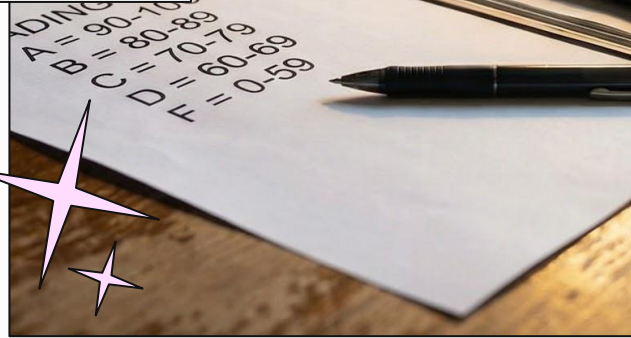
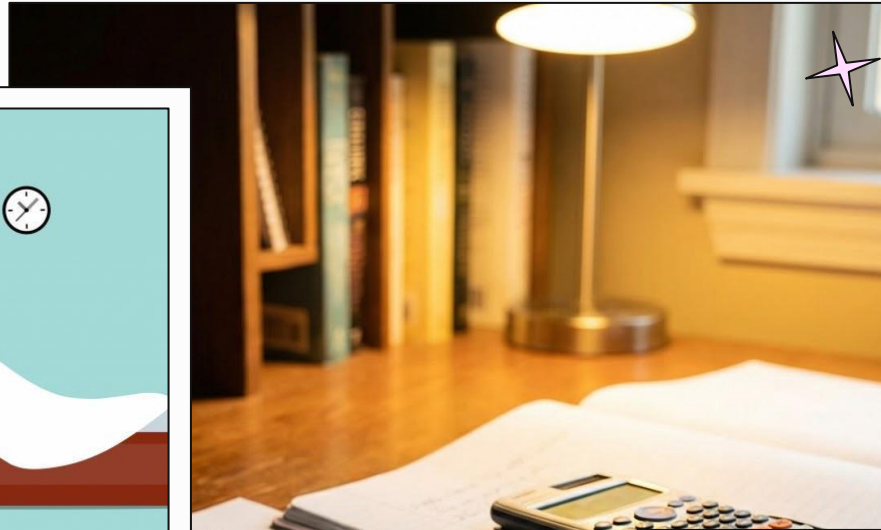


Setting up for Success September Parent Academy

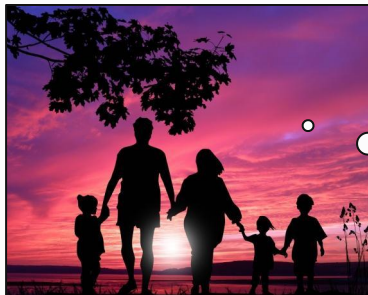




Setting up for success:

- Strong routines at home
- Understanding grade level
expectations
- Building positive school-home
communication

Why September Matters

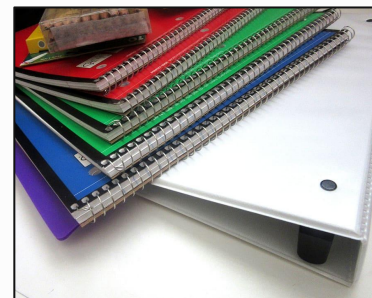


Structure =
Consistency =
Confidence

September is
a perfect time
to establish
routines

Students who know what to expect are more likely to:

- **Feel confident and prepared**
- **Stay organized**
- **Become more independent**



ROUTINES = BETTER BEHAVIOR



Homework Routine Ideas

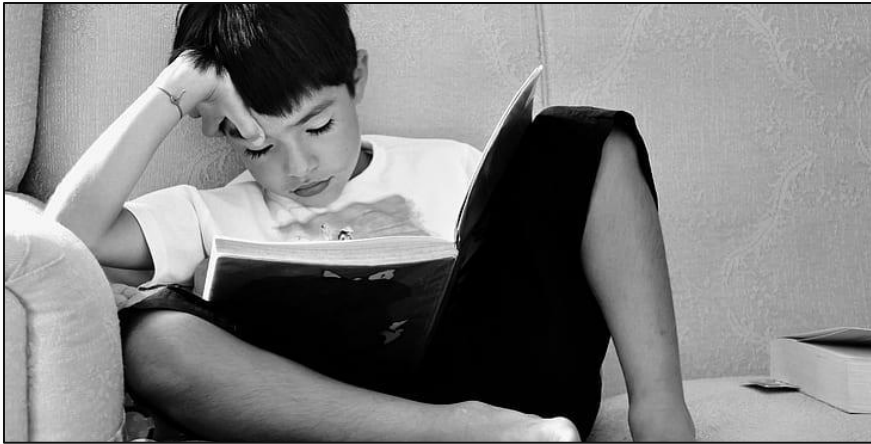
- Designated work space
 - Consistent start time
 - Distractions minimized
 - Short breaks as needed
 - Check the agenda/planner nightly
-

Instead of "Let me do it for you" try "What do you think should be your first step?"

Bedtime Routine

Sleep is important for a student's ability to learn, focus and regulate emotions

Create a predictable bedtime routine



Begin winding down at the same time
Limit stimulating activities before bed



Keep the bedroom quiet and comfortable
Aim for a consistent sleep schedule, even on weekends

Winning in the morning

Mornings don't have to start in chaos!!

Morning goal: Fewer decisions = Less stress

Prepare the night before:

- Pack the backpack
- Lay out the clothes
- Prepare lunch/snacks
- Check the next day's schedule
- Set an alarm



Grade-level expectations change each
year. Parents may notice changes in:

- Amount and complexity of
homework
- Reading/writing expectations
- Organization/time management

The goal is not perfect. The goal is growth



Independence is Key

Encourage
them as they
grow into
new stages

It does not
mean they
need to figure
out
everything
alone

- **Student who are independent are:**
 - Recognizing their responsibilities
 - Planning their tasks
 - Trying to complete tasks independently
 - Asking questions and for help if needed
 - Reflecting on what went well and what could use improvement







- Building School-Home Communication:
 - Read all school communications
 - Check school website
 - Attend conferences
 - Get involved at events
 - Share important information with teachers to best support your student

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Setting Up for a Successful Year

- Routines provide structure
- Expectations provide direction
- Communication provides support
- Independence builds confidence
 - Consistency is key

Our goal is not a perfect school year, our goal is to give students and families the tools to navigate the school year successfully.