A Healthy Start

August Resource Guide for Parents

Dear Families,

Welcome to a brand-new school year! We are excited to partner with you as we continue working together to create the best possible experiences for our students. This year brings an important season of transition as we welcome our new Superintendent and launch districtwide family engagement activities designed to strengthen the home-school connection.

Your voice, support, and involvement are vital during this time of growth. Together, we can build stronger schools and brighter futures for every child. We encourage you to take part in upcoming family engagement opportunities and continue supporting your child's learning journey.

Thank you for all that you do. Wishing you and your family a successful, joyful, and inspiring school year!

Warm regards,

Sylvia K. Rogers, M.Ed.

School Hours

Elementary
7:30 a.m. - 2:30 p.m.

Middle
8:45 a.m. - 3:45 p.m.

High
8:00 a.m. - 3:15 p.m.

Transportation

You are encouraged to download the **My Ride K-12** mobile app on your phone. You can access the free app by searching for My Ride K-12 in the App Store (Apple iOS) or Google Play for Android. You will install the app and register. When asked to find a school district, search for Richland County School District One.

If you have any questions about the app or your child's bus route, contact the student transportation call centers at the following numbers between 8 a.m. and 5 p.m. Monday through Friday:

- North Hub – (803) 691-5590 – Columbia High School, Eau Claire High School, C.A. Johnson High School and W.J. Keenan High School, as well as their feeder elementary and middle schools
- South Hub – (803) 695-5499 – A.C. Flora High School, Dreher High School and Lower Richland High School, as well as their feeder elementary and middle schools



- *Talk to your child about your expectations for them.*
- *Answer the District call outs - it's information you need.*
- *Get organized and use a calendar to track important dates.*
- *Establish and implement a bedtime routine.*
- *Create a space for your children to study at home.*
- *Establish a routine for when homework is done.*
- *Have all supplies your child will need to complete work at home.*
- *Encourage your child!* ***You are your child's cheerleader!***

Sleep

Adequate sleep is crucial for a child's overall well-being, affecting everything from their mood to their ability to learn and retain information. Children who do not get enough sleep are more likely to experience attention problems, behavioral issues and poor academic performance.

Recommended length of sleep for children and adults
The National Sleep Institute recommends these hours of sleep:

12–17 hours for newborns and infants
11–14 hours for ages 1–2
10–13 hours for ages 3–5
9–11 hours for ages 6–13
8–10 hours for ages 14–17
7–9 hours for adults



Immunization Information



Changes for the 2025 – 2026 School Year:

- 7th – 12th grade: one (1) dose of Tdap vaccine on or after the 10th birthday.
- 11th grade: two (2) doses of varicella. A child with a positive history of the disease is considered immune and is exempt from this requirement.
- 5th grade: two (2) doses of hepatitis A vaccine with both doses received on or after the first birthday and separated by at least 6 months.

SCDPH Parent Letter

Developing Routine Checklists

Work with your child to develop checklists for the following:

- **Morning Routine**
  - Personal Hygiene
  - Breakfast
  - Packing Your School Backpack
  - Preparing to Depart for School
- **Evening Routine**
  - Homework Time
  - Dinner Time
  - Relaxation/Playtime
  - Preparing for Tomorrow
  - Wind Down
- **Weekend Routine**
  - Review the Week
  - Plan for the Upcoming Week
- **Additional Routines**
  - Physical Activity
  - Screentime Limits

Checklists can help establish a structured environment that supports learning and development.

RICHLAND ONE
ENGAGE • EDUCATE • EMPOWER



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