

THE PULSE

WELLBEING NEWS IN A MINUTE

THIS MONTH'S FOCUS:

BACK TO SCHOOL



HAVE A DAILY UNIFORM

A daily uniform makes our lives easier by 67%!

Having a uniform will simplify your daily routine, reduce fatigue and the headache when deciding what to wear! Save your mental energy for other priorities. A uniform should be flexible and comfy!



READS & SOUNDBITES



Reads:

- Your child's class schedule
- School's websites on required school supplies

Soundbites:

- You choose your favorite playlist

PLAN FOR SUCCESS

Here a few open-ended questions to ask your family when planning for the beginning of the new school year:

- How do you know what to wear: decide the entire week in advance or the night before?
- When will you do your homework? After school, before dinner or after a snack?
- What time do you need to go to bed to get 7-10 hours of sleep?

