



SEPTEMBER: BACK TO SCHOOL

– What Staff Need to Know –

Supporting Students

Returning to school after summer vacation can be exciting for some students, and a difficult transition for others. Here are some ways you can support your students:

- **Set the tone-** set expectations, and 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 is okay to feel anxious at the start of a new year, and that these feelings are normal!

Taking Care of Yourself

Returning to school after the summer break can bring mixed feelings. Here are some ideas to reduce your stress and pace yourself as you start the school year:

- Set a morning ritual: journal, take deep breaths as your coffee brews, send a text to a loved one, or choose an affirmation to set the tone for the day.
- Connect with other staff: build your support network and community at your school.
- Use your support: reach out to family and friends to keep a work-life balance.