



# The Harbour

COMMUNITY • CONNECTION • CULTURE

September 2013

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 4, Issue 9

## Chelsea Harbour Community Events



**SEPTEMBER 3  
POOL CLOSES**

**OCTOBER 1  
NATIONAL NIGHT  
OUT**

**DECEMBER 2  
ANNUAL MEETING**

## WHAT ARE DEED RESTRICTIONS?

In 2001 Chelsea Harbour section one filed a Declaration of Covenants, Conditions and Restrictions with the Fort Bend County court system. When you purchased your home you signed this document with your closing papers. You agreed, like everyone else in the neighborhood, to live by these rules. You can find the rules nicely organized by topic on our management company's web page. [www.realmanage.com](http://www.realmanage.com) For example, if you wanted to know what colors you can paint your house, dock or fence you would look under Architectural and find "house paint". It is Article IV section P. It says any change of the color, even another coat of the existing color must be approved by the Architectural Control Committee. It goes on to say the purpose of this covenant is to maintain harmony of the exterior paint color throughout the properties. It also says iridescent or bright colors are not allowed.

Save yourself time, money and aggravation by reading the Declaration of Covenants, Conditions, and Restrictions before you begin any type change to the exterior of home. That includes adding lighting, changing the fence, planting trees, installing art, and creating outdoor kitchens just to name a few.

The deed restrictions are rules put in place so that we maintain a pleasing consistency to the neighborhood. Because the declaration has been filed with the county and because we all signed an agreement to follow them we are legally bound to do so. We all agreed to the rules when we purchased our homes so please keep up your end of the agreement and follow all the rules. If you have any questions you contact Real Manage at the web site above.



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Director, Don Charly ..... [at-large@chelseaharbourhoa.com](mailto:at-large@chelseaharbourhoa.com)

*To email all board members -  
Board@ChelseaHarbourHOA.com*

## MANAGEMENT COMPANY

REAL MANAGE - [www.RealManage.com](http://www.RealManage.com)  
2000 S. Dairy Ashford, Suite 120 - Houston, Texas 77077  
Phone: 1.866.473.2573 (7:30am to 7pm M-F)  
Fax: 1.866.919.5696

*Community Manager: Jaine Prieto*

# COMMITTEE MEMBERS

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*Email all members - [Beautiful@chelseaharbourhoa.com](mailto:Beautiful@chelseaharbourhoa.com)*

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# AUSTIN High School News

As we begin another school year, it is important to remember what Austin High School is all about. The mission of AHS is to provide an atmosphere of high expectations for all students in their pursuit of academic achievement as well as to assist each student in the development of a positive self image, responsible citizenship, and cultural awareness in an effort to become productive, lifelong learners in an evolving global society.

Check the school calendar for the following dates: School pictures, Last day to change to a new course, FBISD College Night and more. Also, 9th and 11th grade parents – do not forget to sign your child up for the PSAT- if you want them to take it- all 10th graders are automatically signed up.

If you have not gotten your AHS planner yet, they will be available at all lunches for \$10.00. This is a ProGrad fundraiser. What is ProGrad – some senior parents might be asking? Check out the website for more information: [AustinBulldogProGrad.weebly.com](http://AustinBulldogProGrad.weebly.com) and like Fort Bend Austin High School ProGrad 2014 on Facebook.

Volunteers are always welcome and needed at Austin High. But first you must complete an online criminal history background check EACH school year. Go to the FBISD website to complete this form. Please plan on attending the first meeting (September 6 at 9:00 am) and find out about AHS VPS. Email [volunteersaustin@gmail.com](mailto:volunteersaustin@gmail.com) to get on the VIPS email list and like us on Facebook – Austin High School VIPS. Plan on attending the 2nd Annual Pasta Dinner on September 10 before Open House to get even more information. Tickets MUST be purchased in advance for \$10 (Outback Steakhouse is provided the food) and all proceeds will support AHS VIPS and their activities. For more information, contact Asha Vaidya at [vaidyas@msn.com](mailto:vaidyas@msn.com) or 281-565-3124.

It is FALL – so that means football, volleyball and cross country! Check out <http://ahsaccess.weebly.com/> for the AHS sports schedules as well as the latest news, events and information from Austin High School. You can also check out the Legend – AHS's newspaper - <http://www.austinlegend.net/>.



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## A Focus on Backpack Safety Tips

By: *Concentra Urgent Care*

### WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

### WEAR OVER STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

### LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

### PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

### WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

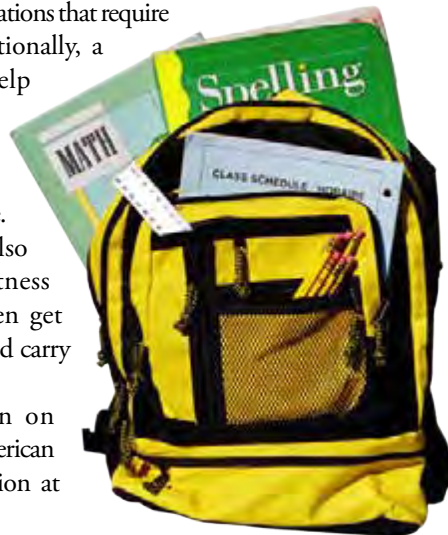
### THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

### HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).



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**Ongoing:** Colin's Hope Athlete Ambassadors of all ages needed! [www.tinych.org/signup](http://www.tinych.org/signup)  
**September 8:** 5th annual Colin's Hope Kids Tri, and All Star Burger Fundraiser (10% of sales donated).  
**October 19:** Sharkfest Austin Swim benefiting Colin's Hope. Volunteers needed.  
**November:** Underwater Holiday Photos (multiple days and locations).  
**February 16:** Austin Marathon. Runners, walkers, and water stop volunteers needed.

Be a Water Guardian and Watch Kids around Water. Drowning is preventable!

Thank you to all who supported our efforts this year to raise water safety awareness to prevent children from drowning!

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# - Kids Stuff -

## Playgrounds



Do you have a favorite playground? Maybe it's a new wooden one that has lots of tall towers and passageways. Or maybe your favorite is an old-fashioned playground with swings and a seesaw. Playgrounds are fun places for kids because there's so much to do and other kids to have fun with. But sometimes kids get hurt at playgrounds. That's no fun, so here are 10 ways to keep safe:


**Take a grown-up.** As kids get bigger, they like doing things on their own. Going to the playground shouldn't be one of them, though. Grown-ups come in handy because they might spot problems at the playground, they can help you down if you get in a tight spot, and they can help if you happen to get hurt.

**Take a good look around.** If the playground has lots of trash, such as broken glass, or the equipment looks broken, don't play there.


**Keep your size in mind.** Many playgrounds have some equipment that's for little kids (like 2- to 5-year-olds) and other equipment that's meant for older kids. Use the equipment that's right for your age. If you squeeze yourself onto a swing for toddlers, you might get stuck. Likewise, if your little brother or sister starts climbing something meant for older kids, guide him or her to the little kid stuff.

**Don't go too high.** Many playgrounds have tall stuff to play on, such as towers or open passageways between equipment. Don't climb higher than you feel comfortable, and feel free to ask your grown-up if you need help getting down. Never climb up the outside of equipment, or hoist yourself up on the roof. The view might be cool, but it's a long way down.

**Look out below.** The best playgrounds put down special

 **What's a Sprayground?**

More and more cities are opening spraygrounds, which are water playgrounds. At a sprayground, kids can shoot each other with water cannons and get sprayed by dozens of water jets that squirt from different colored nozzles and hoses.



surfacing material, such as mulch, wood chips, sand, gravel, or rubber matting. These surfaces can help soften a fall, but that doesn't mean you won't get hurt, especially if you tumble from a high spot.

**Swing safely.** Kids often get hurt at the playground because they get hit by someone on a swing. If you're swinging, watch out for people who might be getting too close. And if you're walking around the playground, don't get too close to the swingers.

**Use your head.** Sometimes you'll see kids going headfirst down the slide or maybe two or three kids will get on a piece of equipment that's only meant for one. Or some kids might start goofing around and trying to push each other off a swing or off of a high spot. If your grown-up sees you

doing this, he or she will probably say, "Knock it off. Someone's going to get hurt." It's true, so try to use the playground equipment properly. And if you get stuck, or don't know how to get down from something, call your grown-up over so he or she can help you down.

**Report problems.** If you see graffiti (when people write or paint on stuff), a broken swing, or find any other problems while you're playing, tell your grown-up. He or she can report the problem so it can be fixed.

**Clean up.** If you bring a drink or snack to the playground, clean up your trash before you leave. When you do, the park will look nice when the next kid comes along to play and you will have shown that you're a good playground citizen.

**Have a great time!** How can you make a good time at the playground even better? Bring a friend and only complain a little when it's time to leave.

Reviewed by: Steven Dowshen, MD  
Date reviewed: May 2008

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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