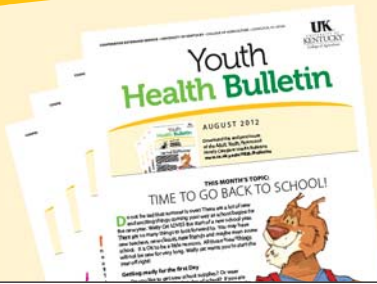


Youth Health Bulletin



AUGUST 2012

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THIS MONTH'S TOPIC: TIME TO GO BACK TO SCHOOL!

Do not be sad that summer is over! There are a lot of new and exciting things coming your way as school begins for the new year. Wally Cat LOVES the start of a new school year. There are so many things to look forward to. You may have new teachers, new classes, new friends and maybe even a new school. It is OK to be a little nervous. All those "new" things will not be new for very long. Wally cat wants you to start the year off right!

Getting ready for the first day

Do you like to get new school supplies? Or wear something special for the first day of school? If you are nervous about the first day, one thing you can do is make sure you are as ready as you can be. Your school may have sent home a list of supplies that you will need during the year. Making sure you have those items packed in your backpack before the morning of your first day can help with the morning rush. It's certainly not fun to be running around looking for all of your supplies when you need to be getting ready

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Laying out your clothes the night before will give you more time in the morning to eat breakfast and to get ready.

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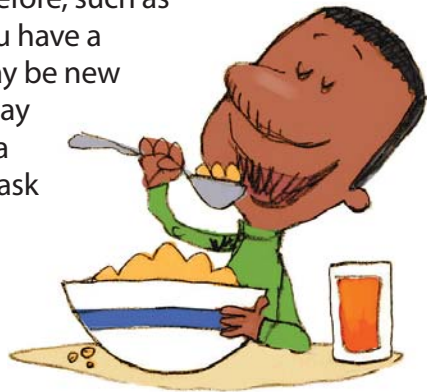
to leave for school. You can lay out your clothes the night before. Not having to think about what to put on in the morning can give you more time to eat breakfast and to get ready. If you need to bring lunch to school, help your mom or dad pack lunch the night before. Don't try to decide what you are going to eat for lunch when you should be getting ready to get to school.

The first day

Do you remember the first day of school from last year? Usually the teacher, or teachers, will spend some time introducing themselves and talking about all of the things that you will be learning this year. Your teacher may ask each student to tell the class a little something about themselves or something they did over the summer break.

Your teacher may also go over the rules they have for the classroom. You probably have heard many of them before, such as raising your hand if you have a question, but there may be new rules. Make sure you pay attention. If you have a question about a rule, ask your teacher about it.

You will probably have a little time on the first day to visit with your friends. This can be great especially if you have not seen your friends much over the summer break. But there is also a chance to meet some new people. If there are new kids in your class make sure you say hello to them. They may be even more nervous that you are!



classrooms are and your way around the school. You may need to write a few things down so that you do not forget them. Be sure you know where your classrooms are located and your locker combination, if you have one.

Wally Cat has a few other tips to make sure you have a great start for the school year:

- Get plenty of sleep
- Eat breakfast
- Try your best and work hard
- Have a positive outlook

Start the school year off right by being prepared for the first day. By starting the school year off on the right foot, you are more likely to have a successful and happy school year!

SOURCE:

Nemours KidsHealth Going Back to School. 2010. Accessed at: http://kidshealth.org/kid/feeling/school/back_to_school.html

Word Scramble

ELSUISPP: _____
KAKCBPAC: _____
FASBTRKE: _____
COMSARLSO: _____
ECATRHE: _____

ANSWERS: Supplies, Backpack, Breakfast, Classroom, Teacher

Going to a new school

If you are starting the year at a new school, there may a few other adjustments you will need to make. The first day may be a time to learn where all of the

Youth
Health Bulletin

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