



WELCOME TO CAPE HORN- SKYE 2018-2019

GETTING READY FOR THE SCHOOL YEAR

ISSUE #1

It's THAT time again!

by Brenda Benson

We have swam in the Washougal River, stayed up way too late watching movies or riding bikes, ate too much watermelon, fished and camped... now it's time for back to school!

This can be an exciting and stressful time for families. Setting up a school year routine can help families be successful and ease the transition.

FIRST THINGS FIRST

Sit down together and talk. No texting. No Snapchat. Talk. It's an old idea that is making a comeback! Decide on bedtimes, chores, and where homework will be done. Find a place for backpack, coat and shoes. Where will school newsletters go? Get a box or bin for library books. Who makes school lunches? Where do the lunchboxes go when the child comes home? Making a plan of attack will reduce transition stress and the communication of expectations helps everyone stay accountable.

THEY LOOK TO YOU

Think about your experiences in school. Did you love school? Did you get straight A's and play sports? Did you hang out in the office and get to know the secretary very well? Did

the principal know you all *too* well? Whatever your experiences were, be thoughtful in communicating a positive expectation and hope for your child. Their outlook on learning comes from you. Do you value being a lifelong learner? Let them see you learning, persevering, and practicing what you believe. Children are very keen on subtle messages we send to them.

ASK THEM

- What did you do in reading today?
- How was your teacher feeling today?
- What are you learning about in math?
- Who did you play with at recess?
- Art? Science? Technology?
- Who do you sit next to?
- How did you solve that problem?
- What do you think you could do next time?

Having frequent, small conversations while you're driving in the car, sitting on the couch, or taking a walk help keep the lines of communication open. This shows you care about them and their education. Talk to your child's teacher often.

Keeping an open line of communication between school-child-home is important. It is a team effort! At Cape Horn-Skye, we want your child to succeed! We believe all children can be successful, and we want to partner with you to help them!



IN THE NEXT ISSUE:

What is mindfulness? How does my child learn best? What can I do to help my child with friendships at school?

Email Questions or Topic Ideas to:
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