

Back to School

Your Guide to Education in Fairfax County



Returning to School with a SMILE: TIPS & TRICKS

Courtesy of Family Features

Many students and parents are preparing to head back to classrooms this fall for the first time in over a year. Amazon has compiled tips and tricks to help students - and parents! - keep back-to-school jitters at bay so they can head back to school with confidence.

1) Create a family countdown calendar. Help your children think of the first day of school as a celebratory moment worth counting down, like the holidays or a birthday. As a family, create and decorate your own calendar leading up to the first day of school. Each day, ask your child to share one thing they are looking forward to this school year. These conversations that focus on positive aspects of the new school year will help you and your child look forward to the new experiences they'll have when school is back in session.

2) Stock up for success. With every new school year comes a checklist of supply lists and refreshed wardrobe needs. Amazon makes it easy to get all your back-to-school needs in a convenient one-stop-shop with great value and free shipping right to your doorstep. You can even shop by grade level and category so you can find everything on your school list. Include your children in the process of selecting items from fun backpacks and lunchboxes to crayons, pens and notebooks. Enlist their help in checking off their school supplies list



so they can feel good about how prepared they are for the first day of school.

3) Take the stress out of shopping with Amazon Prime. Forgot an item on your school supplies list? No problem! Prime members can take advantage of unlimited Free One-Day Delivery, with no minimum purchase amount. To help you stay even more organized leading up to the first day of school, Prime members can choose when to have their orders arrive with Amazon Day delivery - simply pick a day that works for you, shop the supplies you need throughout the week, and Amazon will deliver all your orders together on the day you choose.

4) Practice your routine with a dress rehearsal. To help acclimate your children to a new schedule and feel confident in their morning routine, try having a first day of school “dress

rehearsal.” Set alarms early, lay out clothing the night before, and get ready as you

would on the first day of school. This way your child will know exactly what to

expect. Plus, a run-through will allow parents to anticipate any last-minute needs in

advance - a win-win!

5) Give back while you shop for back to school. One of the best ways to feel good, is to do good! Amazon makes it easy to support your favorite charity every time you shop, including education-related charities and PTAs, at no extra cost. Visit smile.amazon.com to find the exact same Amazon shopping experience - amazing deals, wide selection, fast and free delivery options - and AmazonSmile will donate a portion of the eligible purchase price to the charity of your choice.

Find classroom essentials, back-to-school fashion, and more and at amazon.com/backtoschool.

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Prep your home, dorm and classroom for a new school year

Courtesy of Family Features

It's not news that the COVID-19 pandemic has put a damper on learning opportunities for high school and college students. Unfortunately, that's been especially true for underrepresented students, who often face roadblocks in accessing professional opportunities.

Many students spent the last school year learning virtually, and now, there are a lot of items on parents' and teachers' to-do lists to help get ready for a return to traditional learning this school year. Below are tips to help simplify the transition – at home, in the classroom and in a dorm room.

At home
Take time to declutter. With most students returning to in-person learning, it's easy to forget about the workspace at home. Create an area for homework and studying that's free of distractions by throwing out unnecessary items, filing away papers in folders and buying new supplies like pens, highlighters and paper. Add Duck Brand Select Grip EasyLiner to desk drawers and shelves to keep items in place and protect the surface from scratches and dents.

Meal prep for simple mornings. Early morning routines and busy commutes will become the norm again. Keep them stress-



free by stocking up on a variety of breakfast and lunch options so you can prepare and pack delicious meals and nutritious snacks for the week. By having meals planned and proper ingredients on-hand, kids can get to the bus on time and stay focused all morning.

In the classroom
Welcome students back.

Teachers can create a fun and welcoming environment by decorating the classroom with colorful bulletin boards and personalized nametags. EasyLiner Adhesive Laminate is a budget-friendly way to add extra protection and ensure they last all year long.

Help keep students and teachers healthy. The health and safety

of students and teachers should continue to be prioritized. Take proper hygiene measures by encouraging kids to wash their hands, cover their coughs and catch their sneezes. Keep a small bottle of hand sanitizer in lunch boxes and backpacks for convenient sanitizing.

In a dorm room
Create a home away from

home. Moving away from home and adjusting to living alone can be challenging for college students, but the transition can be made a bit easier by making their dorm feel like home. Personalize the space by hanging family photos, canvases with fun colors and patterns or string lights. If you're worried about paint chips on the wall, try hanging items with Nano-Grab Gel Tape. The multi-purpose solution holds up to 20 pounds and can be used on a variety of surfaces, without leaving behind a sticky residue.

Ensure proper nutrition. Getting adequate sleep and proper nutrition are necessary for fighting colds and flus while living in close quarters with others. Skip the chips and use EasyLiner Disposable Cutting Mats to cut up fresh fruits and veggies for a nutritious snack without having to leave the room. These disposable cutting mats provide a strong and flexible cutting surface, while the textured bottom keeps the cutting mat in place. They come in a convenient box with a built-in easy cut slider for quick and easy clean-up.

For many students, this school year is coming on the heels of a year and a half of virtual learning. With a few smart strategies, you can help keep students organized, happy and healthy as they make the transition.

Five CAMPUS ESSENTIALS for COLLEGE-BOUND STUDENTS

Courtesy of State Point Media

College bound this fall? Let this round-up be your guide for a smooth start to the fall semester:

1. Easy reading. Eliminate the need for lugging heavy textbooks between the dorm, the classroom and the library by opting for an eReader. Look for a model offering a large display, tons of storage and a long battery life. Prefer to get studying done on the quad? Be sure to prioritize a glare-free screen.

2. Synced schedules. The right timepiece will help keep scholars on top of classes, club meetings and other appointments. An Edifice Watch from Casio that uses Bluetooth to link to a smartphone, offers minute-by-minute coordination of daily schedules. Its Auto Time Zone feature updates automatically, ensuring time-keeping is accurate, whether students are studying on campus or studying abroad. Also, a featured Schedule Timer links



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with a smartphone's calendar and shows appointment start times and end times on the watch display. Wearers can even configure settings to have an alarm sound to alert them of these important reminders.

3. Dorm design. Peel-and-stick wall decals can instantaneously turn a humdrum dorm room into a place that feels like home. From floral and tropical patterns to inspirational messages, they're easy to apply at the start of the year and easy to remove when it's over.

4. Crunching numbers. Both those majoring in STEM fields as well as liberal arts students fulfilling key credits need an advanced graphing calculator. Get equipped with one designed for education, like the FX-CG500Prizm. Jam-packed with features, including three-dimensional graphing, programming and a computer algebra system, this non-traditional graphing calculator has a double sized screen for easier number-crunching and concept visualization. USB connectivity offers students the option of dropping their results directly into classwork.

5. Making music. Musicians of all levels need equipment and instruments that are right for campus living. Enter the Casio CDP-S150, a lesson-ready compact digital piano delivering an authentic piano sound and playing feel in a sleek chassis that's not much bigger than the keys themselves, making it the perfect fit for any dorm room or off-campus apartment. Packed with 10 great sounds and educational features, the CDP-S150 brings music to life. And because it's equipped with a newly-designed scaled and weighted hammer-action keyboard and has the response of an acoustic grand piano, it's a solid choice for students who need to rehearse when the piano practice lab is closed.

As you do your back-to-campus shopping, consider tools and products that can help a student begin the fall term with academic confidence and personal style.



COURTESY PHOTO

Encourage your kids to keep HEALTHY HABITS this school year

Courtesy of Brand Point Media

Back-to-school season is just around the corner. While the world is slowly returning to normal, it can be a hectic time for you and your kids. You want your kids to have everything they need to do well in school. At the same time, balancing their educational needs with your responsibilities can be challenging.

One of the biggest challenges is ensuring your kids maintain a healthy lifestyle. A CDC study shows that when kids have healthy habits, they tend to have high academic achievement and display better classroom behavior.

When you encourage the proper habits, you can help your kids reach their full potential. To do so, make sure they:

- 1) Get quality and consistent sleep**
Rest is vital for maintaining a healthy lifestyle. According to Abington Health, young elementary school kids should get at least 9 to 12 hours of sleep each night, which can feel impossible on a hectic schedule. However, there are a few easy ways you can help ease them into bedtime, like:
 - **Cutting out electronics one hour before bed**
 - **Creating a bedtime routine**
 - **Keeping their room at a cool temperature**
- 2) Eat a healthy breakfast**
Breakfast is the most im-

portant meal of the day and for a good reason. Breakfast not only helps your child break their overnight fasting period; it also boosts their energy. That energy can help keep them full and focused throughout the day. A solid breakfast with a mix of whole grains, fruit and protein can give them the energy they need to do well in school.

At the same time, getting your child to eat a healthy breakfast can feel like pulling teeth, especially when you're trying to get yourself ready in the morning. However, there are both convenient and nutrient-packed options your child can enjoy. Shine Bakehouse's pancake and muffin mixes are packed with plant-based proteins, allowing you to give your child a nutritional boost without the extensive meal prep. For the pancakes, all you need to do is add water to the mix, stir, pour, cook and serve. The muffins offer simple recipe prep as well. Check out shinebakehouse.com to find more mixes your kids will love.

"Most healthy foods require extensive prep, but with an easy-to-make mix, you can achieve a great balance that you can feel good about," says Randy Newbold, CEO of Custom Bakehouse, which makes the Shine Bakehouse Brand. "Even better? Shine Bakehouse Baking Mixes strike a balance of using plant-based protein and identifiable ingredients without sacrificing taste. Kids can have a breakfast or snack they can fully enjoy!"

3) Drink plenty of water

Keeping kids hydrated can significantly impact their health, especially if they're involved in sports or active when the weather is hot. The amount of water your child should drink depends on how old they are. According to a BBC Good Food report, children between ages 4 and 8 should drink approximately 5 glasses of water per day. If your child is between 9 and 13, they should drink around 6 cups a day for girls, and boys should drink approximately 7 cups a day.

Kids might find drinking that many cups of plain water a day boring, but there are plenty of simple ways to make it fun, like putting fruit in their water, or getting them naturally flavored sparkling water.

4) Have nourishing snacks when working on assignments

Your child probably has homework and projects to work on after school. Having a snack that keeps them full and focused can help them tackle those projects with ease. Nutritional snacks can provide a natural source of energy, which is necessary for students of all ages. Shine Bakehouse has cookie, brownie, muffin and no-bake bar mixes to help you make delicious, better-for-you snacks.

As the days get shorter, it's important to have nutritious snacks that are easy to make so you can care for your kids on your timeline.

Back to School

If your child is entering 7th grade they must have the Meningitis, HPV, and Tdap vaccines in order to enroll. Talk to your doctor and vaccinate them now!