



Back to School Tips for Parents!

Oh the challenge of getting school back on the mind! If you want your child to hit the ground running this year, follow these helpful back to school tips!

Re-set sleep patterns - Of course we want our children to enjoy the last couple of weekends before school, but now is the best time to begin the best sleep practices for the school year! It is time to put an end to late bedtimes and sleeping late.

Re-set eating habits - Be mindful for what your student needs to maintain a high level of energy throughout that busy school day.

Set academic goals - Establishing well-defined goals is a great quality to instill in your student. Set goals for each class and hold your student accountable.

Social Media - Such a hard thing to combat these days! Self-discipline and concentration do not always mesh with the cell phone. Try a "no cell phone usage" rule after certain hours. This allows your student to focus on the important things *like homework*.

Get ready Parents - As parents we need to prepare ourselves to assist our live-in students for the best routines for maximum learning. Keep family activities such as dinner, chores, family outings, and so forth on a routine schedule! Be sure your student has to time to achieve success this year!



Summer Movie Nights on the Green!

Just bring a blanket and we will provide the popcorn!
June 16th
July 14th
August 11th
When: 7:30 pm till the movie is over!
Where: Housing Office
Green space out back!

Redstone
256.430.1517 | redstonefamilyhousing.com
Details at property@property.com

Summer Nights are here, so come join us for a movie screening on Saturday Nights throughout the Summer! Our third and final Movie Night will be **August 11th at 8.00pm!** We will be providing popcorn and you bring the blankets to sit out on the green behind the Housing Office! This month we will be viewing our third place movie, **The Sandlot**, and we are so excited to watch it with you!

Summer Saturday's Yard Sale Days



Summer Saturday's Yard Sale
Last Saturday of each month
April through October

Join your neighbors in offering up a yard sale on the last Saturday of each month all summer long!
No need to R.S.V.P! Just set up your items for sale and get to it!

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We are continuing our Summer Yard Sale Days on the **Last Saturday of each month**, now through October! You can set up your items for Sale starting at 8am and pack up whenever you are ready! Please feel free to create and set out signs the Friday before and take them up by Monday morning to advertise. **August's will be held on the 25th!**

Housing Office Update!



Unfortunately Miss Marissa Moyer is no longer at Redstone Family Housing. She has moved to be with her family in Florida! We wish her the very best on her new journey!

Ms. Donya Harvey and Mrs. Alexandra Guthrie are still here to help our residents with anything they may need! If you have any maintenance concerns, please feel free to reach out to Alexandra Guthrie moving forward.

Thanks Redstone!

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Girlfriends Day!	2	3 International Beer Day	4 US Coast Guard Day
5	6 <i>Back to school</i>	7	8	9	10 Lazy Day!	11 
12	13	14	15	16 Tell A Joke Day!	17	18
19 National Potato Day	20	22	23	24	25	26 
27	28	29	30	31 National Eat Outside Day!		



- TUESDAY



- WEDNESDAY



- THURSDAY

**** Please be sure to like us on Facebook at Redstone Family Housing ****

