

Hello families!

Each week you will receive some suggested activities to do together as a family that focuses on a specific topic within the monthly PBIS theme. September's theme is READINESS. This week's topic is: clean slate.

With a new school year, we want to start off on a clean slate while also setting our children up for a successful school year. The start of a new school year means a new schedule, additional activities, and getting back into that school mindset.

1. **Clean Slate - Home Edition:** With summer time over and the weather beginning to cool down, it's time to pack those beach towels and summer clothes away and bring out the school gear and sweaters. Take the time this week for every member of the family to clean and re-organize shared and personal spaces at home. By doing so, we not only physically prepare our spaces but prepare our minds as we switch gears from summer to school.
 - a. Donate any clothing that don't fit anymore and rotate everyone's closet for the fall and winter months.
 - b. Go through the kitchen and toss out any expired or old foods, and make a checklist for your next grocery run to restock on anything.
 - c. Organize all toys and games. Give them a dedicated space at home and have the kids get in the habit of putting them away when they're no longer in use.
 - d. Set up a work space for the kids at home. When there are take home assignments or projects to work on, make sure your children have a dedicated quiet space to work at home. As you reorganize the home, gather and sort all stationary and supplies for easier access. A work space doesn't need to be fancy, whether it's the children's desk or the kitchen table, as long as there is a designated time and place for them to work on any assignments.
2. **Create a family calendar:** Between multiple schedules and activities, it's a lot to keep track of all in your head!
 - a. Using a whiteboard, print out, or hand-drawn calendar, put together a family calendar in the kitchen or somewhere visible for the whole family to see.
 - b. Use the calendar to mark down important events, sports, activities, holidays, and due date.
 - c. Assign each member of the family a different color so everyone can add their own schedule to the shared calendar! This will also help the children get in the habit of keeping track of their schedule and be mindful of the rest of the family's schedule.
 - d. A shared calendar is also great to visually see when everyone is available for a family day!

We hope these suggested activities will help your family settle back into the hustle and bustle of the school year. Please feel free to share any photos or anecdotes on how your family has been getting ready for the new school year. We would love to see and perhaps share ideas with other families in our school community.