

Eight steps for success--tips and tricks to help get kids back in the swing of school.

September 1st marks the beginning of another exciting school year. The past year certainly had its challenges and I am hopeful this year will look more like a traditional school year. Students benefit from in-person learning, and ensuring a safe return is always our highest priority. We will continue to follow the guidelines of the CDC and local health departments which include:

- Encouraging vaccination because it is the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports.
- Due to the circulating and highly contagious Delta variant, CDC recommends universal indoor masking by all students (age 2 and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status. On Monday, August 23, the Edgerton School Board voted to require masks for all students, staff, and visitors in grades 4K-8th beginning at 8:00 A.M. on Thursday, August 26. Masks will be optional at the high school.
- Screening testing, ventilation, handwashing and respiratory etiquette, staying home when sick and getting tested, contact tracing in combination with quarantine and isolation, and cleaning and disinfection are also important layers of prevention to keep schools safe.
- Students, teachers, and staff should stay home when they have signs of any infectious illness and be referred to their healthcare provider for testing and care.
- Layered prevention strategies to protect students, teachers, staff, visitors, and other members of their households to support in-person learning.
- Monitor community transmission, vaccination coverage, screening testing, and occurrence of outbreaks to guide decisions on the level of layered prevention strategies.

In preparation for the upcoming school year I wanted to share 8 Steps for Success, written by Andrew Caplan and printed in the August 22nd edition of the Wisconsin State Journal. Enjoy these eight helpful ideas for parents as you prepare your children for the transition back into the classroom.

### 1. Review last year's work

Doing a quick scan of some of last year's content can help give students a refresher on what to expect during the first few weeks when they return. It will remind students about some skills and topics they may have forgotten about while out during the summer.

### 2. Organize class materials

Labeling folders, organizing binders and packing book bags a few days early can help you ease into the first few days of class, which can already be a bit overwhelming. Be sure to pack a mask.

### 3. Read class syllabi

If teachers have sent students a syllabus prior to class starting, odds are they want them to read it before showing up on day one. This will help students know what to expect for each class and

will allow students and parents to add important dates to calendars, such as big projects or state testing.

#### 4. Dress for success

Quite possibly the most exciting part of returning to school is showing off new outfits. Students should consider going through their clothes and donating what doesn't fit. Then have your child pick out their outfits for the first few days of school to ensure they aren't rushed in the mornings.

#### 5. Establish a sleep schedule

Arguably the most challenging task could be getting back in the routine of a normal sleep schedule. Waking up and going to bed early can be tough after sleeping in all summer. Aside from staying alert while in class, a good sleep schedule also has health benefits and can lead to better eating habits.

#### 6. Find a workspace

Whether your child has a desk or does work at the kitchen table, it's a good move to clear off a designated space for studying and completing school work. This can help keep other parts of your house clean and give the student their own uninterrupted space to concentrate.

#### 7. Set new goals

There's no shame in wanting to improve. Whether it is wanting to get a better grade in a course, joining a new sport or a club, setting goals can provide students an opportunity to accomplish tasks that boost their morale and also give them something to look forward to outside of the normal classroom setting.

#### 8. Relax

The most important job of all is to try to calm your nerves in the days leading up to the first day of school. Rest your mind and try to relax.

Enjoy the final days of the summer break. Our entire staff looks forward to the return of students and the excitement and energy they fill our schools with daily. It's going to be a great year.

It is an honor and a privilege to serve as the District Administrator in the Edgerton School District.

Dr. Pauli