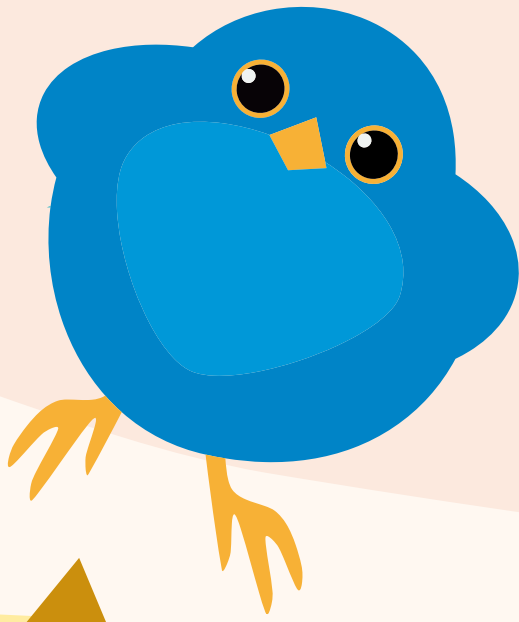


MERIWETHER LEWIS BACK TO SCHOOL TIPS!

by Ashley Kovach,
School Counselor



Participate in any opportunities to acclimate your child to their school environment prior to the first day of school (e.g. open house, orientation, meet and greets, summer programming)

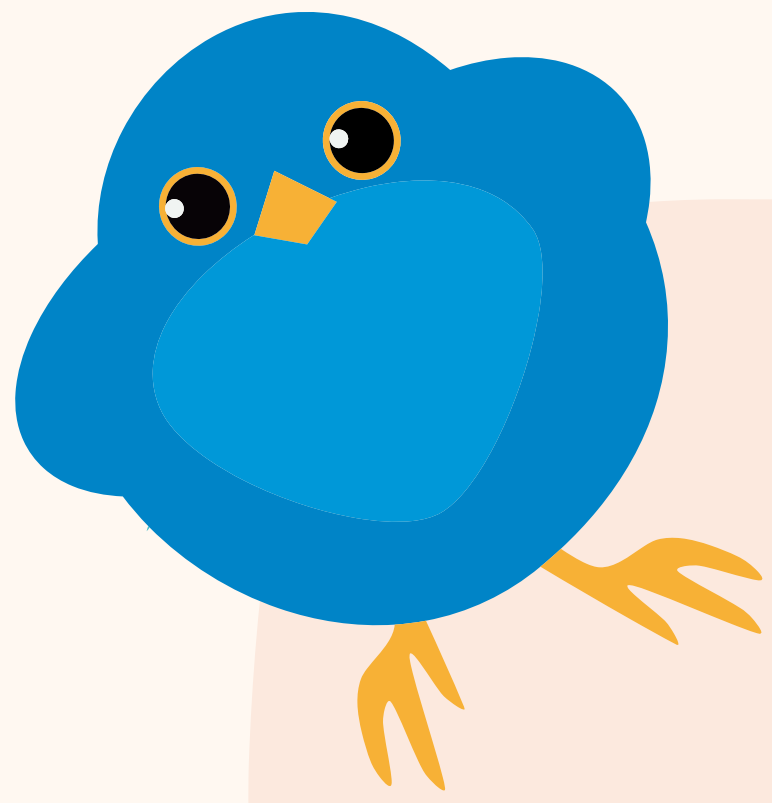
Start an evening routine that ensures a reasonable bedtime

Plan your lunches in advance (if packing consider having student(s) help)

Leave plenty of extra time - especially during the first few weeks of school



TIPS FOR RETURNING TO SCHOOL FULL TIME



STAY INFORMED
AND CONNECTED
SO YOU CAN
HELP YOUR
CHILD PLAN!

Create a "launch pad"
where all the
materials for the
following day are
housed

Create a structured
morning routine

Use visual reminders to
help kids remember
routine steps

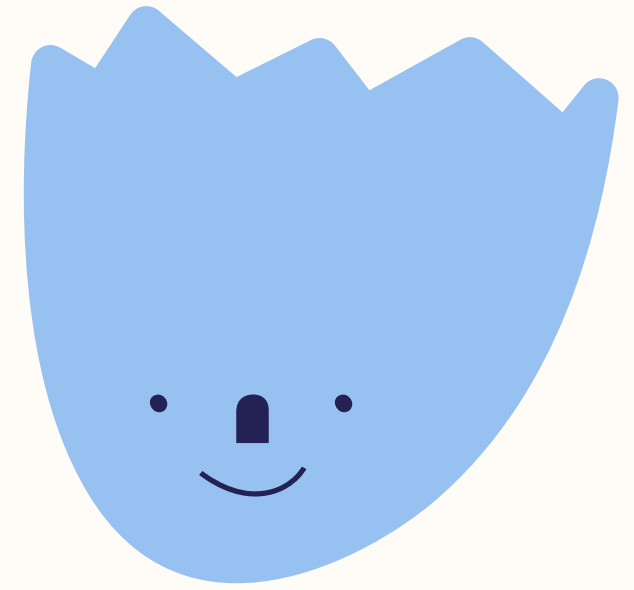
Do a few practice runs
of your evening and
morning routines

MERIWETHER LEWIS ELEMENTARY SCHOOL



MORE TIPS!

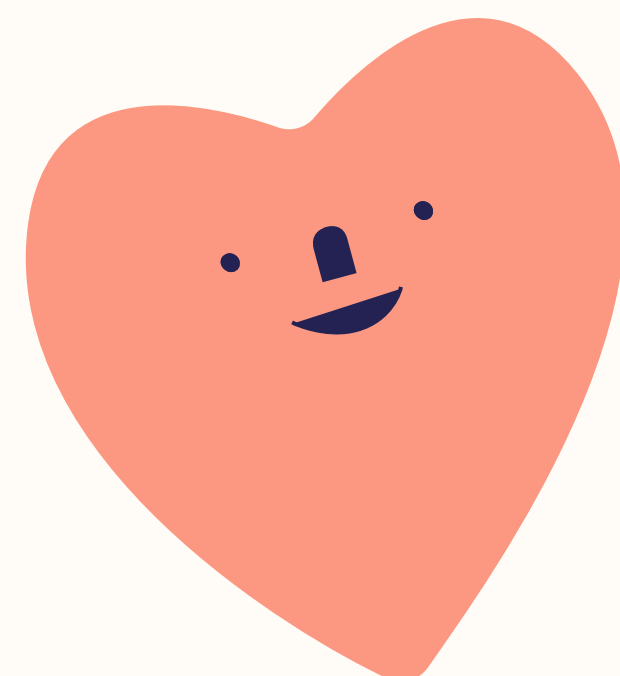
MASK UP!



Pick out school
clothes the
night (or two)
before

Practice
wearing the
mask

Practice
good
hygiene
habits



MORE TIPS!



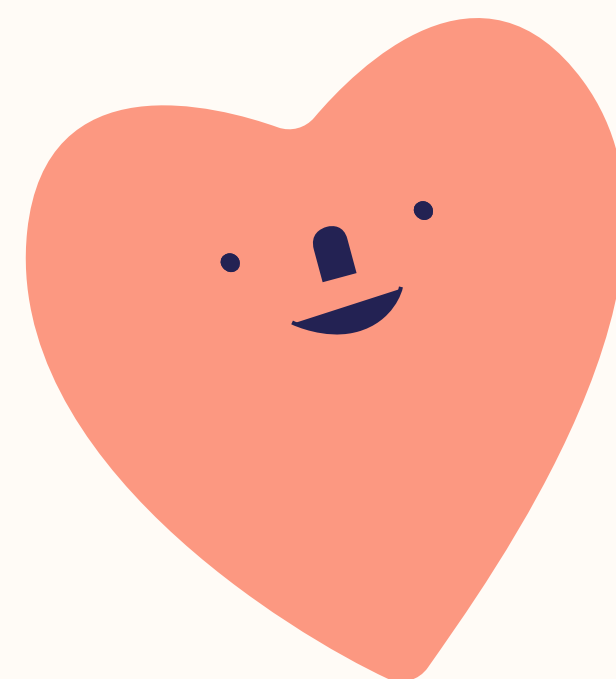
PROVIDE SPECIFIC PRAISE
WHEN THEY COMPLETE THE
MORNING OR EVENING
ROUTINE



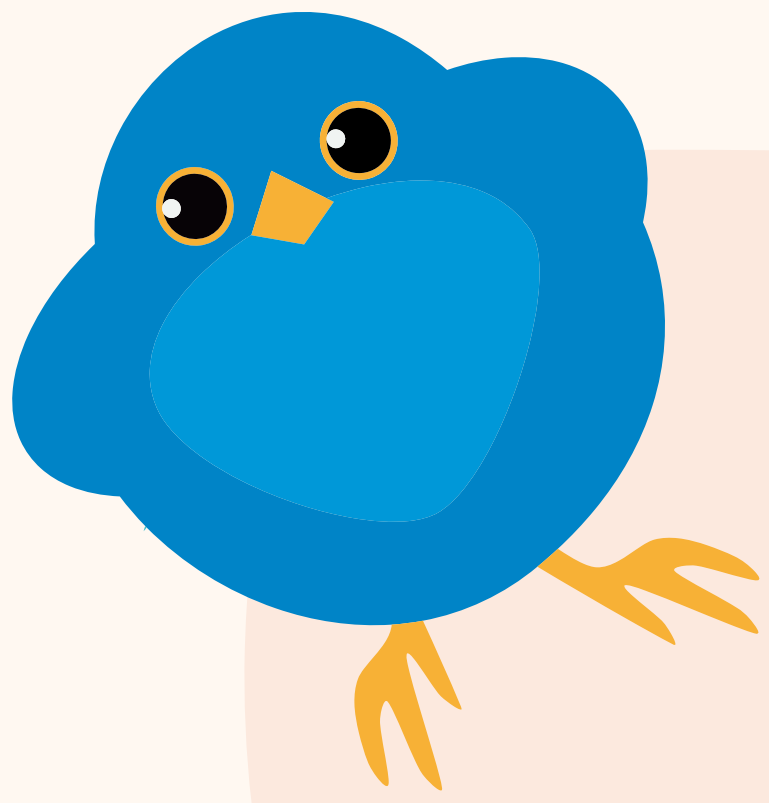
Foster
independence
and give kids
tasks they can
easily complete

Stay positive,
and remember it
will take some
time to readjust

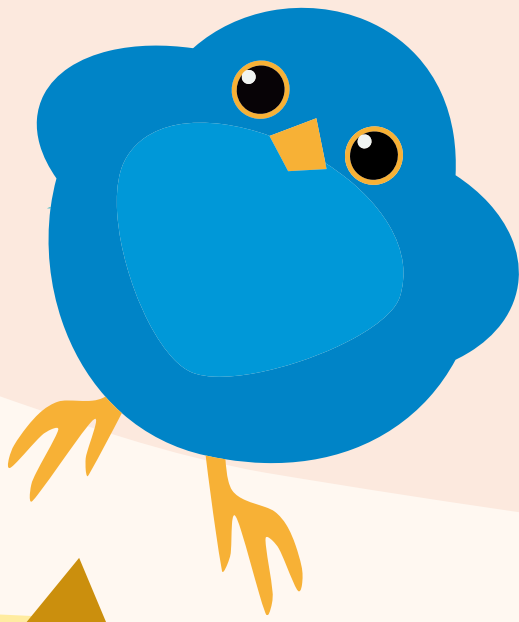
Have honest
conversations
about any
anxiety they
may be feeling



MERIWETHER LEWIS ELEMENTARY SCHOOL



Share your concerns
and/or questions with
your child's teacher or
school counselor



Focus on the positives &
celebrate small successes

Allow time to talk to your
students about navigating
relationships in school

Color Code your
calendar and set
aside some time
to organize it

Proactively check in
about mental health -
even if you've not had
concerns before

**GOOD
LUCK!**



MERIWETHER LEWIS ELEMENTARY SCHOOL