



Adapted from our September, 2015 Newsletter

## **Practical Suggestions For A Successful Start to the School Year**

OTs Deirdre Twomey and Laurie Kalb offer these sensible suggestions to help your family and your child have a successful start to the school year:

1. Pick out clothes the night before. This saves time in the morning.
2. Encourage the children to pack their new back packs with the supplies that they are needing. Pack up the backpack the night before so there is less scrambling in the morning. And be sure backpacks are not too heavy (clean them out regularly, don't send too many school supplies not needed on a daily basis, avoid large water bottles).
3. Let children prepare their lunch and snacks, too. See our helpful list below!
4. Homework space should have good light, and a seat where the child can touch the ground well. Crunchy snacks and even gum (yes, gum) can help your child stay focused and alert.
5. Have a basket or bin next to the door you enter or exit from your home in which your child can place their backpack. That way the backpack has its own designated place and hopefully won't get lost. You may want to have a list of what to include in the backpack by the basket, as this can help alleviate "forgetting" items.
6. Use color coded and labelled folders for each subject, work to be done, and finished work.
7. Have a specific space and time for homework. This helps define expectations.

### **Great snack and lunch ideas:**

Incorporating high protein foods into kid-pleasing lunches or snacks helps children stay active, energized and adds vitamins, minerals and nutrients to their daily diet. Here are a few easy, nutritious and energy boosting options:

- sandwiches filled with tuna salad, egg salad, low fat cheese, turkey, humus or nut butter (cut into mini-sandwiches for snacks)
  - low fat cheese sticks
  - air popped popcorn
  - tortillas filled with black beans, salsa and grated cheese
- (continued on next page)

- yogurt with fruit dippers
- yogurt parfait layered with fruit and granola
- low fat cottage cheese with jam or cinnamon
- apples or bananas with natural nut butter
- whole grain crackers with cheese and fruit or veg
- fruit smoothies
- vegis with greek yogurt dip
- trail mix