Back to School: Self Care Supplies

Let's face it, students and parents can start the school year off with a variety of emotions ranging from excitement to fear. The worry of having new teachers (maybe a new school), friends, class schedules, and overall new routines can add unhealthy stress that could impede students' academic success and social/emotional health. So, this August newsletter was created to help you start the new school year off on the right foot with healthy and effective strategies for the family!

1. Establish a routine early
Prepare your child for a successful start back to school by ensuring that they develop healthy sleep patterns now. Cutting back on phone usage in the bed can also aid in better sleeping habits.

2. Talk to your children
Often children can say that they are “fine,” or that their day was “good,” but don’t forget to ask what does that mean? Open-ended questions like, “What was the best part of your day?” or “What can make for a better day tomorrow” can spark much more than the one-word response and lead to a meaningful and insightful conversation.

3. Ease worries
Every grade may not be an “A.” Classes at PHHS are rigorous, and many students have several Honors and/or AP classes. They are working hard! And while it is challenging, we are preparing them to compete and be successful for post-secondary endeavors. Keep open communication with teachers about progress, tutoring hours, and effective ways to master content. There are a host of opportunities to be successful both in and out of the classroom, and by working together we can make this happen.

4. Monitor social media
Do you really know what’s going on your child’s Instagram, Twitter, Snapchat, Monkey and endless other social media accounts? Setting time limits and/or restrictions can reduce problematic behaviors. Speaking to children about proper etiquette, the importance of not communicating with strangers, and having them be aware of digital footprint can also assist when talking about expectations.

5. Foster positive friendships
Positive relationships bring about positive experiences and can help buffer some of the less positive moments that may come with a new school year. If your child is often upset, angry, and/or crying about friends, s/he may need to reevaluate these friendships and determine if continuing the relationship is beneficial to their overall needs. (If the answer is no, encourage your child to develop new relationships, and/or have him/her participate in peer mediation from a professional who can assist with resolving and/or terminating the unhealthy relationship).

6. Create study/class/homework strategies
Sometimes we see an increase in stress and worry for both students and parents when it comes to their workload. Work with your child to develop a plan for efficiently getting classwork done in order to reduce homework assignments. Also stress the importance of turning assignments in on time. Make sure to check PowerSchool and encourage studying even when there is no homework.

Be Well Resource Corner
Stress-less Emergency Kit
* Personalize a bag/kit with these items and include a small, favorite, snack!
- Inspirational Planner: To access inspirational & motivational messages while planning for your bright future
- Essential Oils: In hopes to calm your thoughts and emotions
- Post-it-Notes: Write rational reminders, i.e., not to take things personally
- Resources: Remember that you are NEVER alone. Reach out to your PHHS Counseling Department if you need to talk/assistance.

7. ENJOY THIS MOMENT.
It is almost impossible to not feel some type of angst about another school year! However, remember, set time to enjoy the simple pleasures and milestones throughout the year! Remember, these moments go by so quickly, so don’t forget that sometimes taking a break from all of the hard work your child does throughout the year calls for you all to go enjoy that ice cream together, take that road trip, crush that fitness challenge, and/or celebrate every hard-earned grade they made!

"Every moment is a fresh beginning." - T.S. Eliot