As summer winds down, children's thoughts across Southwest Orlando will inevitably turn to the first day of school. The school year, which begins Aug. 22, is only a month away, and students and their families can get a head start by preparing now. The beginning of school is an exciting time, but some might worry about what the coming year may hold. Southwest Orlando Bulletin's 14th annual Back to School guide provides a comprehensive look at a variety of school-related topics. In the following articles, area experts offer insights into different concerns often brought about by the start of a new school year. For students, there are articles about making friends, fall fashions and building self-esteem. For parents, there are tips about saving for college, preparing first-time preschoolers, and helping children reach their fullest potential.

Remember the 529 Advantage

by John E. Russi, CPA, P.A.
407-345-1191
www.russicpa.com It is highly likely that future children or grandchildren will pursue higher education g

Advantages of the 529 plan are that there are no income limitations; assets in the plan can be used to p

Withdrawals are free from federal tax unless withdrawn for purposes other than higher education. Partici

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The Communication Trap

by J. Restrepo
Victory Martial Arts
877-797-7988
www.victoryma.com Communication technology is one of the fastest-growing global trends. Every day

South Korea, the country with the most broadband access in the world, has a growing number of commu

One of the best ways parents can protect the younger generation from falling into this trap is to involve c

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What Is a "Networked Learner?"

by Donna Montague-Russell, headmaster
Windermere Preparatory School
407-905-7737

www.windermereprep.com The train has left the station, as the saying goes, and there is no turning ba

The answer is that teachers must be technologically engaged themselves. Teachers can teach only wha

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Good Nutrition Is Important for Good Learning

by Amber Eastwood, A.R.N.P.
Windermere Pediatrics
407-297-0080
www.windermerepediatrics.org When preparing breakfast for their children, parents should choose pro

Eating a healthy lunch keeps children's minds sharp and ready to learn throughout the afternoon. If eatin

Eating dinner as a family should be a priority. Studies show that families who eat dinner together have c

One of the most important ways that parents can encourage their children to make healthy eating choice

With today's busy schedules, it can be difficult for people to choose healthy meals over convenient foods

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More Back to School