

# Have a GREAT School Year!

There are many ways you can help your child have a successful school year. Here are some tips to help you continue to build a healthy foundation so your child can thrive.

## Make the transition as early as possible

Transitioning your child into a new routine before school begins can allow him or her to start school with more confidence. Wake them at their new time, show them their new lunchbox, or allow them to acclimate to their new homework space.

## Make sure that your child eats healthy meals and snacks, and teach your child healthy eating habits

Beginning the morning with a nutritious breakfast to help jump start a busy day for your child. Be sure to pack a lunch and snack for your child that includes the necessary fuel and energy to stay alert and retain new information throughout the day.



## Get involved in your child's education

To take an active role in your child's education, there are many steps you can take. Consider becoming a PTA or PTO leader or volunteer to be a classroom parent. Consider helping run book fairs held at your child's school, or be an after-school chaperone. Ask your child's teacher what you can do.

## Remember that your child's teacher is a partner in promoting your child's well-being

Teachers welcome the opportunity to speak with parents. Be ready to participate in parent-teacher conference night by coming prepared with questions. Ask about the skills your child will be expected to master that year, and if they get along well with other children in the class. Inquire about your child's willingness to participate in group activities, and what skills need improvement. Applying what you learn from your child's teacher will help pave the way to your child's school success all year.