

# Flora CUSD #35 Newsletter

*Children are our most precious possession.*

## August 2016

While the recent weather is certainly reminding us that it is still summer, it is hard to believe that summer break is almost over and the beginning of school is right around the corner. As summer comes to an end, it can be difficult for students and parents to get back into the school routine and return to a regular schedule. Below are some tips to help you and your child get ready for the upcoming school year.

- Re-establish routines. The numerous summer activities often make for a hectic schedule. I know my children are not in the routine for the start of school. Beginning to re-establish these routines at least a week prior to the first day such as bedtimes, meal times, and morning schedules can help with the transition back to school.
- Encourage your students to get back into reading.
- Discuss with your kids what they can expect on the first day of school.
- Visit the school with your kids so they can get familiar with their new environments.
- Get a list of school supplies, shop for supplies early to avoid the rush, include your child in the shopping for supplies by letting them pick out some items, and help them plan how to organize their supplies.
- Work with your child to set realistic goals for the new school year.
- Do something fun to diffuse this stressful time of the year.

### **Important Upcoming Dates:**

**August 1<sup>st</sup>**-FHJHS Baseball Tryouts #1-10:00 a.m.-12:00 p.m. (Must attend both)  
FHJHS Softball Tryouts #1-3:00 p.m.-5:00 p.m. (Must attend both)

**August 2<sup>nd</sup>**-FHJHS Baseball Tryouts #2-10:00 a.m.-12:00 p.m. (Must attend both)  
FHJHS Softball Tryouts #2-3:00 p.m.-5:00 p.m. (Must attend both)  
Athletic Policy Meeting for Athletes/Parents Flora High School-7:00 p.m.

**August 3<sup>rd</sup>**-Central Registration at Flora High School-9:00 a.m. - 3:00 p.m.

**August 4<sup>th</sup>**- Central Registration at Flora High School- 1:00 p.m. – 7:00 p.m.

**August 5<sup>th</sup>**-Freshman Orientation-Flora High School-1:00 p.m.

**August 15<sup>th</sup>**-Board of Education Meeting at Administration Office-5:30 p.m.  
Teacher's Institute Day-No School for Students

**August 16<sup>th</sup>**-Teacher's Institute Day-No School for Students

**August 17<sup>th</sup>**-First Official Day of School for Students (Full Day)