



# Back to School Bears That Care



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## Back-to-school checklist for your child's first day of school

(NC)—The first day of school is one of the most exciting days of the year for your child. Re-connecting with old classmates, making new friends and meeting the new teacher all make for an exciting time. But, the first day of school can also be a very stressful day for parents if they don't have everything organized before sending kids off to class.

### Make sure you have the right school supplies

• Pens, pencils and paper are the basics for every grade. As your child reaches the higher grades, they may need more specific items like scientific calculators, geometry kits and three-ringed binders.

### A well balanced diet

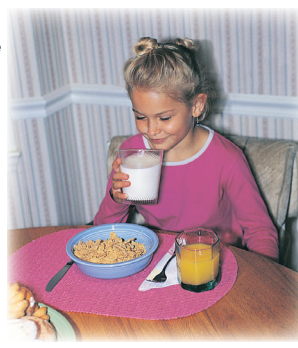
• Studies prove that children who eat well perform well. Get your kids off to a great start with a well balanced breakfast to get them through until lunch time.

Here is a checklist for parents to help ensure their child starts the new school year off right:

### Sort through the closet

• A new school year means a new look. Before you take your child shopping for new clothes, sort through the clothes they currently have to determine what they do and do not wear.  
• Donate clothes your child no longer wears to make room for the new wardrobe.

• For lunch, try to include a balance of grains, fruits, vegetables and proteins. Be sure to avoid foods that can trigger allergic reactions in other students such as peanuts.



• You're bound to come across a couple of items that have been sitting in the hamper for days with a dried stain. For tough laundry jobs, try using Tide with Acti-Lift, which can help lift many dry stains off easily to make that shirt wearable again.

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