



## August 2016 Parent Newsletter

[www.arkansased.gov/divisions/communications/my-childmy-student](http://www.arkansased.gov/divisions/communications/my-childmy-student)

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### **Establish a Back-to-School Routine**

The new school year is quickly approaching. As a parent, you are making lists of what your child will need to be prepared for the first day of school, but have you thought about what your back-to-school routine will be for your family?

Establishing a routine not only helps everyone be prepared, it also sets a positive tone for the day. Take travel time into consideration and determine how long it will take for your child to get ready each morning. Create a chart that lists the morning routine and times. This is a fun and creative activity you can do with your child, as it helps you both establish expectations for each day. Sites such as Pinterest have great examples.

For the evening, be sure to set aside enough time for homework, dinner and extra-curricular activities. Setting a regular bedtime is important to establishing a routine. A child's age will determine the amount of sleep that is needed. The following link is a great resource when planning evening routines:

<http://www.webmd.com/parenting/raising-fit-kids/recharge/bedtime-routine-tips>.

It is important to begin these routines a week before the first day of school so everyone has time to adapt and make changes if needed.

As you think of ways to establish a back-to-school routine for your family, consider asking your child's teacher the following questions.

- How often should I communicate with my child's teacher?
- How does establishing routines affect my child's performance at school?
- How many hours of sleep each night does my child need in order to be prepared for school?
- How will reading at home with my child each night affect my child's academic performance?
- How can our morning schedule ensure my child is ready to learn?

### **School Bus Safety**

Many children ride the bus to and from school each day; however, school bus safety is everyone's responsibility. It is illegal to pass a stopped school bus that has its red lights flashing, as children are getting on and off the bus at that time. Remember: Flashing Red. Kids Ahead. To learn more and access parent resources, check out the Flashing Red. Kids Ahead. webpage at <http://www.arkansased.gov/divisions/communications/flashing%20red.%20kids%20ahead>.

When talking to your child about school bus safety, consider the following questions.

- How do I ensure my child gets safely to the bus stop on time?
- What should I tell my child about walking to and from the school bus stop?
- What safety tips about riding the bus can I share with my child?
- What is the expected behavior on the bus?
- As a motorist, what do I need to know about school bus safety?