

From the Desk of the School Social Worker....

“Back to School” can be an exciting and scary time for kids. After weeks of lazy, hazy summer days, and late bedtimes, returning to the structure of the school year can seem overwhelming. To help parents and kids adjust, here are some ideas for easing the transition from the beach to the classroom.

- **Think positive.** OK, so going back to school means homework and early mornings. But it also means meeting new friends, seeing old friends, doing fun extracurricular activities, and learning new things.
- **Start a routine.** Set the alarm for the same time every day and allow enough time for breakfast. Pick out your clothes and pack your backpack the night before school.
- **Get organized.** Organization helps you stay on top of each subject. Get an assignment book to keep track of important dates and deadlines. Schedule specific times for homework, studying, and for extracurricular activities.
- **Find a comfortable homework spot.** Whether it is in a bedroom, kitchen, or dining room, find an area where you can work distraction-free and claim it as your official workspace. Make sure you have all the supplies you need to do your homework nearby.
- **Set goals.** Whether it is striving for an A in a certain subject, handing in all homework on time or preparing for tests, setting goals can help establish a routine for the school year. Set goals that are realistic and specific.

Welcome back to school. Make it a great year!

Your school social worker is a resource for students and families. Contact your school social worker, Jamie Majors, at 322-6201 ext 34220, for help with accessing social service assistance, counseling services, medical insurance, referrals to community resources, or if you need help with your child's academic, behavioral, or emotional concerns. You may also email any concerns to your social worker at jnmajors@volusia.k12.fl.us