

The River Bend

AUGUST 2014

Say Goodbye To Summer

The Summer is winding down and we are all preparing to send our children back to school. Getting back into the swing of things is hard for adults, it can be even harder for children. Here are some tips to help your household prepare.

1. Before school starts get back into a routine of bedtimes and alarm clocks. Getting used to this will ease your child back into a proper schedule.
2. Start a checklist to help your child prepare for each day. Include tasks like picking out clothes for the next day or preparing lunch to take to school.
3. Be sure to have prepared snacks or easy to make snacks available for afterschool munching.
4. Designate a homework spot and time in which your child is expected to complete any work they bring home.
5. If your child needs after school care be sure to set that up as soon as possible.
6. Check with your child's Doctor's office to ensure they have all the vaccinations they need to start school.
7. Take advantage of "meet and greet" sessions with your child's new teacher to discuss any concerns you may have for the new school year.

Remember you will set the tone for your child's school year. Start the school year off right with being prepared and in communication with school staff.

INSIDE THIS ISSUE:

Calendar 2

Vaccinations 3

School Fun 4



August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>First Full Day of School for Sumner County</i>	5 <i>Bug Day Gallatin 1,2,4,5b</i>	6	7 <i>School is out for Election Day</i>	8	9
10	11	12 <i>Bug Day Gallatin 3,5a, & 14</i>	13	14	15	16
17	18	19 <i>Bug Day Gallatin 11</i>	20	21	22	23
24	25	26 <i>Bug Man Carthage & South Carthage</i>	27	28	29	30
31						

Don't Forget USIG Inspections of all units will take place August 4th-15th

Vaccinations, Why are they important?

Make sure your children are up-to-date on vaccines before sending them back to school. School-age children, from preschoolers to college students, need vaccines. Use CDC's online resources and tools to check the recommended vaccines for your children. Get your children to the doctor if you discover they need vaccines to protect them against serious diseases.

What All Parents Need To Know

Making sure that children of all ages receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long-term health—as well as the health of friends, classmates, and others in your community.

To keep children in schools healthy, your state may require children going to school to be vaccinated against certain diseases, such as whooping cough. If you're unsure of your state's school requirements, now is the time to check with your child's doctor, your child's school, or your health department. That way, you can get your child any vaccines he needs before the back-to-school rush.

During the early years of life, your children need vaccines to protect them from 14 diseases that can be serious, even life-threatening. Parents who choose not to vaccinate their own children increase the risk of disease not only for their children, but also for other children and adults throughout the entire community. For example, vulnerable newborns are too young to have received the maximum protection from the recommended doses of vaccines or people with weakened immune systems, such as some people with cancer and transplant recipients, are also at higher risk of disease.

Flu vaccines are recommended for kids in preschool and elementary school to help keep them healthy. In fact, all children 6 months and older should get flu vaccines. Getting all of your children vaccinated—as well as other family members and caregivers—can help protect infants younger than 6 months old. Ask your family's doctor or nurse about getting flu shots or the nasal spray to protect against flu.

Need help with “Back to School” supplies Call the Family Resource Center at
Sumner County Schools @ 615-452-5298

BACK TO SCHOOL WORD SEARCH

Find and circle all of the words from the word list below.

BOOKS
BUS
CRAYONS
GLUE
GYM

LEARNING
LIBRARY
MUSIC
PAPER
PLAYGROUND

PRINCIPAL
READING
RULER
SCHOOL
SCIENCE

SCISSORS
SPELLING
STUDENT
STUDY
WRITING

W G L U E R I Z D B N E G R U
C R A Y O N S R W X O B W E W
S R T Q F Q Z R E F M O E E P
T W P M U S I C F A E S K M L
U C S Y V E G G F G D C O S A
D S T U D E N T W X U I K I Y
Y Y S C I E N C E B Y S N W G
Y J J W L I B R A R Y S L G R
W S P E L L I N G K P O G J O
R Y A O S B U S E O P R G H U
I W P C C P S I R D T S R O N
T A E P H W B N R U L E R I D
I F R P O M E N A F G Y M D O
N M M P O L E A R N I N G R C
G Z J W L F P R I N C I P A L



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