

# Welcome to Another New School Year!

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This week, thousands of California students will return to their classrooms. Parents are busily preparing for the final days of summer and getting ready for the new school year by:

- Completing dental, doctor, and immunizations documentation for school registrations
- Helping their children transition into a new classroom by organizing clothes, school supplies, and space for homework completion
- Making final plans for before and after-school childcare and play activities
- Helping their children prepare for the first day of school by getting an alarm clock, going to bed earlier, and understanding any school transportation and classroom assignments

## 10 Safety Strategies

As parents complete the many varied tasks for a new school year of transitions, many are also feeling more anxious about their children's safety due to new

security breaches and immigration challenges. Parents ask what they can do to ensure that their children feel safe and secure. Summarized below are 10 strategies to help families prepare for these challenging situations:

Make a safety plan for a generalized family emergency. Agree where the family will meet if there is a community emergency.

Assure children that they should follow all directions by school administrators. Review the school's policies and procedures with your children that are listed in the student handbook.

Ensure each child has time to express their worries and concerns daily. When they are scared or upset about a situation at school, brainstorm solutions and assure them that you are there to be their advocate. Continue to arrange play dates for your children after school so that they feel secure with their classmates.

Attend back to school nights and learn what the school will do in an emergency.

Meet your child's teacher and assure the teacher that you are available for added support.

Participate in the school's community service activities and help your children learn about the various services and resources available to families in their communities.

Participate in community fairs to ensure that your children learn about public services and agencies. If you participate in a religious organization, have your children become active in the various church community activities.

Talk with older children about community issues and

vote at local and national elections.

## Engage in Your Community

Your children can become resilient and fully engaged in your communities when you participate with them in various school and community activities and vote at regional and national elections.

Much success as a fully engaged family in your community!

Mary Ann

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