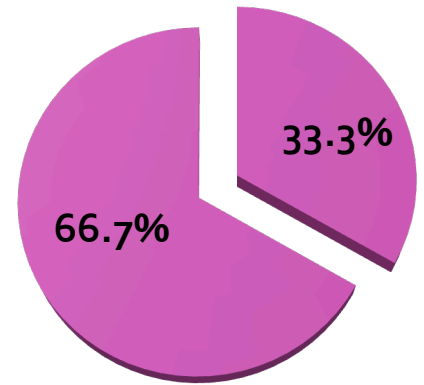


SNAP 4 Kids Study Quarterly Newsletter March 2014

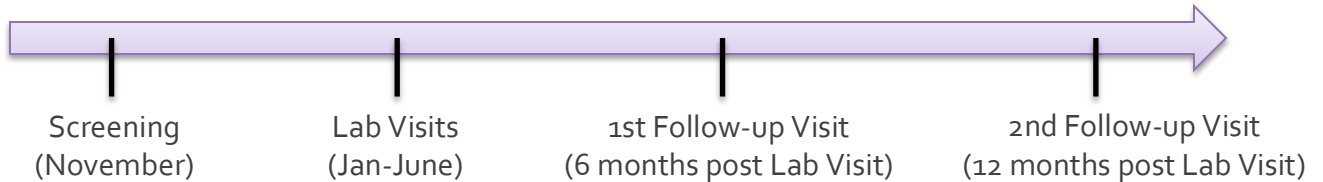


Thank you to all of our participating families for making screening such a major success! We screened over 250 middle school kids thanks to your amazing support. We are making great progress toward our goal of **150 kids** completing the Lab Visit. To all the families who have completed the Lab Visits this fall/spring: **THANK YOU!** So far 50 kids have done their Lab Visits! We are 1/3 of the way to our goal!



What's Next:

If you haven't completed the Lab Visit, we'll be contacting you soon! If you have completed Lab Visit, we'll be contacting you for the 1st follow-up visit starting in May!



Did you know...

The greatest changes to the parts of the brain that are responsible for impulse-control, judgment, decision-making, planning, and organization occur in adolescence. This area of the brain (prefrontal cortex) does not reach full maturity until around age 25!



Stress Buster Tip:

Too many soccer, basketball and track practices might be the cause of your kids' stress, but in general, physical activity is actually a great way to *reduce* stress. Exercise not only lets you "get away" from what's bothering you and focus on something else; it also encourages the release of endorphins, which are the brain's "feel good" neurotransmitters. Hard to stay stressed when your brain's sending feel-good signals, right?



