

# THE SPACE CO.

*Celebrating 37+ years of service*

## BACK TO SCHOOL PREP: 8 Things for Your Checklist



We know - it feels like we're finally ready to enjoy summer with plenty of travel and fun activities underway. The time to take a well-deserved deep breath for getting through another successful school year. But before we crack open that first summer beach read it hits us: Back-to-school is right around the corner.

We know all too well how quickly the summer days go by— even if they are some of the longest of the year (make it make sense!). As much as we want to put off thinking about

everything that back to school entails, our future selves might actually thank us if we get a head start. As busy parents, it's important for us to make our everyday tasks as effortless as possible, especially this time of year. Nailing down a routine is crucial for curbing our stress levels during the busy days at the beginning of the school year.

Here's a back-to-school preparation checklist for parents the we hope can help all parents feel less overwhelmed and are ready to have the best school year possible.

- 1 Week Before School Starts: Practice the Morning Routine

Practice things like waking up early, putting on shoes, and leaving the house in a timely manner. It will make doing so in real-time so much easier if a routine is already established.

- Create a Morning Checklist

Think about what exactly needs to happen to get everyone out of the door each morning and write these things down to refer back to.

- Review School Safety Protocols

Reviewing the school drop-off or bus policy will make sure everyone's ready to get to and from school safely.

- Attend a Teacher Meet and Greet

If your child's school offers a teacher meet-and-greet visit, plan to attend to get them familiar with the people and places where they'll be spending plenty of time during the upcoming year.

- Plan the First-Day-of-School Outfit

Make sure their favorite fit is clean and ready to go. Consider laying it out together the night before so they feel extra ready—and excited—for the first day of school.

- Back-to-School Clothes & Shoes

Start putting together your back-to-school clothes shopping list in advance so you're ready to tackle all of the sales as they pop up, including new school shoes.

- Home Organization Items

Remaining organized throughout the end of summer and the school year will make all the difference. Use these products to get your home ready for whatever the school year has in store.

- Make a List of Meal Ideas

There's nothing harder to deal with than going into the first days of the school year not either not knowing what to pack for lunches, or to make for dinner.



## Recipe of the Month

# COMPANY FRUIT SALAD

### Ingredients

- 4 medium Golden Delicious apples, diced
- 4 medium Red Delicious apples, diced
- 2 cups seedless green grapes, halved
- 2 cups seedless red grapes, halved
- 1 can (20 ounces) pineapple chunks, drained
- 1 can (11 ounces) mandarin oranges, drained

### Dressing:

- 3 ounces cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 cup sugar

### Directions

In a large bowl, combine the first 6 ingredients. In a small bowl, beat dressing ingredients until smooth. Pour over fruit; toss gently to coat.

### Nutrition Facts

3/4 cup: 161 calories, 7g fat (2g saturated fat), 11mg cholesterol, 48mg sodium, 25g carbohydrate (22g sugars, 2g fiber), 1g protein.

# September 2023 EVENTS

**Lowcountry Jazz Festival, September 2-3 2023**

- Annual festival of jazz music at the Gaillard Center.

**Restaurant Week, September 7-17 2023**

- Annual fall restaurant week featuring special prix fixe menus at Charleston area restaurants

**Charleston Beerfest, September 9 2023**

- Annual beer festival at Riverfront Park, North Charleston, with local, southern and other craft breweries, live music, food, games and more.

**Cast Off Fishing Tournament, September 9 2023**

- Summer fishing tournament at the Mount Pleasant Pier.

**Blue Sky Endurance Fest, September 10 2023**

- Annual triathlon event in Johns Island.

**Cocktails for a Cause, September 12 2023**

- Fundraising event at The Harbour Club at WestEdge to benefit the Lowcountry Land Trust, with cocktails, light food and trivia contest.

**Summerville Sweet Tea Festival, September 16 2023**

- Annual street fair and food festival in downtown Summerville, with food trucks, arts and crafts vendors, sweet tea tasting and other entertainment.

[Click here for more September Events](#)

## NEWS BULLETIN



### First Day Fest: Back to School

If you have extra school supplies to donate or know someone who might be in need, head to the First Day Festival from 1 to 4 p.m. on Aug. 13 at the Gaillard Center, 95 Calhoun St., and South Carolina Aquarium, 100 Aquarium Wharf. The city of Charleston puts on the festival annually to get Lowcountry students prepared for their school year, for free. Prepacked bags of supplies will be distributed to students. Plus, enjoy live entertainment, community resource exhibitions and free admission to the aquarium. Admission to the festival and parking in the aquarium and Gaillard parking garages are free. Head to [bit.ly/3qfblTb](https://bit.ly/3qfblTb) for more info.



Ready to purchase your own home?



We can help!

OFFICE: (843) 577-2676

Maintenance: ext 207  
Rent and payments: ext 205  
[info@thespacecompany.com](mailto:info@thespacecompany.com)

THE SPACE CO.

[WWW.THESPACECOMPANY.COM](http://WWW.THESPACECOMPANY.COM)

3110 North Carolina Avenue  
Charleston, SC 29403