



# Child and Youth Services



## Welcome to our Monthly Newsletter

For some families, they have already returned from their family vacation and for others, they are anxiously counting down the days till they leave. It hard to believe we have to talk about Back to School in the midst of going to the beach, park or other activities. To help make this transition easier for you and your child(ren) there are some things you can do this month to help. Careful planning and organizing can help make this transition less stressful for all those involved. As we learned last month, doing things to “de-stress” can have a positive impact on our mental health.

**Yours and your family's Mental Health Matters!**

### FIRST DAY OF SCHOOL

The first day of school can be filled with mixed emotions: disappointed summer is over, excitement about seeing friends, nervousness about meeting new teachers or going to a new school.

Talk to your child about the feelings he or she may be having and help prepare him/her for the first day of school. Try to make it a positive event for them. Get them involved by helping them pack their school supplies, pick out their outfit and add something special their lunch. Set time aside after school to spend with your child and talk about his/her day.



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### TIP OF THE MONTH: Back to School Supplies

Shopping for school supplies can be stressful-shortage of supplies, busy lineups, and restless children. How can we make this less stressful for everyone involved?

Parents:

1. **Get Organized!** (*You can do it!*)

Go through your supply lists ahead a time and make a list of supplies you need for all your child(ren). If you don't have a supply list, some stores have a copy. Call ahead to find out which store has one. Write down the total amount of supplies (ex. Pencils, erasers, etc) to save time flipping through the pages of your child's school supply list.

2. **Get your child(ren) involved.** Talk to them prior to leaving for the store. Assign each a “job” to do while at the store (ex. Sarah-pick up the pencils, Mark-pick up the erasers). Consider allowing your child to choose his/her backpack or lunch kit.

3. If the store doesn't have it or if you can't find it. **Ask someone!** Don't waste a lot of time looking for supplies that may not be there to avoid getting frustrated. **Make a note of it and move on.**

**For some families, it may not be helpful to do this all in one day.**

**Break it down into more manageable parts!!!**

# 12 Tips for the New School Year

Information taken from: [www.sheknows.com/articles6025.htm](http://www.sheknows.com/articles6025.htm)

Parents play an important part of their child's education. Helping your child to get organized, see the benefits of school, and maintain a positive attitude are all part of increasing your child's chance of success in school. Parents and teachers need to work together and parents need to be aware of how their own attitudes and beliefs affect their child. Sometimes parents can sabotage their child's education without knowing it or intending to do it.

1. **Make an appointment to meet your child's teacher.**
2. **Learn school policies and follow them.**
3. **Model respect for teachers and encourage your child to do the same.**
4. **Create an environment that is conducive to learning at home:**  
*Establish a study area and limit diversions - radio, television, telephone calls and music - during study hours.*
5. **Celebrate effort, rather than grades, and learning, rather than test scores.**  
*"Not all learning will show up on the report card," Smith said. "Employers often say they will hire a B student who has taken challenging classes and engaged in school and community activities rather than an A student who has taken less challenging classes and not explored out-of-the-classroom learning activities."*
6. **Encourage the child to pursue his or her interests.**  
*Try not to pressure your child into pursuing your interests or interests that you wish you had pursued.*
7. **Reinforce learning out of the classroom** through extracurricular activities, family activities and one-on-one time.
8. **Listen to what your child is saying and learn to be a good observer.**  
*Watch for signs that your child is developing new interests and then nurture them.*
9. **Model lifelong learning.**  
*Nurture your own interests and engage in learning activities that expand your interests and build skills.*
10. **Engage your child in conversation, but don't grill him or her.**  
*Children often are more likely to tell a parent about their day when they are engaged in another activity, such as setting the table or taking a walk after supper.*
11. **Try not to make homework an issue.**  
*Allow a child to take the responsibility for what he or she does - or doesn't do.*
12. **Invoke Grandma's rule:** Eat your veggies before dessert and finish your homework before moving on to the fun stuff.

[www.sheknows.com/articles6025.htm](http://www.sheknows.com/articles6025.htm)

## FOR PARENTS

Summer months can be about a change in routine-more free time for the kids, late nights and a more relaxed schedule. However, during the next month begin to prepare your child for school by getting back into routine. This could include introducing bed times, changes in curfews, and daily responsibilities.



## Question of the Month

***My child is really nervous about going to Kindergarten. What can I do to help him feel better?***

Begin to talk to your son about going to school-this can include topics such as feelings he may have, activities at school, school supplies, or possible friends he may have there. Contact your school and arrange for your son to meet his teacher and tour the school before the first day of school. Some children may have already done this in May or June, but it can be helpful to do this again with your child. If your son knows another student who will be attending, consider making arrangements for them to travel together the first day. For more information, contact Child and Youth Services.

## Helpful Websites

Here is a list of websites with information to help prepare you, your household and children get ready for school!

<http://organizedhome.com/back-to-school-tips-get-organized> Tips to help you get organized. Includes printable calendars, meal planners and shopping lists.

<http://education.alberta.ca/parents/role/tips.aspx> Information to help parents support their child's education and learning.

[www.sasked.gov.sk.ca/](http://www.sasked.gov.sk.ca/) Provincial information for all of your and your child's learning needs.

<http://www.theparentsite.com/parenting/backtoschool.asp> Checklists for parents to help prepare their preschool, primary, middle years and high school years children for school.

## High "5"



Let's read together! Reading can be an excellent way to help children learn. Books, magazines, newspapers are all different reading materials that can be used. Take turns reading to your child or have him /her read to you. Praise your child when you notice him/her reading! Take time to read to your child on a daily basis or join a reading program at your local libraries.



## Play Time!

### Heads or Tails!

The next time you go for a walk with your child, turn it into a "Heads or Tails" adventure. Take a coin with you and flip the coin each time you get to the end of the street.



**HEADS: TURN LEFT**  
**TAILS: TURN RIGHT**

Keep walking and see where the coin flips take you! This can be a fun and entertaining way to make going for a walk more like going on an adventure...you just don't know which way to turn!



### Arcola Mental Health

Arcola Health Centre  
P.O. Box 419  
Arcola SK S0C 0G0  
Ph: (306)455-2159

### Kipling Mental Health

Kipling Memorial Health Centre  
Box 420  
Kipling SK S0G 2S0  
Ph: (306)736-2638

### Weyburn Mental Health

Community Health Services  
Building  
P.O. Box 2003  
Weyburn SK S4H 2Z9  
Ph: (306)842-8665 or  
Toll Free 1-800-216-7689

### Child and Youth Services

#### Offers:

- Counseling Services for parents, children and youth under 18 years of age. This may include assessment or treatment for a wide range of behavioral, emotional or developmental difficulties.
- Individual, family or group counseling
- Psychological Assessments
- Community Education & Consultation Services

#### Accessing Services

Parents, adolescents or helping professionals may request services by calling:

Child and Youth Services  
Intake Worker  
1-800-216-7689 Or  
306-842-8665

There is no fee for services.

## This Month's Activity School Supply Search

F H I J K S S T T Z R B D C S  
 J S P W E C N B I N O U B N S  
 H F G R R I E A L K O P O X W  
 O P D S A S P S K T H Y G A H  
 D G W W S S X E A P A C I J D  
 B I U U E O B N A R Y V N P A  
 D I C I R R G P C Z Q G J U W  
 D L N T S S E D C C R A U J L  
 S M D D I R W K C A P K C A B  
 L S X P E O M A R K E R S E Z  
 I F K J V R N R E L U R U L O  
 C P Q O W Z S A J J S L O P E  
 N C F O O Z V V R O G T O T Q  
 E A H I W B Q Z X Y K T R T G  
 P F N S A Y I S C S F Q V H Q

BACKPACK  
CRAYONS  
ERASERS  
MARKERS  
PENS

BINDERS  
DICTIONARY  
GLUE  
PAPER  
RULER

BOOKS  
DUOTANGS  
LUNCHKIT  
PENCILS  
SCISSORS

## Do You Have a Question or An Idea About a Topic?

Feel free to share your ideas and question with us!  
We are always striving to provide information,  
resources and activities to help you and your family.

## CHECK US OUT!

If you would like to view past issues of the Child and Youth  
Services Newsletter, look for us on the Internet at

[www.suncountry.sk.ca/](http://www.suncountry.sk.ca/)

under Health News and Tips