



September 6, 2019

EASING BACK-TO-SCHOOL ANXIETY

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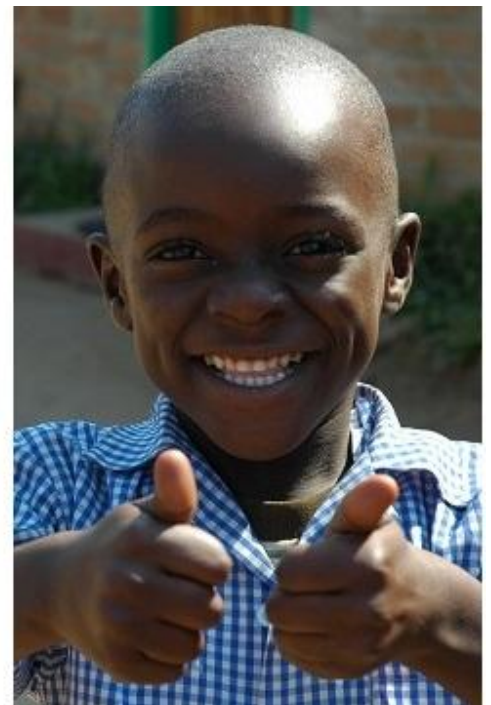
When it comes to the first day of school, kids — and parents — may be excited and a bit nervous. Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten.

This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, have trouble sleeping, complain of headaches or stomach pains, withdraw and become sullen or irritable.

Here are some tips for helping ease the stress of a new school year and starting on a positive note:

- Re-assure your child
- Point out the positives
- Prepare ahead and start a routine
- Encourage safe traveling to and from school
- Plan for special needs
- Make your child feel comfortable
- Prepare for emergency situations

Read more at www.capta.org/tips-for-parents.



LOCAL PTA LEADER KIT FROM NATIONAL PTA

It's the most wonderful time of year for PTA! The beginning of the school year is an unofficial holiday season and teachers, parents and students are filled with anticipation and excitement for the school year ahead.

Let's celebrate National PTA's Back-to-School Week! This year, the week has been designated as September 16-20. Each day of the week, National PTA will be sharing resources, guides and tips for PTA leaders, parents, students and teachers, which are housed on their website at www.PTA.org/BacktoSchool.

Mark your calendars for PTA Back-to-School Week, visit www.PTA.org/BacktoSchool to access the resources and share them with your PTA community and use and follow #PTABackToSchool. We want you to celebrate with us!



TAKE ACTION

Regional Leadership Conferences



Don't miss the training opportunities for PTA leaders in Rialto this weekend!
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Strengthening Family Engagement



Family engagement = student success. Learn more about the standards for family-school partnerships.
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