







Keeping you connected to important health updates, upcoming classes and helpful resources



As summer winds down and the kids head back to school, September is a great time to hit the reset button. With cooler weather rolling in and days getting shorter, it's the perfect chance to check in on your family's health, safety, and routines. A few small changes now can help everyone feel their best all season long.



Did you know?

Research shows that pedestrian injuries among children increase by nearly 30% in the weeks following Labor Day. Busy streets, new routines, and excitement all play a role, so staying aware is key.

Here are some important safety reminders:



routes with your child, and explain how to use traffic signals and crosswalks.

Be extra careful during school drop-

off and pick-up—use designated zones, avoid double parking, and stay alert while children are getting in or out of vehicles.



helmet when biking or skating.

Talk about school bus safety

rules and why they matter. Stick to a consistent bedtime

to help your child get enough rest.

support my child's mental and emotional health during the busy school year? Good mental health comes from having

support, and spending time with family

What are the best ways to

can really help. Try to create simple routines that promote connection, like family game nights, cooking seasonal meals together, or taking evening walks before it gets dark. These activities encourage communication and reduce stress, helping your child feel grounded despite school pressures.

get shorter? As daylight fades earlier, our bodies produce more melatonin, which can

How can we maintain healthy

sleep and energy as the days

make us feel sleepier. To combat this, ensure everyone gets plenty of natural light during the day and limit screen time before bed. Keep a regular sleep schedule. Activities like outdoor family bike rides or gardening in the early evening can help everyone stay active and adjust to the changing season.



sick days mean more time doing what you enjoy most. We strongly encourage you to get immunized against flu, COVID-19 and RSV. These vaccines are safe, effective and the best defense against serious illness, especially for older adults and those with chronic conditions.

hospital visits, you're doing your part for the greater health. And fewer

Don't wait! Call your doctor's office today to schedule your vaccinations and

protect yourself against whatever comes at you this season!



coconut is technically a *drupe* — a fruit with a hard shell covering the seed. The meat of the coconut offers a combination of healthy fats and fiber. Coconut also contains lauric acid, a type

> **Coconut Trail Mix Optional twist**

Try this easy, back-to-school snack idea:

of fat that may support immunity and heart health.

Enjoy this quick snack recipe that you and your kids can make together. It's great for lunchboxes or after-school nibbling because it won't spoil quickly and helps with portion control when pre-packed in 2 tablespoon servings.

Some recipes add curry powder for a tasty coconut curry flavor, but feel free to skip the curry if your child prefers a milder snack.

Go nuts and get the full recipe here Recipes are from external links and will open in your default web browser.

Source: https://www.splenda.com/recipe/grilled-honey-bbq-chicken/