

# Muscogee County School District's

## School Social Work Department



### Dates to Remember:

#### October 12

Staff Professional Day (No School)

#### October 20

Report cards go out

Dear Parent,

Fall is here and that means pumpkins, football games, candy, leaves, great weather, and lots of fun family time. We hope that the information provided in this newsletter gives you some helpful pointers for navigating this time of year. Happy Fall Y'all!!!!

## Safety Tips for Trick or Treating

It's that time of year again for you little one to get all dressed up in their favorite costume and head out to get that candy!! Although Halloween can be a very fun time for children and parents, there is also a lot parents have to contend with when it's time for trick or treating. Along with all the awesome candy to be collected, there also comes a large amount of foot and vehicle traffic in the neighborhood, kids running wildly from house to house, and frequently, there is poor lighting making it difficult to see children as they run collecting their candy. Here are a few tips to make your night a little safer (and easier on mom and dad). By Lauren Penton

- Try to pick out or encourage your child to get a brightly colored costume, helping them to be visible at night.
- Carry a flashlight and stay on sidewalks and driveways as much as possible.
- Wear brightly colored costumes and decorate your kiddos up with reflective accessories such as nightsticks and glow jewelry, such as bracelets and necklaces.
- Talk to your children about only visiting houses with lights on their porch and make sure they understand that they are never to go into someone's home while trick or treating.
- Talk to your children and decided on a designated meeting place if you are to get separated while trick or treating.
- Talk to your children about not running across streets and making sure to look both ways before crossing roads.
- Parents, make sure to check your child's candy before they dig in, to make sure everything is safe and nothing has been tampered with.

Resources for Teachers (website) Retrieved from [http://www.fortheteachers.org/parent\\_involvement/](http://www.fortheteachers.org/parent_involvement/)

## Ways a Parent Can Help with READING

<b>1</b> Let your child see you reading! Have magazines and books in your home.	<b>2</b> Help your child find appropriate word & reading games on the computer. Keep a dictionary on hand. Help your child look up new words they read or hear.	<b>3</b> Read mysteries with your child and try to figure out the clues together.
<b>4</b> Movie version coming out? Read the book together first, then talk about which you each liked better.	<b>5</b> Set aside a time and place for your child to read - like a comfy chair and a reading light in a quiet place	<b>6</b> Visit your public library regularly. Look for and read together the books that were your favorites when you were a kid.
<b>7</b> Encourage your child to write - letters, thank you notes, emails, journals, lists, stories about their own trips, events, and daily life	<b>8</b> Ask your child questions about what he or she is reading, such as: - What is the story about? - Who are the important characters in the story? - Where does the story take place? - Why do you think the character made that choice? - Why did that happen? - How did you know about...? - Would you recommend this book to your friends?	<b>9</b> Ask your child to draw a comic strip about what happens in the story. Provide word searches, crossword and other word games and puzzles, or help your child make his/her own

Share with your child about what you're reading...



**This year, Fire Prevention Week campaign, “Don’t Wait – Check the Date! Replace Smoke Alarms Every 10 Years,” will be October 4-10, 2020. This serves as a way to education and remind the public about the importance of fire safety. Below are a few tips to help your family be prepared in case of a fire.**

Determine a meeting place for the family outside of the home, in a location that would be safe from a fire in the home. Make sure that the children know this location.

Have a practice fire drill. Make sure that your children know where to meet and safe ways to get out of the home. Practice once a month.

Make sure that your smoke detectors are working properly and that you have a fire extinguisher handy, likely in the kitchen. Make sure to test your sprinklers

Make sure your children know how to leave the home safely. Teach them to get low to the ground to avoid smoke, to touch the walls as they are exiting to guide them out, and to make sure that they never hide during a fire, but know to properly leave the home.

**For additional resources to assist you in making a fire safety plan for your family, please visit the National Fire**



## Finding Balance

By Lauren Penton

**The world is moving at a warp speed these days and you often find yourself running from one thing to another. We all hear about how important it is to find time for yourself and if you are like me, you probably think “yeah right, who has time for that”. Over the last year, I have really learned how important it is to do something nice for yourself, however small the gesture may be, to make sure that your needs are being met. Often times we have to refuel ourselves to be able give our children the parents we want to be. Every month, I will attempt to give you a few low cost, easy ideas of ways to pamper yourself in some small way and not lose yourself in the hustle and bustle of caring for your little ones.**

- Go for a walk. Getting out of the office or the house will give you a chance to get some fresh area and physical exercise is known to help improve your mood.
- Meet up with a friend. Spending time with a good friend can improve your spirit and help you relate to someone who is likely going through the same struggles you are.
- Make a list of things to be thankful for. This helps us focus on things that are going well for us and helps us place things into perspective. Often small problems can get us down, it’s important to focus on the things that are going well.