

# WELLNESS NEWSLETTER



## WELCOME BACK TO SCHOOL!

Just like that, summer is coming to an end. Every year, parents and youth are nervous about entering a new school year, meeting new friends, getting used to new teachers and so many other new experiences. This school year let's practice sending our youth to school with affirmations to jump start their day and prepare for new adventures this year. Be sure to recite and follow the tips below to EMPOWER and help youth build their mental resilience!

### *Affirmations for Starting the Day:*

I am an achiever! I am loved by family and friends! I love reading! I love S.T.E.M.! If all else fails, I can ALWAYS try again! I am a good friend! I am confident, courageous, and caring! I am smart, a hard worker and determined to WIN! I will always give my best efforts & never give up on hard challenges!

## FUN WAYS FOR CAREGIVERS TO GET KIDS BACK TO SCHOOL READY:

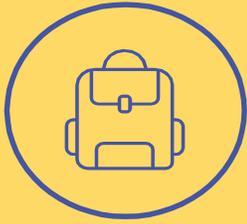
End the summer with a bang! Do some of your kid's favorite things (play games, go to the park, movies, or favorite restaurant) and talk about the upcoming school year over lunch. Write down a to-do list of the expected morning routine then practice it the week before school starts & cross off the to-do list together. Color code notebooks, folders, book covers and other school supplies for each subject. Encourage youth to model their first day of school outfit for you. Then lay it out the night before the big day. Get ahead of the game and pick

outfits for the whole week! Organize the fridge with easy to pack lunch options. Show your youth what a healthy lunch looks like and pack it for the next day. Make a quick reference sheet of important information such as locker number, combination, homeroom number, any medications, emergency phone numbers etc. to keep in their bookbag. Set up a homework station with after school snacks and extra supplies for when they get home. Create an after-school calendar for chores, sports, clubs, and other extracurricular activities to help them stay organized. It will also help them remember what is coming up.



**Tips for Affirmations: Set alarms to remember to read and say an affirmation; On the drive to school ask your youth to recite 2-3 affirmations; Place affirmations in their backpack; Tape them to their lunchbox and to their pencil case for youth to read throughout the day!**

**Affirmation:  
"I am ready to learn new things about myself and the world around me!"**



## BACK TO SCHOOL: HEALTH

The American Academy of Pediatrics is a strong advocate for yearly health maintenance visits. During these visits, a child's growth and development are monitored, age-based screenings are completed, and concerns can be discussed with the provider. Scheduled immunizations are given to prevent illness. This annual physical helps to build trust and address the physical, mental, emotional, and social health of the child. One way to keep track of these recommended yearly well-visits is to schedule around the child's birthday or over the summer as a back-to-school

appointment. An essential back to school need is the Medical Action Plan. Children with a diagnosis of a chronic health condition such as asthma, diabetes, seizures, or allergies requiring the use of an EPI-PEN should have a medical action plan specific to those conditions completed by a medical provider and given to the school nurse. These plans include what to do in case of an emergency, who to call, and what medications to administer. The action plan is an important tool to support a student's medical needs while in the school setting.

## HELPING YOUR CHILD SUCCEED

1. Schedule homework/study time: Create a routine with your child. On "heavy homework" nights, develop a plan with your child to complete tasks and be sure to include snacks and breaks if necessary. Make time for play!
2. Create a homework-friendly area: Have space designated for homework with supplies accessible, and minimal distractions.

3. Get to know teachers & expectations: Get involved with back to school night, parent teacher conferences, activities, etc. Communicate with teachers if your child requires assistance.



## HIGHLIGHT RECIPE: BLUEBERRY SWIRL YOGURT POPSICLES

### INGREDIENTS:

- 2 cups blueberries
- 2 tablespoons honey
- 2 cups vanilla Greek yogurt

### DIRECTIONS:

1. Blend blueberries in a blender/food processor until liquified.
2. Pour blueberry liquid into large bowl and mix in honey.
3. Add yogurt to bowl and gently mix.
4. For a tie-dye look, partially mix yogurt into the blueberries.
5. Pour mixture into popsicle molds. Insert popsicle sticks and freeze for 4-6 hrs or overnight.
6. Run popsicle molds under warm water to easily remove the popsicles. Enjoy!

## 8 BACK TO SCHOOL SNACK IDEAS

Children returning home from school typically want a snack to curb their appetite before dinner. Here are some fun and healthy after school snacks that won't ruin dinner.

1. Ants on a Log (Celery stalk with peanut butter and raisins)
2. Fruit salad: Incorporate your child's favorite fruits. Don't forget to add strawberries or blueberries for extra antioxidants.
3. Trail mix: (You can make your own or purchase from a favorite store)- make sure to incorporate your favorite nuts, seeds & dried fruit
4. Dried fruit or freeze-dried fruits: Dried pineapple, mangos, apricots or freeze-dried strawberries, apples, mangos, and pineapple can make a great grab & go snack. Be sure to limit the dried fruit because of the high sugar intake.
5. String Cheese & Whole Wheat Thins or Triscuits
6. Peanut butter and Oatmeal Energy Bites
7. Mixed vegetables & Ranch dressing
8. Yogurt & Granola