



## BUILDING HEALTHY HABITS

### ★ Building Our School Community Together

#### Hey there, Parents and Caregivers,

When we think of school, it's easy to picture just the building where kids get dropped off every morning. But a school community is much more than that, it's made up of teachers, students, and most importantly, parents and caregivers. A successful school year doesn't happen without parents!

The truth is, being involved doesn't have to mean hours at the school or signing up for every event. It can be as simple as checking your child's folder, sending a quick message to the teacher, or asking your child at the dinner table, "What was your favorite part of today?". These little moments of connection show kids they're supported both at home and in school.

And let's be real, school years come with ups and downs. There will be busy mornings, tough homework nights, and those unexpected hiccups. But that's where a positive, solution-focused mindset makes all the difference. Every challenge is a chance to adjust, learn, and keep moving forward together.

**This school year can be a great one, because when our children are successful, we are successful too!**

### Early Childhood- HRL Preschool

#### 🧸 Early Childhood Corner

For little ones in daycare, Head Start, or Pre-K, starting school can feel like a big adjustment. Because children are so closely attached to their families, separation anxiety is normal in the early years. The best way to ease that worry is when parents/caregivers and schools work together, keeping learning and routines consistent between home and school.

**Cool Fact:** Kids are little routine-lovers! Once they get the hang of something like toilet training or a classroom habit, sticking with it at home helps them feel more secure, confident, and ready to grow.

### Resource Family Corner

#### ✨ Family Engagement

Family time doesn't have to be fancy or expensive, it's the little things that mean the most. Try setting aside a few minutes each evening for a "family check-in." Go around the table (or living room!) and let everyone share one good thing from their day.

It's a simple way to stay connected, encourage conversation, and remind kids that their voices matter.

**Family Fun Tip:** If you already do this, amazing! Keep it up, because regular check-ins help kids feel seen, build their confidence, and strengthen family bonds. And if you haven't tried it yet, this is an easy tradition to start and keep going.

**Reminders:** 🙌 A healthy child is a ready-to-learn child!

Use the [HRL Health Passport](#) to keep track of checkups, forms, and updates so your child can shine all school year.

