

BACK-TO-SCHOOL

Back-to-school season has arrived, and we have some great tips for students and families – or anyone who has a busy routine.



Back-to-School

Our special back-to-school guide features dozens of tips and ideas to help you and your family make the most of this busy time of the year!

Rise and dine with breakfast in a snap

Rise and dine with these quick and easy breakfasts that will satisfy your stomach for any occasion. Not a breakfast eater? Reconsider. Research shows that eating within two hours of waking up will help keep your glucose and insulin levels in check throughout the day, while fighting off those pesky hunger hormones. Other benefits? You'll concentrate better and feel more energized.

Egg Breakfast Muffins

These protein-packed muffins take 25 minutes to make (tip: prepare the night before). Warm them up in the microwave the next morning.

Ingredients

- 1 Bell pepper
- 3 Spring onions
- 4 Cherry tomatoes
- 6 Eggs
- Pinch of salt
- Cheese – optional
- 12 slot muffin tin (nonstick, or muffin cups)

Instructions

- 1 Preheat oven to 200°C/ 390°F.
- 2 Dice pepper, onions and tomatoes. Place in large mixing bowl.
- 3 Add eggs and salt, mix well.
- 4 Grease muffin tin with oil and kitchen paper/baking brush and pour egg mixture into the muffin slots.
- 5 Layer cheese over the top of each muffin.
- 6 Bake for 15-18 minutes or until tops are firm.



PB&J Waffles

This twist on two classic meals will make any kid (or adult) want to eat breakfast.

Ingredients

- 1 Waffle
- 2 Tablespoons peanut butter
- 2 Tablespoons jelly

Instructions

- 1 Toast waffle.
- 2 Slice in half.
- 3 Spread peanut butter and jelly.



Very Berry Overnight Oats

Prepare oatmeal the night before with a few simple ingredients, then place in fridge overnight. Wake up in the morning and grab on the go!

Ingredients

- 1/2 Cup oats
- 1/2 Cup low-fat milk
- 1/2 Cup Greek yogurt
- 1 Tablespoon coconut
- 1 Cup fresh mixed fruit and berries

Instructions

- 1 Add oats to your container of choice and pour in milk.
- 2 Layer Greek yogurt, chia seeds and mixed fruit and berries.
- 3 Refrigerate overnight and enjoy in the morning!



Rejuvenate after the back-to-school rush

When you're in need of some rest and relaxation, consider:

Sonnenberg Gardens

Sonnenberg Gardens and Mansion features 11 gardens, one greenhouse, an aviary and Roman bath. Take a relaxing walk through the Rock Garden, or tour the Midnight Garden.

Spa Day

Visit Turning Stone Resort and Casino's Skaná spa, to rebalance, release muscle tension and relax.



Protect Your Back: Best Backpacks

A colorful and stylish backpack makes waiting at the bus stop fun for many. Looks aren't everything though. A heavy pack, or wearing one incorrectly, sends thousands of people each year to the emergency room according to the U.S. Consumer Product Safety Commission. Most complaints are neck and back related, with symptoms of discomfort, fatigue, muscle soreness and pain.

Protect your back and neck with tips from The American Academy of Pediatrics:

- 1 One size doesn't fit all. The bottom of the backpack should align with the curve of the lower back, and more than four inches below the waistline.
- 2 A backpack's shoulder-strap anchor points should also rest 1-2 inches below the top of the shoulders.
- 3 Look for wide, padded, contoured shoulder straps that distribute the pack's load evenly over a large area of the shoulder, an abdominal strap which can help distribute the pack's weight evenly in the back, waist and hips.
- 4 Reflectors or reflective fabrics add to visibility when kids travel to and from school at dusk or dawn.
- 5 Don't carry more than 15 percent of your body weight.



Message to Stay Organized

Whether it's back to work, or back to school, chalkboard paint is an easy and cost-effective way to stay organized. Plus, it adds a touch of design to your home. It's also erasable, washable, durable, and comes in many colors. Try adding the paint to high traffic areas like the



kitchen pantry door, or the foyer wall. Use the board for grocery lists, to do lists for the kids, chore charts and schedules. Lowe's, Walmart, Michaels, and Home Depot all sell a variety of chalkboard paint. The average cost per can is around \$13. Rust-Oleum also makes a dry-erase paint for about \$20.



Listen to Classical Music

Studies show that listening to classical music:

- 1 Enhances mental alertness and memory.
- 2 Relaxes your body physically while calming your mind. One study showed that college students with insomnia showed improvement when they substituted sleep aids with 45 minutes of classical music therapy.
- 3 Improves mood and lowers stress.

- 4 The "Mozart Effect" shows that listening to classical music boosts brainpower and helps students test better.

Shamless plug: Listen to WCNY's Classic FM radio station on 91.3 in Syracuse, 89.5 in Utica, and 90.9 in Watertown; on the web at wcny.org, or with the TuneIn app.



Homework Help

Homework Hotline is a live statewide call-in show where kids receive help with homework problems right on the air. Designed for children in grades 4-12, the program provides the tools students need to succeed with homework, and supports academic achievement across a variety of learning standards. Host teachers, who are experts in subjects across the curriculum, are standing by, ready to help kids work through their homework. In addition to providing homework

help, *Homework Hotline* presents daily thematic segments on health, animals, book reviews, history, environment issues, and people and places in New York State.

Homework Hotline airs Monday-Thursday at 5:30 p.m. on WCNY during the school year, and streams online at 4:30 p.m. at homeworkhotline.org.



Wake up your Brain

Waking up can be a challenge for some. Avoid sluggish morning behavior with these tips:

Drink

Drinking a cold glass of water is a great way to activate your brain in the morning; it can energize you as well as boost your metabolism.

Listen to Music

As soon as you wake up, turn on some uplifting music.

Set a Motive

Get out of bed for a reason! Prepare a new breakfast to try, add exercise to your morning, or wake up earlier to make a stop at your favorite café.



Apps you'll like

Apps are a great way to create and track tasks, organize and budget. Check out these apps that can help you and your family.

Homework

myHomework is an app designed for students of all ages. The app syncs up across all devices, and can replace a paper planner. Simply enter your homework and due date, and get reminders before it's due. No Internet? myHomework will still sync even without Internet, perfect for making sure that you have everything on-the-go.



Organization

Cabin connects you with your whole family (Android and iPhone users). Get reminders, make to-do lists, and get a recap at the end of each week. Cabin is by invite-only, so personal messages and lists are secure.



Budgeting

Back to school is an expensive time. Try **LearnVest**, a budgeting app that provides you with a financial plan that you can customize, help from real-life financial planners, and online classes and articles to reinforce everything you've learned.



Supplies you'll adore

Plan

Plan ahead (in style) with a planner from riflepaperc.com. The 17-month covered spiral classic planners feature a gold-covered spiral binding, elastic closure, a pocket folder with ruler and metallic gold accents throughout. Also included are sections for notes, celebrations, and important contacts. (\$34)



Write

Swap out your basic pens for something new (or old) with a vintage Reynolds Frenchie Fountains pen. Get yours from Radandhungry.com. (\$24)



Accessorize

Accessorize your desk or home with a paper craft calendar from Buyolympia.com. The vase of flowers features 12 different cut and printed flowers that are attached with a plastic bolt in the center. Each month features a different flower. (\$24)



Sleep Hygiene

More than a third of American adults are not getting enough sleep on a regular basis, according to a new study in the Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report. The American Academy of Sleep Medicine and the Sleep Research Society recommends adults aged 18-60 years sleep at least

seven hours each night to promote optimal health and well being. Without that benchmark, you're at risk for an increased risk of developing chronic conditions including obesity, diabetes, high blood pressure, heart disease, stroke, and mental distress.



Ready to hit seven hours each night? Follow these simple sleep hygiene tips:

Set a Schedule

Go to sleep and wake up at the same time EVERYDAY. Yes, the weekends count! Sleeping in may disrupt your natural sleeping schedule and it will be harder to wake up on the weekdays.

Caffeine

Stop caffeine intake by noon.

Nap Wisely

Try and avoid midday naps. Naps decrease the "Sleep Debt" that is needed for easy sleep onset. Can't keep your eyes open? Adults should limit naptime to 15-20 minutes a day in the early afternoon. For toddlers, schedule a morning nap about two hours after they wake up, and an afternoon sometime after lunch.

Exercise

Avoid rigorous exercise before bedtime; rigorous exercise circulates endorphins into the body, which may cause difficulty initiating sleep.

Ditch Electronics

Studies show it's best to turn off the electronics about an hour or two before going to sleep. The light from devices disrupts the instinct that tells us to sleep when it's dark outside. If you have to use your electronic device, turn down the brightness. Lower levels of light settle your brain. Or, consider purchasing a blue light filter app, which decreases the amount of light reaching your eyes.

Recommended sleep for children:

3 months – 1 year: About 14 to 15 hours a day
1 – 3 years: 12 to 14 hours a day
3 – 5 years: 11 to 12 hours of sleep a day
6 – 12 years: 10 to 11 hours a day
12 – 18 years: 8.5 to 9.5 hours a day

PBS KIDS Apps

Make the most of your children's learning with favorite PBS KIDS characters anytime, anywhere. Find them at pbskids.org/apps and download on your smart phone or tablet.

There are plenty to choose from, and you can search by show, skill level, or age: *Ready Jet Go!* "Space Explorer," *Peg + Cat* "Tree Problem,"

Cookie Monster's Challenge, *Super Why!* "Paint," and *Daniel Tiger's* "Grrific Feelings."

Parents, (and teachers) you'll enjoy the Parents Play & Learn App, PBS' first app designed specifically for parents.

PBS Parents Play & Learn App features:

Introduces key math skills such as counting, shape recognition and vocabulary, spatial awareness, measurement, mapping and estimation.

Teaches key literacy skills such as letter recognition, phoneme recognition, color recognition, print conventions, rhyming, and following verbal directions.

13 interactive games themed around a location or activity relevant to a child's everyday life.

52 hands-on activities designed to provide parents with easy ways to take advantage of those learning moments that arise every day, whether at home, in a car or bus, or at a destination such as a restaurant, grocery store or library.

Notes accompanying each game provide parents with information about the skills their kids will practice while playing the game, parent engagement tips to maximize a child's learning potential while playing the game and ideas for extending the learning into the real world.



A free-play sticker area where kids can click and drag any of 83 stickers into a landscape to create their own scenes. The sticker area also provides parent-child engagement opportunities.

All text and voice narration in the app are in both English and Spanish.

Push notifications provide additional tips three times per week.