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EAST ISLIP SCHOOL DISTRICT

**Christian Seifert**, of Melville, has been appointed director of world languages, ENL (English as a new language) and assessments in the **East Islip School District**. Seifert was world languages coordinator for the district and assistant principal at the East Islip Middle School in Islip Terrace.



MICHAEL MANNELLA

**Reyna Felix**, of Baldwin, a program associate at **Long Island Cares' Nassau Center for Collaborative Assistance** in Freeport, has been promoted to program coordinator.



NELSON + POPE

**Keith J. Gurnick**, of Sayville, director of architecture and construction administration at **Nelson + Pope** in Melville, has been promoted to senior associate.



EAST ISLIP SCHOOL DISTRICT

**Korin Scarles**, of Seaford, has been appointed director of humanities in the **East Islip school district**. Scarles was assistant principal at East Islip High School in Islip Terrace.



SCHNEIDER GARRASTEGUI & FEDELE

**Vivian Garrastegui**, of Ronkonkoma, a partner at **Schneider Garrastegui & Fedele** in Melville, has been appointed to the board of advisers for **New York Community Trust — Long Island** in Commack.



FARRELL FRITZ

**Brian P. Corrigan**, of Garden City, a partner at **Farrell Fritz** in Uniondale, has been appointed to the board of advisers for **New York Community Trust — Long Island** in Commack.

— DIANE DANIELS

Send submissions and color headshots to [peopleonthemove@newsday.com](mailto:peopleonthemove@newsday.com)



LI BUSINESS

GETTY IMAGES / PHYRART STUDIO

To help save on back-to-school shopping, separate needed items from wants to prioritize on the essentials.

**THE ISSUE: BUDGETING**

# Moms share savings tips for back-to-school lists

## MONEY FIX

NerdWallet

According to NerdWallet's 2024 back-to-school shopping report, those who are parents of K-12 or college students and who plan to do back-to-school shopping this year will spend \$541, on average, on school supplies and clothing for their kids' upcoming school year.

Three moms with children of various ages share tips on how to shop for clothes and supplies on a budget. Even if you've already gotten a head start on shopping, these gems may still come in handy for next year.

### Separate needs from wants

Back-to-school supply lists can seem endless. When you do finally get to the end of the list, you may find that you've broken your budget. Kimyatta Williams, a day care owner from Atlanta, has a vibrant family with six children and has mastered staying within her budget by separating needs from wants. Williams' oldest child is 23 and her youngest is 9, so she's well-versed in back-to-school shopping.

"I can't afford to get all these things on the list. So I'm making the priority to prioritize the needs from wants," Williams says.

"So crayons versus markers. I'm not gonna buy both. They both do the same thing. So I may purchase the markers versus the crayons or I may purchase the big pack of 64 crayons versus the markers, especially at a grade level of a first-grader or a second-grader," she adds.

Additionally, Williams attends back-to-school events, which usually give out free supplies. You can search for these events on Google, Eventbrite, Facebook or your local government's website.

### Consider sustainable clothing

Clothing can be a major expense for parents when their kids are going back to school. Gyna Uhrlass, an entrepreneur and content creator in Manhattan, is a mother of three who focuses on using sustainable clothing options to help budget for clothing expenses.

She says one of the most frustrating things about back-to-school shopping for her is how expensive everything is, especially because of inflation. She finds that clothes and shoes are her biggest expense.

One way Uhrlass keeps expenses low is by using hand-me-downs or pre-owned clothes. "My family is Caribbean. When I was growing up, we never did any hand-me-downs. Now that I'm older, I am all about hand-me-downs," she says.

Uhrlass regularly gets used clothes from her friend who has a son a year older than hers.

"I have not had to buy a significant amount of clothes for him in years," she says.

### Set a budget and negotiate

Samantha Danielle Sharpe, a content creator and mother of three located in Nashville, Tennessee, has a home full of teenagers, ages 14, 16 and 18. Since her kids are older, she approaches back-to-school shopping by setting a budget and negotiating with them. However, that's sometimes hard to do because of social media's influence.

"I think there's just a lot of pressure to get your kids so many different trendy items," she says, adding that her daughter requested all pink supplies.

Sharpe tackles this issue by setting a budget for each of her children so they can learn to manage money and prioritize.

"As a single mom, I'm really honest with my kids. For me, it's not just about the resources that I have. It's about me wanting to make sure that I set my kids up for realistic expectations in life," she says.

Other strategies Sharpe uses include following moms who share saving tips on social media and tapping into her community. Her family has a group chat where they post any items they aren't using and share sales they come across.

Sharpe also makes the most of her credit cards that give cash back rewards.