

# THE WORLD-Spectator

# Back to School 2025





## Will your child be biking to school this fall? Follow this guide!



Back-to-school season is just around the corner! Will your child be biking to school for the first time? This is a fantastic opportunity to promote your child's independence and encourage a healthy lifestyle. These practices and habits will help keep them safe.

### Bike maintenance

Start by inspecting the condition of your child's bike. Does it have all the mandatory reflectors? Reliable brakes, properly inflated tires and a strong chain are crucial for a smooth ride.

### Protective helmet

Wearing a helmet is vital to prevent serious injuries in case of a fall or collision. Ensure your child's helmet fits correctly and fastens securely for maximum protection.

### Optimal visibility

Dress your child in bright colours or clothes with reflective strips to help other road users spot them. Highly visible clothing is especially important on overcast days or at dusk.

### Maintain a safe distance from large vehicles

Remind your child that heavy vehicles like trucks and buses have large blind spots. Encourage them to keep a safe distance and always remain visible to drivers.

Finally, to help your child feel more comfortable, ride to school with them a few times before school starts.



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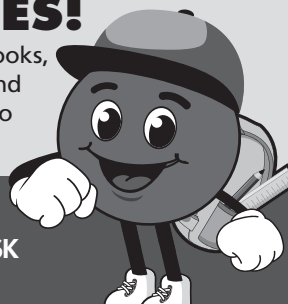


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## Breakfast: a key ingredient for academic success



As the new school year approaches, it's important to get back into a routine that will set you up for success. This includes getting a good night's sleep and eating a balanced breakfast. However, many students go to class on an empty stomach, which leads to fatigue and difficulty concentrating.

Here's a look at why you should never skip breakfast.

Students who skip breakfast lack the energy to kickstart their day. Their developing brains require fuel to help them maintain focus and effectively absorb new

information. Without the right nutrients in the morning, they can experience fatigue faster, which negatively impacts their motivation and participation. Additionally, hunger can lead to headaches and increased restlessness, making it harder for students to engage in their

studies.

Which foods should you choose?

Starting your child's day with lasting energy means prioritizing nutritious food choices. Aim for a balanced meal featuring:

- Fruits. Apples, bananas, berries and more are up for grabs.
- Whole grains. Choose whole wheat bread, oatmeal or low-sugar cereals.
- Proteins. Yogurt, eggs, nut butter, cow's milk and plant-based milk are all good protein sources.

Always try to choose fresh, local foods to nourish your little ones.

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## Five important things to consider when choosing a school backpack



The new school year is fast approaching! It's time to think about buying school supplies for your child. Do they need a new backpack this year? Making an informed choice will ensure they feel comfortable wearing it and can help prevent back problems. Here are five crucial elements to consider, along with some expert advice for safe use.

- 1. Dimensions.** Choose a backpack that fits your child. The backpack should extend from the base of their neck to the small of their back without protruding beyond their shoulder. A backpack that's too large can negatively impact your child's posture and balance over time.
- 2. Straps.** Look for straps that are at least five centimetres wide and adjustable to ensure better weight distribution and increased comfort. Consider a backpack with additional chest and hip straps to stabilize the bag and promote proper posture.
- 3. Compartments.** Select a backpack with multiple easy-to-use compartments. It will help distribute the weight of school supplies, such as pencils and textbooks.
- 4. Material and padding.** Opt for a backpack made from durable canvas with a lightly padded back for added comfort. Ensure the shoulder straps are thick to prevent painful pressure points.
- 5. Visibility.** Prioritize safety by choosing a backpack with reflective elements. These features will increase your child's visibility when they're on the move, especially during the early mornings or late afternoons in the winter months.

Visit your local shops to find the ideal backpack for the upcoming school year.

# BACK TO SCHOOL

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## Sleep schedule: strategies for transitioning from summer



Shifting from a relaxed summer sleep schedule to a structured school routine can be challenging for children and parents. Here are some strategies to make the transition smoother:

### Encourage physical activity

Regular exercise can help children fall asleep faster and enjoy deeper sleep. Encourage outdoor play or physical activities during the day, but avoid vigorous exercise close to bedtime.

### Gradually adjust bedtime

Adjust your child's bedtime and wake-up times about a week before school starts, shifting them earlier by 15 to 30 minutes each night until you reach the desired schedule. This gradual transition will help your child's body adjust to the new routine without feeling too abrupt.

Sticking to the same schedule on weekends is essential to maintain a consistent sleep pattern!

### Limit screen time before bed

Encourage your child to power down electronic devices at least an hour before bedtime to reduce exposure to blue light, which can disrupt sleep patterns. If your child must use electronic devices before bedtime, consider using blue light filters or adjusting the brightness settings to reduce the impact on sleep.

### Create a calming bedtime routine

Establish a consistent bedtime routine to signal your child that it's time to wind down and prepare for sleep. This includes activities like reading, bathing or listening to soft music. Try to create a relaxing environment in your child's bedroom by adjusting the lighting and temperature to promote better sleep.

These tips can help your child ease into a new sleep schedule and start the school year feeling well-rested and ready to learn.

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