



# AUGUST

## Exceptional Students Education

### Stark Elementary School

#### Back-to-School Preparation

In August, we are helping students prepare for the return to school by teaching them to manage their emotions and complete tasks like packing lunch and talking about school supplies. At home, you can help by discussing their feelings about going back to school and encouraging them to take part in back-to-school preparations, building excitement and confidence for the new school year.

#### Functional Communication: Talking About School Supplies

- What they're learning: How to talk about what they need for school (e.g., "I need pencils").
- How you can help at home: While shopping for school, ask your child what items they need and have them help pick out supplies.

#### Emotional Regulation: Managing First Day Jitters

- What they're learning: How to cope with nervous feelings about going back to school.
- How you can help at home: Talk with your child about how they feel about school starting and practice breathing exercises to calm nerves.

#### What are fine motor skills?

- Color Together** – Encourage your child to stay inside the lines and use a variety of colors.
- Practice Cutting** – Let them cut out coupons, pictures from magazines, or simple shapes.
- Play with Small Toys** – Building with blocks, LEGOs, or snap beads improves finger strength.
- Mealtime Helpers** – Let kids open snack bags, peel oranges, or stir ingredients.
- Try Lacing and Beading** – Lacing cards and stringing beads promote coordination and precision.
- Write & Draw** – Practice writing their name, drawing shapes, or tracing letters.

#### Upcoming Events

- **August 11-12:** MAP Testing K-5

#### Daily Living Skills: Handwashing

- 🧼 **Practice the Steps Together:** Use visual cues or a fun song to help your child remember:
  - Turn on water
  - Wet hands
  - Apply soap
  - Scrub for 20 seconds (sing the ABCs!)
  - Rinse and dry
- 🧑‍🦱 **Model and Encourage:** Let them watch you wash your hands and give praise when they try it independently.
- 🛠️ **Set Up a Child-Friendly Space:** Use a stool, foaming soap, and a small hand towel to make the sink accessible and fun.

#### Social Skills: Introducing Themselves

- What they're learning: How to introduce themselves to new classmates or teachers.
- How you can help at home: Practice simple introductions with phrases like "My name is...", helping your child get comfortable with new people.