



# MCAS YUMA MILITARY CHILDREN E-NEWS



## *K-12 Education Newsletter*

### **BACK TO SCHOOL!!!**

*Taken from Mental Health America Factsheet*

The beginning of a new school year can be a stressful time for children, with new teachers and classmates, bigger classrooms, new routines and more schoolwork. This time can be particularly unnerving and overwhelming for children who are facing major transitions such as starting elementary school or entering middle school. As a parent there are proactive steps you can take to support your child as he or she heads back to school.

1. **Be interested** and enthusiastic about the start of the school year. If you are confident and excited, your child will be too.
2. If you have **visited** your child's school already, you are one step ahead of the game. If not, take a walk around the school with your child and locate his or her classrooms, lunchroom, playground and restrooms. This will help keep your child from feeling lost on the first day.
3. **Take time to listen** to your child and discuss aspects of the new school that he or she is worried about. Remember to let your child know that it's normal to feel nervous about the start of school. For parents of younger children, suggest that your child take a family photo or special object to school to make his or her surroundings more comfortable.

4. **Spend time** each day talking to your child about what happened in school. Give your child positive feedback about his or her new experiences.
5. **Praise and encourage** your child to become involved with school activities and try new things.
6. **Attend school functions and stay involved in your child's education.** Children whose parents are more involved with their education have higher achievement, are better adjusted and are less likely to drop out of school.
7. **Make a point to learn** about how your child develops not just physically, but socially and emotionally, as well. If you are aware of what's typical behavior and thoughts for your child's stage of life, you will more readily be able to tell when things may not be right.

Anxiety and stress about starting school is normal for a child and usually passes within the first few days or weeks. If your child continues to seem anxious or stressed, it may be time to seek help. Talk to your child's teacher and/or family physician about what you can do as a parent. If problems persist, consider a referral to a trained and qualified mental health professional.

## RIDING THE SCHOOL BUS:

Did you know riding the school bus is a privilege and not a right? Many people think that since a free public education is granted to every American, that the ride there is protected as well. Not so. School Districts choose to provide that service to help children who might not otherwise be able to get to the school building. Since it is a privilege, it can be lost.

Poor student behavior on the bus can be a major safety concern for the driver. ***Please take a few minutes to talk with your child about proper bus behavior.***

Keeping hands, feet and objects to oneself, staying seated, no yelling and listening to the bus driver are the keys to a safe and convenient ride.

A copy of Yuma Transportation School Bus Rules and Procedures are located within your child's Student Handbook and are available in your child's school main office.

If bus issues arise throughout the school year, please contact your School Liaison Officer at 269-5373, or the director of Transportation for Yuma Schools at 341-9076.



### CONTACT INFORMATION

MCAS Yuma School Liaison (928)269-5373

[Dibblejc@usmc-mccs.org](mailto:Dibblejc@usmc-mccs.org)

Yuma School District One (928)502-4300

[www.yuma.org](http://www.yuma.org)

Crane Elementary District (928)373-3400

[www.craneschools.org](http://www.craneschools.org)

Yuma Union High School District (928)402-4600

[www.yumaunion.org](http://www.yumaunion.org)

## **eKnowledge Corporation Donates \$25 Million of FREE SAT/ACT Test Prep Software to Military**

**eKnowledge Corporation, the leading supplier of interactive learning software for college test preparation is donating \$200 Test Prep Programs FREE to military families worldwide.**



As we approach our nation's 233<sup>rd</sup> birthday, eKnowledge would like to honor America's military families. "We're very proud of our men and women in uniform and deeply appreciate their sacrifice for our country," commented Charlie Beall, Chairman and CEO of eKnowledge Corporation. Mr. Beall, a former Marine, stated, "We want to ensure that our military families have the support they deserve with their continuing education requirements." Over the past three years, eKnowledge has donated over \$25 million of FREE SAT/ACT software to America's military families and received tens of thousands of thank you letters and testimonials from grateful recipients of the donation.

**eKnowledge Corporation has extended the FREE SAT/ACT donation program through 2010. Eligible recipients\* may order the software by visiting:**  
[www.eKnowledge.com/military](http://www.eKnowledge.com/military)

For further information, please contact Lori Caputo, Vice President, Military Donation Programs, 770-992-0900  
[LoriCaputo@eKnowledge.com](mailto:LoriCaputo@eKnowledge.com)

*\*Active Duty, Reserve, Retired, Guard, and military relatives are eligible to receive free programs*