

# Muscogee County School District's

## School Social Work Department

Dear Parent,

School has been in for almost a month and kids are back into their old school routines. September is a busy month for us all and there are a couple of events that we would like to make you aware of. September serves as Attendance Awareness month. The school social work department would like for you to have some information on ways to make sure that your child is attending school appropriately and to eliminate any issues that could arise from your child not going to school appropriately. Also, Labor Day and Grandparents Day are also this month!! We hope you have a great month and please let us know any way we can assist your student.



### Dates to Remember:

#### September 7

Labor Day (No School)

#### September 10

Progress Reports

#### September 13<sup>th</sup>

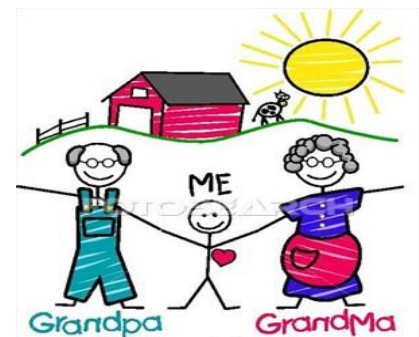
Grandparents Day

### WHAT YOU CAN DO TO HELP MAKE SURE YOUR CHILD ATTENDS SCHOOL REGULARLY

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless she is truly sick.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

For more information, please visit [www.attendanceworks.org](http://www.attendanceworks.org) for more information and tips on how to help your child this school year.

Grandparent's day is 9/13/20. Find a special way to celebrate your grandparents. On the following page is a fun interview for your child to learn more about their grandparent and a bonding opportunity for your child and their grandparent.



## September 11<sup>th</sup>

September 11<sup>th</sup>, 2001 will forever be a day remembered in U.S. history. It's hard for us as parents to know quite how to discuss these events appropriately with our kids. Here are a few tips to determine how much your child understands about 9/11 and how to tell them the event of 9/11 in ways that they will understand. By Lauren Penton

Determine what they already know about what occurred on 9/11. Ask questions to find out what they heard and to gauge their understanding.

Depending on your child's response, ask further questions such as "why do you think that occurred" and "how does that make you feel".

Give basic details of what occurred, but in childlike terms according to your child's age.

Offer support of their feelings.

**Below are additional support resources that are available to help you provide age appropriate information to your family.**

- Scholastic has excellent resources and discussion points for parents.
- Visit the 9/11 tribute center for resources directed towards your child.  
[www.tributewtc.org/resources/for-parents](http://www.tributewtc.org/resources/for-parents)
- [www.parenting.com](http://www.parenting.com) offers resources related to helping parents discussion 9/11 in age appropriate ways.

Talking to Your Children About 9/11. Retrieved from <http://www.911memorial.org/sites/all/files/TalkingtoChildren.pdf>



## ★ Grandparent+V.I.P. ★ ★ Interview ★

1. Did you have a big family? \_\_\_\_\_
2. How many brothers and sisters do you have?  
\_\_\_\_\_
3. Where did you go to school? \_\_\_\_\_
4. What was your favorite school subject? \_\_\_\_\_
5. What kind of games did you play when you were my age?  
\_\_\_\_\_
6. Did you like to read? \_\_\_\_\_
7. What was your favorite book when you were younger?  
\_\_\_\_\_
8. Did you have a best friend? \_\_\_\_\_
9. What was his/her name? \_\_\_\_\_
10. What is your favorite holiday? \_\_\_\_\_
11. How did you celebrate that holiday when you were younger?  
\_\_\_\_\_
12. Did you play any sports when you were in school?  
Which ones? \_\_\_\_\_
13. Did you have pets when you were my age? What kind?  
\_\_\_\_\_



Teachers Pay Teachers. Grandparents Day Interview.  
<https://www.teacherspayteachers.com/Product/Grandparents-Day-Interview-1489003>

## Finding Balance

By Lauren Penton

We all get caught up in the hustle and bustle of our everyday lives. We are running to make sandwiches, get everyone where they need to be for the day, then running home and surviving through the night time activities, only to wake up and do it all again. There are hours, days, weeks, months, and even years that can be extremely difficult for us all too just make it, much less thrive. Here are just a few ideas of how to refuel yourself so that you can give your children the mom or dad that you want to be.

- Exercise. This will help you have energy and feel better about yourself.
- Put on some music and sing your heart out.
- Go outside and be in the sunshine.