

DACS Dispatch/ JULY / Summer Edition



### Back to School

### Back to School: A Guide for DACS Students

As the long, lazy days of summer wind down, a new school year beckons with the promise of fresh beginnings. For elementary students, the transition back to school can be both exciting and nerve-wracking. Whether you're starting kindergarten or moving up to eighth grade, here's a guide to help make the return to school smooth and enjoyable.

#### **Preparing for the Big Day**

\*\*1. Gather Supplies:\*\*

Start the school year on the right foot by gathering all necessary supplies. Most schools provide a list of required items, such as notebooks, pencils, crayons, and folders. Having everything ready beforehand can alleviate first-day jitters.

\*\*2. Establish a Routine:\*\*

Summer often means a break from structured routines, so it's important to ease back into a school-year schedule. Gradually adjust bedtime and wake-up times a week or two before school starts. Consistent routines help children feel more secure and ready to learn. \*\*3. Visit the School:\*\*

If possible, visit the school before the first day. Familiarizing your child with the building, playground, and even their classroom can reduce anxiety. Meeting the teacher or attending a back-to-school event can also make the transition easier.

Returning to school is a significant milestone for elementary/middle school students, filled with opportunities for growth, learning, and new experiences. With preparation, a positive attitude, and ongoing support, parents and caregivers can help make the transition smooth and successful. Here's to a fantastic school year ahead!

## DACS Registration Kick-Off

July 22-26 9a-3p Come in to register for school. Sign up for drawings for free DACS prizes and discounts!

# Summer Reads

What are you reading? I've read several books already this summer. I hope you have encouraged your kids, too. Here is a great summer read: SPEAK UP by Miranda Paul. This book encourages kids to speak up about injustice and bullying, but also about their own feelings. It's a great conversation-starter for this moment, with important words of wisdom for moments to come. Make sure to help your child keep a record of what you have read and bring back your reading log on the first day of school. It's your ticket for the DACS Summer Reading Challenge Sundaes! Don't worry you can print and use the one

## Awesome Opportuni

in this newsletter!

Would you like to earn a discount from your tuition? Send us your friends and family to register at DACS. You will earn a Referral Discount!



>DDDDDDDDDDDDDDDDDDDDDD<u>www.dacsisgreat.com</u> dacsisgreat@gmail.com



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## How to Avoid First Day Jitters

### \*\* A Positive Attitude:\*\*

Children take cues from their parents and caregivers. Express enthusiasm about the new school year and the opportunities it brings. Encourage your child to see the first day as an adventure.

\*\* Healthy Breakfast: \*\*

Start the day with a nutritious breakfast to ensure your child has the energy and focus needed for a productive day. Balanced meals can enhance concentration and performance in school.

\*\* Comfort Items:\*\*

For younger children, bringing a small comfort item, like a favorite stuffed animal or a family photo, can provide reassurance. Make sure to check the school's policy on bringing personal items.

\*\* Making Friends:\*\*

Encourage your child to be open and friendly with their classmates. Simple gestures like sharing crayons or inviting someone to play at recess can pave the way for new friendships.

\*\*Communicating with Teachers:\*\*

Establish a line of communication with your child's teacher early on. Regular updates and open communication can help address any concerns and ensure your child's success.

\*\* Homework Habits:\*\*

Create a quiet and organized space for homework. Establish a routine for completing assignments and encourage your child to take breaks when needed. Celebrate their efforts and accomplishments to keep them motivated.

\*\* Addressing Anxiety:\*\*

It's normal for children to feel anxious about school. Listen to their concerns, validate their feelings, and provide reassurance. Sometimes role-playing different scenarios can help them feel more prepared.

\*\*Monitoring Progress:\*\*

Regularly check in with your child about their experiences at school. If they face any challenges, work together to find solutions. Maintaining a positive attitude towards learning can help overcome obstacles.

\*\*Promoting Resilience:\*\*

Teach your child that it's okay to make mistakes and that learning involves effort and perseverance. Celebrate their successes and help them view setbacks as opportunities for growth.

# Summer Slide

If you've heard it once, you've heard it twice.. Do all you can to avoid the summer slide! Here is a tip to help reduce the Summer Slide: Do a puzzle! Children who can problem solve and attack puzzles think in creative, out of the box ways! Puzzles can be literal puzzles, Sodoku, brain teasers, crosswords, games and word searches! Summer Bridge books are another great publication you should look into. This book has skills that review the previous grade skills as well as prepares them for the next grade level as well. I saw them at Target, but they are available at the School Box as well as online. I highly recommend it!

### **DACS CALENDAR**

July 22-26- Registration August 11- Parent Orientation/Meet the Teacher August 13- First Day of School Click HERE to connect to the DACS 24-25 Google

Calendar!







