



## FALL... Back into the Swing of Things!

With summer ending and school beginning, it can be hard to get back into the school schedule.

Here are a few tips:



Make a schedule! **Who's going to the doctor? What's for dinner?** Plan your days out AHEAD of time to avoid confusion in the morning or throughout the day.



Prepare for the MORNING! Whatever your morning routine is, prepare for it the night before. This includes laying out clothes/coats, ironing, packing lunches, breakfast ideas and most importantly, setting the alarm!



Be wise...WINTERIZE! Get your house ready for the cold weather ahead of time! Raking leaves, cleaning out the garage, pulling out those winter clothes—whatever it may be. Make a list, set the time and get the kids involved with clean up.

Organize paperwork! Set aside time to look over bills, mail, school forms, invitations, old newspapers and magazines etc. Go through them weekly, to avoid "the stack."

Remember to recycle!



For more information on how you can FALL into the new school year, visit [www.organizedhome.com](http://www.organizedhome.com)

## Tips on Bullying

- ◆ 9 out of 10 kids in grades 4-8 are victims of bullying each year.
- ◆ Bullying can be physical (hitting, pushing, intimidating) or emotional (teasing, excluding from peer groups, gossiping and spreading rumors or name calling).
- ◆ Signs of bullying include anxiety before or after school, failing grades, refusing to go to school, bedwetting, bruises/scratches and behavioral changes.
- ◆ If you think your child is being bullied at school, contact the school principal or guidance counselor. To learn more, visit: [www.bullyingstatistics.org](http://www.bullyingstatistics.org)



Philadelphia Bullying Hotline: (215) 229-7323

## Healthy Hands, Healthy Heart!

Fall is here, and with the cool breeze comes the unfortunate cold and flu! What to do?



**ALWAYS remember to wash your hands!** Studies have proven that hand washing (next to the flu shot) is the best way to avoid colds and the flu. A healthy diet and SLEEP also keep your immune system going, so be sure to get plenty of rest!

**It's almost impossible to avoid a cold, but you can avoid the flu!** Talk to your doctor today about scheduling a flu shot. Neighborhood clinics, CVS Pharmacy, Rite Aid and Walgreens provide the flu shot as well.

For more information, visit: [www.righthealth.com](http://www.righthealth.com)



## COMMUNITY SPOTLIGHT: Anton Moore, founding President UNITY IN THE COMMUNITY



Unity in the Community is a non-profit organization formed in 2009. The original mission of UITC was to bring South Philadelphia community members together while providing free services to those less fortunate in the area, combating two of South Philadelphia's biggest issues: poverty and violence. Though UITC originated in South Philly, they plan to expand by 2013.

Anton Moore is the founding President of Unity in the Community. Anton began his professional career with Power 99FM as a street personality, moving up to Promotion Assistant; in addition to UITC, Anton also works with BET as Associate Music Specialist. Anton has seen the effects of neglected communities, having lost friends and family to gun violence in recent years. Throughout his career he has been driven to make a change, and was given a chance with UITC. Through events held in the Community, Anton strives for change, making a difference with each event.

Operation Holiday Help is an event UITC host for Christmas, choosing five Philadelphia families who are less fortunate and cannot afford gifts during the holidays. UITC rents a U-Haul truck and delivers gifts to each family chosen, bringing Christmas joy to those in need. In addition to Operation Holiday Help, UITC also hosts The Ultimate Prom Experience. With this event, they help teens who cannot afford Prom attire by paying for gowns/suits, and anything else needed to make their Prom experience memorable.

The Unity in the Community Block Party is an event hosted in South Philadelphia; offering free food, live performances from both commercial and local artists and entertainment for the community children, the Block Party is one of UITC's biggest events. People from around the city come out to enjoy the festivities, while UITC achieves its ultimate goal: bringing the community together, peacefully.

UITC has made a positive impact in many communities around the city. If you would like to learn more or get involved, or bring UITC to your community, call Anton Moore at (215) 292-5081 or Demetrius Moore, (215) 779-7593.

## Inspiring Fall Books

Curl up under a blanket, and stay warm with one (or two!) of the following children's books:



Morning Star, by Judith Plaxton

*A runaway slave escapes to freedom via the underground railroad.*

Burnout, by Adrienne Maria Vrettos

*A girl awakens on a train, not knowing how she got there.*

The Future of Us, by Jay Asher

*In 1996, two teens go online, finding themselves on Facebook 2011.*

### Participants Needed for Research Study on Healthy Brains & Behavior

We are inviting 11 and 12 year-old children and one of their parents to participate in a research study on healthy brains and behavior.

Both children and parents will be paid for their time and effort.

Call or email us today to  
find out more:

215-746-4392

[HBBStudy@gmail.com](mailto:HBBStudy@gmail.com)

