overweight as a teen could be an even more powerful predictor of disease risk than being overweight as an adult.

Carrying excess body fat is the number-one risk factor for type 2 diabetes; up to 90 percent of those who develop the disease are overweight. What’s the connection? In part, a phenomenon known as the spillover effect.

The number of fat cells in your body doesn’t change much in adulthood, no matter how much weight you gain or lose. They just swell up with fat as the body gains weight, so when your belly gets bigger, you’re not necessarily creating new fat cells; rather, you’re just cramming more fat into existing ones. In overweight and obese people, these cells can get so bloated that they actually spill fat back into the bloodstream, potentially causing the same clogging of insulin signaling one would experience from eating a fatty meal.

Not all fats affect our muscle cells in the same way. For example, palmitate, the kind of saturated fat found mostly in meat, dairy, and eggs, cause insulin resistance. On the other hand, oleate, the monounsaturated fat found mostly in nuts, olives, and avocados, may actually protect against the detrimental effects of saturated fats.