

# Muscogee County School District's

## School Social Work Department



Dear Parent,

Summer is over and it's time to head back to school!! We are so excited for this new school year and eager to get your child back in the swing of things. This monthly newsletter serves as a way to reach out to parents with helpful information to assist you and your student this school year. Here at Muscogee County School District, we are looking forward to another successful school year with your student. Thanks for all you do!!

### Dates to Remember:

#### August 17

First Day of School

#### September 7

Labor Day (No School)

#### September 10

Progress Reports

## The ABC's to Helping Your Child Succeed This School Year

**The beginning of a new school can be just as difficult for the parents as it can be for the students. Making the adjustment from summer to school can take some time. Here's an alphabetical guide for parents to assist their children transitioning back in to school.** Milne, Diane, (2013, August 19). The ABC's of Going Back to School for Parents.

(Web log post) Retrieved from [www.education.com](http://www.education.com)

**A. Ask questions.** Ask your child about her day at school. Try to ask questions that encourage more than yes-or-no answers. What did you learn? Who did you sit with at lunch?  
**B. Breakfast.** Kids learn best when they've had a nutritious breakfast. It's important for kids to get off to a good start every day.  
**C. Communication.** Communicate with your child's teacher. Share your concerns, what you feel is working well for your child, and ask for clarification if something is unclear.

**D. Dates.** Check dates of school holidays and plan accordingly.  
**E. Effort.** Praise your child's best efforts. Not every child is a straight-A student. Let her know how proud you are when your child has truly done her best.  
**F. Friends.** Get to know your child's friends, and encourage relationships with those who are a positive influence.  
**G. Guidance counselor.** Ask the school guidance counselor to talk with your child if she seems stressed by the birth of a sibling, the loss of a

family member, or school relationships.

**H. Homework.** Provide a quiet place that is free of distractions, and help your child as needed, without doing the work for her.

**I. Illness.** Keep your child home if she is sick. Germs spread quickly in a classroom, and one sick child quickly becomes 25 sick children.

**J. Jot a note.** Be sure to send a written excuse when your child is absent. Too many unexcused absences can affect your child's grades, or raise concerns of truancy.

**K. Know the rules.** Be familiar with school rules, policies and dress code.

**L. Listen.** Really listen when your child talks to you. Put down your phone, turn off the TV, close the laptop and listen.

**M. Make choices.** With your child, choose which after-school activities are the most important. Kids need downtime, time for balanced meals and plenty of sleep.

**N. Newsletter.** Read school and classroom newsletters regularly.

**O. Open House.** Attend your school's open house. Find out what's going on in your child's class, get to know the teacher and look over your child's work samples.

**P. Praise good behavior.** It's easy to take positive behavior for granted, but kids need praise for following the rules.

**Q. Quality time.** Busy lives make quality family time hard to find. Eat dinner together, go for a walk or play a game with your child.

**R. Read your child's textbooks.** Glance through the table of contents to find out what will be taught. Then talk about what your child is learning to help build excitement.

**S. Smile.** Mornings can be hectic, and a lot of kids bring this stress into the classroom with them. Try to send your child off with a smile and a hug to set a positive tone for the day.

**T. Tardiness.** Being late for school can cause your student to lose vital classroom instruction. Be careful!

**U. Update the teacher.** If there are things going on that are affecting your child, let the teacher know.

**V. Volunteer.** If your schedule permits, offer to help in the classroom each week. If not, help from home by typing the class newsletter, cutting out art projects or planning class parties.

**W. Website.** Check out the school website. You'll find important information, changes in dates and suggestions for ways to support your child.

**X. Don't focus on the X's.** When graded work is returned, don't focus on the problems that are marked wrong. Rather than saying, "You only missed 7," say, "You got 93 right!"



**Y. Yell and shout.** Be your child's biggest cheerleader. Your praise is more precious than any prize or sticker from the teacher.

**Z. Zip your mouth.** When you disagree with the teacher, go to her directly to discuss your concerns. Venting these frustrations in front of your child will undermine the teacher in your child's eyes, and cause confusion. Work out your differences privately.

## Finding Balance

By Lauren Penton

The world is moving at a warp speed these days and you often find yourself running from one thing to another. We all hear about how important it is to find time for yourself and if you are like me, you probably think "yeah right, who has time for that". Over the last year, I have really learned how important it is to do something nice for yourself, however small the gesture may be. Often times we have to refuel ourselves to be able give our children the parents we want to be. Every month, I will attempt to give you a few low cost, easy ideas of ways to pamper yourself in some small way and not lose yourself in the hustle and bustle of caring for your little ones.

- Have a few minutes of quiet time each morning, even if this is just 5 minutes. Make this a time to focus on whatever you would like, whether it be time with a devotional, a good book, play on social media, whatever it is that you like, just focus on yourself and your interest. Mornings too rough? Find a time that afternoon or evening for you.
- Had a rough day? Treat yourself to whatever your favorite snack is. Maybe some yummy chocolate will make that day better! ☺
- Get it out. Grab a journal and write down how your feeling, what is going on currently, whatever you want. This helps get things out without having talk to others. This is also helpful to look back on in the future and see how far you have come.