



TIPS FOR EMBRACING BALANCE & WELL-BEING

Tips for Partnering with Teachers

Source: Caroline Miller, Child Mind Institute

Setting up effective lines of communication with your child's school is more imperative in 2020 than ever before, especially if your student is attending school virtually as our school year begins. Communication is key to keeping this year's school experience structured, personalized, and successful. Below are just a few of the fantastic tips for partnering with your child's teacher that can be found in the article linked below.

- Let teachers know you respect their boundaries.

 Ask how they want to be contacted and in what time parameters. Likewise, inquire about when you can expect to hear back from them.
- Ask for a clear explanation of your child's schedule, how assignments will be communicated, and what adjustments will be made to the curriculum and grading practices.
- Ask what opportunities there will be for kids to get to know each other as well as what one-on-one contact they may have with teachers.
- Let your teachers know how your student did in the spring and what you are currently seeing at home.
- Share your student's struggles as well as what is going well.
- Share family circumstances that are affecting your child. The more teachers know, the more they can help.
- Acknowledge the challenges teachers are facing.

 The pressure on educators this Fall will be immense. This is uncharted territory, let the know how much you appreciate their efforts.



Helpful Links

COVID-19 RESOURCES IN OTHER LANGUAGES

SUPPORTING SEL NEEDS KIDS WITH LEARNING DISABILITIES

HOW TO SELF-EVALUATE YOUR MH
IN THE 'NEW NORMAL'

FAMILYWIZE: DISCOUNTS FOR HEALTH CARE NEEDS

TIPS AND SCRIPTS FOR MANAGING
SCREEN TIME WHEN SCHOOL IS ONLINE



Forsyth Community News

Let's talk openly about suicide



A Facebook Live Event*

fb.com/ForsythCountyDrugAwarenessCouncil

September 10 at 7 p.m.

Featuring:

Mike Dudgeon, Former Representative John Trautwein, Will to Live Foundation

Kevin Tanner, Representative; Chair, Georgia Behavioral Health Reform & Innovation Commission

> Ron Freeman, Forsyth County Sheriff Nathan Castleberry, Associate Pastor, Mountain Lake Church

Moderated by:

Cindy J. Mills, Forsyth County BOC Vice-Chairman

*Due to COVID-19, this will be a virtual event.

Input Wanted!

Forsyth County Schools Alcohol & Substance Abuse Prevention Project (ASAPP) is currently gathering information from community members and parents concerning underage drinking within our community.

CLICK HERE for SURVEY

The survey is anonymous and everyone's input is important.









Help while you shop! Support our local NAMI FDL by selecting this nonprofit on Amazon Smile



You Shop. Amazon Gives.

Be a Home Delivery Hero. Volunteer with less contact, check out Mealsbygrace.org to assemble or drive meals to forsyth families in need.







Parenting Classes

\$10.00 per Person

Registration and non-refundable payment required by Sep. 30, 2020

Begins September 30, 2020

DESCRIPTION:

Learn a loving and balanced approach to handling your kids. This style will show you how to practice discipline without losing love and respect.

September 30 October 7, 14

5:30 pm - 7:30 pm

LOCATION:

Zoom Virtual Meeting

CONTACT:

Lynn Sennett - Workforce & **Education Director** 770-887-1098 Lynn@theplaceofforsyth.org

Where every Person, Dollar, and





Click here to check out online story time and more with the Forsyth County Public Library.