



District E-News

April 11, 2022

Newark CCSD 66

815.695.5143

www.ngsd66.org

Newark Families and Staff,

We are learning of a disturbing Youtube video series for kids. It's basically a character named huggy wuggy (there's also Poppy Playtime, Mommy Longlegs, Kissy Missy) based on a horror show and video game. He is a blue bear with razor sharp teeth and sings inappropriate songs. Our 1st graders have been heard playing this on the playground. The characters are hugging someone so hard that they take their last breath. "I could hug you here forever, til you breathe your last breath together." PLEASE monitor your child's social media! Youtube, tiktok, snapchat and other social media need to be monitored. We will be blocking this on our youtube channel.

Both schools have snack breaks everyday. Please remember to send a healthy snack with your student and a water bottle every day. **We also still need our 3 things at NGS for this week (boots, coat, snow pants)! MJH Students should still have coats and boots.** The grounds are damp and muddy. We go outside everyday. The mornings are chilly for recess and more rain expected this week!

IAR testing continues this week. Both schools will be testing Math. Next week we will be completing make up testing for those that were absent. The kids are doing great! Thank you for making sure they have a good night's rest and breakfast in the morning.

PTO news: please click on the google form links to sign up for committees next school year and to nominate officers for the 22 - 24 school years. Voting will take place at the May meeting. We look forward to any time, help, ideas you have to share and participate in the 2022 - 2023 school year. All are welcome! The Committee form was changed to add helpers too! We could use your help!

PTO candidate form: <https://forms.gle/qQfjKU69YLqCF9oQ8>

PTO committee form: <https://forms.gle/xQ1qXCTAqyK131X48>

We met our Kindergarten class for 2022 - 2023 last Thursday! We are excited to welcome them to our learning community! If you know any students entering Kindergarten, please have them call Mrs. Hauge at Newark Grade School!

We wish all of our families a very Happy, Blessed Easter holiday! Enjoy food, family and friends this upcoming weekend! ENews will be sent out on Monday, April 18th next week!

Don't forget to download our Mobile App and check out the website! Have a great week and stay healthy!

Partners in Education,

Mrs. Turman

Dates to Remember:

March 28th - April 14th - IAR testing grades 3 - 8; ISA testing grades 5th and 8th

April 15 - Good Friday - no school

April 18 - Easter Monday - no school

April 19 - BOE meeting 6:30 pm @ NGS

Roller Skating begins at NGS

Q3 Honor Rolls - MJH

Time to Dine @ Johnny K's (flyer)

April 21 - 7th Grade Springfield Trip

April 22 - ABC Countdown Begins!

April 29 - SIP Day 11:15/11:30 Dismissal

May 2 - 6 - Teacher/Staff appreciation week!

May 3 - PTO meeting

May 10- 5B's Dinner fundraiser 4:30 - 6:30 pm (flyer below)
Pre-orders open!

May 16 - Band Concert @ NCHS

May 17 - BOE meeting @ NGS 6:30 pm
Band to Luigi's today

May 18 - K - 4 Kane County Cougar's Game

May 19 - MJH Sports Banquet 6:00 pm

May 20 - MJH Awards Day 1:30 pm
MJH Jr. high Dance grades 6th - 8th @ MJH Gym

May 23 - 5th Orientation (4th to MJH); Annual sports Physicals for current grades 4, 6, 7 only

May 25 - Xtreme Circus Day - NGS

May 26 - 8th Graduation @ MJH 7:00 pm

May 27 - Zoom on out! Dismiss 1:15/1:30
Foxy's Ice Cream Truck @ MJH

Download the Mobile APP! Search Newark CCSD 66, IL on Android or Apple.

Follow us on Facebook and Twitter and Instagram!

Website: www.ngsd66.org

Youtube channel: Newark School District

Millbrook Junior High School

Activities Update

April 11 - April 15

Reminder to self-certify COVID symptoms everyday! Call the school if your child has a fever 100.4 or higher or any other symptoms by 6:30 for bus riders and 7:45 for drop offs.

Mon, April 11	8th Graders report to NCHS for Spanish I and Algebra I 8am 7th grade Springfield Trip permission forms and payment due to the office! IAR testing - Math Session 1 - all grades Track practice 3:00 - 4:30
Tues, April 12	8th Graders report to NCHS for Spanish I and Algebra I 8:00 - 9:27 am IAR testing - Math Session 2 - all grades Homework Club 3:00 - 3:45 pm Track practice 3:00 - 4:30 pm Scholastic Bowl HOME vs. Serena 4:00 pm
Wed, April 13	8th grade report to MJH!!! NCHS has testing today - no 8th grade classes! 8th to visit IVVC today - 9:15 am - 10:30 am. Track practice 3:00 - 4:30 pm Scholastic Bowl HOME vs. Lisbon 4:00 pm
Thurs, April 14	8th graders report to MJH today IAR testing - Math Session 3 - all grades Homework Club 3:00 - 3:45 pm Track practice 3:00 - 4:30 pm
Fri, April 15	No School - Good Friday
Mon, April 18	No School - Easter Monday

Easter Egg Hunt

Saturday, April 16, 2022

Millington
United
Methodist
Church



Serena
United
Methodist
Church

9:00 AM

Rain or Shine

1:00 PM



**All Ages of Children
are Welcome!**



Any questions, call Karen Zink
815-217-1037



MORE 4 YOU!

ONLINE AT
hbtbank.com
OR IN-BRANCH

ONE DAY EVENT ■ FRIDAY, APRIL 22

**Open a checking account on
this date and receive:**

- ▶ Get a BONUS!*
- ▶ Entry into a \$500 Visa® Gift Card drawing**
- ▶ And More!

Join us for
FUN & PRIZES!



ONE DAY ONLY!

Newark

301 South Union Street, 815-695-5113

Minimum opening deposit is only \$50. The account will be closed if it is inactive for 45 days and reaches a \$0 balance. *See a Banker for details. **Retail value of Grand Prize is \$500. Full contest details can be found at your local Heartland Bank branch or visit www.hbtbank.com/more-for-you-event

POST CARD PROJECT

This month in Social Studies the students are studying the 50 states. We have decided to try and collect a postcard from each of the 50 states by the end of the school year. We are looking for some help collecting these. If you know of anyone outside of Illinois or even the United States that would be willing to send the students a post card from their home state, we would be so excited!

Please share the following address below with the individual(s) that are willing to help us with our Post Card Project.

Newark Grade School
Mrs. Sosolik's Class
503 Chicago Rd.
Newark, IL 60541

Thank you so much for helping us reach our goal!

-Mrs. Sosolik

KANE COUNTY COUGARS READING CLUB INFORMATION



Dear Families,



We are beginning the Kane County Cougars Reading Club at school. It will run from February 28th - April 29th. We will be doing things a little differently with this than in the past. Instead of your child entirely completing the reading program at home and you receiving tickets to go to a game in your own time, we will be taking an entire school field trip on a school day to the game! (More information about the field trip will go home closer to the date) Our school's field trip is scheduled to take place on Wednesday, May 18th. However, with the uncertainty that these past few years have brought, we are also going to be planning a fun alternative activity for that day, should the game get cancelled.

Students must work to earn their field trip by reading. Your child's teacher will send home specifics as to how the program will be working in their classroom.

Students will be working towards 1st base, 2nd base, 3rd base, and "home run." For 1st - 3rd base they will earn a small prize once reached, and when they have filled their entire chart and hit the "home run" base, they will have earned their field trip!

If you have any questions regarding the reading tracking process, please feel free to reach out to your child's teacher. When we have more information about the field trip, another letter will be sent home. We appreciate your participation in this exciting event, and look forward to all the wonderful reading that will take place over the next few months!

2022 CHAMPION VOLLEYBALL CAMPS

June 6th–10th, 2022

Newark High School Gym

All Camps are run by:

PJ McKinney – Head Volleyball Coach, Newark High School
Kristy Carlson – Assistant Volleyball Coach, Newark High School
and Lady Norsemen Volleyball Players

Boys AND
Girls
are
WELCOME!

Boys AND
Girls
are
WELCOME!

"Mini-Spikers"

Entering Grades K-3

8:00 - 9:15 am

\$45.00

(*includes t-shirt)

This camp teaches basic volleyball concepts and skills on a modified court for our little volleyball enthusiasts!

Intermediate Camp

Entering Grades 4-6

9:15 - 10:30 am

\$45.00

(*includes t-shirt)

This camp focuses on the basic skills of the game, including serving, passing, setting, attacking, and court play. Girls wanting to play on their school's 5th-8th grade team will benefit from this camp!

Junior Camp

Entering grades 7-8

10:30 am - Noon

\$45.00

(*includes t-shirt)

This camp focuses on skills, strategy, and court play preparing girls for their upcoming season as well as the next level of volleyball

Setters Clinic

Entering grades 7-12

2:00 - 3:30 pm

\$45.00

(*includes t-shirt)

This camp trains the high school level setter as well as 7th and 8th graders who are very interested in being a setter at the high school level..

Transition Camp (for Incoming Freshmen) 12 - 2:00 pm \$60 (*includes t-shirt)

This camp is designed for our incoming freshmen. We will spend the week preparing them for High School volleyball, learning offensive and defensive systems, serve receive patterns, as well as skill work.

T-SHIRT DEADLINE: To receive the camp t-shirt, your registration **MUST BE RECEIVED** by **FRIDAY, MAY 6th!**

Registrations **WILL BE ACCEPTED** up until the first day of camp.

PLEASE NOTE: USE A SEPARATE REGISTRATION FORM FOR EACH CAMPER YOU ARE REGISTERING!

Camper Name: _____
Address: _____
Phone: _____
Email: _____

Grade entering in Fall '22: _____

T-Shirt Size: Please check _____ Youth Medium _____ Small
_____ Youth Large _____ Medium
_____ X-Large

Please check: _____ Mini-Spiker Camp \$45 _____ Setter Camp \$45
_____ Intermediate Camp \$45 _____ Transition Camp \$60
_____ Jr. Camp \$45

School You Attend: _____

****If more than one child is attending from the same immediate family, you can deduct \$5.00 for each child after the first one. ****

I agree to allow my child to participate in the 2022 Champion Volleyball Camps and understand that there is a risk of injury involved in their participation. I agree that I will not hold Newark High School, the coaching staff or related facilities responsible for any injuries sustained while traveling to/from camp or during camp.

Parent/Guardian Name (please print): _____
Parent/Guardian Signature: _____
Date: _____

Emergency Contact: _____
Emergency Phone: _____

Please fill out and detach **one form per participant**, include payment (checks payable to PJ McKinney), and send to:

PJ McKinney 343 Pensacola St. Yorkville, IL 60560

Questions? Call 630 947 5331 or email pmckinney@ndhs18.org

2022 Basketball Camps

Register at kabasketball.com

Email: kyleanders12@kabasketball.com

KA BASKETBALL 4 DAY CAMP

This 4 day Camp will challenge players of all skill levels. Players will learn the fundamentals and skills to excel on offense and defense. Players will have the opportunity to use these skills in fun/challenging games and competitions. Must be registered by June 1 to guarantee receiving a t-shirt.

June 20, 21, 22, 23

Location: Helmar Lutheran Church. 11935 Lisbon Rd, Newark, IL 60541

Age: Entering 1st-9th Grade Girls and Boys

\$70/Camper

8:00 AM - 11:00 AM 1st - 4th Grade

11:30 AM - 1:30 PM 5th - 9th Grade

KA BASKETBALL ELITE CAMP

This camp is for players who are looking to take their offensive abilities to the next level. Every minute of this camp will be devoted to improving each players ability to score on the offensive end. Players will compete in different variations of 1 on 1 and 3 on 3 everyday. Must be registered by June 6 to guarantee receiving a t-shirt.

June 27, 28, 29

Location: Helmar Lutheran Church. 11935 Lisbon Rd, Newark, IL 60541

Age: Entering 4th - 9th Grade Girls and Boys

\$80/Camper

9:30 AM - 12:30 PM 4th - 9th Grade

COACHES

Dylan and Kyle have been around the game of basketball all their lives. Dylan was part of the 2016 Newark 4th place state team. He averaged over 25 points per game his senior year. in college he played for Upper Iowa and Southeastern University and is the current Newark JV coach. Kyle was part of the Newark 2011 state championship team. He is Newark's all time leading scorer with 2280 points. He was a four year starter at the University of Delaware and played professionally in Europe. Kyle has trained athletes of all ages for the past 5 years. Both Dylan and Kyle love helping kids grow in their abilities on the court.





April 2022

What is happening in PTO

Monthly PTO Meeting

Tuesday, April 5th @ 6pm
Newark Grade School

Time to Dines

4/7 - Salsa Verde in Yorkville - all day
(bring flyer with you, show on your phone or mention us)

4/19 - Johnny K's in Sandwich -4pm-9pm
(bring flyer with you, show on your phone or mention us)

5/10 - 5B's 4:30pm - 6:30pm NGS Drive Thru

5/27 - Foxy's Ice Cream Truck - MJH

Upcoming Events

Newark Family Night with the Chicago Wolves

Saturday, April 2nd @ 7pm - tickets being sent home
the week of 3/28

Teacher Appreciation Week!

Monday May 2nd - Friday May 6th

(more info to come on how the kids and parents can help participate)

The Circus is coming to town!

Wednesday, May 25th - more details to come!

PTO Election Time --- Google doc being sent out, please fill
out and send back no later than May 2nd

Time to Dine - Let's Go To Dinner Fundraiser

Newark School District #66 and

Newark/Millbrook PTO would like to give a

BIG THANK YOU

to **Johnny K's** and **YOU!**

They will be hosting a fundraiser for us and a percentage of all sales for the below date will be donated as a benefit back to our school. Bring this flyer or just mention our schools.

TUESDAY, APRIL 19TH

4PM-8PM

The current funds being raised will be going to:

NGS – playground repairs

MJH – playground repairs

Thank you for your support!





5B'S DRIVE THRU Time to Dine Fundraiser



Newark School District #66 and
Newark Millbrook PTO would like to give a

BIG THANK YOU
to **5B'S CATERING SERVICE** and **YOU!**

TUESDAY, MAY 10th
4:30PM-6:30PM @ NGS

Please stay in your cars, volunteers will be outside to direct you!
Pre-order by clicking the ticket information link below or on the
Newark/Millbrook PTO page

<https://docs.google.com/forms/d/e/1FAIpQLSez1dzDI7THMxYK43T0etNeqE8Q81rgcSvLkEquYZpYtU7gng/viewform?vc=0&c=0&w=1&flr=0>

This guarantees you get a meal that night and helps us with the wait times.



Each ticket gives you:
2 Pork Chops --- \$15
OR
1/2 Chicken --- \$15
OR
Combination Meal ---- \$15
OR
Hot Dog Meal ---- \$6

MEAL SIDES: Applesauce, Baked Beans, Coleslaw, Dinner Roll & Butter.

PAYMENT is due at time of pickup. Cash or Check made out to Newark/Millbrook PTO

The current funds being raised will be going to:

NGS – playground repairs

MJH – playground repairs

Thank you for your support!

Helmar Lutheran Food Pantry

Are you having trouble making ends meet? These are certainly challenging times with gas, food, medicine, and utilities all climbing higher and higher. Whether you're trying to meet your own needs or those of a family, it can be stressful. Helmar Lutheran Food Pantry can help stretch those dollars by offering free food at our distributions twice a month.

We serve the Kendall County area but will never turn anyone away in need of food, no matter your location. Matthew 25:35, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in,..."

Should you, your family or someone you know need food assistance, please come to:

Helmar Lutheran Food Pantry
11935 Lisbon Road
Newark, IL 60541

Distribution*:

2nd Friday of each month from 5-7pm

4th Monday of each month from 3-5pm

Please bring with you the following:

2 proof of residency: Driver's License, State ID, Utility Bill, etc.

1 proof of dependent children: SS Card, Birth Certificate, report card, etc.

Any questions, please call (815)695-5489 and choose Food Pantry option.

*Distribution may be adjusted near a holiday

Newark CCSD 66 | 2021-2022 CALENDAR

4 Independence Day

JULY '21						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
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JANUARY '22						
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23	24	25	26	27	28	29
30	31					

3 Teacher Institute
4 Students return
14 SIP 1:15/1:30
17 M.L. King Day – No School

3 – late registration 1:00 – 6:00 pm
16 Teacher Institute
17 Teacher Institute
18 First Day of Student attendance

AUGUST '21						
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FEBRUARY '22						
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20	21	22	23	24	25	26
27	28					

18 SIP 1:15 /11:30
21 Presidents' Day – No School

6 Labor Day No School
9 SIP day 11:15/11:30

SEPTEMBER '21						
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MARCH '22						
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20	21	22	23	24	25	26
27	28	29	30	31		

18 SIP 1:15/1:30
21 – 25 Spring Break
28 School resumes

8 Teacher Institute
11 Columbus Day – No School
20 PT conferences 4 – 7
21 1:15/1:30 Dismissal
PT conferences 2 – 7
22 No School
31 Halloween

OCTOBER '21						
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APRIL '22						
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24	25	26	27	28	29	30

15 Good Friday – No School
17 Easter Sunday
18 No School – East Monday
29 SIP 11:15/ 11:30

23 SIP day 1:15/1:30
24 No School
25 Thanksgiving Day
26 No School

NOVEMBER '21						
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MAY '22						
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22	23	24	25	26	27	28
29	30	31				

08 Mother's Day
11 SIP 1:15/1:30
27 Last Day of Student Attendance 1:30 dismiss
30 Memorial's Day

17 SIP Day 1:15/1:30
20 First Day of Winter Break
25 Christmas Day

DECEMBER '21						
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JUNE '22						
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19	20	21	22	23	24	25
26	27	28	29	30		

19 Father's Day

Calendar Template © calendarlabs.com

NEWARK CCSD 66 | 2022-2023 CALENDAR

JULY '22						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

4 Independence Day

JANUARY '23						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

9 Teacher Institute
10 School resumes
13 SIP 1:15/1:30 pm
16 M.L. King Day -No School

AUGUST '22						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

15 – Teacher Institute
16 – Teacher Institute
17 – First Day of attendance

FEBRUARY '23						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

17 SIP 1:15/1:30 pm
20 Presidents' Day -No School

SEPTEMBER '22						
S	M	T	W	Th	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

5 Labor Day
8 SIP Day 11:15/11:30

MARCH '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

24 SIP 1:15/1:30 pm
27 – 31 Spring Break

OCTOBER '22						
S	M	T	W	Th	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

7 SIP Day 1:15/1:30
10 Columbus Day- No School
19 Conferences 4 – 7 pm
20 Conference 2 – 7 pm
Dismiss 1:15/1:30
21 No School
31 Halloween

APRIL '23						
S	M	T	W	Th	F	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

03 School Resumes
07 Good Friday
09 Easter Sunday
10 No School
28 SIP 1:15/1:30 pm

NOVEMBER '22						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

8 No School – Elections
22 Dismiss 1:15/1:30
23-25 Thanksgiving Holiday

MAY '23						
S	M	T	W	Th	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

05 SIP 1:15/1:30 pm
07 Mother's Day
26 Last Day 1:15/1:30 pm
29 Memorial's Day

DECEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

21 Dismiss 1:15/1:30
22 Dismiss 1:15/1:30
23 No School
25 Christmas Day

JUNE '23						
S	M	T	W	Th	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

18 Father's Day
19 Juneteenth

Calendar Template © calendarlabs.com

New Viking Spirit Wear

PTO has partnered with a new Spirit Wear provider this year. All ordering will be done using the following website.

<http://newarkvikings.company.site/>

There will be no charge for shipping and all orders will be delivered to your child's school.

We are offering several new designs!



You can also find the link on our PTO Facebook page

Newark/Millbrook PTO



Stressed out kids? Signs and strategies

Life is full of unpredictable changes. Some can be exciting and motivating, while others can lead to increased stress, poor health and anxious feelings.

Stress is an automatic physical, mental and emotional response to challenging events. It's a normal part of everyone's life, including the lives of children.

Children, especially teenagers, aren't likely to ask their parents to help them manage their stress. Sometimes, they don't even recognize that they are feeling stressed out. As a parent or guardian, you might notice something is off before they do. Helping your children manage their stress can lead to more balanced and healthier lives.

Signs of stress in children

Children aren't mini adults, and they may express stress in different ways than you might expect.

Here are a few signs that your children may be stressed out or could use some extra support:

- **Emotional outbursts or increased irritability**
Stress leads to stronger feelings of anger and irritability. Your children may have emotional outbursts that are inconsistent with their previous behavior or the current situation.
- **Trouble sleeping**
Worries and fears seem to come out during bedtime. Children who are stressed may have trouble falling or staying asleep or start having nightmares.
- **Withdrawing from others**
Children who are stressed may want to spend more time alone and not interact with friends or family.
- **Struggles with school**
Significant changes in your children's school performance can be a sign of stress. Stress makes it harder for children to focus during the school day or when doing homework. Emotional outbursts and anger at school can cause trouble with friends and classmates.
- **Frequent headaches or stomachaches**
When children are stressed or anxious, their bodies release the hormone cortisol into the blood. This can trigger abdominal cramps and headaches.
- **Increased defiance**
Children under stress may feel angry or overwhelmed. They are seeking ways to get out of the situation that is causing them to feel uncomfortable. This can lead to defiant and stubborn behaviors. Remember that children's signs of stress can vary based on age, personality and coping skills. The key is to watch for drastic or sudden changes from your children's previous behaviors.

Managing defiance

Usually, children don't have a lot of power or control in their lives. They are told when to eat, sleep and learn; when to say please and thank you; and the list goes on. Children know how to push their parents' buttons and get reactions, and sometimes saying no is the only control they feel they have that day.

Sometimes there is a purpose for their misbehavior, such as to gain attention or get something they want. Other times, they might just be on autopilot because they are exhausted and their brains simply aren't able to regulate their emotions or actions any more. As a parent or caregiver, it can feel exhausting when your children act defiantly.

Here are a few tips for managing children's defiant behaviors:

- **Set expectations.**
Children thrive on routines and set expectations. Outline examples of behaviors you will and will not tolerate. When

correcting children, tell them what you want them to do rather than what not to do. For example, instead of saying, "Stop chewing with your mouth open," try saying, "Please chew with your mouth closed."

- **Act, don't react.**

When children act defiant, the instinct to react is very human. Take a deep breath and calmly correct behavior. Don't mirror their anger level. Remind yourself that your children are impressionable, and your words matter.

- **Pick your battles.**

If their behavior is simply irritating but not dangerous or illegal, try to ignore it. The moment they do something positive, complement them. Sometimes children simply want a reaction, so try to react to the positive behaviors instead of the negative.

- **Focus on two or three behaviors only.**

Children may feel overwhelmed or inadequate if you try to correct every concerning behavior. A focused approach will get better and quicker results in improved behaviors.

Coping with stress

While all stress cannot be eliminated, you can prevent excess stress from affecting your children's lives by:

- **Establishing and keeping routines**

With many simultaneous changes, children need to be able to count on something that's going to be the same most of the time. That's why routines are so important. If your family wasn't routine-orientated before, now is a good time to implement daily routines to provide structure and support. You could start a new bedtime habit or strive to have supper together a few nights a week to provide consistency at home for your children.

- **Encouraging a return to previous activities**

During the pandemic, many children's activities were delayed or canceled. After going a whole year with little social contact, some kids have anxiety about returning to activities they previously enjoyed. Depending on your local health recommendations, encourage your children to try a new or previous favorite activity or sport again. If your children resist, set a timeline to reevaluate their feelings. For example, ask your children to try the activity for two weeks before making any final decision. It's good for them and most will find they enjoy it once they get going again.

- **Finding humor in daily life**

A good laugh doesn't just lighten a mood, it also activates and relieves the body's stress response. Find ways to laugh with your kids by watching comedies, reading comics or jokes, playing games, and helping each other find the humor in daily life.

- **Playing as a family**

Get physical with your kids and find ways to play as a family. Put on music and dance in the kitchen, go for a bike ride after dinner, or play games as a family. These activities can reduce how stress affects you and your children.

- **Encouraging healthy diet and sleep habits**

Tired or hungry kids are rarely happy. Make sure that your children's diet includes a mix of fruits and vegetables, whole grains and lean proteins to keep them full and focused. A lack of sleep can trigger overreaction or emotional outbursts, so follow a bedtime routine to make sure your children get enough sleep each night.

- **Practicing deep breathing together**

Deep breathing is a great way to reduce stress levels. Help your children practice by taking deep breaths in for a count of five seconds, hold for two seconds and released to a count of five seconds. If your children feel anxious, try this simple exercise to unstuck the mind from the worry setting. (See 5, 4, 3, 2, 1: Countdown below)

- **Enlisting help of children's teachers**

With kids back in classrooms, take the opportunity to check in with their teachers. Ask how your children are doing, if they are making friends, or if the teacher is noticing any problems between your children and other students. Often, children won't tell their parents about issues they have at school, as they may feel embarrassed. Sometimes parents are surprised to learn their children are being bullied at school. Teachers and school staff can be your eyes and ears when your children are not with you.

- **Managing your mental health**

It's hard to be an effective parent if you struggle with your mental health. Take steps to keep burnout and stress at bay in your life.

5, 4, 3, 2, 1: Countdown to make anxiety blast off

Everyone feels anxious now and then. But there are things you can do to minimize those feelings. Mayo Clinic Health System staff suggests trying the exercise below the next time your mind is stuck on the worry setting.

Sit quietly. Look around you and notice:

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- 5 things you can see: Your hands, the sky, a plant on your colleague's desk
 - 4 things you can physically feel: Your feet on the ground, a ball, your friend's hand
 - 3 things you can hear: The wind blowing, children's laughter, your breath
 - 2 things you can smell: Fresh-cut grass, coffee, soap
 - 1 thing you can taste: A mint, gum, the fresh air

This exercise helps you shift your focus to your surroundings in the present moment and away from what is causing you to feel anxious. It can help interrupt unhealthy thought patterns.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-4-3-2-1-countdown-to-make-anxiety-blast-off>