



# *Back to School Plan 21-22*

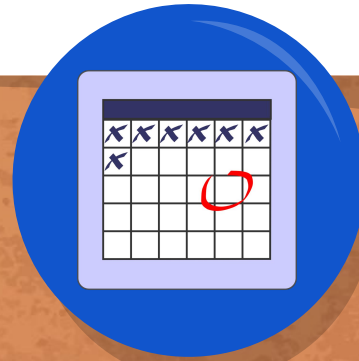
EGHS Parent Webinar  
8.2.21

## *Parent Chat:*

*What are your worries or fears about the return to school?*

# *What can you do?*

How to help your kids transition back to school



# *Back to School “Countdown”*

## *6 Highly Effective Strategies to Rebuild Structure & Routine*

**01** *Compassionate  
Conversations*

**02** *Goal Setting*

**03** *Getting  
Organized*

**04** *Tech Management*

**05** *Building Healthy  
Habits*

**06** *Sleep Schedule*



# *Compassionate Conversations*



What does this look like?





## *5 Steps*

1. Listen Actively
2. Listen for feelings
3. Look for alternatives/evaluate consequences
4. Offer encouragement
5. Follow up later



# *Goal Setting*

What does this look like?

FLAC Method

# *S.M.A.R.T. Goals*

## Specific

What exactly do you want to achieve?

Good goals area clear and defined

## Measurable

How will you know when you've achieved it?

You will need to be able to track daily progress

## Achievable

How can the goal be accomplished?

List the specific tasks you will need to complete

## Relevant

Why is this goal important to you?

Does this goal help add to your plans for the future?

## Time-bound

When do you want to achieve this goal?

Set your target date so you can guide your work toward a successful completion





## *F.L.A.C.*

1. **Feelings:** Identify your teens feelings and show empathy
2. **Limits:** Remind your teen of the limits (guidelines) of the situation
3. **Alternatives:** Talk to your teen about how they can meet their goals within limits that you can live with.
4. **PRO-sequences:** Re-enforce the importance of the goal. What will happen if they achieve it?



# *Getting Organized*

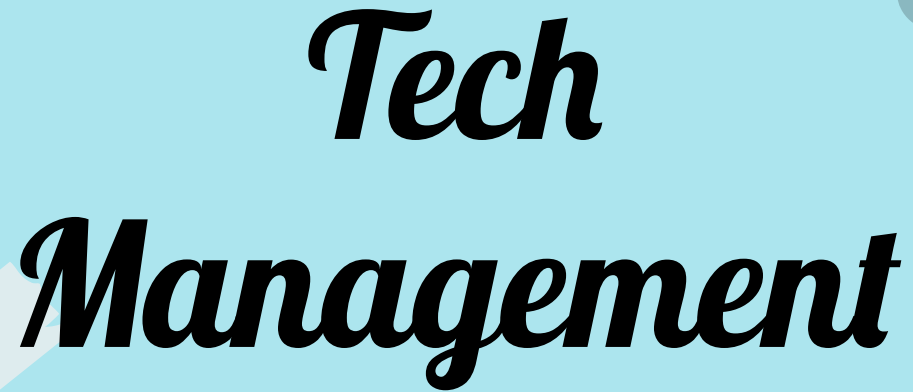


What does this look like?



# *Strategies*

1. **Schoology syncing with Calendars:**  
All Freshman students will be shown how to sync their Schoology Accounts with the calendar on their iPads. Parents can do this as well for their own personal calendars.
2. **To-Do Lists:** Getting kids in the habit of making a to-do list will help them greatly in life.
3. **Time/Space:** Set up a designated time and space to do homework. Best times are after school or after dinner. Best places are at a desk or table.



# *Tech Management*



What does this look like?





# *Strategies*

1. **Setting Screen Time Limits:**  
There's an app for that!
2. **Limiting Screens in Rooms:**  
Kids might get around parental controls, so it might be a good idea to remove screens in rooms at an agreed upon time.
3. **Manage Notifications:** Talk to your teen about how they can meet their goals within limits that you can live with.





# *Building Healthy Habits*

What does this look like?

Improving Self-Care



- **Identifying self-care goals**
  - Personal, Physical, Mental, Family, School
- **Seeking out moments of gratitude**
  - Try out a gratitude journal
- **Keeping it FUN!**
  - End of Summer Bucket List BINGO
- **Looking toward the future**
  - High School Bucket List BINGO



# *Sleep Schedule*

What does this look like?

Healthy Sleep Habits



## **Keep a schedule!!**

- Try to go to sleep & wake up at the same time each day
- **Have a pre-bedtime routine**
  - Keep it simple, but structure helps our brains regulate
- **Avoid caffeine**
  - Use lunch as your cut-off time
- **Prepare your sleep space**
  - Sleep in best in cool, dark place if possible. Use earplugs if needed to manage noises that are out of your control
- **Listen to a guided meditation**
  - Lots of free apps!
- **Ditch the Tech!**
  - One hour before bed for best sleep results

# RESOURCES

## *School/Community Resources*

EGHS Student Services  
Website

\*EGHS Coping Catalog  
COMING SOON!

## *Parent Recommendations*

Helpful Resources

