

School Nurse Newsletter  
August 2016  
Welcome Back to School

To help ease back-to-school butterflies, try to transition kids into a consistent school-night routine a few weeks before school starts. Also make sure that they:

- get enough sleep (establish a reasonable bedtime so that they'll be well-rested and ready to learn in the morning)
- eat a healthy breakfast (they're more alert and do better in school if they eat a good breakfast every day)
- write down the need-to-know info to help them remember details such as their locker combination, what time classes and lunch start and end, their homeroom and classroom numbers, teachers' and/or bus drivers' names, etc.
- use a wall calendar or personal planner to record when assignments are due, tests will be given, extracurricular practices and rehearsals will be held, etc.
- have them organize and set out what they need the night before (homework and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms)

Although it's normal to be anxious in any new situation, a few kids develop real physical symptoms, such as headaches or stomachaches, associated with the start of school. If you're concerned that your child's worries go beyond the normal back-to-school jitters, speak with your child's doctor, teacher, or school counselor.