A Note from Kimberly

It seems like once we got past July 4th, the summer has flown by!

Districts/Charters in our region all have varying school start dates! Some of your kids have already started and others start over these next 3 weeks!

Regardless of when your kids start, it is that time......time to prepare for getting back in the school routine!

I think our dog Dixie (pictured to the left) is going to miss my girls the most when school starts! She sure has enjoyed a summer of outside play with lots of balls to run after and chasing the girls on the swings.

I will most definitely miss the slower pace that summer brings to our home. I will be taking time off next week to spend the last week of my girls' summer with them. There will be some fun but also checking off my list of back to school "to dos!"

This edition of Parent Perusals is devoted to resources, information and ideas to help you get in the Back to School mode!

Good luck and Enjoy!
~Kimberly
Back to School: How to Get a Good Routine Going

Do you have your back-to-school routine planned out? Personalize your family's routine with help from the following ideas. Once you have a method in place, your family will start the new school year on a bright and less harried note.

Interactive Vaccine Guide

One of the preparations in getting your kids back to school is making sure you are all up to date on vaccines!

The Centers for Disease Control and Prevention has developed this Interactive Guide to help you find information about recommended vaccines from birth through adulthood, including pregnancy.

Under the MORE INFORMATION section, download the immunization schedule for children and teens so you can make sure your family is current on their vaccinations!

Check out the Vaccine Interactive Guide.
6 Parent Tips for a Smooth Back-to-School Transition

The start of school brings a lot of changes—new teachers, new schedules and new school demands. Planning is key to a successful transition.

Here are six parent-tested tips for back-to-school.

1. Adjust bedtime gradually.
2. Make shopping for school supplies a team effort.
3. Make reading fun and fundamental.
4. Focus on appearances.
5. Get colorful with everyday supplies.
6. Build excitement before the first day back.

Read more details HERE.

DOWNLOAD & simply print the card, fill it out and share it with your child’s teachers and other school staff who’d benefit from it. You and your child can even fill out the card together.
10 Genius Back to School Organization Tips for Parents

Read these back to school organization tips from Parenting.Com!

Start School Strong

This is an AMAZING resource by Understood.Org

Start HERE to get free resources that fit your needs. Our expert-vetted tips, tools and videos can help you and your child feel more confident and prepared for the first day of class.

Customize by choosing from academic, organization or social skills. Select your child's grade: Preschool all the way to College Indicate if your child has an IEP, 504 plan or neither.

More from Understood.ORG:
A Back-to-School Guide for Kids With Learning and Attention Issues
Back-to-School Countdown: A 4-week plan to get ready
All About Navigating Locker Challenges
Back-to-School Introduction Letters
8 Apps to Help Kids Manage Back-to-School Challenges
Lunchbox Notes to Help Your Child Build Confidence
Printable Back to School Downloads

Tips for Calming First Day Jitters in Every Grade

No matter what grade they're in, kids may get nervous about starting the new school year. Get tips on how to help your child calm those first-day jitters and start school with a positive attitude.

How Can I Help My Child with Back to School Anxiety?
Create Your Back to School Kit!

Parent Toolkit has created a way for you to complete a survey with interests and needs that creates a personalized school kit for you and your family!

Once you input your child's age, the topics you're interested in, and your focus for the school year, Parent Toolkit will compile a complete guide made just for you so you can start your back-to-school journey off strong.

Get started HERE.

Back-to-School Tips for Students with Special Needs

Click here to read these tips!

Exceptional Parent Article

Helping Your Child with an IEP Transition into a New School Year

Reading Rockets' Back to School Resources

Topics of interest:

- Who's who at your child's school?
- Open House: What does a good classroom look like?
- Listen and look at back-to-school night
- What's screening, differentiated instruction, and leveled text?
- Tips for easing back into school
- Helping your child succeed in school
- Reading tips for parents in 13 languages
- Lunchbox Notes
- Back-to-School tips for parents of children with special needs
- For Families of English Language Learners
- Building a good relationship with your child's teacher
- Organization problems and the beginning of the school year

Click Each Link Above or Check them all out HERE!
Helping Your Child Feel Connected to School

As a parent, you want your child to do well in school. You also want your child to be healthy and avoid behaviors that are risky or harmful. Through your guidance and support, you can have great influence on your child’s health and learning. But you also have important allies in this effort—the caring adults in your child’s school.

Research shows that students who feel a genuine sense of belonging at school are more likely to do well in school, stay in school, and make healthy choices. This sense of belonging is often described as school connectedness. Connected students believe their parents, teachers, school staff, and other students in their school care about them and about how well they are learning.

Read all the tips from the Center for Disease Control HERE.

School Success Guides

Check out these guides from Scholastic Parents from Kindergarten–8th Grade! Each guide reviews grade level curricula, learn what to expect for each subject, and discover books and activities you can use at home to support learning in the classroom.

Helping Your Child Succeed in School

Would you like to know more about how you can help your child succeed in school? This publication answers questions frequently asked by parents of elementary and middle-school-aged children who—like you—want to help their children learn and succeed. It suggests effective ways you can support your child’s education.

As a parent or caregiver, you play an important role in your child’s academic achievement. By taking steps to get involved in your child’s education, you can bridge the gap between home and school to ensure your child’s success in learning and in life.

The research-based tips in this publication provide both practical guidance and valuable information about a range of topics, including:

- Getting Ready for School
- Monitoring School Work
- Helping with Reading
- Helping with Homework
- Working with Schools and Teachers
- Creating Safe and Drug-Free Schools
Please note: At the end this guide there are references the No Child Left Behind Act (NCLB) which is now known as the Every Student Succeeds Act (ESSA).

Check out Questions Parents Ask About Schools
Preguntas que hacen los padres sobre las escuelas.

Nutri Savings Back to School Activity Book

Sometimes the meal options at school are less than ideal when it comes to nutritious. This book can help kids think about healthier options—the fun way!

Download the Activity Book HERE.

College Packing List: What Every College Student Needs

Packing for college can be stressful for both kids and parents. Whether your son or daughter will be living in a dorm or an apartment, be sure to share this checklist (for both guys and girls!), so they have all the supplies they need for the big move!

The Child Development Institute put together this great list. Check it out HERE.

Have a Kid Going to College? Top 3 Questions Answered

When your teen starts college, you will likely have hundreds of questions running through your mind. There are many different ways to support your student once they are in college and there is value in any kind of support you provide.

Checklist: Making a Plan the Summer Before College
As the summer winds down, many families are thinking about back-to-school time. But at a certain point in parenting, “back-to-school” season becomes something new: Empty nest season.

Does Your Child Attend Southwest ISD?
Read their Community Connections Newsletter!
Learn More HERE!

*All school districts/charters have some type of Family/Parent & Community Resource Web Page! Be informed! Seek it out and check it regularly for upcoming events and important information!

UTSA's Family Engagement in Region 20 NEWSLETTER
Read about more Back to School events, free summer events, fun things happening at UTSA and other college and community resources!
This Weekend is Tax-Free Weekend
August 9-11, 2019

During this annual sales tax holiday, you can buy most clothing, footwear, school supplies and backpacks (sold for less than $100) tax free from a Texas store or from an online or catalog seller doing business in Texas.

Learn more HERE.

Check out all the Back to School Community Events! There are SO MANY this weekend!
Operation R.I.S.E.
For Military Families, open to DoD ID Card Holders
Saturday, August 10th
9:00 am--12:00 pm
Location: Tri-Point Grantham Hall (3233 N Mary's St.)

Premier Rental Purchase San Antonio Annual Backpack Giveaway
250 Backpacks loaded with supplies will be given away between each of our 5 Locations! 50 at each STORE! Join us for FREE FOOD and DRINKS—let's celebrate another great year of school for our kids.

Thursday, August 8th
5 pm--7:30 pm
Location: 509 Fair Ave. SATX 78223

Girls Inc. Back to School Conference
Girls entering 6th, 7th, and 8th grade are invited to join Girls Inc. for a fun afternoon of workshops, discussions, and boutique shopping to better prepare for middle school! Some of the topics we'll discuss include overcoming barriers, bullying and social skills, and study skills. Girls will also have an opportunity to sort through the boutique and find their perfect back-to-school outfit.

Friday, August 9th
Time: 1-4 PM
Location: 118 N. Medina, SATX 78207

Space is limited! Register today:
http://conta.cc/2xktXCa
Thousand Oaks Family YMCA Back to School Bash
Fun family activities, food, games, swimming and a DJ! Meet local school representatives and participate in a stuff your back pack drive, local vendor tables and much more! FREE to members and the community!

Date: Friday, August 9th
Time: 6-8 PM
Location: 16103 Henderson Pass, SATX 78232

Back to School Basics--Autism Community Network
It's back to school time and Autism Community Network would like to extend an invitation to our Lunch & Learn Series. The topic is Autism 101: Back to School Basics. We will see you August 9, 2019 from 12pm to 1pm at EISD's Burleson Center for Innovation and Excellence. Lunch will be provided IF you RSVP!

Date: Friday, August 9th
Time: 12-1 PM
Location: 534 Cordelia St. SATX 78237
RSVP: pattyv@acn-sa.org or 210-435-1000

Trans Kids Back to School
The purpose of the event is to facilitate a conversation between parents, their children, and teachers on how best to include, respect, and protect trans youth in schools. Given the current political dialogue, harmful legislation, and violence against the trans community, we want to create a safe space to share the experiences, concerns, and visions of parents of trans kids and trans individuals so that the community can get different perspectives of what is happening here in San Antonio.

Date: Saturday, August 10th
Time: 5-8 PM
Location: 922 San Pedro Ave.
Back 2 School Bash--A New Life For a New Generation
Community Event geared toward bringing families together for activities, fun and supplies giveaway.

Date: Saturday, August 10th
Time: 10:00 AM--2:00 PM
Location: Camargo Park
(5738 Hwy 90, SATX 78227)

Dream Center San Antonio
Backpacks, haircuts, food, clothing and school supplies. All students must be present to receive supplies.

Date: Saturday, August 10th
Time: 11 AM--3 PM
Location: 2903 W Salinas St. SATX 78207

Blessed Angels Community Center
600 Free Backpacks, School Supplies, Immunizations, Snack Packs, Hot Dogs and Hamburgers will be given away to children in need. First Come, First Served.

Date: Saturday, August 10th
Time: 9 AM--12 PM
Location: 14078 Nacogdoches, SATX 78247

AND There's MORE!
Check out a FULL listing of ALL Back to School Community Events! This page lists Back to School events, school supply drives, and back to school deals for families in the San Antonio, Texas area.

Take Time for YOU to Develop New Skills & Learn New Information!
ESC-20 kicks off their 2019-2020 FREE parent trainings and webinars on September 11th!

Click the button below to learn all about them and download the catalog!

I hope you will take advantage of these great learning opportunities!
2019-2020 Parent Trainings & Webinars

Click HERE to learn all about ESC-20's FREE parent trainings and webinars! Start making plans to attend!

Questions? Comments? Feedback?

Click HERE if you can't access the form above and you'd like to leave Kimberly a comment, question or other feedback. Thanks!
Kimberly Baumgardner, Consultant, Education Service Center, Region 20

Kimberly has worked in the field of special education for 19 years. She has been on staff at ESC-20 for 10 years. She spent 7 years as a special education curriculum specialist and is currently the Family Engagement Consultant.

Kimberly has become quite passionate about empowering families to be more involved in their child's education and future as well as challenging and supporting schools to increase their efforts to involve families in their child's educational journey and focus on Family Engagement as an instructional tool that improves student's academic outcomes.

Kimberly enjoys living out in the country with her husband, Tyson and two daughters, Lynette & Lucy Sue.