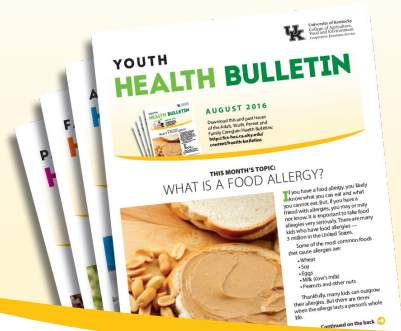


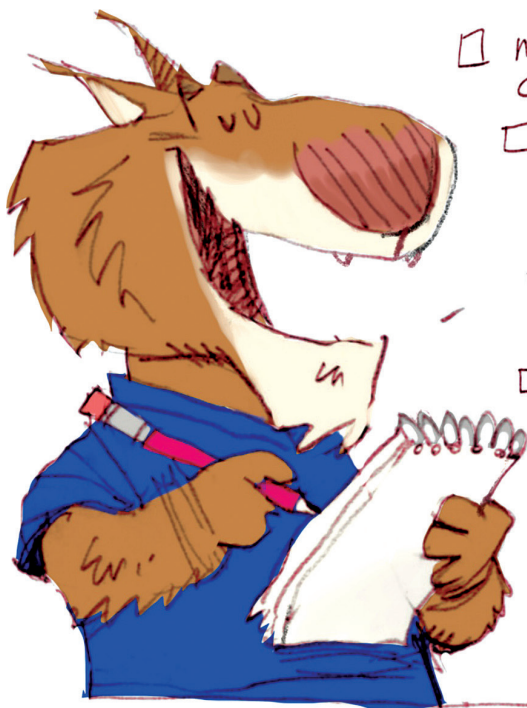
# YOUTH HEALTH BULLETIN



**AUGUST 2019**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: BACK TO SCHOOL



- new school clothes
- new shoes
- Binder
- school supplies
- LUNCH BAG



**S**ummertime is ending, which can be sad, but it comes with the excitement of going back to school. It is okay if you feel nervous or scared for the first day of school. Many kids feel nervous about going to a new classroom or new school with new teachers and new friends.

**Continued on the back** ➔



# It is a great day to make a new friend, so try to say hello to the new kids in your classroom.

## ➔ Continued from page 1

However, after you start your new school routine, those worries will go away. If those feelings do not stop, talk to your mom, dad, teacher, or school counselor.

The first day of school can be fun but cause some nerves. In order to settle those nerves down, start by being prepared with the correct supplies that you need. Some schools send out class supply lists before the year begins, so you can get pencils, folders, and whatever else you'll need. The night before school, lay out the clothes you are going to wear. You can also stay organized by putting your homework and books into your backpack and setting it by the door the night before. Whatever you want for lunch, help your parents by packing it the night before. If you are nervous about remembering everything for the first day of school, write it down. You can write down your locker combination, classroom numbers, teacher's names, and bus information to help you remember those details.

## Here are some tips for having a successful school year:

- Get enough sleep.
- Eat a healthy breakfast.
- Use a planner to write down your assignments so you turn in your homework on time.
- Ask questions. If you don't understand something, always ask the teacher.



Get excited for the kickoff of the new school year! You might already know some kids in your classes on the first day. However, it is a great day to make a new friend, so try to say hello to the new kids in your classroom.

### SOURCES:

- <https://www.cdc.gov/features/back-to-school>
- <https://kidshealth.org/en/kids/back-to-school.html>

### Can you unscramble these words?

- ETA A HEHYALT ARKBAEFST: \_\_\_\_\_
- TGE OEUHNG LESEP: \_\_\_\_\_
- UES A NENLPAR: \_\_\_\_\_
- SKA OSEIUQSTN: \_\_\_\_\_

ANSWERS: EAT A HEALTHY BREAKFAST; GET ENOUGH SLEEP; USE A PLANNER; ASK QUESTIONS

## YOUTH HEALTH BULLETIN

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