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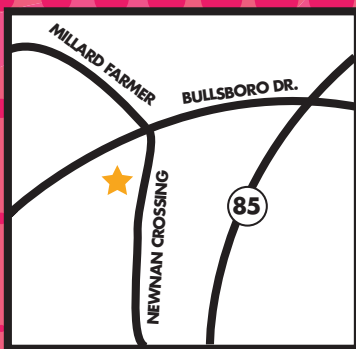
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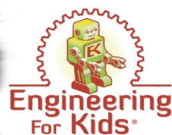


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## Back-to-School Tips

“Back to school” are three little words your kids may hate to hear. Granted not all children dislike school, and whether they do or don’t, one thing is certain: returning to school can be a stressful time for any student.

They’ll have a new teacher, new classmates, and new material they will have to learn. It’s easy to understand why your child may start to be apprehensive as September approaches. These following tips will help you and your child get back into the swing of the school year and make it a successful one.

Starting the school year off on the right foot starts the day before. Spend some time packing

their backpack or shoulder bag the night before their first day. Arrange their new clothes, so they are easy to find in the morning. Ensure they are in bed and ready for sleep at a reasonable time, a good night’s sleep is essential to a successful first day. Start this routine on the first night and continue with it throughout the year.

After their first day, sit down with them and review any materials, letters or permission forms that may have come home from their teacher. Discuss their first day, the highs and the lows, and go over what they’ll require for the next day. Depending on the age of your children, however, you may not need to do this on

a regular basis. If your child is particularly nervous, it's a good idea to check in and ensure you both are getting the year started right.

Create a space at home for homework and set a consistent time each day to complete it. Establish routines at home, just like in school, to ensure they do all their homework when they should. Whether they work at a desk in their bedroom or another room in the house, make sure you stock it with the supplies and materials they need. Also, be sure the area is free of distraction.

Meet-the-teacher nights usually take place early in the school year. They are often a quick meeting with your child's teacher, and you may not have the time needed to ask all of your questions. If possible, request a subsequent meeting where you can discuss any concerns you may have, as doing so will help to establish a partnership between you and the teacher. Both parties can have a clear understanding of expectations for the other. It is also a good time to set up a communication plan.

Maintain an active focus on school and education. If your child sees your interest and positive view of the school, they will begin to understand its importance. Stress



that it is not only about grades and homework, but also about building friendships and being involved in sports, music, or other activities of interest.

Create balance in your child's life. As adults, we try to maintain a healthy work-life balance. If you can instill this into your children by not over-involving them in too many sports or other activities, they will learn the importance of rest.

And of course, listen and observe your child. If they appear disconnected or withdrawn, spend some additional time with them and try to uncover any underlying problem. While it is important for children to learn how to resolve issues, often they just need some advice to help find the answers themselves.



# How to Study Effectively

How you study will determine how much you achieve in your academic career. All the natural ability in the world is useless if you don't know how to apply it effectively; these five simple tips could make the world of difference to your education and future work prospects.

## 1. Location, location, location

First and foremost, you need a good place to start studying. Choose somewhere you'll feel comfortable spending time but not where you'll be too comfortable and fall asleep.

Studying at a desk has the advantage of preparing your brain for the physical conditions of an exam.

Like a dog wagging its tail at the sight of a leash, your subconscious will connect the conditions you study in with the information you want to learn, meaning when you sit in a comfortable position in the exam hall, the information will come much easier.

## 2. Slow and steady

Be aware that studying in small increments throughout the school year is far more beneficial than

cramming in 12 hours a day for the week preceding the exam. Plan to devote a small amount of time each day to studying. A smaller amount of study time is also much less daunting, and therefore you're more likely to keep it up. Consistency is key. It's not a glamorous or trendy quick-fix, but short, consistent study periods over time will guarantee a greater return on investment.

### 3. Manage your time

Once you've got your location sorted and you know how much time you're prepared to dedicate daily, you're now ready to construct a timetable. Write a schedule for your week and stick to it. Factor in when you're eating, when you're sleeping, and your study time.

Include downtime and wiggle-room in your schedule to keep it realistic as you may become demotivated if you fail to adhere to an overly ambitious plan.

### 4. Eliminate distractions

When you sit down for your allotted study time, you need

in front of you. Turn off all unnecessary electronic devices, even if you trust yourself not to look at them. Close Facebook and Twitter, draw the curtains and shut your door to the outside world. Where possible, use a pen and paper instead of a computer.

### 5. Rewrite your notes

In class, don't take so many notes that you can't pay attention to what the teacher is saying, but make sure the notes you do take are clear and concise. When you get home, put your notes into different words and try to add more detail. Even if you think you understood the topic completely, rewriting your notes will help cement the knowledge in your brain.

Following these easy guidelines will have a dramatic and proven positive effect on your life. The key to getting the most out of studying is to build on the steps listed here and create a which brings out the best in you. If you know how to study efficiently and successfully, you can take those skills with you and apply them to many situations throughout your new life as a high achiever.



# 5 Quick Techniques to Reduce Anxiety During a Test

by Lily Silver

Anxiety during a test can grow so strong that it completely distracts your brain, making it seem impossible to focus on the test itself. Although anxiety can be incredibly strong, there are five ways you can give yourself immediate treatment for an acute panic attack. That means you can calm your mind and body, using these skills, in the middle of the exam.

Two of the skills address your body, slowing your heart rate and loosening the knots in your stomach. The other three address your mind, slowing any racing thoughts and helping you move past the panic.

To beef up your coping skills, practice these techniques before the test. Try them out when you experience anxiety – especially anxiety related to the upcoming test. Then, on the real test day, you will know what to do and how to do it. Plus, you’ll know that these tricks work to calm test anxiety, so you’ll feel confident when you use them.

## 1. Anxiety Acceptance

It’s almost impossible to eradicate anxiety entirely, but the good news is, you don’t have to. You will probably experience anxiety on the test day, and that’s okay. You don’t have to vanquish the anxiety to focus on the exam;

you just have to calm it down and work your way through it. If you lessen its intensity, you can feel anxious and still focus on the test problems.

So tell yourself, right now, that it's okay to feel anxious about the exam. Tell yourself that every day. Say it out loud in front of the mirror. And promise yourself that you'll practice coping techniques so that the anxiety won't ruin your test experience. (Then keep your promise.)

When you feel anxious during the exam, remind yourself that you decided it's okay – and that you have tools to keep it from controlling you.

## 2. Belly Breathing

Breathe in smoothly, letting the air fill your whole torso. Your belly should expand even more than your chest. This might feel weird if you're not used to it, but belly breathing helps expand your lungs, letting you inhale more deeply. The improved oxygen levels can reduce your shortness of breath and lightheadedness. It can even provide better oxygen flow to your brain, helping you focus on the test.

Breathe in for a count of 4 (focusing on your belly), then breathe out for a count of 6. If you still feel short of breath

after a few breathing cycles, add a middle step: Breathe in for 4, hold your breath for 5, and breathe out for 6.

## 3. Muscle Relaxation

Some muscle relaxation exercises take 10 or 20 minutes, but here's a super-quick version that works during an exam. It will take 1 or 2 minutes away from the test, but it's worth it because your performance will improve afterward. This technique works in two ways: it helps loosen your physical tension, which makes you feel calmer, and it helps you focus on the physical world, rather than your emotional stress.

First, close your eyes. Tense all the muscles in your legs, and focus on your legs. Think to yourself, "These are my legs." Then release the tension and relax your legs totally.

Second, tense all the muscles in your torso, from your butt to your shoulders. Holding that tension, focus on your torso, and think, "This is my torso." Then release and relax.

Third, tense all the muscles in your arms. Think, "These are my arms." Then relax.

Fourth and last, tense all the muscles in your neck, head, and face. Think, "This is my head," and

then relax. Open your eyes, take a big breath of relief, and return to the test.

#### 4. Feelings vs. Reality

In the weeks before the test, list all your test-related fears on a piece of paper. Next, examine each fear individually, and list all the pertinent facts that show whether the fear is reasonable or exaggerated.

For exaggerated fears, remind yourself that they are unlikely to happen. For reasonable fears, determine whether they will happen during the test (e.g., running out of pencils) or after the test (e.g., flunking the class). Cross out everything that could happen after the test. If you manage your anxiety during the test, then those problems will never even materialize.

If you're worried about a practical issue, like running out of pencils, then make a practical solution: bring extra pencils. During the test, if you start worrying about the pencil situation, remind yourself that you brought backups. Worried that you'll forget how to solve a geometry problem? Tell yourself that you've memorized the formulas and you know how to apply them.

But if you're simply full of nonspecific anxiety, then remind yourself that you're expecting it. The anxiety is not a surprise or an insurmountable obstacle. You knew it would happen, you've accepted it, and you're going to move past it. So acknowledge the fear – be specific, and get to the root of the problem. Then, confront it with the facts.

**FEAR:** You will get so anxious during the test that you will fail, and horrible things will happen to your future as a result of the anxiety-fueled failure.

**FACT:** You can work through your anxiety – and, with your anxiety managed, you'll have a fair shot of passing the test.

#### 5. Coping Affirmations

Keep reminding yourself that you aren't lost to anxiety. Try a few of these affirmation statements, or create your own to make them feel more authentic. Write them down, and whip them out whenever you start worrying about the test. By test day, you should know them pretty well; repeat them to yourself when you begin the test and when your anxiety starts to rise.

“I feel like I'm doomed to fail, but I know that's just a feeling, and feelings can lie. The truth is, I'm prepared for the test and I can get through the anxiety.”



“I feel a ton of anxiety right now, but that’s okay. I knew it would happen, and I’m ready for it. It’s going to fade, and I’m going to get through it.”

“I’ve passed a test before, so I know it’s possible. And I have specific ways to cope with my anxiety, so I have a real chance to pass this test, too.”

“Anxiety is just a bad old habit that my body has learned. It doesn’t mean anything – it’s just an automatic reaction. I know how to respond to it instead of letting it control me.”

“I can’t stop anxiety from happening, but I can calm my body and quiet my mind – at least a little.”

Use these affirmations to fight against the lies anxiety tries to tell you (e.g., that you can’t control it or that it’s impossible

to focus).

Practice, Practice, Practice

You deserve a fair chance to succeed in school, and your anxiety shouldn’t ruin that opportunity. Give yourself the best possible shot by practicing these techniques, even if they feel useless or silly, before you even reach the exam day.

When the exam begins, you’ll feel better just by knowing you can do something about the anxiety. Instead of drowning in anxiety that increases by the moment, you can turn to specific actions that calm your body and focus your mind. Quieting your body’s anxiety signals can help you feel more relaxed and less distracted. These exercises give you a small sense of control, which empowers you to surge through your anxiety and perform well on the test.



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(Exclusive Preview for Teachers and Military Families on Thursday, Aug 17th, 8 pm - 9 pm.) Military or County ID Badge must be prominently displayed.

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Brand Name Clothing (Maternity, Infant - Teen) \*Incredible Selection of Toys!!! \*Nursery/Children's Furniture & Décor \*Indoor/Outdoor Play Equipment \*Swings \*Books \*Games \*Puzzles \*Pack-n-Plays \*Car Seats/Strollers \*Bikes/Riding Toys \*Exersaucers \*Shoes and Accessories \*Motorized Vehicles \*Sports Equipment \*High Chairs \*Electronics \*Homeschool/Educational \*Videos/ DVDs/CDs Play Houses \*Kitchenettes \*And so much more!!!  
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## **2017 Piedmont Park Arts Festival**

August 19 - 20

Saturday: 10:00AM - 5:00PM

Sunday 11:00AM - 5:00PM

Names as one of the TOP 100 Arts Festivals in the Nation by Sunshine Artist Magazine, we are honored to produce and host the annual Piedmont Park Arts Festival located in Atlanta's largest park, Piedmont Park.

The Piedmont Park Summer Arts & Crafts Festival is a 2-day outdoor event with an emphasis on the visual arts and family fun presented by the Atlanta Foundation for Public Spaces, for people of all ages, races, customs and interests. The midtown community of Piedmont Park is considered to be home to one of the largest and most enthusiastic art buying



# August Events

communities in metro Atlanta. The Piedmont Park Summer Arts and craft festival bringing back the tradition to Atlanta's arts community.

Piedmont Park  
1215 Piedmont Avenue, Atlanta, GA 30309  
[www.piedmontparkartsfestival.com](http://www.piedmontparkartsfestival.com)

## Tri PTC Sprint Triathlon

Aug 19  
Swim: .3 Miles, Bike : 13 Miles, Run: 3.1 Miles  
Come join the TRI Peachtree City Triathlon Club as they put on the best sprint triathlon in the Southeast! This is a perfect event for your first triathlon! All finishers will receive a finishers medal and beautiful shirt. Come join us back at Lake Peachtree and Drake Field in the heart of Peachtree City.  
Lake McIntosh in Peachtree City  
<http://tri-ptc.com/race-information>

## Chattahoochee Bend State Park Riverfest at Greenville Street Park

Aug 19 12 PM – 4 PM  
All Funds Raised go to MTB Trail Fund. Friends of Chattahoochee Bend State Park bring you back by popular demand Tug-O-War Pool presented by Cedar Creek Park. Come try the Bicycle Pump Track Presented by REI Co-op. Demo a new Mountain Bike from Atlanta Trek. Join effort to build MTB Trails presented by sorbatlanta. Music from Triple Shot. Food Trucks, Rock Climbing Walls, Vendors, and more!  
[www.mainstreetnewnan.com](http://www.mainstreetnewnan.com)

## Dionne Warwick

Aug 26 Gates open 7 PM  
Legendary Dionne Warwick will be performing in Peachtree City at The Fred Amphitheater. Opening for Dionne Warwick is Papa Nate Bennett taking the stage at 8:15 pm.  
The Fred Amphitheater  
201 McIntosh Trail, Peachtree City  
[amphitheater.org](http://amphitheater.org)

## FREE Movie – The Spotlight Series featuring “Passengers”

Aug 26 Gates open at 7 PM  
Movie starts at sundown  
Presented by Pinewood Atlanta Studios and Main Street Fayetteville  
a series of outdoor screenings shown at Zac Brown's Southern Ground Amphitheater. Guests will be able to enjoy an evening on the lawn with local vendors providing concessions available for purchase. Gates will open at 7pm and the movie will commence at sundown. Twisted Taco, and (to be announced) will be on site vendors. Guests may also bring in small coolers or picnic baskets with their own food and drink.

Guests are encouraged to bring a blanket or chair. Seating is available on a first come, first serve basis, so be sure to arrive early.

Zac Brown's Southern Ground Amphitheater  
301 LaFayette Avenue  
Fayetteville, GA 30214  
For More Information - 770-719-4173  
[www.fayetteville-ga.gov](http://www.fayetteville-ga.gov)

## 2016 Free Family Film Festival

Sep 1, 2, & 3 9:30 AM (Doors open at 9AM)  
Movie: Pets  
Tickets are available at the theater on the day of the show on a first come first serve basis.  
NCG Cinemas  
55 Fischer Crossings Blvd., Sharpshurg  
[www.ncgmovies.com](http://www.ncgmovies.com)

## Newnan Downtown Labor Day Sale

Sep 1  
The Labor Day Sidewalk Sale is an annual tradition that has been hosted in downtown Newnan for over 25 years! This is an all-day shopping event that occurs on the Friday before Labor Day from 9 a.m. – 5 p.m. During the Labor Day Sidewalk Sale, visitors are invited to walk the downtown streets and browse through blocks of merchandise outside retail locations. Most of these items are on sale!  
Free parking is available along downtown streets, and in the City of Newnan's public parking lots, located at: 13 Lagrange Street, 25 Lagrange Street, 22 Spring Street, 6 First Avenue, 50 East Broad Street, 65 East Broad Street, 41 East Washington Street, and 22 East Broad Street.  
[www.mainstreetnewnan.com](http://www.mainstreetnewnan.com)

## Sunrise on the Square 5K/ 10K Road Race

Sep 2  
The Sunrise on the Square Labor Day Road Race is a local favorite, and has been held annually in Downtown Newnan on the Saturday before Labor Day for over 25 years! The race begins in Downtown Newnan and spans through “The City of Homes,” where runners will catch a glimpse of our beautiful, historic in-town neighborhoods and commercial district.  
[www.mainstreetnewnan.com](http://www.mainstreetnewnan.com)

## 19th Annual Sky High Hot Air Balloon Festival

Labor Day Weekend  
The weekend kicks off with the extraordinary Friday Night Balloon Glow and continues all weekend long. Watch beautiful balloons in flight or hop in a basket for your own tethered balloon ride. Saturday is filled with family-friendly events, including live music, beach activities, a Kids Zone and much more. There's something for everyone with a classic car show, disc dog demonstrations and entertaining performers.  
[www.callawaygardens.com](http://www.callawaygardens.com)

Do you have an event for our calendar?  
Email to [deb@j4fd.com](mailto:deb@j4fd.com)



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US-85 South to Exit #47 (Newnan/Shenandoah): Turn left after exiting and go approximately 1 mile. Turn right at Metro Petro Gas Station – go a short distance and turn left into SonRise Baptist Church (across from Junction Lanes).

**Endless Selection ~ Brand Name ~ New & Gently Used Items:**

Brand Name Clothing (Maternity, Infant - Teen) \*Incredible Selection of Toys!!! \*Nursery/Children's Furniture & Décor \*Indoor/Outdoor Play Equipment \*Swings \*Books \*Games \*Puzzles \*Pack-n-Plays \*Car Seats/Strollers \*Bikes/Riding Toys \*Exersaucers \*Shoes and Accessories \*Motorized Vehicles \*Sports Equipment \*High Chairs \*Electronics \*Homeschool/Educational \*Videos/ DVDs/CDs Play Houses \*Kitchenettes \*And so much more!!!



**Exclusive Preview Event for Teachers and Military Families:  
Thursday, August 17th, 8-9 pm**



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