



# SEPTEMBER: BACK TO SCHOOL

## – What Staff Need to Know –

### The Basics

Returning to school after summer vacation can be an exciting time for some and can also be a difficult transition for others. For students who may be struggling with the transition back to the classroom, here are some ways you can support:

#### Communicate with your students

- **Set the tone-** set expectations, ensure the students know what is expected of them each day
- **Build relationships early-** ask students about themselves, their interests, and what they hope to learn this school year.
- **Validate and normalize-** remind students it's okay to feel anxious at the start of a new year, and that these feelings are normal!

### Tips to Manage Back to School Stress for Staff

Returning back to school after summer break can feel stressful. Here are some ideas to reduce stress as you start the year:

- **Breathe-** try one of the mindfulness exercises linked in this newsletter by yourself or together with your students
- **Take a lunch break-** be intentional about taking time to eat, perhaps sitting outside to get some fresh air!
- **Make a playlist of your favorite tunes to unwind and relax-** you can even have it playing in your classroom to start the day!
- **Connect with other staff-** build your support network and community at your school
- **Recite affirmations-** remind yourself why you started teaching and what you love about it!

#### Additional Resources

- Mindfulness Practice:  
[Mindful Pause](#)  
[Mindful Listening](#)  
[Mindful Breath](#)

Do you know a family who needs resource support? (food, clothing, health insurance, medical/dental appts, etc.) Make a referral to the Mary's Center Family Support Worker [here](#)