

Start preparing for school now

After a summer of relaxation, the start of a new school year generates mixed emotions among students. Many children look forward to being back on campus with their friends but may not revel in the idea of waking up early or doing homework each night.

While summer break is a much needed-respite from the rigors of school, it doesn't mean school should be forgotten entirely. In fact, doing some preparatory steps before a new school year begins can

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partnerships will help address mental health and wellness using a combination of programs and supports, including counseling services for students, families, and staff, that will be integrated across the schools and community sites.

Three of the community grant partners, Piatt County Mental Health Center, RISE Behavioral Health and Wellness, and Moultrie County Counseling Center will integrate a counselor in all four buildings once a week. There is a referral process that each building leadership team will use and in the fall, caretakers and other community members will be encouraged to make referrals.

As community grant partners, Atwood-Hammond Public Library and Arthur Public Library will expand their collection on mental health and wellness topics and provide a variety of programs and workshops. We are very excited about partnering with the community and providing more opportunities for families and communities.

If you are interested in your child receiving direct counseling services by one of our partners, Piatt County Mental Health Center, RISE Behavioral Health and Wellness, or Moultrie County Counseling Center, please fill out the Google form at <https://forms.google/2EpyLofUf8ALNAAa6> or contact Amanda Romine at romineam@cusd305.org.

make the year go much more smoothly. Here's how students and parents can direct their focus during the final countdown.

Keep reading

According to Scholastic, summer slide is a concept that was first acknowledged by researchers in 1996. Many comprehensive studies have come out since then and indicated that kids lose significant knowledge in reading and math over summer break, which can have a cumulative effect and lead to skill loss each year. Some research says up to 20 percent of school year gains in reading and 27 percent in math are lost during summer break. Children should be encouraged to read as much as possible during summer break, particularly since many schools require summer reading and subsequent essays or book reports upon returning to the classroom. Let kids read what they want, whether it's comics, magazines, the newspaper, or even books they've read before.

Accumulate supplies

School may not be on the ra-

dar early in summer, but it's wise to purchase supplies early. Right before school starts there is a mad dash to grab notebooks, pens, clothing, and more, which can make for a stressful shopping experience for all involved. Shopping early helps families avoid that outcome.

Brush up on math skills

It can't hurt for students to do a few math problems over the summer. Practice keeps skills fresh and any mathematical formulas prominent in their minds. All it takes is one or two problems per day to stay on top of math skills.

Visit educational attractions

Families can include museums, art exhibits, animal sanctuaries, libraries, science centers, and similar attractions in the list of places they visit over the summer. This way students can learn and be entertained simultaneously.

Start enforcing bedtimes

School-aged children (six to 13 years) need nine to 12 hours of sleep every night, according to KidsHealth.org. During the summer, late nights can easily

be rectified by sleeping in the next day. But when school resumes, the alarm clock will be ringing earlier than expected. Parents can gradually implement earlier bedtimes as summer winds down so that kids are getting the rest they will need.

Get in the know

Parents can begin to pay closer attention to emails

and social media posts from schools as they'll likely contain information about upcoming school calendars, bus routes (or transportation registration), changes in personnel, or any additional updates. This will help alleviate any surprises on the first day of school.

Families can take several steps to get ready for school as the first day draws near.

Arthur CUSD #305 Board of Education 2023-2024 Meeting Dates

All regular meetings will be held on the third Wednesday of the month, at 6:00 pm, in the Arthur Lovington Atwood Hammond High School cafeteria unless otherwise posted.

July 19, 2023

August 16, 2023

September 20, 2023

October 18, 2023 - *at Atwood Hammond Grade School*

November 15, 2023

December 20, 2023

January 17, 2024

February 21, 2024 - *at Lovington Grade School*

March 20, 2024

April 17, 2024

May 15 2024 - *at Arthur Grade School*

June 19, 2024

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

Have a safe and happy school year from all of us at



HOMETOWN PROUD

Arthur IGA

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Hours: 7:00 a.m.-9:00 p.m. Monday-Saturday • 7:00 a.m.-8:00 p.m. Sunday