TRAILSIDE ELEMENTARY SCHOOL

Welcome to the 2023- 2024 School Year!

We are very excited to be back and have all students learning in person this year! Beginning a new school year can be exciting and we also recognize that this change can cause anxiety. In addition COVID-19 may have increased stress, fears, and worries for some children and families. We have put this letter together to provide helpful tips and tricks to make your back-to-school transition a success.

Routines:

-Get back into a school based sleep schedule. It is recommended by the CDC that children ages 5-12 need an average of 10-11 hours of sleep. Setting an appropriate bedtime and wake time that fits your family's schedule is helpful for the growing mind and body of a child.

-Create a structured bedtime and morning routine. Having a "launch pad" in your home where students keep all of their school items (backpack, coats/snow clothes, etc.) can decrease morning stress.

-Eating breakfast every morning is key to waking up the brain for optimal learning. Breakfast is available in the school cafeteria beginning each morning at 7:45 a.m.

Calendar:

-Children thrive with structure and predictability. Creating a family calendar of important dates, extracurricular activities, etc. can help provide that predictability. Calendars are also a good way of helping children look forward to fun and enjoyable events.

Positive Role Modeling:

-Positive role modeling is a key element in healthy childhood development. Our children take their cues from adults, thus what they hear and see molds their reality. Positive role modeling that "we can do hard things" and discussing this concept will help them maintain a positive perspective. We don't want to dismiss their feelings, but we do want to normalize those feelings by validating them first, then reassuring them that they can do hard things.

As always, please feel free to reach out to us with any questions, concerns, or further support. We are looking forward to a great year!

We Can Do Hard Things,

Laura Waugaman, School Counselor
Courntey Heiling, Social Worker, LCSW