



Por:
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BACK TO SCHOOL TIME:

Back to school is not only one of the favorite themes to write about, it is also many people's favorite time of the year. For many, everything is shiny and new and everyone is excited about starting a new year. For those who don't enjoy it: Love it or hate it, it's that time of the year again! Indeed, after a seemingly brief summer sabbatical, students of all ages are returning to their respective places of learning for another rigorous semester or year of intellectual enlightenment.

The transition from summer to back-to-school is paradoxical. On one hand, summer means sleeping in, adventure vacations, evenings free of homework and obligatory assignments, and a chance for parents to take pleasure in their kids care-free, relaxed summer schedule (or lack thereof). On the other hand, mantras like:

"I am bored"; "Are we there yet" or "There is nothing to do here" can become a repetitive part of a family's routine. The non-stop sibling bickering that seems to escalate when one child dares to breathe the same air as another, has some parents singing! It can be the most wonderful time of the year and for sure an important start, good four months before Christmas and New Years Holidays.

Back to school time often means changes and challenges for children and families: the first day of a new grade; new preschools or child care settings; new classrooms and new teachers. Luckily, these "new" worries only stick around for a little while. Because of that, let's find out more about helping kids going back to school:

Making smooth transitions between home programs and schools can help children feel good about them and teach them to trust other adults and children. Helping children and teenagers to adapt to new situations can ease parent's minds and give them a chance to become well involved in their children's education. Transitions are exciting opportunities for kids to learn and grow. Parents and Educational professionals share a role in making offspring feel safe and secure as they move to new scholar settings. Of course, such milestones in children's lives can cause anxiety, too.

Strengthening the ties between programs and families will help create smooth transitions for adults and children both. Parents who communicate effectively with the teacher are able to support their child with whatever they are learning. Plus, getting involved communicates respect for education and the value it adds to the next generation's future. It will help to reinforce their ability to cope. Children absorb their parent's anxiety, so modeling optimism is a key for a child's confidence. Supportive parents often find that teachers are willing to go above and beyond.

The return to school can be stressful for many students, no matter their age. They worry about making friends, getting a good teacher, and finding their way around a new building. But starting the new school year may be harder for some students than others. Last year, if a child had poor grades, struggled with homework or was unhappy in school, he/she may not be thrilled about the coming school year. In the case of a child who is starting a new school, it might be especially a nervous timing.

Getting a new school year off to a good start can influence children's attitude, confidence, and performance both socially and academically. The transition from July to September can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure, and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children (and the rest of the family)

manage the increased pace of life by planning ahead, being realistic, and maintaining a positive attitude.

Although children are taught from lesson plans at school, they also learn from the examples that parents set at home. During this time, items that reflect the cultural experience of all kids will help promote a sense of mutual respect and understanding. Children, just like adults, need time to adjust to new people and situations. Experience can make transition a bit easier, but even with experience, change can still be stressful. Patience and understanding on the part of parents and teachers or caregivers will help children learn how to approach new situations with confidence a skill that will help them make successful transitions all through life. All children can relax once he or she becomes familiar with classmates, the teacher, and school routine.

How to help a family prepare for the school year? Simply by easing into new routines and promoting healthy habits at home. Below are some suggestions:

Eating: The old saying "breakfast is the most important meal of the day" is never more true than when you're going to school. Students are more alert and perform better in class if they eat a good breakfast. There fore kids should not skip breakfast in the morning rush. A nutritious morning meal helps kids concentrate better in class and maintain a healthy weight. There are plenty of healthy breakfast foods, such as whole-grain breads and cereals, yogurt, and fresh fruit to make sure a child diet is well balanced. For lunch many schools post menus on their websites.

Sleeping: Earlier wake-up times can be tough on kids and parents alike. In order to ease a family's transition to a "school night", a good idea is to maintain the sleep schedule by rolling back bedtimes the week before classes start. Kids ages 5 to 12 need 10 to 11 hours of sleep per night, while older children need at least 9 hours of sleep. A kid may not be getting enough sleep if they are irritable or restless or have a short attention span. For a child to get enough sleep, the best idea is by establishing and maintaining a nighttime routine. Sleep deprivation can

lead students to fall asleep in class and can also make it hard to concentrate. A recent study found that students who got adequate sleep before a math test were nearly three times more likely to figure out the problem than those who stayed up all nig

The National Sleep Foundation recommends limiting caffeine consumption in the afternoon and evening; avoiding serving big dinners close to bedtime; setting a regular bedtime and enforcing it and creating a calming nighttime routine.

Learning: Much of a child's success in school is tied to the support he/she gets at home. The best way to go for kids and teenagers happen generally when the parents maintain open lines of communication with teachers and understand their expectations. Also by creating a homework station and keeping adequate school supplies on hand and designating times for doing homework, playing outside, and watching TV or playing video games. Finally to maintain their level, it is very important to show availability by helping with homework. It can happen, especially when a child shows signs of frustration or confusion.

School is a time to make friends and try new things, but it's also a place to learn skills like organization and decision making that will come in handy for the rest of their life.

While children can display a variety of behaviors, it is generally wise not to over-interpret those behaviors. More often than not, time and a few intervention strategies will remedy the problem. Most children are wonderfully resilient and with the right support and encouragement, will thrive throughout their school experience.

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