

THE DOLLY BIWEEKLY

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THIS WEEK'S TOPIC:

BACK TO SCHOOL

It's school time again! You're probably feeling excited and maybe a little sad that the holiday is over. Some kids feel nervous or a little scared on the first day at school because of all the new things: new teachers, new friends, and maybe even a new school.

Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.



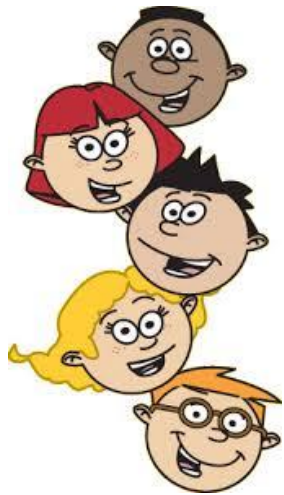
- **The First Day**

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know a lot of kids in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!

- **Feeling Good on Day One**



Seeing friends you haven't seen in a while can make the first day a good one. Teachers have a major role to play here. Kids feel good when they are made to feel at home.

- **A Bad Start?**

What if you **hate** school by the end of day one? Teachers recommend giving things some time to sort themselves out — once you know your way around the building and get adjusted to the new routine, you'll probably feel better. If those feelings don't fade, talk to your mom, dad, teacher, or school counselor.

Here are a few final tips for a fantastic school year:

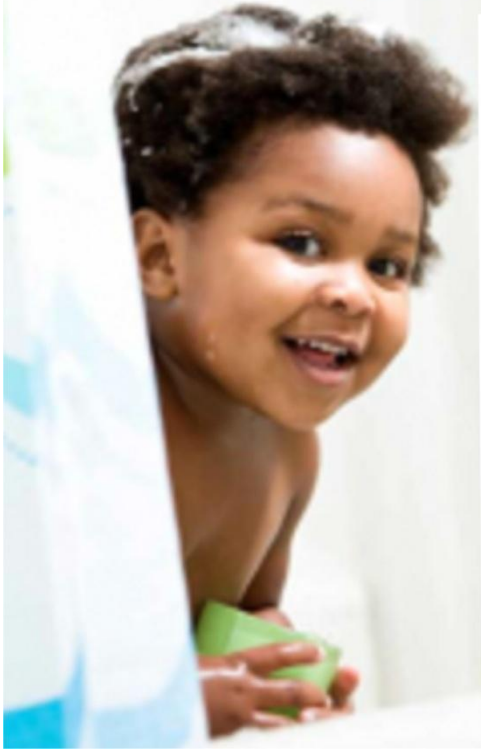
- Get enough sleep.
- Eat a healthy breakfast.
- Try your best.
- Use good work habits, like writing down your assignments and turning in your homework on time.
- Take your time with school work. If you don't understand something, ask the teacher.
- Keep a sense of humor. One teacher we know shows his new students a picture of himself graduating high school — a grinning ape in a red graduation cap and gown. This usually makes the kids laugh, and it's a good way to remind them that school is **fun!**



Reviewed by: [Steven Dowshen, MD](#)

Creating Healthy Environments for **KIDS**

HEALTH TIPS FOR RETURNING FAMILIES FROM SUMMER HOLIDAYS



As always August and September in most clinics see a surge of sick members returning from summer holidays abroad. This is especially prevalent when kids return to schools carrying strains of viruses from many different parts of the world.

We can offer you the following advice to minimize the spread of infections and also to protect you and your families:

- Ensure that the whole family takes extra vitamin C or multivitamins at this time which can boost your immune system against all infections
- Ensure that for the next weeks you eat plenty of fresh fruits and vegetables to boost your immune system
- Make sure to monitor stress in the household and get plenty of sleep and rest over this time which can also keep your immune system strong to fight disease

- If you or your child has a fever or a very runny nose avoid sending them to school to prevent them spreading the infection to others
- Practice regular hand washing in your family over the time of traveling home and when you get home to minimize infections.

THE RECIPE SECTION

THIS WEEK'S RECIPE

Prep time: about 15 minutes

Ingredients:

- 1 egg
- $\frac{1}{4}$ c. milk
- dash of vanilla extract
- 1 tbsp. margarine
- 2 pieces of bread

Utensils:

- medium-size bowl
- mixing spoon
- frying pan



- stove (you'll need help from your adult assistant)
- spatula
- serving plate
- measuring cups and spoons

Directions:

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

Serves: 2

Serving size: 1 slice

Nutritional analysis (per serving):

162 calories

6 g protein

9 g fat

13 g carbohydrate

0 g fiber

107 mg cholesterol

218 mg sodium

80 mg calcium

1.1 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Variations and suggestions:

Eat your French toast with powdered sugar, cinnamon, maple syrup, jelly, or fruit on top.

Reviewed by: [Allison Brinkley, RD, LD/N](#)

Watch out for more recipes you can prepare with the children in the next DBWN issue!!

Remember At **DOLLY**; Your Child Is Happier With Us!