

# 5 Back-to-School Tips for Parents

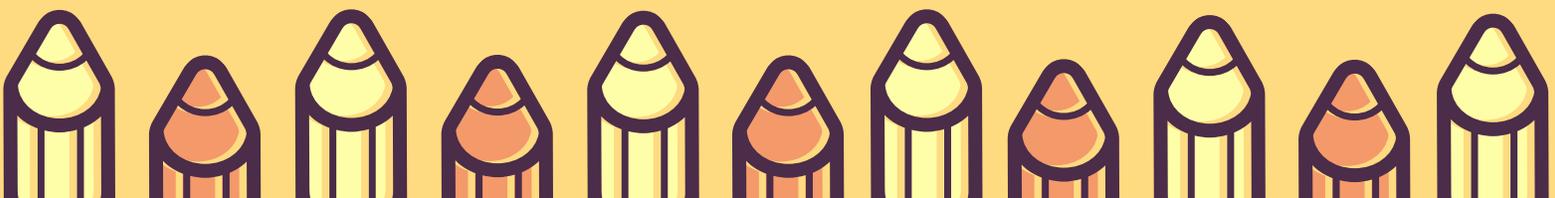
First, parents have decided whether site-based or virtual learning is what's best for their scholar. School is going to start in a few weeks...What's next? What should parents begin to do? How do we get scholars ready?

The weeks leading up to and following a scholar's return to school can shape the rest of their academic year. Check out these tips for starting off the school year right!

## Talk About School

Nothing about school will be the same as when they left. There will be different routines and different interactions. Children will need to know that life will be different at school or at home. These changes need to be discussed. Create an open line of communication.

Scholars returning to the school building will be nervous about new teachers, new school building and new peers. Scholars virtually will miss peers, teachers and the routine of a school building. Talk to your scholar about why the choice you made was right for them. Scholars might be anxious and nervous, but the more you talk with them, the better they will feel. Parents, it is important to let schools know what your children need. Let your school guidance counselors know if your child isn't adjusting well to school whether site-based or virtual.





## **Routine**

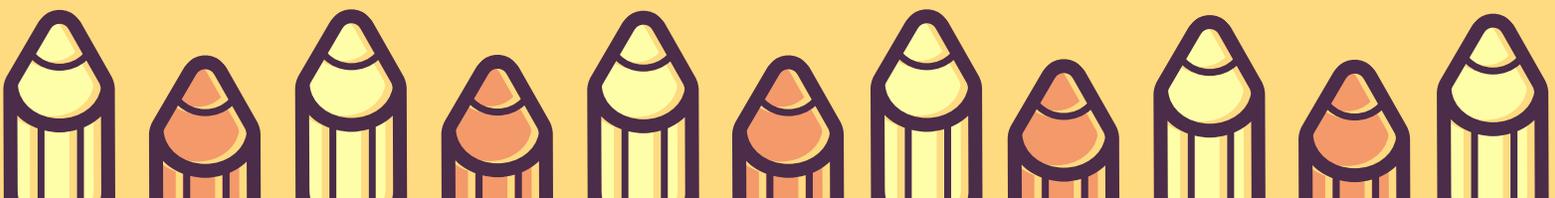
**In the last six months, most of us have had little routine. Bedtimes may have been forgotten and late starts a common occurrence. Don't feel guilty about this, we have all dealt with this in different ways. It is, however, never too late to put in a routine. It has been suggested that a week to two weeks before your child goes back to school, you start to adopt a routine.**

**Put in bedtimes and allow your child to get used to earlier mornings. This will reduce the impact on the first day back. Scholars doing virtual need this same routine, if a time comes and you send your scholar back to school, you want the routine to be in place.**

## **Get Scholars Ready to Learn**

**Have your scholars read at least one book between now and the beginning of school and ask questions about what they read. Ask them to write a paragraph about the book or have the younger scholars tell you what they heard. This will set up the expectation of learning and school work.**

**When school starts and you have your scholar's schedule, reach out to the teacher. This doesn't need to be in person. A simple email to introduce yourself and family will open a line of communication.**





## Stay Organized

The first couple of weeks back can be very hectic as you try to settle your scholar into their classes. Prepare your lunches, outfits and school bags the night before. Use the weekend to map out your week. Talk to your scholars about how they will get back and forth to school. Will they be walking, riding a bus, being dropped off or driving?

Many scholars find it helpful to have a set place for them to complete homework. This will be very important for the virtual scholar. They need a designated area of learning. That way, they have somewhere peaceful to work. Set up a study station long before school starts.

## Adjust to the Unexpected

Even the best routines aren't safe from the randomness of life. Continue to talk to scholars about the idea of schools going all virtual or what happens when we all return back to the building.



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