

Bear Wellness

Century Community Charter

October issue

7 Time Management Tips

1. Eliminate distractions
2. Be focused on the task at hand
3. Use a calendar
4. Use a checklist
5. Get organized
6. Schedule rewards
7. Get a good night's sleep

Wellness meeting

October 16th
5pm-6pm

CCCS Gym

****Babysitting will be provided**

Back to school Stress

The start of a school year can be a challenging time for kids and parents with transitions from one grade to another, new teachers, bullying, social pressure and work load. With a little preparation and the right attitude, shifting from a laid-back summer to the routine of school doesn't have to be difficult.

Erase the stress and establish routines

Talk about it: Ask your child what they are worried about if they show concern, try to find ways to help them.

Stay positive: If you show enthusiasm for what the school year brings, your kids are sure to pick up on it.

Create a schedule: Establish eating time, homework time, and bedtimes.

Don't overschedule your child or family: also, include your child in decisions regarding what or how many activities they are involved in.

Set expectations: Go through expectations for getting ready in the morning, eating breakfast, and appropriate grooming to get out of the door on time.

Get organized: Establish a family calendar where all after-school events and important assignments due dates are easy to spot. Prepare school bags, organize all paperwork by priority, arrange clothes, and make a single to do list of all things that need to be completed.

Plan the homework load : Make a plan for where and when homework will be done. Stick to a schedule so it's always part of the evening routine.