

Preparations Can Make The First Day Of School Go Smoothly

Going to school for the first time is one of the most impor-

tant milestones in a child's life. For many children, starting school is their first chance to be independent of their parents and is also the beginning of the formal process of learning.

For most North Carolina children, the adventure begins with kindergarten.

The word "kindergarten" is detived from the German language meaning "a garden of children," a place where children may grow naturally in a child's world. Many times kindergarten is a child's first introduction to formal schooling. This introduction can be made a little easier for parents and children by pre-

paring ahead of time. Parents may fear the first day of school as much as their children. To make this a happy event, the parent should present a positive attitude about school for the child. Many children are afraid of permanent desertion upon being left at school. Let your child know that you are not leaving them forever, but that after each school day, they will return home.

"The parent," according to State Superintendent Bob Etheridge, "Is one of the keys to making schools successful for children. I encourage all parents to become involved in their child's school from the start. With supportive parents, a caring faculty and the appropriate tools, we can make schools meet the needs of all children."

Be supportive of your new kindergartner. Until now, your child has been in familiar surroundings. Now the child will face new adults and a different environ-

Your child may also be experiencing the group situation for the first time. It is not unusual for a younger child to be tearful or sad during the first few days, but do emphasize the positive aspects of school to make the transition less stressful.

A regular schedule will be helpful in preparing a child for kindergarten. Enforce consis-

idea to take children to school ahead of time to walk around the halls, go into the classroom and possibly meet the teacher. This will make the child more familiar with the surroundings and

your child's friends will share

the same classes. This prepara-

tion will help make school less

of a strange and intimidating

Parents are encouraged to be-

come involved in schools. Most

schools have parent-teacher or-

ganizations and other volunteer

groups to help support the school faculty. Contact the school principal to find out how

to get involved in your child's

Parents may need to go shop-

If a child has become accustomed to sleeping late during the summer, the return to school and early morning hours can be a harsh experience for both parent and child. This sudden awakening can be avoided if parents enforce earlier bedtimes and awakening times as the start of the school year approaches. A child should have

ping to prepare children for school. Among the items that an elementary student might need are: lunchbox, pencils, paper, book bag, proper clothing, (raincoat, umbrella, etc.) and a mat for naps. Some parents choose to put their child's name on coats, sweaters, lunchboxes, etc.

Make sure your child has the proper immunizations and health check-ups before school begins. Let the teacher know of any special physical needs or handicaps so that proper care can be taken at school.

While there will be a structured learning program, kindergarten will still allow for "child's play" and children will be encouraged to develop their own potential. Children's learning will be nurtured and enriched in kindergarten. The kindergarten program is designed to serve as a foundation for meaningful learning experiences which will make formal learning more ef-

Tips On How To Reduce Back To School Stress

Most school children feel somewhat anxious about returning to the classroom in the fall. This nervousness is likely to increase if the student is entering a new school or making the transition from elementary to middle or from middle school to high school.

tent bedtimes and daily sched-

ules. Your child needs to be ac-

customed to regular eating

times and rest times, as this will

Find out as much about the

new school as possible. Know

school and bus schedules, lunch

periods and general school poli-

cies. A good idea to reduce the

anxiety of the first day is to take

your child to the school ahead of

time. Find the child's classroom

and arrange to meet the teacher.

If possible, find out which of

be the case at school.

Whether your child awaits the first morning bell with eager anticipation or overwhelming dread, the first few days are likely to be stressful.

To reduce back to school stress, parents can help with an encouraging attitude and by establishing clear expectations for the child. It is also a good

will help in knowing what to expect on that first busy day.

sufficient rest and sleep to be alert in school. It is also important for a child to get up in time to eat a good breakfast and to avoid rushing to get to class on

It is a good idea to find out about bus routes and schedules

before the first day of school. Locate which bus your child is to ride and at what time it will arrive on that first morning. You should also know the opening and closing hours for the school and the lunch and snack sched-

Little Rock Apartments Offer Financial Rewards

Special To The Post By MARIA MACON

"Life's Ultimate challenge is learning," says Aquil Shamsid-Deen, coordinator for the first annual "Brain Game Spelling

Since learning is a never ending process the managers at Little Rock Apartments are helping that process by encouraging their young to excel. There are 6000 words from A to Z, and our children only use ap-

proximately 600. "Drugs are all around us and we tell our kids to "say no," to them. But we must give them something in their lives to say ves," to," said Shamsid-Deen. The ongoing positive effects of words and learning could be one of those yeses, as well as save a

child's life.

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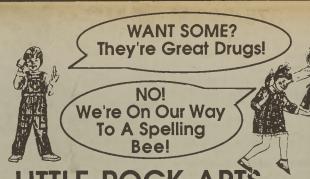
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