

School News & Notes

Preparation is Key For Back To School

(NAPSA)—When kids go back to school, parents are often challenged to squeeze school activities into an already busy day. Developing a plan can help. Here are a few simple tips:

- **Eliminate the morning rush.** Assemble outfits the night before and place shoes, backpacks, handbags, briefcases and jackets by the door.

- **Reduce car time.** Organize a carpool to cut down the number of days you need to drive the kids around.

- **Ask for help.** Ask the kids to plan lunches and inform you of school activities. Keep a schedule on the refrigerator for easy reference.

- **Snack right.** For nutritious on-the-go snacks, cut up veggies and package them in resealable bags and keep an all-natural ZonePerfect Nutrition Bar in your bag or briefcase. Nutritious snacks can give you the energy and nutrients you need for your busy schedule.

- **Don't forget yourself.** Devote time just for you with a lunch-hour walk or an early-morning stretching session.