



It's August and time to start getting the kids ready for school. Area schools are scheduled to begin classes around the third week of

August. The following districts have announced their start date: with several districts hosting "Early School" which began as early as August 2nd.

Arlington ISD—August 23rd
Cedar Hill ISD—August 23rd
Dallas ISD—August 23rd
DeSoto—August 23rd
Garland—August 23rd
Mesquite— August 23rd

A Parent's Guide to Back to School

Stress Free Morning Routine for Back to School

Let's go! Let's go! Come on ... you're going to miss the bus! I don't know where your favorite jeans are; it's not my responsibility. What do you mean you still have homework? Did you brush your teeth yet? Let's go! I'm leaving... NOW!

Oh I hope your mornings don't sound like that above. If it does, it's not too late to turn that ship around. The key to having a stress free morning routine is to have a smooth bedtime routine. Remember, a routine is something that is followed regularly, standard procedures. Without the consistency you will have an uphill battle. Here are some tips to a stress free morning routine:

- No yelling. Raising your voice, albeit frustrated, is only going to escalate matters.
- Early to bed, early to rise. That one is simple.
- Showers and baths should be taken at night. You think you'll have time in the morning, but you rarely do.

- Look over all homework for completeness before bed; don't assume it's finished.

- Before bed ensure lunches are made, backpack is packed and there are no surprise "Oh I need xxx today!"

- Give singular instructions. Don't say, "I want you to finish your homework, eat breakfast, get dressed, comb your hair, brush your teeth and be in the car by 8:15." To a child, that sounds like "blah blah blah blah blah blah blah blah." One instruction at a time works wonders.

- Provide instructions once. If you're doing this, stop: "Johnny, it's time to get dressed." Two minutes later, "Johnny, we're going to be late if you don't get dressed now." Two more minutes later, "Johnny, honey, I told you to get dressed." "Johnny, Mommy is going to be late, now go get dressed." To a child that sounds like "Oh mom is good for asking about five more times before she really goes ballistic!" Repeated requests only send the message that junior doesn't really have to do it now.

- Set consequences and stick to your guns. If you tell your child the car is leaving at 8:15 sharp, make it happen. Clearly you can't leave your child behind, so leaving without her isn't an option. Tell her you will be leaving whether she is ready or not. Sending a 10 year old to school with uncombed hair, pajamas and an empty belly might be just the catalyst for change.

You are the parent; you set the tone for the morning routine. You need to be actively involved in the morning routine. Follow the steps above and I guarantee joy will come in the morning!



First Lady, Michelle Obama, encourages active schools, active families and active communities.

BREAKFAST



Energy Boosting Breakfast Ideas for Students

Running late for school yet

again? Just give the kids a Pop Tart on the way out the door and they'll be fine. If you're all out of the sugary toaster treat, just swing through Krispy Kreme on the way and your offspring will be good to go. Right? **Wrong! Wrong! And Wrong.** You might as well give your children a cup of coffee if that's what you consider a good breakfast. Well sure it's quick, convenient and tasty! In addition to lacking any nutritional value, the sugar buzz will quickly wear off and then your little one will fall asleep right before morning recess. Quick and convenient does not have to equate to a boatload of carbs and sugar. Children need to be able to focus, and they need to be awake. Here are a few suggestions:

- Eggs are a great source of protein. If you don't have time to cook in the morning, then make some hard boiled eggs the night before.
- Carnation Instant Breakfast has been around longer than most readers will remember. But there is good reason for their longevity. It's chock full of antioxidants (as much as a cup of green tea) and it has twice the protein of an egg and twice as much calcium as a 6 oz. container of fruited yogurt. It tastes like chocolate milk, but it's oh so much better.
- If your child just isn't a breakfast person, try serving your child a 3 oz. chicken breast for breakfast.

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Congrats!

FWBC's Finest

Friendship West Baptist Church
 Dr. Frederick D. Haynes, III
 2020 W. Wheatland Rd.
 Dallas, Texas 75232
 972-228-5200



Congratulations to FWBC's own Zachary Blair (#164) and the DeSoto Mercury Track and Field 4x400 relay team for winning a National Championship in the 4x400 Primary National Championships in Orlando, Florida during the weekend of July 11th. The relay team consists of Colin Smith, Lathan Adams, Tre Guy and Zachary Blair who all did an outstanding job. Their team shattered the previous record by 20 seconds coming in at 4:57.00. The old record was 5:17.02!! Zachary was interviewed after the race and proudly let the world know that the team was from DeSoto, Texas, and acknowledged his coaches, James Robinson and Darius Adams. Seven year old, Zachary is a member of the FWBC Sports and Rec Ministry (FWBC Warriors – Coaches McCrimmon, George and Mason), is an active participant in DIOP, and is mentored by Brother Anthony Wright of DIOP.

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 5:00 - 5:30 (CST)

August 2010 Faith Fitness Class Schedule
 "Bring a friend or Family member and come ready for a workout!"

Tuesday August 3, 10, 17 and 24, 2010
 6:45pm-7:45pm - Low Impact Workout Andrea George
 7:45pm-8:30 - The Fit Kids Workout
 7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Thursday August 5, 12, 19, and 26 2010
 6:45pm-7:45pm - Step Aerobics "Steppin For Christ" with Andrea George
 7:45pm-8:30pm - The Fit Kids Workout
 7:45pm- 8:45pm- Dance For Christ with Wendell Ross

Saturday August 7, 21 and 28, 2010
 9:00am-10:00am-Workout with Dimitrius Glen

****NO CLASSES ON SATURDAY AUGUST 14, 2010**
The Imani Back to School Festival
 9a.m—1 p.m.

FAITH FORMULA HUMAN SERVICES PRESENTS

IMANI Kick In With Health...
 COMMUNITY FESTIVAL Let's Move!

SAVE THE DATE

Saturday, August 14, 2010
 9:00 am - 1:00 pm

Location: Friendship-West Baptist Church
 Cost of Event: Free