Create a Plan for a Successful School Year

The start of a new school year can be a difficult and stressful time, not only for children as they return to school, but also for the parents of school-aged children. With a little preparation and a positive mindset, this phase can be made easier for the entire family.

**BE PREPARED**

**Re-establish the school-year routines.** Plan to establish bedtime and other routines, such as breakfast or household chores, at least one week prior to the start of school.

**Visit the School.** Take the opportunity to meet your child’s teacher(s) and walk around the school to locate classrooms, restrooms, and the lunchroom to help your child from feeling lost on the first day of school.

**Create an area for homework.** Children should have a designated work space in their bedroom or other area of the house that offers privacy and freedom from distraction.

**Have transportation plans in place.** Determine bus route numbers, pick up/drop off times, and bus stop locations. If driving your child to and from school, familiarize yourself with the school’s procedures for doing so.

**MINIMIZE STRESSORS**

**Clear your schedule.** If possible, postpone business trips and extra meetings or projects during this transition time.

**Allow plenty of time.** Make sure you and your child have plenty of time to get up, eat breakfast, get dressed and get out the door. Traffic is heavier and commute times are often lengthened during the school year.

**Freeze a few easy dinners.** It will be one less household task to worry about during your day.

**Minimize clothes shopping woes.** Buy only the essentials for the start of the school year. Georgia falls are typically warm and summer clothing can still be worn.

**FRAME YOUR THINKING**

**Be interested and enthusiastic.** Your positivity about the start of the school year will carry over to your child(ren).

**Do not overreact.** If the first few days start out rocky, try not to overreact, and allow a little more time for transition before making any decisions or changes.

**Let your child(ren) know you care.** Take time each day to talk about their school day, send personal notes in their lunch box or book bag, and volunteer in the classroom if possible.

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**Sources:**

National Association of School Psychologists, [www.nasponline.org](http://www.nasponline.org)

American Academy of Pediatrics, [www.aap.org](http://www.aap.org)

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**More Resources Available**

Visit the Emory Work-Life Resource Center website at [www.worklife.emory.edu](http://www.worklife.emory.edu) for information about local school resources, after-school programs and more.

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**Melissa Morgan, MS, HFS, Wellness Specialist**
**Wellness and Lifestyle**

### The Public Health Corner: Immunization Essentials

As we prepare our children for the school year and take steps to safeguard our own health, being informed about vaccines is an essential first step. Healthy People 2010 attempts to increase immunization coverage levels in order to protect individuals and communities from illness and potentially life-threatening conditions.

**For Adults**

**Influenza (flu) vaccine:** This vaccine should be taken annually. Emory’s flu shot clinic begins in the fall for all staff, faculty and students.

**Pneumococcal (pneumonia) vaccine:** Recommended for individuals over the age of 65, for anyone age 19 and over with serious long-term health problems, and individuals who smoke or who have asthma.

**For Older Children/Young Adults**

**Human papillomavirus (HPV) vaccine:** Recommended for 11 and 12 year old girls, but approved for females up to the age of 26. Given in 3 doses over 6 months, the HPV vaccine protects females against most cases of cervical cancer and genital warts.

**Meningococcal (meningitis) vaccine:** Recommended for children aged 11-12 and for individuals going to college who have not yet received it but who plan to live in a dormitory, as meningitis is spread through close contact.

**For Children**

Several vaccines are recommended by the American Academy of Pediatrics for children before the age of 2, with additional booster shots throughout childhood. These include vaccines for: hepatitis A and B, meningitis, DTaP (diphtheria, tetanus, and pertussis [whooping cough]), polio, influenza, chickenpox, MMR (measles, mumps, rubella), and rotavirus. For more about these vaccines and recommended scheduling, visit [kidshealth.org](http://kidshealth.org).

For myths and facts about vaccines and to learn more about Emory’s vaccine research, visit [www.vaccines.emory.edu/vaccines/myths.shtml](http://www.vaccines.emory.edu/vaccines/myths.shtml). For information about Healthy People 2010, go to [www.healthypeople.gov](http://www.healthypeople.gov).

To learn about all recommended vaccinations, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). Remember, all decisions about immunization should be made in consultation with a health care provider.

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**Focus When On The Road**

As we continue to commute for work, school and travel, it is important to remember driver’s safety. Here are a few helpful tips to stay safe while driving this season:

**Use your seatbelt.** Research shows that use of seatbelts can save lives and minimize injury during accidents. Buckle up, and remember in Georgia, it is the law.

**Be aware of speed limits.** Remember that reductions in speeds are designed to promote safety in special areas like school, playgrounds and high traffic areas.

**Avoid drinking and driving.** Alcohol slows down response times and increases your risk for accidents and injuries. Pick a designated driver, take a cab or stay with a friend.

**Limit the use of cellular devices.** Texting, calling and sending instant messages may limit your focus.

For more information about driver safety, visit the Center for Disease Control and Prevention’s website at [www.cdc.gov](http://www.cdc.gov).

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**Eddie Gammill, BA, MSN, RN, Manager of Wellness Programs**

### Get Rest Before Taking the Wheel

According to the National Sleep Foundation’s Sleep in America poll, 60% of Americans have driven while feeling sleepy and 37% admit to actually having fallen asleep at the wheel in the past year. Here are some signs that you should stop and rest:

- Difficulty focusing, frequent blinking or heavy eyelids
- Daydreaming, wandering/disconnected thoughts
- Missing exits or traffic signs
- Yawning repeatedly or rubbing your eyes
- Trouble keeping your head up
- Drifting from your lane or tailgating
- Feeling restless and irritable

Source: [National Sleep Foundation, www.sleepfoundation.org](http://www.sleepfoundation.org)
Eggplant is at the peak of its harvest season here in Georgia from June to October, making it a natural and nutritious choice for summer dishes. Give a local favorite international flare with this Thai Eggplant Dip recipe. It also has basil, another locally grown item with a peak harvest of May through September.

**Thai Eggplant Dip**

**Ingredients:**
- 1 (1-pound) eggplant
- 1/3 cup golden raisins, chopped
- 2 tablespoons water
- 2 teaspoons fresh lemon juice
- 1 teaspoon olive oil
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 1 garlic clove, minced
- 4 (6-inch) pitas
- 1/2 cup (2 ounces) shredded part-skim mozzarella cheese
- 2 tablespoons chopped fresh basil
- 3 tablespoons grated Parmesan cheese

Preheat oven to 425°. Pierce eggplant several times with a fork, and wrap in foil. Place eggplant on a baking sheet, and bake at 425° for 1 hour. Cool slightly. Peel, seed, and mash eggplant with a potato masher.

Combine raisins and water in a small bowl. Cover with plastic wrap; vent. Microwave at high 30 seconds. Let stand, covered, 10 minutes; drain. Add raisins, basil, and next 5 ingredients (water through garlic) to eggplant.

Preheat broiler. Sprinkle pitas with cheeses, and broil for 2 minutes or until cheese melts. Cut each pita into 6 wedges, and serve with eggplant dip.

12 servings (2 pita wedges and 2 tablespoons of dip)

CALORIES 96, FAT 2g, CHOLESTEROL 2mg; CALCIUM 43mg; CARBOHYDRATE 16g; SODIUM 80mg; PROTEIN 4g; FIBER 2.4g

_Nutrition analysis by Tara Cox, MPH, RD, Wellness Specialist_

_Source: Cooking Light, July 1998_

Harvest info: Georgia Organics, [www.georgiaorganics.org](http://www.georgiaorganics.org)

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**Nutrition Spotlight**

**Eggplant: Home Grown with an International Twist**

_Eggplant is at the peak of its harvest season here in Georgia from June to October, making it a natural and nutritious choice for summer dishes. Give a local favorite international flare with this Thai Eggplant Dip recipe. It also has basil, another locally grown item with a peak harvest of May through September._

**Be Prepared with Some Quick and Easy School Lunch Ideas**

As summer winds down, it’s time to gear up for the new school year, and the infamous school lunch. Many school cafeterias regularly serve high fat and high sodium options like pizza and hamburgers. However, with a little creativity, you can prepare healthier lunches at home, which helps you control what your kids eat during the day and can also help keep your food budget under control.

**Plan for balanced nutrition.** Make sure each lunch has a lean protein source, a whole grain, and one serving of fruit, vegetables and low-fat dairy. Be sure to focus on leaner meats like turkey, chicken, roast beef or even egg salad made with light mayo. Don’t forget the occasional treat like a small cookie or snack size candy, which can model how to eat in moderation.

**Be creative.** Go beyond sliced bread and use 100% whole wheat sandwich buns, wraps, pita and even English muffins. For variety, try a side salad instead of carrot sticks. Rotate whole fruits with dried fruits, fruit salad, fruit cups or 100% fruit juice. Mix up milk by offering chocolate or strawberry flavored versions or replacing with low-fat yogurt. For alternatives to sandwiches, pack hot meals in a thermos, like leftover soup, chili, lasagna or even stir-fry.

**Get the kids involved.** Make lunch preparation a part of your evening or morning routine. Let kids choose what they want to eat from one or two options, and give them a sense of control and accountability over the foods they eat.

**Don’t forget the snacks.** A bag of dry cereal or low-fat granola, a cup of apple sauce with 4 graham crackers for dipping, peanut butter on whole grain crackers, or a piece of string cheese may be just what your child needs for an afternoon pick me up at snack time. Try to keep snacks below 150 calories.

_Tara Cox, MPH, RD, Wellness Specialist_

_Source: American Dietetic Association, [www.eatright.org](http://www.eatright.org)_
**Transitions**

As summer changes to fall, we are once again challenged to adjust our schedules, our pace, and our priorities and to relinquish some of the perks of summer. That’s the nature of change in all aspects of life whether personal or professional: some things must end before others things can begin. Change often occurs uninvited and unwelcomed. “Change is situational and occurs even if we don’t like it or accept it. Transition, however, is psychological and involves adjusting, reorienting and redefining ourselves. It is here where we always have choices and growth opportunities.”

John W. Wilson, Psy.D., Licensed Clinical Psychologist
Faculty Staff Assistance Program
Quotes adapted from William Bridges’ writings

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**Stages of Change**

Visit the FSAP website at [www.fsap.emory.edu](http://www.fsap.emory.edu) to learn more about the five Stages of Change in archived issues of *All About Health*:

- **March-April 2008**: Overview
- **May-June 2008**: Precontemplation
- **July-August 2008**: Contemplation
- **September-October 2008**: Preparation
- **November-December 2008**: Action
- **January-February 2009**: Relapse

*If you need assistance with managing change and transition, contact the Faculty Staff Assistance Program at 404-727-4328.*

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**Improve Your Health with FSAP**

**Wellness and Lifestyle Coaching** *(by appointment)*

- Every Tuesday
  - Emory University Hospital Midtown
  - Orr Building, 3rd Floor
- Every Friday
  - The Emory Wellness Center
  - 1762 Clifton Road

**Nutrition Coaching** *(by appointment)*

- Every Monday
  - The Emory Wellness Center
  - 1762 Clifton Road
- Every Thursday
  - Emory University Hospital Midtown
  - Orr Building, 3rd Floor

**Fitness Coaching** *(by appointment)*

- Every Wednesday
  - Emory University Hospital Midtown
  - Orr Building, 3rd Floor
- Every Thursday
  - The Emory Wellness Center
  - 1762 Clifton Road

*For more information, call 404-727-4328 or visit [www.fsap.emory.edu](http://www.fsap.emory.edu)*

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**Wellness Calendar**

**INFOSTOPS: BACK TO SCHOOL**

- **July 9**
  - Yerkes Main Station
  - Main Lobby Area
  - 11 a.m. – 1 p.m.

- **August 12**
  - Emory University Hospital Midtown
  - 1st Floor, Gift Shop Lobby Area
  - 11 a.m. – 1 p.m.

- **August 18**
  - Decatur Plaza
  - 2nd Floor Lobby Area
  - 11 a.m. – 1 p.m.

**BLOOD GLUCOSE SCREENINGS**

- **July 15**
  - Psychology Building
  - 10 a.m. – 11:30 a.m.

- **July 29**
  - Blomeyer Fitness Center
  - 5th Floor Conference Center
  - 4 p.m. – 5:30 p.m.

- **August 20**
  - Emory Clinic Fayetteville Call Center
  - Conference Room
  - 10 a.m. – 2 p.m.

- **August 26**
  - Blomeyer Fitness Center
  - 5th Floor Conference Center
  - 4 p.m. – 5:30 p.m.