

August 10, 2025

# Cockrell Connection

Be sure to follow us on facebook and instagram



### SCHOOL HOURS

Grades PK-4.....7:55-3:15 PM  
 Front Doors Open.....7:15 AM  
 Breakfast Served.....7:15-7:50 AM  
 Students Enter Class.....7:45 AM  
 Class Begins.....7:55 AM

## TEACHER ASSIGNMENTS

Teacher assignments will be available in Skyward Monday August 11<sup>th</sup> at 5PM

## School Supply Drop Off

Tuesday August 12<sup>th</sup>  
8:00-8:45AM



# 1st Day of School August 13, 2025

Doors will open at 7:15. This will be the only day that parents will walk students in.

## No Lunch Visitors

August 13-September 1st

We will be utilizing this time to teach our school wide expectations

\*Students must be inside the building by 7:55 AM. Students entering the building after this time will be tardy. If a student is tardy, parents are required to park and come in the lobby to sign them in.

### IMPORTANT LINKS:

[Cockrell Elementary Contact List](#)

[AUGUST MENU](#)

[DISTRICT CALENDAR](#)

[DRESS CODE](#)

[STAFF AFFIRMATIONS](#)

[SCHOOL SUPPLY LISTS](#)

[ABSENCE REPORTING](#)

### Upcoming Dates:

- 8/11 TEACHER ASSIGNMENTS AVAILABLE IN SKYWARD 5PM
- 8/12 SCHOOL SUPPLY DROP OFF 8:00-8:45AM
- 8/13 1<sup>ST</sup> DAY OF SCHOOL
- 8/21 MEET THE TEACHER 6:30PM OR 7:15PM



# SEPARATION ANXIETY

## Preparing for the 1st Day of School

Separation anxiety is a common developmental stage that many children experience. It is a normal part of a child's emotional development, but it can be challenging for both the child and the parent. Here are some strategies to help you and your child as they transition to school (perhaps for the very first time!

**Be Patient and Reassuring:** Understand that separation anxiety is a natural part of growing up. Be patient with your child's emotions and provide reassurance that you will always come back. Let your child express their emotions and validate their feelings. Acknowledge that feeling sad or anxious is okay and that you understand.

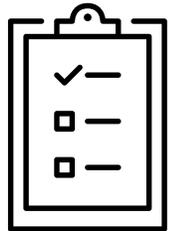
**Create a Predictable Routine:** Children feel more secure when they know what to expect. Establish a consistent daily routine for getting ready for school and for drop-off and pick-up.

**Avoid Lengthy Farewells:** Prolonged goodbyes can make the separation more difficult for both you and your child. Once you say goodbye, leave promptly and confidently.

**Say Goodbye:** Always say goodbye to your child when leaving, even if they are upset. Sneaking away may lead to increased anxiety and distrust. Keep your goodbyes brief and positive.

**Stay Calm:** Children can pick up on their parents' emotions. Stay calm and confident during drop-offs to help your child feel more at ease..

Remember that separation anxiety is often temporary, and most children adjust to the school environment quickly! By keeping yourself calm and providing support, understanding, and patience, you can help your child navigate this new stage more smoothly. Please feel free to contact the school counselor with any questions or concerns!





# ways to help with SEPARATION FEARS

for kids starting school

## 1 Make a fun goodbye ritual

*Physical: Quick secret handshake*

*Verbal: "See ya later alligator!" "After a while crocodile!"*

## 2 Do a practice run

*Get up and start your day as if you were going to school. Pack up your things, get in the car, and drive on campus. Show your child the drop-off lane and where they will get out (but please do not exit the car during this practice run). Seeing the route will help them mentally prepare for the real thing!*

## 3 Read books about connections

- *Llama Llama Misses Mama*
- *The Kissing Hand*
- *The Invisible String*

## 4 Stick to predictable routines

*Set and stick to predictable morning, daytime, evening, and bedtime routines as much as possible to get students ready for the routines of the school year.*

## 5 Show your excitement

*Instead of: "I'm really going to miss you while you're at school!" Try this: "I can't wait to hear about the fun things you do with your class!"*

## 6 Pack a picture

*Send a family photo that can be included in your child's classroom as a reminder of loved ones! They can keep it in their backpack, folder, or pencil box.*

## 7 Validate feelings

*If your child expresses some sadness or worry about going to school, validate their feelings and let them know it's okay to feel that way. Redirect the conversation to things they can do if they feel worried at school, like picturing a fun activity to do with family after school or looking at their family photo.*

## 8 Model a positive goodbye

*Give your child a big smile with a confident posture, tell them you can't wait to hear about their day, and then head out! Your child will pick up on your positive energy!*

## Remember,

*Change can be scary, and separation fears are totally normal. Your child may take some time to adjust to the new routine, but you can trust that they are loved and cared for at school! We're in this together.*