

- Back to
School



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Idaho KinCare Project

Back to School

Tips to prepare for the new school year.

Check-Ups and Immunizations

It's a good idea to take your child in for a physical and eye exam before school starts. If your child will be participating in a sports activity, your family doctor may have to sign a release form to permit your child to participate.

Most schools require your child's [immunization shots are up-to-date](#). Remember that [each state has different immunization requirements](#). Let your healthcare provider know if you have any questions or concerns about the vaccines your child is scheduled to receive.

Homework Help

Homework can provide many benefits for children. It can improve memory and comprehension, develop study

skills, and teach children how to manage time. You can help by making sure your kids have a quiet, well-lit place to do homework and provide assistance, but not complete answers. Learn how to [help your kids with homework](#) and [succeed in school](#).



Shopping for School Supplies

Some states offer a "sales tax holiday" for a few days each year. This means that certain products won't be taxed during a set period of time. If your state offers a sales tax holiday, you

may be able to save money on clothes, shoes, and other supplies. [Check to see if your state participates in sales tax holidays](#).

Plan Healthy Breakfasts and Lunches

As you prepare to send your children back to school, remember that nutrition is an important factor in academic performance. Studies have shown that children who eat healthful, balanced breakfasts and lunches are more alert throughout the school day and earn higher grades than those who have an unhealthy diet. [Get tips on healthy eating](#).

Financial Assistance for Families

There are several programs and resources available to ease the financial burden of going back to school, including low cost meals and affordable health insurance. Find out if your family qualifies for the [National School Lunch Program](#) or [free or low-cost health coverage](#).

Idaho KinCare Family Day!

Congratulations and Thanks to all participants of My Family. My Story. Art Contest. Each winner received \$100. All entries received a special gift from the 2-1-1 Idaho Careline and a booklet containing all the entries.



July 20, 2012 was Idaho KinCare Family Day!

Secretary of State Ben Ysursa read the official Proclamation in the State Capitol building in Boise. Two of the winners of My Family. My Story. Attended the ceremony. They had the opportunity to take pictures with State Secretary.

After the ceremony we all celebrated the second Idaho KinCare Family Day on Capitol Park.



The Second annual KinCare, Foster Care picnic will be this Saturday, August 18, from 5 to 8 p.m. at Lake View Park in Nampa. Bring a friend or family member interested in becoming a Foster Parent. You will have lots of fun and will enjoy delicious food.

For more information call Elva at 442-9970

**Growing Readers: Free monthly parent tips for raising strong readers & writers
ReadingRockets.org:**

<http://support.weta.org/site/R?i=bYiGCyOtVE7WEP-0qF3LPA>

Colorín Colorado, a web service to help English language learners become better readers.

<http://support.weta.org/site/R?i=pYqnfpCUbp0FjUCmYPDemw>

School lunch ideas that kids love

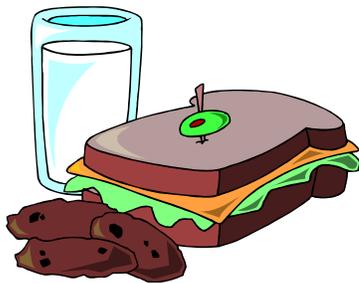
Tuna Sandwich

Ingredients

- 1 can (6 ounces) chunk-light tuna packed in water, drained
 - 1/4 cup celery , chopped
 - 1/2 cup finely chopped apple
 - 3 tablespoons light mayonnaise
 - 2 teaspoons fresh lemon juice
- your favorite bread

Directions

In small bowl, with fork, combine all ingredients. Cover and refrigerate if not serving right away. Serve on your favorite bread.



Chicken Salad

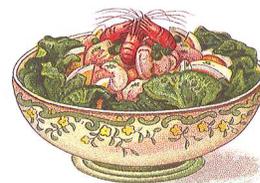
Ingredients

- 1 pound cooked chicken breast
- 1 small bunch spinach
- 1 medium red apple
- 1 cup seedless green grapes
- 4 tablespoons of poppy-seed salad dressing

Directions

1. Tear chicken into bite-size pieces. Cut unpeeled apple into small chunks.
2. In a bowl, combine chicken, apple, grapes and salad dressing; toss to coat.

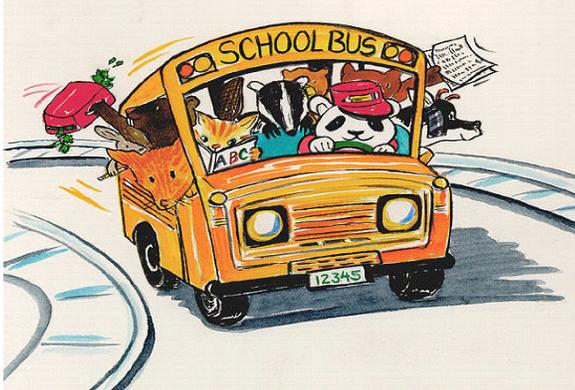
To serve, arrange spinach leaves on platter; spoon chicken salad over spinach leaves.



Education is not the filling of a pail, but the lighting of a fire

- William Butler Yeats

**“There are three good reasons to be a teacher—
June, July and August”**



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It can be overwhelming to be the primary caretaker of children in today's world. When you feel as though you just can't do it anymore, it might help to remember this anonymous quote.

“You may not be able to change the entire world, but you can change the entire world of a child.”

Idaho KinCare Project

A kinCare provider is a grandparent or other family member raising a relative's child. This arrangement can be challenging from legal, financial, and emotional standpoints. If you are one of the 10,000 kinCare providers in Idaho, this newsletter is for you.



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www.211.idaho.gov



Support Groups

**Treasure Valley GAP,
Boise
Georgia Mackley: 859-1130**

**Kinship Plus,
Caldwell
Linda Dripps:
919-4731**

**Relatives Raising Relatives,
Idaho City
Ginny and Ken Ohls:
344-4329**

**Grandparents/Relatives as Parents Support
Group,
Twin Falls
Shawna Wasko:
208-736-2122**

2-1-1 Idaho CareLine is Idaho's only statewide, comprehensive community information and referral service. Dedicated to providing a comprehensive range of low cost or free health and human services to the people of Idaho.

Dial 2-1-1 or

1-800-926-2588

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