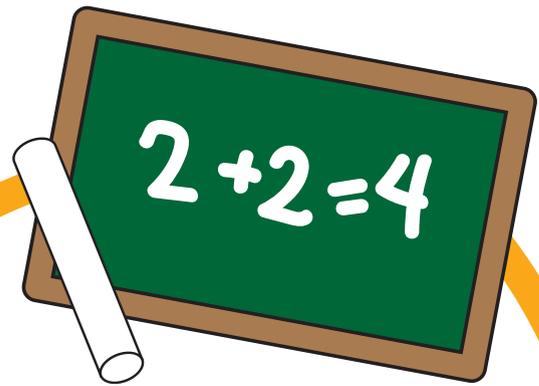# YOUTH SCOOP

August 2016 Edition

2 +2 =4

## BACK TO SCHOOL!

Move over summer; a new school year is coming! Each school year involves new teachers, new classmates, but most importantly new experiences. We want to help you start off the year strong.

Here are some tips on how to make this year the best year ever!

**Reset your body clock**
Odds are you've been sleeping in and staying up late all summer. Try setting your alarm for the time you're supposed to get up for school a week before school starts, and going to bed at your bedtime. That way you'll be fresh as a daisy on the first day of school.

**Take Aim at Morning Madness**
How are school mornings in your home? Crazed and chaotic, or calm and cheerful? Each evening, think ahead to the following morning; where can you lighten the load? Set the breakfast table as you clear the dinner dishes, lay out your clothes the night before and pack your backpack at night.
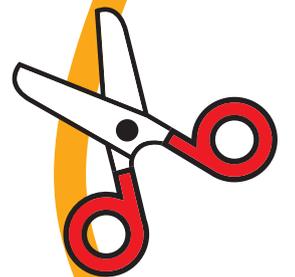
**Create Calendar Central**
Each school year floats on a sea of schedules. School functions, lunch menus, and scout meetings and music lessons. Nothing calms school year chaos like calendar central: a centralized site for all family calendars and schedules. You'll need a family event calendar to track after-school activities, school programs, and volunteer work.

What are some of your back to school tips? Tell us at hashtag **#SeymourSaturdays!**
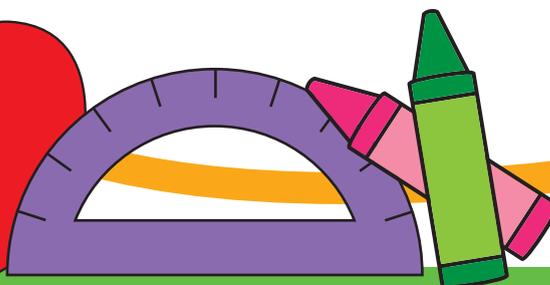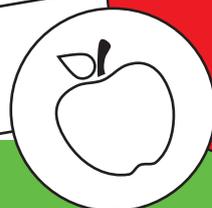
### Connect the Dots!

Find out what Seymour's favorite back to school item is!

Have you been involved with Youth Scoop in the past? If so, send an email to youthscoop@thegreensheet.com. We would love to hear from you!