



by: Glenda Kent

“It is the summer’s great last heat,
It is the fall’s first chill:
They meet.”

~ Sarah Morgan Piatt ~

The first day of Autumn is September 22nd, when sunlight and darkness each share half the day. From back-to-school to pumpkin spiced, everything from harvesting to magnificent leaves that change colours, there is so much to love about Autumn.

September’s flowers are the Aster that represents love and the twinning morning glory that symbolizes affection.



September’s Zodiac signs: Virgos (August 23 – September 22) are known as being loyal, practical and thoughtful. Libras (September 23 – October 22) like harmony and strive for peace and justice.



Labour Day is celebrated on the first Monday of September. It has been a statutory holiday in Canada since 1894. Some cities have parades to mark this day that celebrates workers and the last long weekend before school starts – September (this year the 6th). Beginning or Back-to-School for students.



Many are thrilled to be sending children (or grandchildren) back to the classroom – or into a classroom for the first time because it has been a long summer! Many children thrive on routine and consistency, so a good idea is to create a back-to-school plan.

There is nothing more important than a good night's rest. Figure out the best time for "lights out" after reading a book, cuddling, chatting, or even "playing" with something calming like stuffed animals. Bedtime is the best time of day to build connections with your child and to communicate.

Lay out everything – that means everything – the night before. What to wear, what is needed in the school bag and lunch bag – even the refrigerated items to be ready. Have a designated space for each child so all is "ready to go" to avoid the question, "Where is ...?" No one wants to scramble in the morning (or evening) to find what they need. Make sure you allow time in the morning for a good breakfast.



For the younger students, a good idea is to practice opening their lunch box, water bottle, sealed containers, zippering jackets, putting on footwear (laces vs Velcro), know the name of their community, civic number, phone numbers, who to contact in an emergency.

Grandparents Day is the Sunday after Labour Day (this year September 11th), a day to appreciate all of the wisdom and love that grandparents provide.



September 22nd – World Car-Free Day – motorists are encouraged to give up their wheels for a day to reduce exhaust emissions.



September 29th – National Coffee Day!!!



September 30th – National Day for Truth and Reconciliation also known as Orange Shirt Day. The day honours the lost children and survivors of residential schools, their families and communities.



Thirty days have September,
April, June and November.
All the rest have thirty-one,
Except for February alone,
It has twenty-eight days clear
And twenty-nine, each leap year.

