



## Back to School Tips for Parents

### Meet the new teacher.

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together.

### Tour the school.

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

### Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

### Tool up.

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

### Avoid last-minute drilling.

When it's almost time to stop playing, give a five-minute warning. Giving clear messages to your child is very important.

### Chat about today's events and tomorrow's plans.

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

### Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

## Principal's Message

Welcome back to our new and returning Newman Tigers. I hope everyone is as excited about this year as I am! I can't wait to learn new things this year. I have spoken with many of you and I very much appreciate your support of our school and our staff. I'm looking forward to our Principal's Lunch, the Tiger Hunts, meeting with our Tiger Talk Team, having students apply for positions on the Student Leadership Team and Paw Patrol. We have a great year ahead of us!

As you may know, House Bill 286, which passed in 2014, requires district/schools to use the instructional materials approved by the Utah State Board of Education (USBE) to provide child sexual abuse prevention and awareness training and instruction.

Elementary Schools *must* provide training for parents/guardians. The **USBE approved training for Parents and Guardians is:**

- Prevent Child Abuse Utah (PCAU)  
*Free on-line parent training*

A link to the training with instructions is also on Newman's home page, both in English and Spanish. Interpreters and computers can be made available at Newman for the training upon request. The website for the training is:

<https://pcau.enspark.com/>

It is required for Elementary Schools to provide information about this training and encourage our parents to go through it. For Compliance Reporting, Elementary schools must maintain a count (no names necessary) of our parents who have completed training. If you have completed the training, please let the front office know, send us an email on our website, or give us a phone call. Thank you for assisting us in keeping Newman safe!



### Coming Events:

4	Labor Day-No School
6	Mobile Food Pantry at 2:20PM
7	PTA Meeting at 6:00PM
21	School Community Council at 5:30PM
	Family Night at 6:30PM
25	Dental Clinic



### Counselor Corner

Melissa Watson  
801.578.8537 ex 134  
[melissa.watson@slcschools.org](mailto:melissa.watson@slcschools.org)

### School Counseling:

Elementary School Counselors are here to help support student success through teaching social, emotional, and behavioral skills. Individual and group counseling regarding these skills will be available throughout the year. Please contact me if you have any concerns with your student in any of these areas.

### Resources:

Operation School Bell is currently available to help families with clothing at the beginning of the school year. If you did not receive this last year, and feel this is a resource your family needs, please let me know. We do have a limited number of families we can serve, so this will be given on a first come- first served basis. These forms will be due Friday, September 8<sup>th</sup>.

If you are in need of holiday help this year, the Salvation Army is an organization that provides that to our schools without cost to your family for children under the age of 12. If you are in need of this, please contact me as well. This also will be given on a first come-first served basis, and is available to those families who did not receive this resource last year. These forms will be due Monday, October 2<sup>nd</sup>.

Lastly, Newman will be starting vision screenings, and will automatically screen students in K-3rd, 5th, and Special Education classes. If you have a student in 4th grade or 6th grade whom you think may need glasses, please let the front office know as soon as possible so that we can get them screened as well.

## RECYCLE WITH US

FOR A CLEAN EARTH. FOR A BRIGHTER FUTURE.



You'll be helping us earn cash and supplies while keeping our Earth clean and *green!*

