

Get Ready for A School Day

Strategies and Tips from Erika Cohen, River Eves Elementary School Social Worker
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What Families Should Do the Night Before:

- Review together the next day's weather forecast and schedule, like practices, appointments, and field trips.
- Agree on bedtime and morning wake-up time.
- Parents place a note explaining any absence in the student's school folder.
- Share thoughts and feelings about what's happening at school.

"Ask open-ended questions like What STEM project have you done lately? or What did you do today during recess? to jump-start conversation."

What Every Elementary Student Should Do the Night Before

- Select:
 - outfit, shoes, socks, hair accessories
 - sneakers for P.E. days and coats for cold weather
 - items needed for after-school activities
 - a book to read when the chance arises
- Make a lunch and fill a water bottle.

"Children who grocery shop with their family learn about budgets, eating right, and can choose what they like to pack for snack and lunch."

- Place things together by the door.

"Save yourselves from racing around for belongings by having designated spots for the last few things you need to get out the door in the morning in the morning."

What Big Kids Can Do (usually ages 8 – 11)

- Use a morning alarm that plays upbeat music.
- Wear a watch or user a timer to track the morning routine.
- Make breakfast.
- Pack up their backpack.
- Care for their personal hygiene.

"Create a bathroom sign reminder to brush teeth, wash their face, and fix hair."

What Little Kids Can Do (usually ages 5 – 7)

- Choose the breakfast menu the night before.
- Follow a clock or timer to understand the morning schedule.

"Amazon's Alexa or other devices are great for teaching kids about schedules."

On-Time and Prepared for School

River Eves Elementary School starts at 7:40 a.m.

There are several ways to help students get in the classroom ready to start the day prepared and feeling relaxed.

You should encourage children to have a few responsibilities for getting ready for school days. This promotes independence and gets them into the classroom knowing that they are ready to learn.

Students who arrive via bus are never marked tardy. Discuss with your family the benefits of catching the bus in the mornings.

If your child complains about going to school, please email the homeroom teacher. You may also email Amy Dyche, school counselor, dyche@fultonschools.org, or Erika Cohen, school social worker, cohened@fultonschools.org

Students who miss more than 5 school days, regardless of the cause, can find this impacts their academic performance and this may begin to shape their attitudes toward school, according to the U.S. Department of Education.

Try to schedule well visits with the doctor for non-school days and after-school hours to minimize disruptions among the students.

Tips for Helping Students with Excused Absences

River Eves Elementary is addressing excessive tardiness among students

- ❖ Bring a note to school that explains the time away from school.
 - Ask your medical doctor, dentist, orthodontist, psychologist, etc. for a note.
- ❖ Teach children responsibilities they may take on to help get to school on time.
 - Help your entire family by sharing in the work.
- ❖ Coordinate with your health professionals and Erika Cohen, LCSW, at River Eves on a plan for upcoming repeated absences due to recurring medical reasons.
 - Contact Erika at cohened@fultonschools.org
- ❖ Listen to your child to understand if she or he is truly sick before missing school.
- ❖ Erika welcomes you to call to talk about concerns and questions your student or family has related to getting to school on time or absences. She has answers and resources to help families.
- ❖ Children who attend school regularly feel more successful as students and individuals.