



## **Welcome Back, CAS Students and Families!**

Dear CAS Students and Families,

August 21, 2024

Welcome to the 2024-2025 school year!! I hope that you and your families had a restful and rejuvenating summer break! It always goes too fast. With the first day of school approaching, I would like to suggest a few simple things families can do to help children transition from the lazy, hazy days of summer back into the hustle and bustle of a new academic year!

I know I've said it before, but I'll say it again, the number one thing you can do in your household to set children up for success is..... drum roll: establish a routine. It sounds so simple, but the summer is a time for staying up later to catch the fireworks or watch your favorite olympic event. All families lapse in their typical schedule, but as we near the first week of school, start to think about reintroducing a regular bedtime and a consistent morning routine. It would be best to begin this about a week or two before school starts. This will get your child mentally ready to adjust to the more rigid school schedule, and it will ensure they are well-rested and ready to learn.

Kids love to get new school supplies! I don't know what it is about a new set of crayola crayons and a few crisp new folders, but it just makes everyone start to feel ready and excited for a fresh new school year! That doesn't mean you need to replace all of the old supplies (although Amazon would prefer it if you did, lol). Begin by reviewing and organizing school supplies, backpacks and other materials that may be left over from last year. Then, determine what needs to be replenished and involve your child in picking out and preparing their supplies. Involving your child in this process can help them feel more prepared and excited for the new school year.

Encourage your child to think positively about returning to school. Discuss what they are looking forward to, and remind them about how much they will enjoy seeing friends that they may not have been able to catch up with during the summer. Discuss the possibilities of all the things they will be learning in new subjects, and how much fun it is to participate in their



favorite extracurricular activities. Begin to discuss academic goals for the upcoming school year. Encourage your child to build on areas of strength and work toward improving in any areas that are more challenging for them. This type of conversation can help motivate children and give them a sense of purpose as they return to school.

Lastly, stay informed, and keep an eye out for any communications from the school regarding important dates, policies, and any changes for the upcoming year. I say this as a veteran mom, who has missed my fair share of back-to-school emails, being well-informed will help you and your child feel more prepared. The Brady kids love to tell the story about the year that their principal declared that the second day of school would be a dress down day due to the heat. The memo was not received (or scrolled past, shhhhhh)...! And all four Bradys had to endure an entire school day encumbered by full uniform dress while their friends frolicked in athletic clothes. They, indeed, survived, but trust me, read the emails.

Most importantly, enjoy these last few precious days of summer! We are excited to welcome back each and every student and their families! Please know that my door is always open. Should you or your child need anything throughout the school year, please reach out any time!

Warm regards,

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