



A New School Year ~A New Beginning

Summer has come to close, and we are so excited to have everyone back at Hernando Middle! The beginning of the new school year offers us the chance for a fresh start both at school and at home. Now is the time to introduce new habits and to set up a daily routine. The tone you set in these first few weeks will follow you throughout the rest of the academic year. Here are a few suggestions to help this school year be the best one yet!

Make sure your child is at school on time and every day.

When a child misses school, he or she falls behind the rest of the class both academically and socially. Students who come in late are often flustered and distracted, making their day difficult from the start. Pick out clothes and pack up book bags the night before whenever possible. Make sure your child is getting up early enough to eat breakfast before leaving home- its hard to concentrate on an empty stomach..

Foster good reading habits from day one.

It is a proven fact that reading skills can be improved by regular reading times. Take 10 minutes everyday to read with your child, or have him/her read to you. Encourage your student to regularly check out grade-appropriate books from the media center- having new books keeps reading exciting for both of you.

Limit video games & TV.

Make sure your child maintains balance by limiting the amount of time he or she watches TV or plays video games. Students need to complete their homework, and then get outside to release the energy that is built up after a day in the classroom.

Keep to a scheduled routine as much as possible.

Children feel much more secure when they know what to expect. Every family has unplanned events pop up, but maintaining a set routine between school and bedtime will decrease the number of “transition arguments” you have with your child. It will also allow them to take on some of the responsibility of managing their time and duties at home.

Eat together as a family.

Turn off the TV and sit with one another. Use dinner time to talk about your day- focus on listening rather than scolding or instructing. Listening to your children shows them that what they do at school is important, and that you are interested in their lives outside of home. Daily conversations promote healthy and vital communication skills between parents and children that will continue throughout their life.

Show them you care.

Growing up is a hard job. Let your child know how much you love him/her and how proud you are of him/her everyday. Use words of encouragement and hugs whenever possible. Try to put down what you are doing and just play with your child for at least 10 uninterrupted minutes a week. Let him/her pick the game, take a deep breath, and enjoy each other!

