

## Back to School Tips

### Keep a routine.

Maintain morning and bedtime routines and schedule ample time for meals, homework, movement, and relaxation/play time. Allow for enough time in the morning for breakfast and winding-down time before bedtime.

### Eat right.

Prioritize healthy meals and snacks. Easy and good snacks: Fruits, vegetables with a yogurt dip or the recipe on this page! Do your best to stay away from fast foods, heavily processed foods, and products that have corn syrup or sugar as the first ingredient.

### Move.

Start a family fitness routine. Take walks, do push-ups, sit-ups or jumping jacks together. Or have dance time, with every member of the family taking turns choosing songs. (See more below.)

### Communicate.

Talk to your kids about their day. What made them feel good? Bad? What was fun? What, if anything, made them scared or angry?

### Practice mindfulness.

Mindfulness is a practice of paying attention that can help us cope during stressful times. Simple exercise: Fill a jar with water and glitter. When your child is anxious or angry, tell them to shake the jar and watch as the glitter settles. Explain that our minds are like this sometimes, but we can calm down by pausing to breathe. (And watching the glitter settle can be calming.)

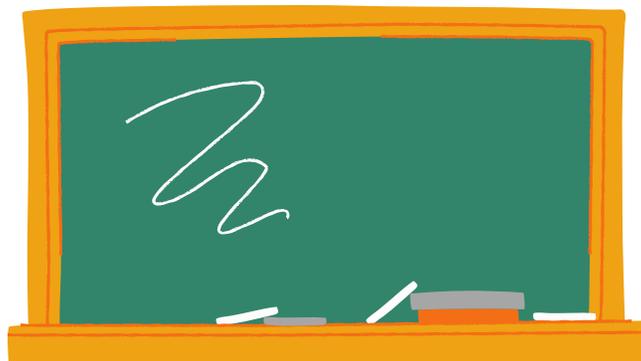
### Reach out for help.

This is a challenging time for all of us, and kids are especially vulnerable. Talk to your child's school to find out if there are resources to help if they are having difficulties with school or experiencing mental health challenges.

wise  
words

"Education is the key to unlocking the world; a passport to freedom."

— OPRAH WINFREY



HAPI  
meals

### Nut Butter Balls

#### Ingredients

1/4 cup peanut butter or other nut butter  
1/4 cup honey  
1/2 cup instant dry milk powder (nonfat)  
1/2 cup whole grain cereal (crushed flakes)

#### Instructions

Mix nut butter, honey and dry milk in a bowl.

Shape into 1-inch balls. Roll in cereal.

Chill until firm for 30 minutes or longer.

Store leftover nut butter balls in an airtight container in the refrigerator.

Recipe from [www.nutrition.gov](http://www.nutrition.gov)

## HEALTH FACTS

Children and adolescents ages 6 through 17 years should do 1 hour or more of moderate-to-vigorous physical activity each day; plus activities that strengthen bones (like running or jumping) 3 days each week; and exercise that builds muscles (like climbing or doing push-ups) 3 days each week. (Source: CDC)



**Community Center:** After 7 years, we're excited to announce the Community Center is back up and running!

**New Construction:** We have plumbing and walkway construction planned in the coming months so don't be alarmed if you see a lot of construction activity! If you have any questions, please feel free to reach out to management.

**August Calendar:** Please refer to your monthly calendar of activities for event dates and times. Coming up: A **Dental Hygiene Workshop** and **Back-to-School Bash** to prepare kids for their return to school. There will be fun and learning activities for the whole family, including crafts and popsicles, movies and popcorn, and an after-school programs for kids. Our **adult community is invited to the learning center for updating resumes, sharing healthy recipes**, and more.

**The Good Neighbor Program:** We welcomed our very first month of resident services in May, in collaboration with Portfolio Resident Services (PRS). The activity center opened for family-friendly activities.

Relationships between children living in the same community have flourished! It was a joy watching the young children who have lived in this community for many years finally building friendships with each other. On a day devoted to board games (pictured, below), 20 children participated and **one child said to another: "I have lived here my whole life and I have never seen you, that's crazy! But I like you!"** The children come in every day eager to make new friends, participate in the activities with each other, enjoy snacks, and grow their community.

At a paint party (pictured, below), 22 kids spent their time laughing, meeting new friends, painting artwork to decorate the learning center. This activity helped the children sharpen their sharing and kindness skills as they praised and encouraged one another and took turns telling everyone what their artwork was about.

PRS has felt the love from the Village Green community, and I am happy and honored to be a part of this journey.

—Mirela Tavoc (Ms. Mimi), Resident Services Coordinator

## Community Spotlight

