

September 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Make an appointment to update your child's immunizations, if needed.	2 Check-in with your child about going back to school. Let them lead the conversation!	3 Gather school supplies, such as pencils, markers and paper.	4 Create a school zone at home with a table, chair and supplies.	5 Do something fun and relaxing with your child.
6 Adjust eating and sleeping schedules to prepare for school hours.	7 Help ease worry thoughts: "You will be learning with friends. Your teachers are excited to see you!"	8 Practice what to say when teachers and friends ask "How was your summer break?"	9 Give a confidence boost: "You know how to use Zoom. You can learn new things! You are ready for school!"	10 Fill out your child's Back to School Questionnaire.	11 Find a small way to celebrate the first week of school!	12 Create systems to help your child stay organized, such as a daily agenda.
13 Take some time to enjoy one another. Read or play a game!	14 Review the class schedule with your child. Focus on the positive!	15 Ask your child about their school day: "What made you feel happy?"	16 Praise your child's hard work and point out small successes!	17 Role-play scenarios your child may encounter in school, such as speaking one at a time on Zoom.	18 Work together to set expectations for remote learning and homework.	19 Is there anything to adjust at home to make your school routine easier?
20 Practice gratitude. Ask your child to name someone or something they are thankful for.	21 Review your child's support network, including trusted adults, teachers and providers.	22 Talk about media health and digital citizenship: "Why is it important to be kind online?"	23 Ask your child about their school day: "What is something that challenged you?"	24 Email your teacher with questions or concerns about your child or remote learning experience.	25 Practice mindfulness. Take three deep breaths.	26 Be active! Go on a walk or dance to music at home!
27 Enlist your child's help! Can they clean the school zone or choose a healthy snack?	28 Role-play scenarios your child may encounter in school, such as asking for help on Zoom.	29 Review safety guidelines. Practice wearing a mask for increasing amounts of time.	30 Take a look at the Counseling Google Classroom for more resources!	1	2	3
4	5	<p>Welcome Reece Families! Please join us in supporting your child's smooth transition back to school in September!</p>				