

Going back to school after summer vacation means a lot of things have to change. Your children are used to sleeping in and doing things on your time. Now, when the school bell rings, priorities change, schedules change and most importantly your children are experiencing a whole new world. Your children have new teachers, new friends, new classes, new books, new clothes, and the list goes on.

Here are a few things you can do as a parent to help ease the transition from summer vacation to going back to school for your children.

*Ask your child how their first day/week of school went. This is critical because it will let you know whether or not they are interested or having any difficulties early on. If there are any challenges, you can address them right away.

*Ask your child what they like most about their teacher. When you ask the question this way, they are more apt to answer in a positive manner. You don't want to ask your child "Do you like your teacher?" because this question may lead to a negative answer. The more positive your child remains about their school environment, the more likely they are to be successful.

*Make sure to set aside time each week to have fun with your kids. This is important, especially during the beginning of the school year, as this will help with the transition of summer activities into the school year. Think of how difficult it is for you when you come back from a vacation to get back into the swing of things. You usually want to share photos and talk about your experience.

*It's normal for kids to feel nervous about going back to school and as a parent, you should expect this. It might even be a good idea to have a "back to school" party for your kids and their friends so they can all swap stories of their summer. This builds confidence in the children, lessens the burden or anxiety of going back to school and provides an opportunity for them to bond outside of the classroom.

*Make sure your kids participate in other school activities such as clubs, sports, or music programs. This will help introduce them to new friends and opportunities, so they aren't just going from summer break into book learning.

Going back to school after summer vacation can be a bit challenging. As long as you communicate with your children and set detailed schedules, everything will work out fine. Make sure to stay involved with their lives and they will greatly appreciate you for that.

Fremont Housing Agency
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Section 8 News July - August - September 2021

The Fremont Housing Agency Offices Will
Be Closed:
Monday, July 5
Monday, September 6

Independence Day Facts

Statue of Liberty

The Statue of Liberty is America's symbol of freedom. The torch represents enlightenment and it lights the path to liberty and freedom. The official name is "Liberty Enlightening the World." The tablet she is holding has the date July 4, 1776 engraved on it.

Three Presidents Died on July 4th.

Thomas Jefferson – Jul 4, 1826

John Adams – July 4, 1826

James Monroe – July 4, 1831

Born on the 4th of July

President Calvin Coolidge was born on July 4th, 1872, putting him forever into the history books.

Fireworks

Each year Americans light about 200 million pounds of fireworks!

American Flag

65% of Americans own an American Flag.

Could have been a Turkey instead of an Eagle

Benjamin Franklin wanted the national bird to be a Turkey. He said the bald eagle is a bird of bad moral character, the turkey is a more respectable bird.

Road Trip

The First week of July is typically the busiest travel week of the year in the United States.

More Coincidences on the 4th of July

Future Presidents John Adams and Thomas Jefferson both signed the Declaration of Independence.

Philippines celebrates July 4 after Independence from the United States

Ironically, on July 4th, 1946, the Treaty of Manila was signed in the Philippines giving them independence from... The United States.

Mount Rushmore

There are 4 Presidents on Mount Rushmore: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln. Thomas Jefferson Signed the Declaration of Independence.

Sign Your John Hancock

The Term "Sign Your John Hancock" comes from an actual guy named John Hancock. He was the president of the Continental Congress and one of the signers of the Declaration of Independence.

Hot Diggidy Dog!

The favorite food for the 4th of July is the Hot Dog. America consumes about 150 million hot dogs on this date.

So, what is Independence Day

Independence Day celebrates America's Independence from Britain. The Declaration of Independence was signed on August 2nd, 1776.

August 2nd, 1776

Although it is widely believed that the Declaration of Independence was signed on July 4th, Only John Hancock and Charles Thompson signed it on July 4. The rest of the 56 delegates from 13 colonies actually signed the Declaration of Independence on August 2, 1776, to make it official. It was exactly a month after its declaration (July 2, 1776), on August 2, 1776, that it became official. Why did they choose July 4th? *July 4th was the day the Declaration of Independence was officially adopted.*



Ten Hot Weather Safety Tips:

1. Stay hydrated. Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. Avoid dehydrating liquids. Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. Wear protective clothing. Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. Pace yourself. Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. Schedule frequent breaks. Take time for rest periods and water breaks in a shaded or air-conditioned area.
6. Use a damp rag. Wipe your face or put it around your neck.
7. Avoid getting sunburn. Use sunscreen and wear a hat if working outside.
8. Be alert to signs of heat-related illness. Know what to look for and check on other workers that might be at high risk.
9. Avoid direct sun. Find shade or block out the sun if possible.
10. Eat smaller meals. Eat fruits high in fiber and natural juice. Avoid high protein foods.



Seasonal Allergies — Approximately one-third of adults in the Midwest have allergies due to the prevalence of trees, weeds and grasses.

Tips to Minimize Your Allergy Symptoms

Allergies don't have to put a crimp on your lifestyle. There are some things you can do to minimize allergy symptoms.

- ⇒ As the weather warms, keep windows closed to avoid letting pollen inside and run the air conditioner to circulate air. Tree pollens are especially hardy. *Once they get inside your home, they can last for months.*
- ⇒ Begin allergy medications and nasal sprays *before the start of allergy season* to reduce the severity of symptoms.
- ⇒ Check the daily weather report for local pollen and mold counts. When counts are high, stay indoors or reduce outdoor activity. Pollen counts are usually highest on warm, dry, windy days and in the early morning.
- ⇒ Use nasal washes to rinse allergens from inside the lining of your nose.
- ⇒ Avoid yard work such as raking wet leaves, mowing the grass or handling gardening material like compost and mulch.
- ⇒ Wash your skin, hair and clothing after being outside.



U.S. Department of Housing and Urban Development

Section 8 Voucher Lease Holders & Eviction Policies for Drug-related Offenses

TENANCY ADDENDUM - Section 8 Tenant-Based Assistance Housing Choice Voucher Program

10. PHA Termination of Assistance The PHA may terminate program assistance for the family for any grounds authorized in accordance with HUD requirements. **If the PHA terminates program assistance for the family, the lease terminates automatically.**

(The lease holder is responsible for all members of their household, any guests or other persons under their control who commit any of the following types of criminal activity):

- c. Criminal activity or alcohol abuse.
 - (a) Any criminal activity that threatens the health or safety of, or the right to peaceful enjoyment of the premises by, other residents (including property management staff residing on the premises);
 - (b) Any criminal activity that threatens the health or safety of, or the right to peaceful enjoyment of their residences by, persons residing in the immediate vicinity of the premises;
 - (c) Any violent criminal activity on or near the premises; or
 - (d) **Any drug-related criminal activity on or near the premises.**

Calendar - Dates to Keep in Mind

- July**
- 4 Independence Day
 - 25 Parents Day
 - 30 Day Against Trafficking Persons

- August**
- 1 Friendship Day
 - 4 Obama Day
 - 7 Purple Heart Day
 - 17 National Non-Profit Day
 - 21 Senior Citizens Day

- September**
- 6 Labor Day
 - 11 Patriot Day
 - 12 Grandparents Day
 - 18 AIDS & Aging Awareness Day
 - 22 First Day of Fall



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