

Verner Elementary School

700 First Street Verona, PA 15147

www.rsd.k12.pa.us T: 412-828-1800

Dear Parents/Guardians,

Welcome to the 2014-2015 school year! We are excited for another great year. The first day for students will be August 26th. Breakfast begins at 8am and the doors open for homeroom at 8:20am. All students must be in the building by 8:30am. Remember that being in school every day and on time is the first step to success. We are happy to begin the new school year and look forward to working with parents and the community to make it another great school year at Verner Elementary. If you ever need anything please feel free to either call me at 412-828-1800 or email me at jshoaf@rsd.k12.pa.us. Thanks for your continued support of both your children and Verner Elementary School.

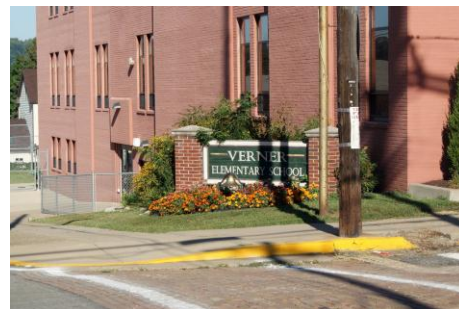
Sincerely,

Jason Shoaf

Principal

Successful First Days of School

The first day of school can be an exciting and anxious time for children and parents. Meeting new friends, having a new homeroom teacher, learning new rules and routines can make some students nervous about the new school year. Here are some tips to help your child have a great start to the school year.



Upcoming Events

August 26

First Day of School for Students

August 28

Kindergarten Curriculum Night—
6pm

August 29

VPTO Fall Fundraiser begins

September 1

No School Labor Day

September 2

Grades 1 and 2 Curriculum night-
6:30-7:30pm

VPTO Meeting 6pm

September 3

Grades 3 and 4 Curriculum night-
6:30-7:30pm

September 4

Grades 5 and 6 Curriculum night—
6:30-7:30pm

Important Announcement

Every person that enters Verner Elementary MUST enter through the front doors, provide proper identification and get a visitor's badge before entering the building. Also, everyone MUST exit the building through the front doors and return their visitor's badge to the secretary before leaving. Thank you.

- **Schedule Sync**

Children have a tendency to sleep in during the summer and have a hard time adjusting back to the early start of school. Kids will have an easier time making this adjustment when their inner rhythms are in sync. Establish a firm school-year bedtime and wake-up time for each child and begin enforcing those times at least a week before school begins. If you feel it is necessary you can even hold a practice morning for your children so they know what to expect come the first day of school.

- **Back-to-School Prep**

Having your child shoulder some of the responsibility for back-to-school prep helps kids feel more empowered and excited about the big day. Arrange a fun back-to-school shopping trip and allow them to pick out their backpacks, shoes, school supplies and lunchbox. Have kids organize their homework area and plan out their first day of school.

- **Find a Balance**

Talking too much about the first day of school can contribute to pressure and first-day jitters. It is far more important to actually practice these strategies than to just talk about them. Practicing new routines helps children internalize those lessons. Discussing them just makes children more anxious.

- **Stay Positive Yourself**

If you are nervous about the first day of school, kids will certainly be nervous too. Kids pick up on parental anxiety, so if you feel anxious about your kids starting school, try to hide your negative feelings. Instead of worrying about the beginning of school, concentrate on enjoying what is left of summer with your kids. Take the focus off school starting by planning a few late-summer activities together.

- **Model Self-Discipline**

Parents can help children develop a positive attitude about attending school by modeling a productive relationship with their own work and responsibilities. When children see that a daily routine can be a source of fulfillment and fun, they will feel good about attending school. And you can feel good about starting the school year off right.