



BACK-TO-SCHOOL



Preparations Can Make The First Day Of School Go Smoothly

Going to school for the first time is one of the most important 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 derived 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 preparing 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 kindergarten. Until now, your child has been in familiar surroundings. Now the child will face new adults and a different environment.

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-

tent bedtimes and daily schedules. Your child needs to be accustomed to regular eating times and rest times, as this will be the case at school.

Find out as much about the new school as possible. Know school and bus schedules, lunch periods and general school policies. 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

your child's friends will share the same classes. This preparation will help make school less of a strange and intimidating place.

Parents are encouraged to become involved in schools. Most schools have parent-teacher organizations 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 school.

Parents may need to go shop-

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 effective.

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.

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

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

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

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 time.

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 schedules.

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 Bee."

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 approximately 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 "yes," 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.

The incentive to learn will equate economics at Little Rock Apartments. Cash prizes totaling \$1,300 will be given to elementary, junior and senior high students.

"In order to solve our problems, we've got to do it ourselves...economics is one way," she said.

Parents are encouraged to participate by forming study groups. Churches and businesses are encouraged to participate by making donations.

A \$1 fee is required to pick-up the word list. The list will be ranked according to age.

There motto is: "Brain Game Spelling Bee is replacing the drug urge with spelling words."

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