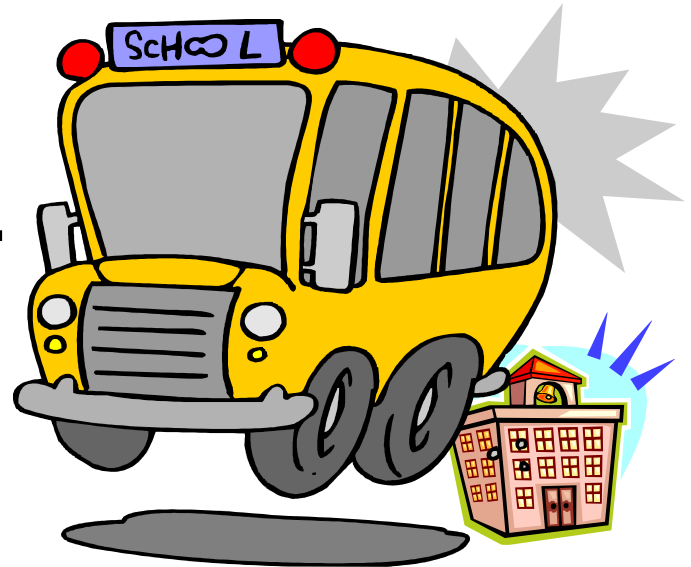


BHS ASSIST. E-NEWS

End of Summer Back to School Tips



Going back to school can be a tough transition, particularly after the relative ease of summer. Whether you're a family with a college bound student or grade school trekker, taking a few hours to prepare can make a big difference in how you begin your school year.

Start with structure early: An earlier wakeup may leave your kids tired and sluggish. Help them be at their best by reestablishing structure a few weeks before the school year begins. Eat meals at the same approximate time each day and enforce bed and wakeup times. The more closely you can mimic your school's schedule, the better.

Get organized: Put together a checklist of needed supplies and have them ready before school starts. Prepare and label all notebooks and folders ahead of time. Copy class schedules and tape them inside of folders along with locations of classrooms and buildings.

Bone up on bullying: Bullying occurs across all age ranges and can happen to both boys and girls. Bullying isn't always physical. It can also include gossip, taunts, and malicious exclusion. Children sometimes don't report bullying out of fear and embarrassment. Arm your child with information and resources by visiting www.bullying.org.

Practice time management: Cramming for tests is less effective than studying in smaller chunks over time. Begin developing good time management skills by planning and sticking to a study schedule. Treating your schoolwork like an 8 hour a day job will make you more effective and help you prepare for life after college.

Don't over schedule: If extracurricular activities begin to be more of a chore than a fun break, then you are probably overdoing things. Back off and reprioritize.

Keep the focus on learning: Don't make getting good grades your end goal. Instead, treat grades as a way of measuring progress. Understand that everyone has strengths and weaknesses. Try to find real world applications for everything you are taught.



Help make September STEPTember by taking a few simple steps to a healthier way of life.

STEPTember is America On the Move's® national month-long celebration highlighting the benefits of active living and healthy eating. With obesity rates on the rise, making small simple changes can help prevent the average adult weight gain of one to two pounds per year.

America On the Move urges you to take two small steps:

1. **Move More** – take 2,000 additional steps each day
2. **Eat Healthfully** – reduce your daily calorie intake by just 100 calories each day

Register between August 17 - September 30 to make a six-week commitment to small lifestyle changes. By joining the STEPTember Challenge, you can receive daily nutritional and physical activity tips, as well as track your progress online.



All participants registering between August 17 - September 30 are eligible to win a grand prize valued at \$2,500. Mark your calendars so that you, your friends and family can get involved in the upcoming STEPTember Challenge and begin taking small steps to a healthier way of life.



“Boomerang Kids”

“Boomerang kids” are adult children that return to live with parents after college or when financial circumstances dictate. With the increase in foreclosures and the tightening of credit, this trend is likely to increase in the coming years. Additionally, the aging of our population is leading some parents to move in with their adult children.

(Article continued)

Careful planning is needed for multiple generations in one home to be a positive experience for all involved. Communication should begin before the move takes place. Adult children must acknowledge that “coming home” is a privilege and not a right and comes with responsibilities. The parent-child dynamic often must change when a parent moves in with an adult child. It is important to discuss schedules, financial and household responsibilities, and a time frame for the living arrangement.

Schedules and Lifestyles

Discuss the schedule of each household member and how that may impact others in the home. If some household members are early risers while others are night owls, discuss how this will be handled. Determine if there are activities, such as watching TV, listening to the radio, or entertaining guests that can occur only at certain times.

Financial Responsibilities

Many times multiple generations choosing to live together do so for financial reasons. Finances should be thoroughly discussed to prevent misunderstandings that can cause stress later on. Details such as if “rent” will be paid, what reimbursement will be made for household expenses, and how groceries will be handled.

Household Responsibilities

The homeowner(s) should outline household rules, such as cleaning products that should or should not be used, maintenance of household items, and any items that are not to be shared. If children are part of the household, their care should also be discussed. If grandparents will be providing care for the children, a schedule should be outlined. Conversely, the rules the parents have for the child(ren) should be detailed and upheld. While it may be permissible for grandparents to allow visiting grandchildren to have ice cream for breakfast, when the grandparents, parents and children all live together, this may be problematic. Clarifying when the grandparents will have responsibility for grandchildren and what is required can reduce the frustration of all involved.

Time Frame for Residing Together

The duration of the relationship should be defined at the onset. Having a specific culmination date makes it clear when other living arrangement must be made.



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The duration of the living arrangement may be fixed with no option to continue, such as an arrangement designed to allow the individual(s) to prepare financially for or locate their next living arrangement, such as the recent college graduate that returns home for six months to become financially prepared to rent an apartment. For others, a date may be set to evaluate the living arrangement to determine the next step, much the way an apartment is leased for a specific period of time.

Open communication and clearly defining the arrangement can assist the family to determine how this new family will function and increase the satisfaction of all family members.



Apple and Flax Pancakes

Contributed By: [menfe](#)

Adapted from Flabulous Flax Recipes
This batter is excellent for waffles too!

INGREDIENTS

- 1 1/4 cups Flour
- 1/3 cup Ground flax meal
- 3 tbsp Sugar
- 1 tbsp Baking powder
- 1/2 tsp Salt
- 1/4 tsp Cinnamon
- Dash of nutmeg
- 2 Eggs, separated, whites beaten stiffly
- 1 1/4 cups Low fat milk
- 2 tbsp Canola oil
- 1 cup Pared and shredded apple

NUTRIENT INFORMATION

Calories	250
Total Fat	10
Saturated Fat	1
Carbohydrates	35
Protein	8
Vitamin A	4%
Vitamin C	2%
Calcium	25%
Sodium	490 mg
Iron	15%
Fiber	3

PREPARATION

1. In a large bowl, combine flour, flax, sugar, baking powder, salt, cinnamon, and nutmeg.
2. In a medium bowl, lightly beat together egg yolks, milk and oil.
3. Add liquid ingredients to the dry, and stir until just combined.
4. Add shredded apple, add to batter; stir until just combined.
5. Fold in beaten egg whites.
6. Lightly spray griddle with cooking spray and preheat to medium heat.
7. Using a 1/3 cup measure, pour batter onto pan.
8. Cook pancakes until bubbles appear on surface, about 1 minutes.
9. Turn over and brown other side.

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