



### BACKPACK SAFETY

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.
- If your school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, they may be difficult to roll in snow, and they may not fit in some lockers.



(Are you Ready?)

### Dearest Bethany Community

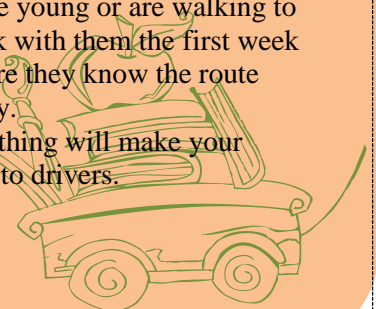
As we look forward to the start of another school year, we are hoping this year will be the best yet! Here are some tips for making the transition this fall smooth and successful...<sup>1</sup>

#### MAKING THE FIRST DAY EASIER

- Remind your child that there are probably a lot of students who are uneasy about the first day of school. This may be at any age. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school. She'll see old friends and meet new ones. Refresh her positive memories about previous years, when she may have returned home after the first day with high spirits because she had a good time.
- Find another child in the neighborhood with whom your student can walk to school or ride on the bus.
- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day.
- If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day.

### WALKING TO SCHOOL

- Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection.
- Identify other children in the neighborhood with whom your child can walk to school. In neighborhoods with higher levels of traffic, consider organizing a "walking school bus," in which an adult accompanies a group of neighborhood children walking to school.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- If your children are young or are walking to a new school, walk with them the first week or until you are sure they know the route and can do it safely.
- Bright-colored clothing will make your child more visible to drivers.



## [REMINDERS]

Feel free to ask our center about:

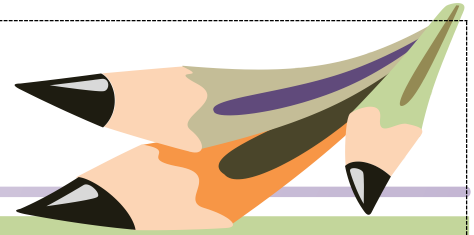
- \*BACK to SCHOOL NIGHT
- \*TUITION DUES
- \*PARENT TEACHER CONFERENCES
- \*SCHEDULED FIELD TRIPS

(continued from page 1)

## DEVELOPING GOOD HOMEWORK AND STUDY HABITS

- Create an environment that is conducive to doing homework. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
- Schedule ample time for homework.
- Establish a household rule that the TV and other electronic distractions stay off during homework time.
- Supervise computer and Internet use.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.
- If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.
- Some children need help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.
- counselor, or health care provider

<sup>1</sup>See more at: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/back-to-school-tips.aspx#sthash.3NUvNXRL.dpuf>



(Our Upcoming Fall Pumpkin Patch)

- If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, counselor, or health care provider.
- Establish a good sleep routine. Insufficient sleep is associated with lower academic achievement in middle school, high school and college, as well as higher rates of absenteeism and tardiness.

Thank you all so much for your support and cooperation! With your help, together we can foster the love of learning in your child! And as always, please stop in and say hi. We love visits from our children's loved ones.

Warmest wishes from your friends here at,

Bethany Academy

