

THE HR CONNECTION

Human Resources Director Donna Parker



Friday, September 8th, 2017

Haines City Library 8:00 a.m. 5:00 p.m.

Tuesday, September 12th

8:00 a.m. – 11:00a.m. – Fire Department

2:00 p.m. - 5:00 p.m. - Police Department

Stay tuned for more details



HEALTHY- KID FRIENDLY SUSHI

Kids will look forward to breakfast when you serve slices of peanut butter covered banana coated in crispy rice cereal



cucumber sushi
for kids



Slice Cucumber into $\frac{3}{4}$ -1 in slices~ Hollow out center using a melon baller~ Stuff cucumber with small rolls of favorite cheese, matchstick carrots and deli meat~ Garnish with sesame seeds if desired.



8 Back –To-School Tips for Parents

With a [well-rounded summer vacation](#) ending, parents spend a lot of time getting their kids ready for school. New school supplies, haircuts, and special end-of-summer outings all play into the back-to-school routine. There are some other things that parents can do for themselves and their kids to ensure a smooth transition into the school year, too. Take a look below at few ways to get this year off to a great start in your house.

Set up a bedtime and wake-up routine in advance. If possible, it's best to establish bedtimes and wake-up times two weeks in advance of the start of school. By the time the first school bell rings, kids will already be on the right sleeping schedule and it will be one less worry for your family.

Get to know new teachers. There will be open houses, orientations, and other meet-and-greet options at the beginning of the school year, but none will give you the chance to spend some quality time getting to know your kids' teachers. Try to find a few minutes before or after school to connect one-on-one with the teachers. At the very least, send an introductory email that includes how you can help during the school year, however big or small.

Plan healthy lunches and snacks. The better you plan out the meals in your home, the healthier choices you will make for your kids. When you pack protein-rich snacks and lunches, balanced with fruits, vegetables, and other wholesome items, you ensure that your children will have the energy and brainpower to make it through their school days.

Organize clothing. Of course you will need to donate or otherwise get rid of the clothing that your kids have outgrown, but you should also take the time to carefully organize what is left. From there, decide what items you may need more of before school begins.

Set up a staging area. Find a central spot to store everything related to school, including backpacks, upcoming outfits, and a dry erase calendar with family schedules. Try to keep this area free of clutter and other non-school items so that you can find what you need, when you need it—and quickly. Have the kids help you stock it with school-related items and keep it clean and functional. Find some inspiration [here](#).

Update medical records. Most schools will let you know if your shot records are out of date, but why not go beyond that? Make sure teachers and administrators have a complete list of any medical concerns regarding your kids, including allergies. You will also want to be sure that all emergency contacts are up to date.

Talk to your kids about bullying. Research shows that one in three kids experience bullying at some point in their school career—and in the increasingly digital world, the consequences can be extreme. Make sure your kids understand the right way to treat their peers, and when to speak up if they see someone else being bullied. Also make sure they know when to come to you if they feel they are being bullied.

Ask your kids about their concerns. The start of school is exciting, but can also bring some anxiety—especially when it comes to the unknown. Take a few minutes to ask your kids what they are most looking forward to during the school year, and what things may be worrying them. By giving them a forum to express their concerns, you can help them work through any worries in advance of school starting and clear up any issues that could lead to a bumpy start to the year.

Welcome Aboard!

Haines City Family,
Please join us in welcoming our newest team member(s)



Mark Bennett
Deputy Director Planning/Development



Hanna Armbruster- Police Officer



Rontrel White Grounds Maintenance



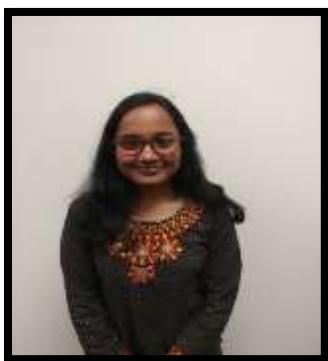
Clarence Upshaw Grounds Maintenance



Jose Ramirez – Police Officer



Jimne Wesley – Grounds Maintenance



Sayma Islam – Library Assistant



Cory Stripling- Building Inspector



Quentavius Francis –Library Assistant



Alan Moore – Plant Maintenance



Barry Glass – I.T. Summer Intern

Alone we can do so little
Together we can do so much
Helen Keller