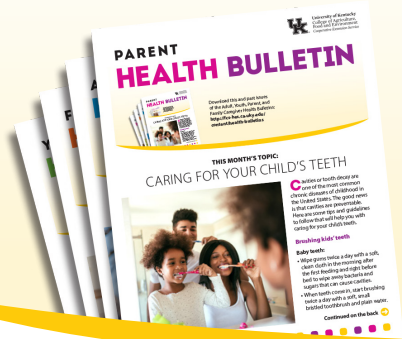


PARENT

HEALTH BULLETIN



AUGUST 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

PLAN TO GET INVOLVED THIS SCHOOL YEAR



As summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

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to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

REFERENCES:

- https://www.cdc.gov/healthyschools/families_tip_sheet.htm
- <https://www.cdc.gov/healthyschools/features/B2S.htm>

ADULT
HEALTH BULLETIN

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