



Fall Newsletter

August - September - October

Going through change can be difficult, but by changing it to a positive perspective you will gain a happier future.



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If I had my child to raise all over again,
 I'd build self-esteem first, and the house later.
 I'd finger-paint more, and pint the finger less.
 I would do less correcting, and more connecting.
 I'd take my eyes off my watch, and watch with my eyes.
 I would care to know less and know to care more.
 I'd take more hikes, and fly more kites.
 I'd stop playing serious, and seriously play.
 I would run through more fields and gaze at more stars.
 I'd do more hugging and less tugging.
 I'd see the oak tree in the acorn more often.
 I would be firm less often, and affirm much more.
 I'd model less about the love of power,
 And much more about the power of love.

Thoughts of School are Here!

Are you stressed already?

- Bus rides, lunches, new teacher, new school, volunteering, new friends, daily incoming paper and forms, where do I start?

August Organizing Tips

Plan Now for a Smooth September!

Create a School Binder for all School Documents

- Sections for; school news, health unit information, fundraising, each child, extra curricular activities, etc.
- Place each piece of paper that comes home under one of the sections for easy referral.

Lunches

- organize your kitchen with a lunch area, including lunch bags, drink and lunch containers, and specific lunch food
- keep running grocery list on fridge for everyone to add items when out of them
- post the Canada Food Guide so children can make their own nutritional lunches - visit [Canada Food Guide](#) with your children to make their own personal Food Guide

Extra Activities

- plan at least one week during the school week without scheduled

Dear Pauline,

The children are getting bored of the summer, school is on the horizon and the fall activities will be starting soon.

Are feeling in control? Fall is a great season; we can still enjoy the nice weather and the cool evenings. It is also a new year in a lot of our minds as we think how to clean up, make changes and help things run smoother in our lives.

Call today we can assist you with organizing and time management!

519-227-2241

Fall Things to Do!




- Fall Camping Trip
- Hiking
- Fall Fairs
- Apple Picking
- Corn Maze
- Home Maintenance - clean eave troughs, cover air conditioning unit, clean and put away summer toys , winterize landscaping and store outdoor furniture, hand Christmas lights in the nice weather, organize garage for car
- switch seasonal clothing

Thanksgiving - does not need to be a performance.



Plan what you want to do for your holiday vacation. When you plan ahead you can delegate jobs, prepare food and pick up what you need when you are running other errands.



Each time you begin a new project, set up a new file for it,
label it clearly and keep all materials related to it, in it.
Take a look at our website - things are changing all the time.

Watch for the seminars that will be happening in the fall!

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Save 15% For the Month of August book us for 6 hours and receive 15% of the first session.

Offer Expires: August 31,2008