

Easing Back into School Mode



As summer fades away and the school year looms on the horizon, both students and parents often face the challenge of re-establishing a structured daily routine. The freedom of summer break, with its late nights, leisurely mornings, and flexible schedules, is a stark contrast to the disciplined, time-bound structure of school days. However, with thoughtful planning, gradual adjustments, and a positive approach, this transition can be made smoother and less stressful. This guide provides in-depth advice on resetting sleep schedules, organizing effective morning routines, and easing the overall transition from summer break to school life.

1 Resetting Sleep Schedules

One of the most common challenges students face when returning to school is resetting their sleep schedules. During the summer, it's easy to slip into a pattern of staying up late and sleeping in, which can make early school mornings feel like a shock to the system. Here's how to adjust sleep schedules in a gradual and sustainable way:

a. Gradual Adjustment

Start Early: It's important to begin adjusting sleep schedules at least two weeks before the first day of school. Abrupt changes in sleep patterns can lead to fatigue and irritability, so gradual shifts are key.

- **Incremental Bedtime Adjustments:** Move bedtime earlier by 15 to 30 minutes every few days. This allows the body to gradually adapt to the new sleep pattern without causing too much disruption.
- **Gradual Wake-Up Times:** Along with adjusting bedtime, begin waking up slightly earlier each day. Aim to reach the desired wake-up time for school at least a few days before school starts. This will help reset the body's internal clock and make the early mornings less jarring.

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DECODE: THE ULTIMATE STYLE DESTINATION FOR THE BACK-TO-SCHOOL SEASON



As the back-to-school season approaches, college students across the city are gearing up to return to campus, not just with new notebooks and schedules, but with a renewed sense of style. This time of year marks an exciting opportunity to redefine personal fashion and make a statement as the new semester begins.

At the forefront of this seasonal refresh is Decode, a unique concept store from Fifty One East, conveniently located in Lagoona Mall. Spanning over 635 sqm, Decode is dedicated to offering a diverse range of global brands, making it a must-visit for anyone looking to refine their wardrobe with the latest in casual ready-to-wear. From sportswear to designer denim, and vintage-inspired womenswear to edgy unisex apparel, Decode provides a one-stop destination for students eager to express their individuality through fashion.

A Curated Collection of Leading Brands

Decode is known for its carefully curated selection of international brands, making

it easier than ever for fashion-forward individuals to find their signature style. For women, the store offers a variety of options from some of the industry's most coveted names. Missoni's iconic knitwear, Karl Lagerfeld's contemporary edge, the playful and bold designs of Gaëlle Paris, and the vibrant offerings from Chiara Ferragni are all part of Decode's impressive lineup. Each brand brings something unique to the table, ensuring that every shopper can find pieces that resonate with their personal aesthetic.

Men are equally well-catered to at Decode, with a similarly impressive selection of brands. Y-3's fusion of fashion and function, Karl Lagerfeld's sleek and sophisticated designs, Reebok's blend of comfort and style, and cutting-edge creations from BALR. and Marcelo Burlon County of Milan offer a wide array of choices. Whether dressing for a day of classes or an evening out, Decode's menswear collection provides the versatility and quality that today's students demand.

Key Categories for a Distinctive College Wardrobe



When it comes to college fashion, the right accessories can make all the difference, and Decode offers an extensive range of items that allow students to build a wardrobe that truly reflects their personality. Backpacks and bags, essential for any student, are available in a variety of designs, from minimalist to bold and eye-catching. Decode's shoe collection, which includes high-fashion sneakers and classic, comfortable footwear, ensures that students can start the semester on the right foot.

In addition to bags and shoes, Decode's accessory offerings are not to be missed. From stylish socks and wallets to unique keychains, caps, sunglasses and other must-have items, the store has everything needed to complete a polished look. Karl Lagerfeld's collections, in particular, stand out across multiple categories. With a wide range of products, from chic backpacks to statement accessories, Karl Lagerfeld at Decode provides students with the tools to express their style confidently and uniquely.

Discover more at Decode this Back-to-School Season

As the back-to-school rush begins, Decode at Lagoona Mall emerges as a top destination for students looking to upgrade their wardrobe. The store's

extensive collection, featuring some of the most sought-after international brands, offers something for everyone, whether it's a full wardrobe refresh or just a few key additions. Adding to the excitement, Decode is currently running a special promotion on selected items from August 15 to September 7, making it the perfect time to shop for the new school year.



Students are encouraged to visit Decode and explore the range of stylish options available. With something to suit every taste and budget, Decode is set to be the go-to spot for fashion-conscious students this season. Whether preparing for the first day back or simply looking to add a few standout pieces to their wardrobe, Decode offers the perfect blend of quality, style, and value.



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b. Create a Bedtime Routine

Establishing a calming bedtime routine is essential for signaling to the body that it's time to wind down and prepare for sleep. Consistency in this routine helps reinforce the sleep-wake cycle.

- **Wind-Down Activities:** Engage in relaxing activities before bed, such as reading a book, taking a warm bath, or practicing deep breathing exercises. These activities help transition the mind and body from an active state to a restful one.
- **Limit Screen Time:** The blue light emitted by phones, tablets, and computers can interfere with the production of melatonin, a hormone that regulates sleep. To promote better sleep, avoid screens at least an hour before bedtime. Instead, encourage activities that don't involve screens, such as drawing, journaling, or listening to calming music.

c. Optimize the Sleep Environment

The environment in which a child sleeps plays a significant role in the quality of their rest. Making a few adjustments to the bedroom can lead to better, more restorative sleep.

- **Comfortable Sleep Space:** Ensure that the bedroom is cool, quiet, and dark. A room that is too warm or too noisy can disrupt sleep. Consider using blackout curtains to block out any external light, especially if the child is going to bed while it's still light outside. A white noise machine or fan can help mask disruptive sounds.
- **Consistent Sleep Schedule:** Aim to maintain a consistent sleep schedule, even on weekends. While it can be tempting to let children stay up late or sleep in on the weekends, doing so can disrupt the sleep-wake cycle and make it harder to stick to the routine during the school week.

2 Organizing Morning Routines

A chaotic morning can set a negative tone for the rest of the day. However, with a well-organized routine, mornings can become a time of productivity and positivity, setting the stage for a successful day at school. Here's how to streamline morning routines:

a. Prepare the Night Before

Preparing as much as possible the night before can significantly reduce morning stress and rush.

- **Lay Out Clothes:** Have children choose their outfits the night before and lay them out where they can easily access them in the morning. This simple step can eliminate indecision and last-minute wardrobe crises.



- **Pack Backpacks:** Encourage students to pack their backpacks the night before, ensuring that all necessary items—homework, books, and supplies—are ready to go. This prevents the morning scramble to find misplaced items and ensures that nothing important is left behind.
- **Prepare Lunches:** If possible, prepare lunches the night before and store them in the refrigerator. This not only saves time in the morning but also allows for healthier, more thoughtful meal choices, as you're not rushing to throw something together at the last minute.

b. Streamline the Morning Routine

A streamlined routine can help everyone stay on track and avoid the chaos that often accompanies school mornings.



- **Set a Morning Schedule:** Create a morning routine checklist that includes all essential tasks, such as brushing teeth, getting dressed, eating breakfast, and gathering belongings. Post the checklist in a visible spot, such as on the fridge or by the bathroom mirror. This not only helps children stay organized but also gives them a sense of accomplishment as they check off each task.
- **Limit Distractions:** Mornings can easily be derailed by distractions like television, video games, or even excessive social media scrolling. Establish a rule that these activities are only allowed once the morning routine is complete. This helps keep the focus on getting ready and out the door on time.



c. Prioritize a Healthy Breakfast

Breakfast is often called the most important meal of the day, and for good reason. A nutritious breakfast fuels the brain and body, providing the energy needed to focus and perform well in school.

- **Quick and Nutritious Options:** Mornings can be rushed, so it's important to have quick, healthy breakfast options on hand. Consider preparing overnight oats, smoothies, or yogurt parfaits the night before. Other easy options include whole grain toast with avocado, scrambled eggs, or a piece of fruit with a handful of nuts.
- **Sit Down Together:** If time permits, try to sit down together as a family for breakfast. This can be a great opportunity to discuss the day ahead, share positive thoughts, and start the day with a sense of connection and support.



3 Easing the Transition

The transition from the carefree days of summer to the structured routine of the school year can be challenging, but with the right approach, it can also be an exciting time of new beginnings. Here's how to ease this transition for both students and parents:

a. Reintroduce Structure Gradually

Suddenly going from the relaxed pace of summer to the demands of school can be overwhelming. To make the transition smoother, gradually reintroduce structure into daily life.

- **Practice the Routine:** A week or two before school starts, begin practicing the school routine. Wake up, get ready, and have breakfast at the same time as you would on a school day. This helps ease the shock of the first day and gives everyone a chance to adjust to the new schedule.
- **Limit Late-Night Activities:** As the school start date approaches, gradually reduce late-night activities such as sleepovers, movie nights, or late

outings. This helps reset expectations and prepares everyone for earlier bedtimes and the demands of a structured day.

b. Encourage a Positive Mindset

A positive attitude can make a big difference in how students approach the start of the school year. Encourage excitement about the new opportunities and experiences that the school year will bring.

- **Discuss Expectations:** Have open discussions about what the upcoming school year will be like. Talk about the subjects they'll be studying, the teachers they'll meet, and the friends they'll see. Highlight the aspects of school that they enjoy or are looking forward to, whether it's a favorite subject, a school event, or an extracurricular activity.
- **Address Concerns:** If your child is feeling anxious or nervous about the new school year, it's important to address those concerns. Listen to their worries and offer reassurance. If necessary, reach out to teachers or school counselors for additional support or to discuss specific concerns.

c. Plan Fun Back-to-School Activities

Making the start of the school year a special event can help create a positive association with the new routine.

- **Back-to-School Shopping:** Turn back-to-school shopping into a fun experience. Allow your child to pick out some new school supplies or clothes that they're excited about. This can help build enthusiasm for the upcoming school year.



- **School Year Kick-Off Event:** Consider planning a special family dinner or outing to mark the end of summer and the beginning of the school year. This could be a trip to a favourite restaurant, a picnic in the park, or a movie night at home. The goal is to create a sense of celebration and excitement around the new beginning.

Getting back into the school routine can feel like a daunting task, but with careful planning and a positive mindset, it doesn't have to be. By gradually resetting sleep schedules, organizing efficient and stress-free morning routines, and easing the transition from summer to school life, students and parents can start the school year on the right foot. The key is to approach the transition with flexibility, patience, and a focus on creating a positive and supportive environment. With these strategies in place, the shift from summer break to school routine can be smooth, successful, and even enjoyable.



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From classic white blouses and jogger sets to practical backpacks and trendy pencil cases, the range offers a diverse selection for both boys and girls. Discover the perfect pieces to elevate your child's back-to-school wardrobe available across the selected stores; Doha Festival City, Hyatt Plaza, City Centre Doha, Place Vendome, Landmark Mall, Gulf Mall and Mall of Qatar.



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