



## MENTAL HEALTH NEWSLETTER - August 2021

I hope everyone had a fun-filled summer! While going back to school can be a very exciting time, it can also be a busy, stressful and anxiety producing time for many students and parents. I put together a few practical tips for families to help reduce some of the stress associated with back-to-school.

1. Use a calendar so that everyone in the home has a visual of when school is starting. Allow your child to cross off each day leading up the start of school.
2. Re-establish school bedtimes at least one week in advance of school starting. We all struggle with getting back into a decent sleep routine after our late summer nights and (for many), sleeping in on summer mornings. Introducing the school sleep routine in advance will make it easier for the kids, and parents.
3. Back-to-school preparation and shopping. Students can feel anxious about not being prepared by having the necessary school supplies. We can help our children by making a list and then shopping for the items needed for each child. Including your child in the back-to-school shopping can also help increase their excitement about the upcoming year. Parents/Guardians can find the supply lists on the Cameron District Website and Facebook page.



4. Plan and have appropriate footwear and weather-appropriate attire for your child. Making sure that your child has the proper footwear, clothing, gear, equipment for gym class and outdoor recess time, as well as their extracurricular school activities is helpful in reducing both parent and student stress. Parents should stay weather aware for school days and send rain boots, umbrellas, jackets, hats, and gloves as appropriate.



5. Talk about homework expectations with your child. Make sure they have an adequate, quiet space to do reading and other homework. Build reading and homework time into the schedule every day. This will help promote good habits in your child. Be sure to set limits for the privilege of TV, gaming, and other screen time.
6. Spend a few minutes EVERY DAY talking with your child about their school day. This is a great way to boost your child's confidence and overall self-esteem. Remember that we all play a part in nurturing children and building their sense of school connectedness and belonging.



While we are not in control of many things happening around us, the one thing we do have control over is being prepared and planful. These simple tips will make the back-to-school transition easier for everyone.

Wishing each of you a wonderful and enriching school year!  
Jolene Severt – Mental Health Navigator



*\*If your child could benefit from school-based mental health services, please call me at [#\(715\)458-5906](tel:7154585906) to hear about our available options.*