

parent's CORNER

MAKING BACK-TO-SCHOOL A BREEZE

As always, the Summer has flown by, and a new school year is already here. If you're not careful, everything can quickly become overwhelming, and you can feel like you're in over your head. Here are a few ways to tackle the busyness of back-to-school and make it more manageable:

1

Make the Most of Your Budget

- For good quality at a lower price, check out dollar stores and consignment shops for your back-to-school needs. From last minute supplies to new school clothes, these are both great options!
- Shop End-of-Summer and Back-to-School sales to get the best deals!

2

Plan Ahead

- Make a list of quick and easy meals that your family can eat for dinner. Your Instapot or Crockpot may be your new best friend when it comes to days filled with after school practices, meetings and more.
- Keep your kids' favorite snacks in an easy-to-grab place.

Pro Tip

Weekdays can be hectic. Keep your kids on task by hanging a dry erase chart that lets them easily keep track of their daily chores.



3

Stick to a Schedule

- Create a routine that everyone in the family knows so it is easier to get everything done.
- Either electronically or physically, create a family calendar so everyone knows what is on the agenda. From sports practices to dance class, everyone can be on the same page.



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THE AWESOME, KID-FRIENDLY
QUARTERLY NEWSLETTER

sprout CENTS



VOL. 4, ISSUE 3

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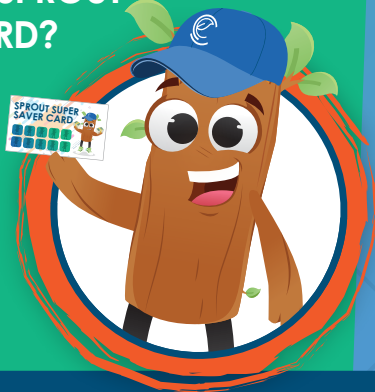
- Sprout's Reading List
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GO BACK
TO SCHOOL
WITH MORE
SAVINGS!



HAVE YOU STARTED FILLING UP YOUR SPROUT SUPER SAVER CARD?

If you don't have
one yet, grab yours
today and start
filling it up for your
chance to win
awesome prizes
each quarter!



EVENTS

Bayou Jamb

Bayou Jamb is a celebration of student-athletes that will take place in Ruston! This event showcases the skills of multiple football teams from around the area. Bayou Jamb is more than football! The Jambin' Kid Zone will feature bouncy house agility courses, an obstacle course, face painting, bean bag toss, and more!

Friday, Aug 26, 2022 - Saturday, Aug 27, 2022
Joe Aillet Football Stadium | Ruston

Children's Funday

The Biedenharn Museum & Gardens invites you and your kiddos to Children's Funday of 2022 featuring a morning full of water features!

Saturday, September 10th | 10am til Noon
Biedenharn Museum and Gardens
21600 Riverside Dr. in Monroe
Admission: \$5 per child, adults enter free

Super Saturday

The Children's Coalition opens the gates to the Family Garden every third Saturday of the month to host Super Saturday, featuring garden-based activities for children and adults, early childhood activities in the outdoor learning center, healthy cooking demonstrations using fresh produce grown locally, and community resources and volunteer opportunities.

Saturday, September 17th | 10am til Noon
Children's Coalition Family Garden
127 Hall Street in Monroe

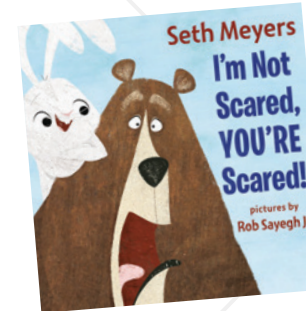
sprout's

READING LIST

I'M NOT SCARED, YOU'RE SCARED

By Seth Myers

When you're a bear who is easily scared, it's hard to have friends. Fortunately, Bear has one: Rabbit, who is very brave. One day, Rabbit urges Bear to face his fears and embark on an adventure together. However, things don't entirely go as planned, and the two friends learn the true meaning of bravery.



THE SPIFFIEST GIANT IN TOWN

by Julia Donaldson

BL: 2.9, AR Points: 0.5

When George the giant spies a shop full of wonderful clothes, he decides to treat himself to a new outfit. He puts on his new shirt, pants, shoes, and tie, and is immediately transformed from the scruffiest giant in town to the spiffiest giant in town. But on his way home, George runs into various animals who need his help. And little by little, George finds himself giving away all his new purchases.



BACK-TO-SCHOOL WORD SEARCH

O	C	E	N	T	R	I	C	R	C
T	Z	S	D	B	Q	P	S	K	R
E	S	A	A	O	C	F	C	V	A
A	G	V	A	R	R	S	I	O	Y
C	R	E	I	R	E	I	S	S	O
H	O	B	J	O	D	Q	S	P	N
E	W	F	U	W	I	B	O	E	F
R	E	Z	J	E	T	J	R	N	S
K	L	S	U	Y	U	T	S	D	C
G	L	C	P	K	N	X	J	L	H
L	M	P	O	R	I	X	I	Q	O
U	E	O	X	C	O	C	F	J	O
E	B	C	N	Z	N	U	Z	R	L
W	J	O	Z	E	C	X	T	D	Z
B	J	L	P	T	Y	L	Y	O	D

BOOK	BORROW	CENTRIC
CRAYON	CREDIT UNION	GLUE
GROW	MONEY	PENCIL
SAVE	SCHOOL	SCISSORS
SPEND	SPROUT	TEACHER

TO FIND MORE FUN ACTIVITIES, UPCOMING EVENTS, SAVINGS TIPS AND SO MUCH MORE, VISIT SPROUT ONLINE AT WWW.MYCENTRIC.ORG/KIDS.