



Returning Back to School

Tips and Tricks for preparing students to
return

Starting a New School Year

- ❖ Some students may feel anxious about the start of the new year.
 - Talk about what they may be looking forward to and what they are worried about.
 - Validate their feelings about the new year.
 - I know you are worried that you may not know anyone or I know you are worried about being in a new building. What can I do to help you feel more comfortable?
 - Listen to your child and show continued support. Offer examples of how change impacts you and what has helped you in the past.



Establish a Routine

At least two weeks prior to school starting work on a evening and morning routine.



Morning Routine



- ❖ Get at least 8 hours of sleep
 - Get up and start getting ready for your day
 - Allow enough time to get ready without feeling rushed to make to school via the bus, caregiver drop off or walking.
 - Feeling rushed/ running can set a negative a tone to the day
 - Eat a balanced breakfast at home.
 - Once school begins you can eat breakfast at home or at school



After School Routine

- ❖ Do what works best for you and your family.
 - Such as homework right away or taking a break and starting homework after.
 - Have a snack and something to drink to help fuel the brain and body.
 - Join an afterschool activity or play outside for a bit.
- ❖ Remember everyone responds differently so children may need to try a few different routines in order to determine what is best.



Bedtime Routine

- ❖ For example going to bed early enough to allow for at least 8 hours of sleep per night
 - Night time Routine can include
 - Brushing teeth
 - Picking out clothes for the next day
 - Making sure backpack is packed
 - No electronics one hour prior to bedtime



Ways to make the week smoother

- ◆ Plan your meals out for the week
- ◆ Meal prep and make it a family event each week.
- ◆ Remind your child of the weekly expectations
- ◆ Avoid power struggles
- ◆ Allow for breaks
- ◆ Have FUN together.



Supports & Resources



Support

- ◆ ESASD Website lists many of the supports available to our students
 - Student assistance program (SAP) referrals can be made by family, friends, teachers, community members, bus drivers and anyone who has a concern for the student.
 - ESASD web page under Pupil Services you will see a list of the services offered in school and in the community.
[Pupil Services / Home](#)



Questions