



Family Connection

SEL & Wellness Monthly



This month, we're focusing on **RESPECT**. Respect for ourselves, our classmates, and our community. Look for chances to name it at home: a sibling sharing without being asked, a classmate including someone new, or simply saying "thank you" and meaning it.

Welcome back to the 26-27 school year!

A new school year brings fresh starts, new goals, and big feelings from excitement to nerves.

We begin this year with the SEL trait of RESPECT, treating ourselves, classmates, and our community with care, empathy, and dignity. Mutual respect between home and school is key to a thriving learning environment.

At KPS, we are committed to supporting the whole child academically, socially, and emotionally, and we also deeply value the role families play in that journey. Thank you for being our partners in helping every student feel safe, respected, supported, and ready to learn. We look forward to a fantastic 26-27 school year!

Mental Health & Wellness Tips

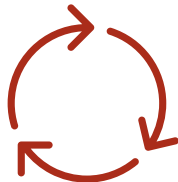
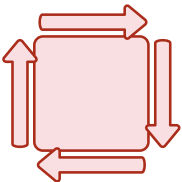
Navigating a new school year can be tough.

NAMI has created resources to empower families and educators on their mental health journeys.

Visit [nami.org](https://www.nami.org)

Simple ways to talk with your child about how they're feeling

Quick calming tool: when big feelings show up, try tracing each side of the box or circle as you go in for 4, hold for 4, out for 4, hold for 4. Repeat a few times to feel steadier.



Back to School Tips

- **Keep a consistent bedtime.** A predictable sleep schedule helps students feel rested and ready to learn.
- **Plan for on-time arrival.** Build in extra time so mornings feel less rushed.
- **Limit screens before bed.** Put devices away 30–60 minutes before sleep.
- **Make time to connect.** A few minutes of positive family time helps the back-to-school transition.
- **Prepare the night before.** Pack backpacks, charge devices, and choose clothes ahead of time.
- **Allow time to decompress.** Give students a snack, movement, or relaxation before responsibilities.
- **Check in about the day.** Ask specific questions like "What was the best part of your day?"
- **Reach out early.** Connect with the school if you notice ongoing struggles.

Family Challenge: Instead of "How was school?" try one of these:

- What was the absolute best part of your day?
- What made you smile or laugh out loud today?
- What was something tricky you had to work through?
- Did anything make you feel frustrated, worried, or confused?
- Did you try something new today? How did it go?
- Who did you enjoy spending time with today?
- Did you notice anyone who looked like they needed a friend?

DISTRICT BEHAVIORAL AND MENTAL HEALTH COORDINATORS

KAMARIA DAWKINS AND KAYLA SMITH