

# MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

## Meridian Summer Pool Party

*Submitted by: Jacquelyn Waldrop, Realtor @ AustinRealEstate.com*



# THE MONITOR

## WELCOME

### *A Newsletter for Meridian residents*

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more. If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at [www.PEELinc.com](http://www.PEELinc.com) or you can email it [meridian@peelinc.com](mailto:meridian@peelinc.com). Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. Our goal is to keep you informed!

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ONLINE**

## Save the Date for Meridian Social Events★

### Thur, Aug 16th:

Middle School Glow-in-the Dark Swim Party with Live DJ

### Fri, Aug 24th:

Back to School Food Truck Night & Pool Party/Laser Show

### Mon, Sept 3:

Memorial Day BBQ Benefit Fundraiser

### Sat, Oct 13:

Neighborhood Garage Sale, 8am-1pm

### Tues, Dec 18:

Holiday Cookies, Caroling & Cocoa @ the Pavilion + Holiday  
Lights Contest Judging

*\*Dates and Activities Subject to Change*



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\*Offer valid for in-person registration only. Not valid for online registration.



## Welcome to Kindergarten!

### Save the Date:

#### INCOMING KINDERGARTEN/FALL 2018 PLAYDATES

*Submitted by: Jacquelyn Waldrop, Baldwin PTA Board,  
Incoming Kinder Chair*

Meet and mingle with future Bobcat cubs and parents  
at our summer playdates.

#### Wednesday, August 8: Bobcats in the Building 10:30-11:30am

Join us for Story Time in the Baldwin Library and a short tour of the playground followed by a Cafeteria Picnic (no food will be served, BYOL - Bring Your Own Lunch). This is a special day when our building will be open to Kinder Baby Bobcats and their parents to help get our Baby Bobcats acclimated with the building.

#### Thursday, August 16th @ 3:30-5pm: Meet Your Teacher

School-wide annual Meet the Teacher. During this come and go event, come to school, find your classroom and meet your teacher and some of your classmates. If you ordered school supplies online, they will be available for pick up in the Cafeteria.

#### Friday, August 17 @ 9:30-10:30am Kindergarten Kick-Off Celebration

This is a special playdate where your Bobcat cub will have the opportunity to meet children in his/her class on Baldwin's large playground. Special guests in attendance! Don't miss the celebration and the opportunity to meet new friends and classmates!

Get up-to-date playdate info, class reminders and more on our Kinder Family-only page: Search for "Baby Bobcats-Incoming Kinder 2018-2019" so you can be approved and added to this closed group for security purposes.

Need more info:

Jacquelyn Waldrop / J.Waldrop@AustinRealEstate.com  
512-923-3099

## BALDWIN PTA NEWS

*Submitted by: Jacquelyn Waldrop, Baldwin PTA Board*



### Baldwin PTA needs YOU!

August 1st marks the beginning of a new PTA year, and we would be honored to have our Meridian Families and Community members join the PTA and make your support of our school official! You don't have to have a child at Baldwin to be a part of the PTA and share your voice. Visit [BaldwinPTA.org](http://BaldwinPTA.org) to join now! Single memberships are \$8.50 and Family memberships are \$15 and we need your support to help enrich our school programs. Need more info: [membership@BaldwinPTA.org](mailto:membership@BaldwinPTA.org)

### Sponsorship opportunities available!

Are you a local business owner that would like an opportunity to support Baldwin and also reach our community with your message? Baldwin PTA would like to hear from you! Contact us: [Fundraising@BaldwinPTA.org](mailto:Fundraising@BaldwinPTA.org)



### Save the Date: Baldwin Elementary School Carnival

September 29th 4-8 pm

ALL FOR FUN - FUN FOR ALL - ALL FOR FUN - FUN FOR ALL

Join us for the Annual Baldwin Elementary School Carnival on September 29th from 4-8 pm. Students, families and the community are welcome! A guaranteed fun time for all with exhilarating rides, exciting games and amazing food- Torchy's Taco Truck, Kona Ice, Kettle Korn, Funnel Cakes and more! Wristband and ticket sales will begin late August. Vendor and Sponsorship opportunities available!! Keep an eye out for more information or contact [Fundraising@BaldwinPTA.org](mailto:Fundraising@BaldwinPTA.org).



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# THE MONITOR

## Need to Register for AISD schools for the fall?

Submitted by: Jacquelyn Waldrop, Realtor(R) @ AustinRealEstate.com



Students who live within AISD boundaries—even students new to the district—can now register online for the 2018–19 school year. Registration forms and the transfer request forms are available in the Parent Cloud at [my.austinisd.org](http://my.austinisd.org). Anyone who lives within district boundaries and has a Parent Cloud account can use the new online request forms. For more information, visit [www.austinisd.org/enroll](http://www.austinisd.org/enroll) or [www.austinisd.org/transfer](http://www.austinisd.org/transfer).



### School News

Welcome back to a new school year, students! Your neighbors want to hear about all the neat things going on at your campus. Submit your good news to Jacquelyn Waldrop @ J.Waldrop@AustinRealEstate.com and see it printed in this publication.

Welcome back to a new school year, students! Your neighbors want to hear about all the neat things going on at your

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## Kids and Sleep: How Much Is Enough?

Submitted by: Aaron Williams, Brodie Lane Pharmacy - PharmD

What happens when your kid doesn't get enough sleep? Is he or she a bit grouchy? Not a surprise, really. But moodiness isn't the only downside of a lack of shuteye.

Sleep is critical for mental and physical development. In fact, a lack of sleep can lead to serious health problems such as high blood pressure, injuries, diabetes, and obesity in kids, as well as depression in teens (and adults).

### Sleep Guidelines for Kids.

The American Academy of Pediatrics recommends the following sleep guidelines for children:

- Infants 4 to 12 months: 12 to 16 hours (including naps)
- Kids 1 to 2 years: 11 to 14 hours (including naps)
- Kids 3 to 5 years: 10 to 13 hours (including naps)
- Kids 6 to 12 years: 9 to 12 hours
- Teens: 8 to 10 hours

Guidelines are more challenging to devise for infants younger than four months because there is so much variation as they begin to develop regular sleep-wake cycles.

### Signs of Sleeplessness.

How can you tell if your child isn't getting enough sleep?

Your child may:

- Have trouble waking up and getting moving within 15 minutes.
- Sleep at least two hours longer during weekends than during the week.
- Fall asleep during short car trips or at school.
- Have trouble remembering, paying attention, and learning.
- Be irritable or hyperactive.

### What Can You Do?

Limit your child's access to caffeine—remember it's in chocolate, too. Make sure the bedroom is cool and dark. Set a regular, relaxing nighttime routine. Most important, keep TV and computers out of the bedroom, and turn off all screens at least 30 minutes before bedtime. Whether it comes from a bulb or a smartphone, light promotes wakefulness.

If your child isn't getting enough sleep, it's also important to rule out a sleep disorder or other medical condition. Snoring can be a sign of sleep apnea in kids, not just in adults. Our pharmacist is always happy to discuss sleep concerns with you.

*Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.*

## GO GREEN GO PAPERLESS



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## Residential Real Estate Sales Statistics for 78739

Submitted by Jacquelyn Waldrop, Realtor ~ AustinRealEstate.com

### Zip Code 78739

### Residential Statistics

Listings	This Month			Year-to-Date		
	Jun 2018	Jun 2017	Change	2018	2017	Change
Single Family Sales	40	54	-25.9%	202	201	+0.5%
Condo/TH Sales	--	--	--	--	--	--
Total Sales	40	54	-25.9%	202	201	+0.5%
New Homes Only	3	5	-40.0%	22	19	+15.8%
Resale Only	37	49	-24.5%	180	182	-1.1%
Sales Volume	\$21,547,465	\$27,367,044	-21.3%	\$106,300,836	\$101,527,781	+4.7%
New Listings	56	55	+1.8%	269	323	-16.7%
Pending	45	47	-4.3%	229	231	-0.9%
Withdrawn	4	3	+33.3%	10	15	-33.3%
Expired	--	--	--	3	1	+200.0%
Months of Inventory	1.7	1.4	+15.7%	N/A	N/A	--

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## Living with Intent, Boxing and Barre

*Submitted by: Kim Paulson, Unbound Life Coaching*

Are you actively seeking to be fit? How's your wardrobe? Are you keeping up with the latest trends? What's your beauty regimen? Are your teeth white? How's your tan? Honey, it's a lot to stay on top of. Now... MORE importantly, how is your mindfulness, your self-love, your intention and attention towards what you are doing? How are you treating yourself and others, and how do you treat your body?

I have always been an athlete. By athlete I mean that I made the cheerleading team, fell down at pep-rallies, fell off shoulders and face-planted onto the track surrounding the football field, and managed to break my ankle by landing on it funny the same day I made the basketball team. I use the word athlete lightly in my little world. Three years ago, I decided I needed to hit some stuff. Imagine Phoebe running carelessly through Central Park and you have a vision of me spasmodically getting through class week after week, year after year for three years. Don't get me wrong, I was strong. I gained some muscle, some mass, some attitude and some serious mojo. I was doing what I needed to do during that time of my life, but I wasn't being very mindful with my movements or my mind (even though I was probably supposed to).

Let's fast forward to this week...I started the very impressive BARRE3 routine and man... is it awesome! I have noticed that the words "Intent" and "Mindful" are used commonly. Any "barre" experience or experience with grace in general can be summed up by two events...

- At the age of four, I refused to continue my ballet class because I didn't want to wear the tutu and I apparently stormed out.
- At the age of nine, I refused to wear panty hose with my ice skating leotard so during a Christmas Skating Show, not only was I the only participant with long socks on, I was the only one who fell down three times before simply crawling to the sides and calling it quits.

Grace, mindfulness, intent... those don't describe me very well! I am going to try to get my heart centered, my mind quiet and my grace as intact as it will get and let my inner warrior "athlete" shine with this newfound experience, and I encourage you to find something equally spectacular to add to your life.

Love, Coach Kim

## CALLING MERIDIAN MAMAS TO JOIN CIRCLE C MOM'S CLUB

*Submitted by Jacquelyn Waldrop*

Circle C Mom's is a group of neighborhood moms that coordinate events for children, moms and families. Children's events include weekly age-specific playdates, holiday parties and field trips. Weekly moms' events are usually hosted at members' homes or nearby restaurants and include activities such as bunko nights, book club, craft night, movie nights, recipe/supper club, ladies-only lunches and much, much more! These activities are a great opportunity for moms to get out and enjoy a little "adult" time and meet new friends.

If you are interested in joining the fun, contact:

Jacquelyn.Waldrop@gmail.com



## ATTENTION KIDS: SEND US YOUR MASTERPIECE!

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Peel, Inc. - Kids Club

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We will select the top few and post their artwork on our website at [www.peelinc.com/index.php/kids-club](http://www.peelinc.com/index.php/kids-club)

DUE: August 31st, 2018

Be sure to include the following so we can let you know!

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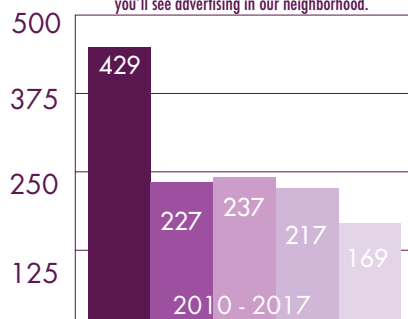
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