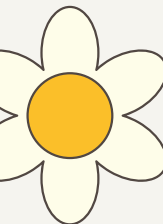


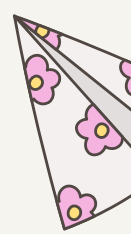
Back To School

AUGUST 2026



Meet the Teachers

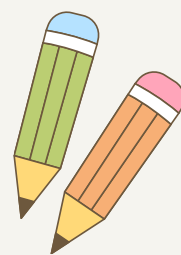
Meet the Family
Advocate



Understanding
In-Kind

Set Up For Success

Parent PC Meetings



August
2026

Education Team



The goal isn't to eliminate every challenge but to create consistent routines that help children feel prepared and confident as the new school year begins.



How to make back to school easy

- **Organize clothes and backpacks.** Lay out outfits and pack backpacks the night before to reduce morning stress.
 - **Keep mornings predictable.** Follow the same sequence each day—wake up, get dressed, eat breakfast, brush teeth, and head out the door.
 - **Stay connected with teachers.** Read school communications, attend orientation events when possible, and reach out early if questions arise.
 - **Encourage independence.** Let children pack their own bags, organize supplies, and take responsibility for age-appropriate tasks.
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Nutrition tips



Lunchbox, Smart snacks for preschool energy.

Breakfast Boosters

- Overnight oats with chia seeds, berries, and a drizzle of honey.
- Egg muffins with spinach, bell peppers, and cheese — easy to make ahead.
- Whole-grain toast with nut butter and banana slices.

Lunchbox Power Meals

- Turkey & veggie wraps with hummus in a whole-wheat tortilla.
- DIY bento box: boiled eggs, whole-grain crackers, cheese cubes, cucumber slices, and grapes.
- Pasta salad with whole-wheat pasta, cherry tomatoes, mozzarella, and olive oil.

After-School Energy Snacks

- Apple slices with almond butter.
- Greek yogurt with granola and fresh fruit.
- Homemade trail mix (nuts, seeds, dried fruit, and a few dark chocolate chips).

Quick Tips for Success

- Aim for protein + fiber in every meal to keep kids full longer.
- Prep fruits and veggies in advance for grab-and-go convenience.
- Keep a mix of fresh and shelf-stable snacks for busy days.



AUGUST IS NATIONAL BREASTFEEDING MONTH



World Breastfeeding Week

World Breastfeeding Week is an annual global health observance held from August 1–7 to promote breastfeeding awareness, education, and support. Coordinated by international partners and observed in many countries, it highlights the health, social, and policy factors that help families meet their infant feeding goals.

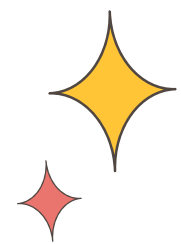
Purpose

encourages awareness of the benefits of breastfeeding for infants and mothers while recognizing that successful breastfeeding often depends on access to **healthcare, family support, workplace accommodations, and community resources**. Each year centers on a specific theme that reflects current public health priorities and advocacy efforts. World Alliance for Breastfeeding Actio

Why It Matters

Research has shown that breastfeeding can provide nutritional, immunological, and developmental benefits for many infants, while also offering health benefits for many mothers.

At the same time, health organizations emphasize that infant feeding decisions are personal and may be influenced by medical conditions, family circumstances, adoption, access to support, or other factors. The observance promotes informed decision-making and improved access to evidence-based breastfeeding support rather than a one-size-fits-all approach





**Check with your FCP
Coordinator for meeting dates
and time**

