

BACK-TO-SCHOOL SURVIVAL GUIDE

Tips, timelines & local resources for a great start



Brought to you by

GW
Colleen Whelan
Real Estate Team
BLESS THIS HOUSE

MaxWell
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MaxWell

2026 MaxWell

Dream Vacation

SWEEPSTAKES

Enter for your chance to win this no obligation \$5,000 sweepstakes contest!

*Full contest details available on website

**Colleen Whelan
& Corinne Maher**
403-978-2989
 corinne@BlessThisHouse.ca



GW
Colleen Whelan
 Real Estate Team
 BLESS THIS HOUSE



WELCOME!

We are so glad you are here!



We're Colleen Whelan and Corinne Maher, a mother/daughter real estate team proudly serving Calgary and surrounding communities. While helping people buy and sell homes is what we do professionally, what we love most is building relationships and supporting the communities we call home.

Between us, we've experienced many back-to-school seasons! Corinne is a proud mom of three, and Colleen is a proud grandmother of six. We know firsthand that this time of year is filled with excitement and plenty of juggling schedules and activities, while savouring the beautiful season of summer & fall.

That's exactly why we created this Back-to-School Survival Guide — practical tips, quick meal ideas, local August/September activity ideas, a fall home maintenance checklist, colouring contest and an exciting invitation to enter our 2026 MaxWell Sweepstakes, valued at \$5,000! Our hope is that these pages help make your family's transition into the new school year a little easier, and a little more enjoyable.

Real estate is about so much more than buying and selling homes. It's about helping families put down roots, love the communities they live in & transition through life's milestones — and we feel grateful to be part of that journey.

Thank you for spending a few minutes with us. Here's to a wonderful school year filled with learning, growth, and lasting memories!

Warmly,
Colleen Whelan & Corinne Maher

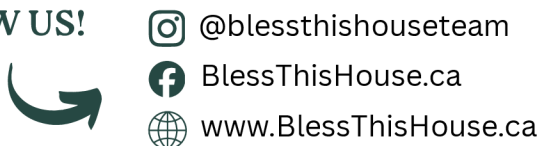
The Bless This House Team

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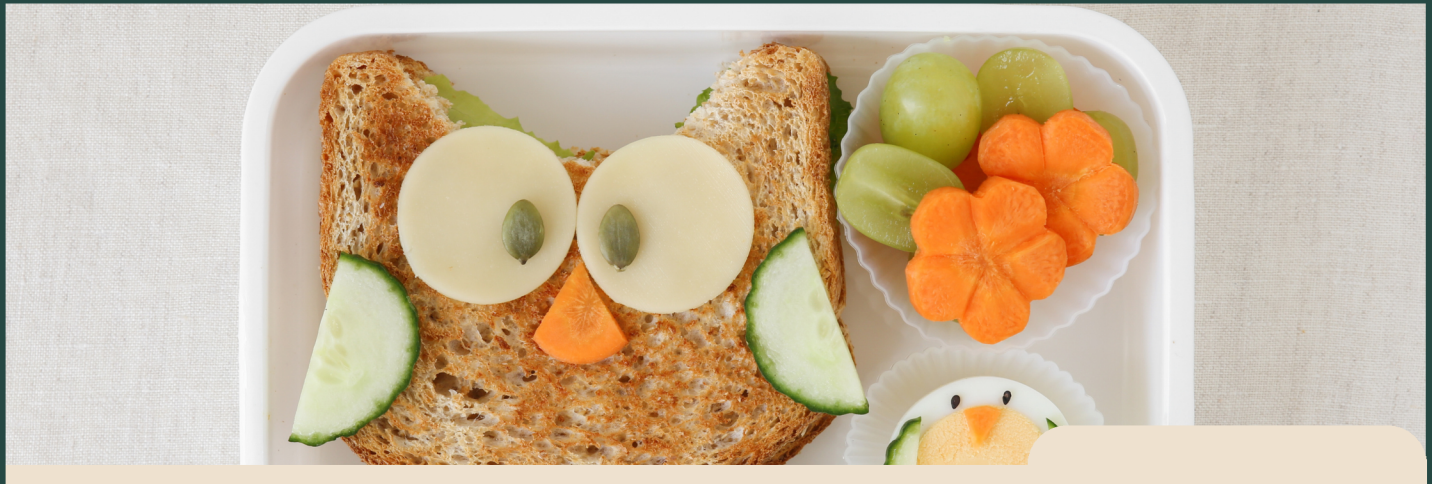
BACK-TO-SCHOOL CHECKLIST

4 WEEKS BEFORE SCHOOL Focus: Plan Ahead		3 WEEKS BEFORE SCHOOL Focus: Gather & Organize	
☐	Find your school supply list and take inventory of what you already have & what you need.	☐	Pick up school supplies, new shoes or back to school clothes (or order them online).
☐	Register for fall activities before spots fill up.	☐	Label backpacks, lunch containers, water bottles & school supplies
☐	Try on last year's clothes and shoes to see what needs replacing	☐	Wash and organize backpacks and lunch bags
☐	Book appointments (haircuts, dental, eye exam if due).	☐	Start stocking up on easy lunch and snack items.
☐	Add important school dates to your family calendar.	☐	Donate, sell or store outgrown clothes to make room for the new school year.
☐	Order labels for lunch containers & water bottles	☐	Visit the library and pick out a few back-to-school books.
☐	Plan another summer adventure		
2 WEEKS BEFORE SCHOOL Focus: Get Ready		1 WEEK BEFORE SCHOOL Focus: Ease Into Routine	
☐	Finish any remaining school supply shopping.	☐	Plan the first week's lunches & snacks
☐	Gradually shift bedtime and wake up times back into balance by 15 minutes each night.	☐	Lay out the first day outfit and make sure everything is ready
☐	Walk or drive the route to school beforehand so kids know what to expect.	☐	Plan a relaxing family activity before the new school year begins
☐	Have a family bike ride or picnic before routines begin		

Take a deep breath—you don't have to do everything at once. A few small steps each week will have your family ready for a great school year.

LUNCH BOX

IDEAS & RECIPES



TURKEY & CHEESE PINWHEELS 2 Servings

Ingredients

- 2 large tortillas
- Cream cheese
- Sliced turkey
- Cheddar cheese
- Lettuce (optional)

Directions

- Spread cream cheese over tortilla.
- Layer turkey and cheese.
- Roll tightly.
- Slice into pinwheels.

PIZZA MUFFINS Makes 6 mini muffins, 2 servings

Ingredients

- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 egg
- ½ cup milk
- 2 tbsp olive oil
- ½ cup shredded mozzarella
- ¼ cup pizza sauce
- ¼ cup diced pepperoni or ham
- ½ tsp Italian seasoning

Directions

1. Preheat oven to 375°F (190°C).
2. Mix dry ingredients.
3. Whisk together egg, milk, and oil.
4. Combine wet and dry ingredients.
5. Fold in cheese, pizza sauce, pepperoni, and seasoning.
6. Fill greased muffin cups ¾ full.
7. Bake 18–22 minutes.



RAINBOW PASTA SALAD 2 Servings

Ingredients

- 1 cup cooked rotini
- ¼ cup cucumber, diced
- ¼ cup cherry tomatoes, halved
- ¼ cup cheese cubes
- ¼ cup diced bell pepper
- 2 tbsp Italian dressing
- ½ cup cooked chicken (optional)

Directions Mix everything together and chill before packing.

THE LUNCHBOX FORMULA

Create a balanced lunch that beats decision fatigue.



Main with protein
Fruit/vegetable
Treat (optional)

LUNCHBOX JOKES

Why did the math book look sad? Because it had too many problems.

Why was the broom late for school? It overswept!

What did one pencil say to the other? Looking sharp!

PARENT REMINDER

Fed is best. It's ok if your child's lunch isn't Pinterest-perfect. A simple lunch that they will actually eat is a win!

GREAT STORE-BOUGHT OPTIONS FOR BUSY MORNINGS





15-MINUTE WEEK NIGHT DINNER IDEAS

TACO RICE BOWLS

Ingredients (4 servings)

- 1 lb lean ground beef or turkey
- 1 packet taco seasoning
- 2 cups cooked rice
- 1 cup corn
- 1 cup black beans
- Shredded cheese
- Salsa
- Avocado (optional)

Directions

1. Brown meat and add taco seasoning.
2. Warm corn and beans.
3. Fill bowls with rice, meat, veggies, and toppings.
4. Let everyone customize their own bowl.

SHEET PAN SAUSAGE & VEGGIES

Ingredients (4 servings)

- 4 fully cooked chicken or turkey sausages
- 1 zucchini, sliced
- 2 bell peppers, chopped
- 1 red onion, sliced
- 2 tbsp olive oil
- Italian seasoning

Directions

1. Toss vegetables with oil and seasoning.
2. Slice sausages and add to the pan.
3. Roast at 425°F (220°C) for 15 minutes, stirring halfway.
4. Serve over rice or with crusty bread.

15-MINUTE CREAMY CHICKEN PESTO PASTA

Ingredients (4 servings)

- 300 g pasta
- 2 cups cooked rotisserie chicken, shredded
- ¼ cup pesto
- ½ cup light cream or milk
- ½ cup grated Parmesan
- Cherry tomatoes (optional)

Directions

1. Cook pasta according to package directions.
2. Warm chicken in a skillet.
3. Stir in pesto, cream, and Parmesan.
4. Toss with cooked pasta and tomatoes.
5. Serve with a side salad or garlic bread.



BUSY PARENT TIP

Keep one rotisserie chicken, a bag of frozen vegetables, cooked rice, and pasta on hand. With these staples, you can make several quick dinners in 15 minutes or less without a last-minute trip to the grocery store.

GET YOUR HOME READY FOR FALL

Exterior

- ☐ Clean gutters and downspouts after leaves begin to fall.
- ☐ Seal cracks around windows and doors to keep drafts out.
- ☐ Drain and store garden hoses before freezing temperatures.
- ☐ Turn off exterior water taps (if applicable).
- ☐ Test outdoor lights and replace burnt-out bulbs.
- ☐ Trim trees and shrubs away from your roof and siding.

Yard & Garden

- ☐ Weed and tidy garden beds.
- ☐ Fertilize your lawn for a healthier spring.
- ☐ Plant spring bulbs (tulips, daffodils, crocuses).
- ☐ Store patio furniture or cover it for winter.
- ☐ Winterize irrigation systems (if applicable).
- ☐ Rake leaves as they begin to fall.

Heating & Safety

- ☐ Replace your furnace filter.
- ☐ Schedule a furnace tune-up
- ☐ Test smoke and carbon monoxide detectors. Replace batteries if needed
- ☐ Check your fireplace and chimney before first use.

Winter Readiness

- ☐ Check tire tread and tire pressure.
- ☐ Assemble a winter emergency kit for your vehicle.
- ☐ Stock up on sidewalk salt and snow shovels.
- ☐ Locate your ice scraper and snow brush before the first snowfall.

AUGUST & SEPTEMBER EVENTS IN CALGARY & AREA



August & September are some of Calgary's best months to get outside, enjoy beautiful weather, and make family memories. Here are a few events worth adding to your calendar.

MILLARVILLE FARMERS' MARKET

Get out of town and shop local. The market has been running for 44 years! Runs on Saturdays from 9:00am-2:00pm. Admission is by donation

GLOBALFEST (AUG 27-30)

International festival bringing community & fireworks together with colorful cultural pavilions, delicious food from around the world, live performances, and family-friendly entertainment

CALGARY CULTURE DAYS (ALL SEPTEMBER)

Enjoy free and low-cost art, music, theatre, workshops, and cultural experiences happening throughout the city. A great way to explore Calgary while supporting local artists. www.calgary.ca



RAILWAY DAYS AT HERITAGE PARK (SEPT. 19-20)

Climb aboard historic trains, enjoy demonstrations, and experience one of Heritage Park's signature fall events.

CORN MAZES & PUMPKIN PATCHES

Many farms around Calgary begin opening in mid-to-late September for fall family fun.

CHINATOWN LANTERN FESTIVAL (SEPT. 12)

Beautiful lantern displays, food vendors, cultural performances, and family activities.

FISH CREEK PROVINCIAL PARK

Pack a picnic, walk the trails, and watch the leaves begin to change.





BACK TO SCHOOL COLOURING CONTEST



Take a picture and email your entry to capitalmarketing@maxwellrealty.ca with the subject line "Back to School Colouring Contest" by Sept. 30th, 2026. Entries will be posted on our social media pages!  

Child's first name*: _____ City/town: _____

Child's age range: ☐ 7 & under ☐ 8 to 10 ☐ 11 to 13 Parent's name (first & last): _____

Parent's email: _____ Your MaxWell REALTOR®: _____

*Only the first name and age category of entrant will be displayed. One entry per child. Entrant must be a resident of Alberta. One winner will be chosen in each age category. Winners will be notified by email by Oct. 15, 2026.

PRIZES

Ages 7 & Under:

Tiny Land Fort Building Kit

Ages 8-10:

LEGO Creator 3 in 1 Cozy House

Ages 11-13:

Monster N-Lite 203 AirLinks

Wireless Earbuds





CURIOUS WHAT YOUR HOUSE IS WORTH IN TODAY'S MARKET?

Calgary's market shifts with the seasons, and knowing where you stand — even with little plans to sell — can be a helpful piece of your family's financial picture.

Contact us for a no-obligation market evaluation



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