

The Sango Scene

JANUARY 8, 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Happy **NEW** Year

STEM Club

Media Arts

Sango Strings 1

Recycle Team
@ 7:45

Domino's Night

Domino's Night

UPCOMING EVENTS

JAN 8..... STUDENTS RETURN
 JAN 9 & 10.... DOMINO'S NIGHTS
 JAN 14..... REPORT CARDS
 JAN 17..... FAMILY READING NIGHT
 JAN 21..... MLK DAY, NO SCHOOL
 FEB 5..... CHIK-FIL-A NIGHT
 FEB 5..... FAMILY READING NIGHT
 FEB 13 & 14... DOMINO'S NIGHTS
 FEB 14..... VALENTINE'S MORNING W/ MOM
 FEB 18..... PRESIDENT'S DAY, NO SCHOOL
 FEB 21..... FAMILY READING NIGHT

Helping Kids Back Into the School Routine

AT THE BEGINNING OF EACH SCHOOL YEAR, WE ARE AWARE OF THE ANXIETY SOME STUDENTS FACE WHEN ESTABLISHING A NEW ROUTING. HOWEVER, THIS SAME ANXIETY MAY ALSO OCCUR WHEN RETURNING FROM A LONG BREAK, SUCH AS CHRISTMAS BREAK. BELOW ARE SOME WAYS THAT MAY HELP EASE SOME OF THAT ANXIETY.

VALIDATION

Let your child know that his nervous or apprehensive feelings about the return to school are normal. All kids have a hard time getting back into the routine of school. The knowledge that he is not alone in this experience will help your child feel he's being heard and understood.

BEDTIME

Bedtime is one of the hardest transitions. Children may be accustomed to going to sleep later and/or waking up later during a break, so the school schedule can be difficult to get re-acclimated to. As with the morning routine, having a nighttime schedule can assist in creating a structure for your child. Set your child up for success with clear expectations, simple step-by-step instructions, and praise at the completion of each step. Additionally, visual reminders can help your child have something to refer to as she goes about her routine. Most kids want more time watching their favorite TV show or finishing that last level of a videogame, and setting time limits can be a great way to put a boundary around the winding down time that they need each evening.

MORNING ROUTINES

A common trigger for back-to-school anxiety is morning routine. To help your child be successful, remind your child what her morning routine will look like. This way, your child knows what will be happening and has clear expectations that are valuable to her under the time pressure of getting ready for school. Provide your child with simple, well-defined, and easy steps for her routine so that she has a clear idea of what you expect. This may mean providing an easy-to-reference schedule or visual guide.

HOMEWORK

Another transition that can be rough after a break is homework. Providing your child with a structured schedule can help him stay focused and motivated. Completing homework as soon as school is over and with continuous parental support will help. Snacks are a great way to keep your child's energy up while he works through his homework. Letting your child know that you understand the hard work he is putting in and being ready with frequent positive feedback for his effort can help motivate him to get homework done.

REMINDER

Please remember to send in notes when your child is absent. These may be dr. notes, military paperwork, obituaries, etc. You may also send in up to 5 parent notes per year. We must have these to excuse your child's absences. These may be sent to school with your child, faxed to the school, or emailed to karen.smith@cmcss.net.

it's a GREAT DAY to be a SANGO PANTHER!

yearbook

Don't forget to order your child's yearbook before it's too late. The cost is \$35.



Wed, Jan. 9 & Thur, Jan. 10

Moms are invited to join us for:

Valentine's Morning with Mom

Thursday, February 14
7:00 - 8:00 a.m.



A Book, a Bear, & a Blanket



Family Reading Night

January 17, 5:00-7:00

REGULAR SCHOOL HOURS

Arrival: 8:15-8:35
 Office Dismissal Ends: 3:15
 Daycare Van & Car Rider Dismissal: 3:20
 Bus Dismissal: 3:35

Sango Elementary School

3585 Sango Road
 Clarksville, TN 37043
 (931) 358-4093- phone
 (931) 358-4098- fax

EARLY RELEASE INFORMATION

Office Dismissal Ends: 1:00
 Daycare Van & Car Rider Dismissal: 1:05
 Bus Dismissal: 1:20

POSITIVITY

RESPECT

INTEGRITY

DETERMINATION

EXCELLENCE