



CAPE ATLANTIC INK FALL NEWSLETTER

September 2026

Back to School Tips

1. Begin to focus on developing a sleep schedule and routine bedtime and wake-up times. Children ages 5-12 should obtain 9-12 hours of sleep and teenagers 8-10 hours of sleep.
2. Have a nutritious breakfast- Try having some Greek yogurt, eggs, oatmeal, and fruit for breakfast. Avoid high sugar cereals. In a hurry, try a fruit smoothie!
3. Build an after-school routine focuses on homework, physical activity, and a family dinner.
4. Eliminate electronics at least 1 hour prior to bed to allow for ample time to settle down before bed. Late nights lead to challenging mornings!
5. Prepare for the next day by setting out clothes and preparing breakfast/lunch for the next day. This will help reduce stress in the morning & enough time to catch the bus.

Bus Safety

School buses are frequently stopping to drop off and pick up passengers at their homes, schools, and bus stops. A school bus stopping and going as it loads and unloads passengers can slow traffic down during rush hour.

No matter how rushed you are, passing a stopped school bus is dangerous and illegal.

If you are driving near a bus with its lights flashing and stop sign out, you are required to stop.

If the highway has a median, you must stop if you are going the same direction as the bus.

Always assume that pedestrians in and near school zones and buses might be distracted—especially kids.

Do not block or obscure intersections or crosswalks while stopped, waiting to turn, or dropping off/picking up.

Never pass a school bus that has its stop arm extended or lights flashing as children are likely getting on or off.

Cold and Flu Prevention

With the upcoming change in the season and beginning of the school year, flu and cold season will be right around the corner. Taking steps to prevent colds, the flu, and other illnesses can be simple! A few ways to prevent these illnesses include:

- Washing your hands often. You can also utilize hand sanitizer when soap and water aren't readily available.
- Avoid touching your face.
- Avoid individuals who are currently sick, even if it means rescheduling plans!
- Keep your environment clean. Use disinfectant on phones, high traffic surfaces, and other objects you may touch frequently.
- Obtain your yearly flu shot.

Remember to always follow up with your primary care provider if you are having trouble managing illnesses or unsure of medications you can take for relief. Feel free to visit the CDC's website for additional information on illness prevention.

Healthy & Kid Friendly Apple Cake

- Preheat oven 350F.
- Whisk 2 eggs, 2/3 cup yogurt, 1/3 cup oil, 1/2 a banana, and 2 tbsp honey.
- Stir in 3 grated apples.
- Add 1 1/2 cup flour, 1 tsp baking powder, 1 tsp cinnamon, and 1 tsp vanilla extract.
- Mix everything.
- Pour into a lined or greased baking tray.
- Bake for 30–35 minutes until golden.
- Enjoy!



Fall Quinoa Bowl

A nutrient-dense bowl packed with warm roasted root vegetables and hearty greens.

Prep time: 10 minutes | Cook time: 20 minutes

Ingredients: Cubed sweet potatoes, chopped kale, pre-cooked quinoa, pumpkin seeds, and a light honey-mustard dressing.

How to make: Toss cubed sweet potatoes in olive oil, salt, and pepper, then roast at 400°F for 20 minutes. Massage the kale with a tiny bit of olive oil to soften it. Combine the warm sweet potatoes, kale, and pre-cooked quinoa in a bowl.

Top with toasted pumpkin seeds and drizzle with your favorite honey-mustard dressing.



Old Fashioned Apple Pie

Ingredients: 8 small Granny Smith apples, or as needed, 1/2 cup unsalted butter, 3 tablespoons all-purpose flour, 1/2 cup white sugar 1/2 cup packed brown sugar, 1/4 cup water, 1 (9 inch) double-crust pie pastry, thawed

1. Gather the ingredients. Preheat the oven to 425 degrees F (220 degrees C). Peel and core apples, then thinly slice. Set aside.
2. Melt butter in a saucepan over medium heat. Add flour and stir to form a paste; cook until fragrant, about 1 to 2 minutes. Add both sugars and water; bring to a boil. Reduce the heat to low and simmer for 3 to 5 minutes. Remove from the heat.
3. Press one pastry into the bottom and up the sides of a 9-inch pie pan. Roll out remaining pastry so it will overhang the pie by about 1/2 inch. Cut pastry into eight 1-inch strips.
4. Place sliced apples into the bottom crust, forming a slight mound. Lay four pastry strips vertically and evenly spaced over apples, using longer strips in the center and shorter strips at the edges.
5. Make a lattice crust – if you don't want to make the lattice for the pie, you can skip the following steps and just use regular pie crust. However, if you choose to move forward with the lattice work – go-for-it!!
6. Fold the first and third strips all the way back so they're almost falling off the pie. Lay one of the unused strips perpendicularly over the second and fourth strips, then unfold the first and third strips back into their original position.
7. Fold the second and fourth vertical strips back. Lay one of the three unused strips perpendicularly over top. Unfold the second and fourth strips back into their original position. Repeat Steps 6 and 7 to weave in the last two strips of pastry. Fold and trim excess dough at the edges as necessary, and pinch to secure.
8. Slowly and gently pour sugar-butter mixture over lattice crust, making sure it seeps over sliced apples. Brush some onto lattice, but make sure it doesn't run off the sides.
9. Bake in the preheated oven for 15 minutes. Reduce the temperature to 350 degrees F (175 degrees C) and continue baking until apples are soft, 35 to 45 minutes. Enjoy!

CAPE ATLANTIC INK READING CHALLENGE!

Join Cape Atlantic INK's Reading Challenge to enter a raffle for a \$25 gift card! All youth enrolled are eligible to participate. They must give the signed, completed reading log below to their Care Manager by
October 23, 2026

**RETURN BY OCTOBER 23 FOR GIFT CARD
RAFFLE!**

CYBER ID:

READING LOG



DATE	TITLE OF THE BOOK	AUTHOR	PAGES	MINUTES READ

GUARDIAN SIGNATURE: