

The first day of school on Monday, Aug. 16 will be a big day for most students and their parents, no matter what grade they are going into. Many important preparations must be made for all students such as transportation, clothing and supplies.

Principals and teachers say it is very important for the parents to fully prepare their students, especially if they are going to elementary school. At a young age,

consistent and don't change your plans."

A good night's sleep and a healthy breakfast are also recommended so that the child is awake and ready to learn.

"Parents should actually start putting their children to bed early and waking them up early two weeks before school starts," said Kennedy. "They are so used to the summer schedule of going to bed late and waking up late that it creates a big problem the first week of school."

Kennedy also says that it is crucial for parents to form relationships with their student's teachers from the beginning.

"If you don't have that communication, then you can't help your children at home," she said. "We need to work as a team to help them learn and grow."

Parents should join and actively become involved in organizations such as PTA and PTO. They should attend open house because it gives parents the oppor-

family and discuss school and current events so that you stay involved with what is going on."

The role of the parent and staying involved in your children's school life is important at all grade levels.

"Attend school events," Gibson said. "Show your children you're interested in them and their activities."

Gibson says that students entering into

WELCOME BACK!

Parents can help with back-to-school preparation and anticipation



Teachers and students will kick off another year as Pasadena ISD schools will open their doors to students Aug. 16. Principals and teachers say many important preparations must be made for students before the opening bell, such as transportation, clothing and supplies.

school can be very frightening and set a lasting impression for a student if they do not know what to expect.

Dr. Karen Holt, principal of South Houston Elementary, strongly recommends that one or both of the parents should go to school with their child on the first day.

"Personally take them, walk them to their classroom and meet their teacher," she said. "I think it is less frightening and more comfortable for a child, especially if they are new to a school, if they go from their parent's hands to their teacher's hands."

Holt says that if one parent cannot go with their child, then they should make arrangements with a family friend so the child does not have to be alone.

After the first day, parents should make the necessary arrangements for their child's transportation. Pasadena ISD instructional specialist Angela Kennedy suggests that if a child is walking or riding their bike to and from school, then they should practice the route they are going to take in advance.

"Once transportation arrangements have been made, do not call back to the school to change them," Holt added. "It creates confusion for the students. Be

Holt also suggests laying out clothes and materials the day before, so "you don't have to rush."

Having the right materials, clothes and transportation plans aren't the only important aspects of the first day of school. A positive attitude for both parents and students is imperative.

"Share positive stories from your own school days," said Pasadena ISD Executive Director of Curriculum Instruction Karen Gibson.

tunity to meet and visit with the teacher if they have not already had the chance to do so.

"Communicate with the teacher through email if you need to," said Kennedy. "In my opinion, it is the most wonderful invention for parent/teacher communication because of its convenience."

Holt believes that parents need to be interested and involved with their children as well as the teacher in order to ensure their success in school.

"Look at your child's work every day," she said. "Let them relax when they get home, but set aside a time and place for them to do homework and study."

Teacher/parent relationships and preparing for a successful first day of school and the year ahead is also important for the older crowd.

"Ask specific questions about your child's day," said Gibson. "Eat dinner as a

the sixth and ninth grades are the most worried because they are making a big transition from one school to the next.

"Make your children feel comfortable by attending the orientations," she said.

Gibson says that the dress code for children in these grade levels is very important. She suggests reviewing over what your child is supposed to wear and make sure they have the appropriate clothing so that they aren't kept from learning.

Gibson also believes that parents should encourage high school students to choose electives that will help them in college.

Holt says that parents should fully prepare themselves and their children in order to have a successful first day of school as well as school year.

"Learn everything you can about the school. Be aware of the dress code, the schedule, the grading system, the rules and regulations," she said. "Relay all of that important information to the child so you can plan ahead and be punctual. If you do that, then the child will be prepared emotionally, physically and academically." ●



For more information about orientations, school times, supplies and dress codes, please go to the Pasadena ISD website at:

www.pasadenaisd.org