

BACK TO SCHOOL CHECKLIST

- | | | |
|------------------------------------|-----------------------------------|--|
| CLOTHES | SCHOOL SUPPLIES | SHOES |
| <input type="checkbox"/> Jeans | <input type="checkbox"/> Pencils | <input type="checkbox"/> Tennis Shoes |
| <input type="checkbox"/> T-Shirts | <input type="checkbox"/> Pens | <input type="checkbox"/> Boots |
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Paper | <input type="checkbox"/> Flats |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Binder | |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Backpack | OTHER |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Erasers | <input checked="" type="checkbox"/> Register for sewing classes at The Sewing Cafe |
| <input type="checkbox"/> | <input type="checkbox"/> Glue | |
| <input type="checkbox"/> | <input type="checkbox"/> Scissors | |



118 Mill St.,
Georgetown, Ont
905-873-0043

Sew@TheSewingCafe.ca
www.TheSewingCafe.ca

Authorized Janome Dealer



*After School / Evening
Classes Available
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14097 Ninth Line Georgetown
Anna & Gary Drummond
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www.fallbrooktrail.com



BACK TO SCHOOL

4 simple tips for a strong start to the school year

(NC) After summer break it can be hard to transition back into the school routine. As the new school year approaches, it's helpful to start preparing your children so that by the time the first day of school arrives, the whole family is feeling prepared. Here is a list of simple tips to make back to school a breeze:

1. Set up a schedule - Ease into your routine over a one to two-week period to ensure you're ready for the first day back. You can start by re-introducing a consistent bedtime and practicing morning rituals like eating breakfast together at a regular time.

2. Get organized - Help your child get back into the swing of things by making sure they have a clean and quiet study area. Restock school supplies and set it up together to make it a fun

activity that will get them excited about using the space.

3. Reduce screen time - More free time in the summer often means more time spent in front of a screen, be it TV or tablet. Increased screen time can lead to poor sleeping habits and reduced attention spans, so implement a schedule as you prepare for the school year. A good rule to follow could be no screens in the morning and a set amount of time in the evening. Make sure screens are off completely an hour before bed.

4. Seek extra support - Everyone learns at their own pace, and some subjects like math and reading may take more time to master than others. After-school programs are a great way to help your child foster confidence and strong work-skills.

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6:30pm - 12am Yuk Yuk's comedy and live music from Prime Time Entertainment. Tickets available at: www.actoncurlingclub.com



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