

Get into a routine before the school bell rings

We are approaching the time of year when families jump out of holidays and start their back to school routine. Here are a few tips to help make the back to school transition easier:

1. A great day starts with a good night's sleep. Staying up late in the summer is a habit that a lot of kids and parents get into. A few weeks before school starts up, make sure that a regular nighttime routine is followed. Put the kids to bed earlier and wake them

up at the time they would have to get up for school. This will help them ease into the earlier mornings once classes begin.

2. Get yourself up and ready first. Parents also need to get into the swing of things when kids go back to school. Get up slightly earlier than normal to make sure you have time for yourself and your kids. Making breakfast and lunch, packing book bags and getting outfits ready takes some extra time, and you don't want to throw off your own morning routine.

3. Continue exercising. Just because it's the fall doesn't mean keeping fit should slow down. Studies show that kids who exercise every day perform better in school. Encourage your kids to stay active by walking them

to the bus stop or letting them ride their bikes or walk to school. If those sneakers are showing wear from all that summer fun, pick up a new pair for travelling to school and for gym class.



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Fall Registration
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 September 1st 10:00 am-8:30 pm

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