

# Falls

## AT GREEN MEADOWS

August 2019

[www.fallsatgreenmeadows.com](http://www.fallsatgreenmeadows.com)

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### WELCOME TO FALLS AT GREEN MEADOWS

*A Newsletter  
for the Falls at Green  
Meadows Community*

Falls at Green Meadows is a quarterly newsletter mailed to all Falls at Green Meadows residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you're interested in being on the newsletter committee please email: [jasmine.mitchell@fsresidential.com](mailto:jasmine.mitchell@fsresidential.com). Submittal does not guarantee it will be printed in the newsletter as space is limited.

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### START THE SCHOOL YEAR OFF RIGHT



As kids head back to school, it's important to provide them with the necessary resources to succeed. As a parent, you can take steps to put your kids on the path toward a successful school year.

To help your children put the best foot forward, consider these suggestions from The Salvation Army, which operates hundreds of low-cost after-school programs for kids of all ages in low-income neighborhoods across the country and understands the importance of setting children up for success all year.

**Get back into a routine.** During the summer months, family routines tend to slide, especially morning rituals and bedtime habits. A few weeks before school starts, begin transitioning your way back to a normal school schedule. A gentle progression toward earlier bed and wake-up times is easier on kids physically and mentally. Try adjusting by 15 minutes each day until you reach the optimal schedule for your family. Remember that routines aren't just about the clock, though. If there are certain steps that are part of the school year routine, such as packing lunches and laying out clothes for the next day before bed, make those part of your transition plan, too.

**Set a good example.** Kids learn important behavioral lessons by watching the adults in their

lives. The back-to-school season provides many opportunities to demonstrate compassion and social responsibility. For example, giving back to an organization like The Salvation Army helps provide funding for programs that support the educational needs of children who otherwise may not have access to the same resources.

**Research resources for homework help.** Discovering your child is struggling in school can be overwhelming. You'll want to be able to pull in help as quickly as possible, so it's a good idea to research resources in your area that can help provide support outside the classroom. Your school likely has some options available, but it's a good idea to also look into tutoring programs and other community services that encourage literacy and study skills as well as provide one-on-one assistance with homework and school assignments.

**Get organized.** The first few weeks of school typically bring plenty of change and adjustment. You can help manage the stress by creating some structure. Use a wall calendar to keep track of school start and dismissal times, bus pick-up and drop-off times, after school activities and other appointments. Review lunch menus and plan ahead so you're not finding out at bedtime that you need to

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*(Continued from Cover)*



pack a home lunch in the morning. Stock up on breakfast foods and make time to catch up on laundry before school begins so hunger and wayward socks don't derail your mornings.

**Explore extra-curricular programs.**

With the new school year comes numerous ways to enrich your kids' social and cognitive development. Extra-curricular activities let kids continue practicing skills even after the school bell rings, but in a fun environment so they may not even realize they're still learning and cultivating healthy, safe relationships with friends. In addition to sports and clubs, a wide array of music and art education activities may be available that focus on everything from choir, band and dancing to drawing, writing and acting.

**Set goals.** Begin the school year by encouraging your children to take ownership and pride in their learning. Talk about goals like reading a certain number of books each month or earning grades that reflect their highest potential. Get kids motivated by designing goal boards or charts that can serve as daily reminders and track their progress. For larger goals, consider setting milestones so they can celebrate progress along the way and stay motivated for a big finish.

*Learn more about educational and giving opportunities in your community at [SalvationArmyUSA.org](http://SalvationArmyUSA.org).*

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and check your answers!

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

# FALLS AT GREEN MEADOWS

## SAVE MONEY ON SUMMER ROAD TRIPS



Photo courtesy of Getty (family picnic)

If financial constraints are keeping you from exploring the world, it may be time to reassess your approach to travel. From road trips across the country to jaunts across your state, there are plenty of ways to curb costs, so your biggest challenge is finding more days away from the office, not replenishing your bank account.

**Make reservations in advance.** Shopping early for lodging is one way to save. Give yourself plenty of

time to watch deals so you can grab the best one, and if it's possible, be flexible with the travel dates. Shifting your trip by even a day can sometimes make a difference in the rates.

**Utilize rewards programs.** Shopper loyalty programs make it easy to save money on essential purchases. Not only can you access exclusive card-holder discounts, but you can accumulate rewards points or even earn cash back. For example, with the Shell | Fuel Rewards® credit cards, you can save 10 cents per gallon (up to 20 gallons) every time you fill up at Shell, in addition to earning rebates on other qualifying purchases. See store for details or learn more at [shell.us/roadtrip](http://shell.us/roadtrip).

**Share the journey.** If your travel party consists of multiple families, consolidate into as few vehicles as you can. This helps minimize costs

on everything from gas to per-vehicle admission fees at destinations like national parks.

**Pack snacks.** Next to lodging, food is the biggest expense you're likely to encounter on a road trip. Consider packing snacks for the road so you can save money while managing your hunger. Alternatively, an option like the Shell | Fuel Rewards Mastercard lets you earn rebates on qualifying purchases made with the card.

**Be conscious of your gas mileage.** You may not have much of a choice when it comes to which vehicle you'll drive, but paying more attention to your driving habits can stretch your gas tank a little further. Be sure your tires are inflated to the correct pressure. If your vehicle is a gas guzzler, consider renting a more efficient vehicle for the trip. Weigh the additional cost of the rental versus what you may spend in fuel for your personal car before making a decision.

**Research attractions.** Admission fees to various attractions can really add up, but a little pre-planning can help you capitalize on discount days and other special deals. If your plans are flexible, you can schedule your trip around those offers to capture the same experiences at a significantly lower price tag.

**Travel doesn't have to drain your wallet.** Managing your trips with practical tips like these may even free up enough funds so you can fit in an extra adventure or two.

Content courtesy of Shell

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