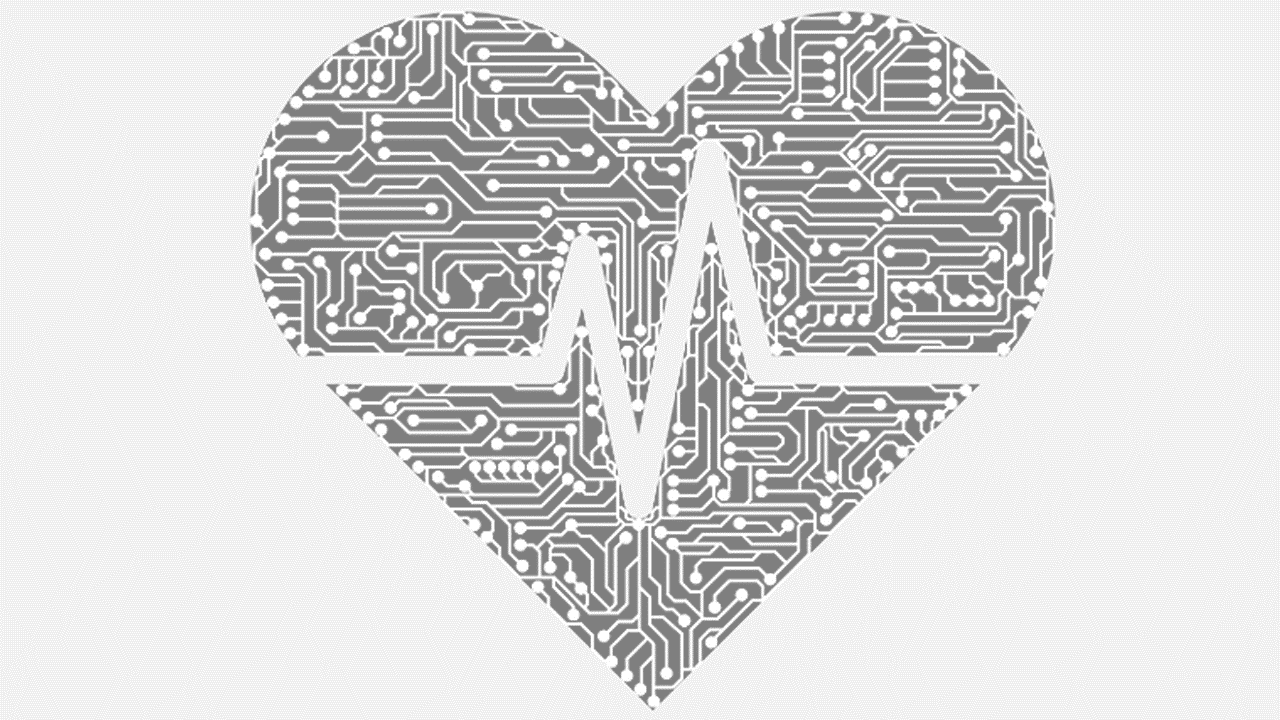
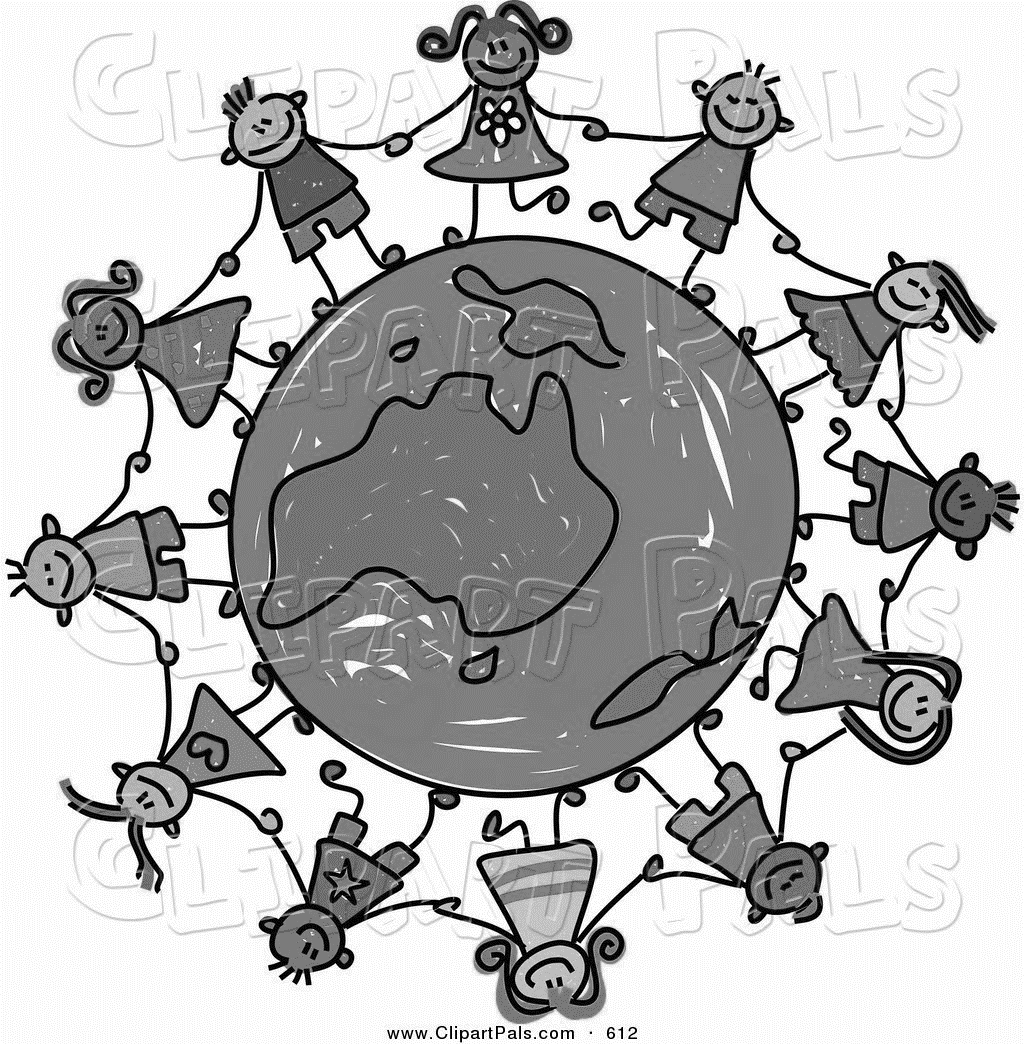
Way to Help Your Child Stay Healthy this School Year:



* **Wash hands regularly**
* **Teach your child not to share food or drinks**
* **Encourage them to cover their mouth or nose with a napkin/cloth when they cough or sneeze**
* **Get enough sleep and eat healthy**

ACHS ESOL Newsletter 

August

**Don’t hesitate to ask us anything related to ESOL or your ELL student!**

**Dawn Adams, ESOL Coordinator**

[**dadams@atkinson.k12.ga.us**](mailto:dadams@atkinson.k12.ga.us)

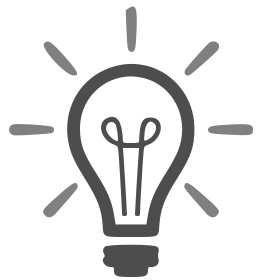
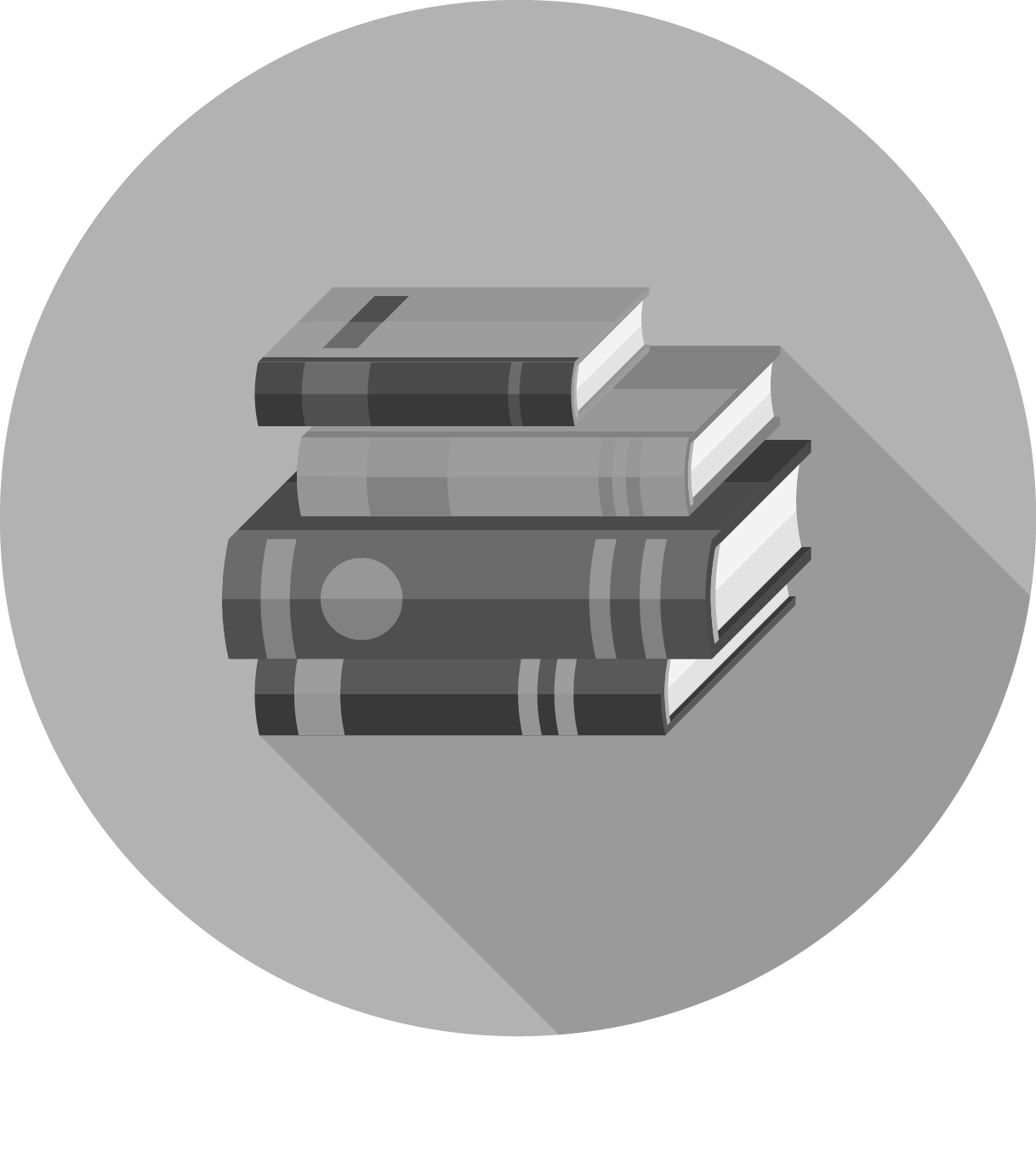
**Vette Lott, ESOL Coordinator**

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**WES: (912)-534-5302**

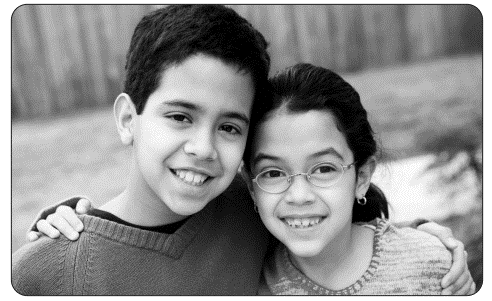
**Breanna Wright,   
ACHS/ACMS ESOL Teacher**[**breannawright@atkinson.k12.ga.us**](mailto:breannawright@atkinson.k12.ga.us)

**TIP OF THE MONTH:** 

Spend 20-30 minutes a day reading with your child. Take turns reading to your child and letting them read to you. Choose a variety of books in both your home language as well as in English. Listen to English on the radio or t.v.

**Welcome to a new school year.**

**Here are some ways you can help us to have the greatest school year yet:**



**Get the school year off to a great start with productive routines**

It’s the beginning of a new school year—the perfect time to set the stage for learning success. Try these simple strategies with your child:

**• Get a head start.** Many families find that organizing at night prevents morning “rush hour.” You can review school papers, pack and refrigerate lunches, set backpacks by the door and agree on outfits.

**• Establish sleep routines.** Choose a reasonable bedtime so your child is rested when it’s time to wake up. Elementary schoolers need between nine and 12 hours of sleep daily. Try to stick to the bedtime on weekends, too.

**• Develop morning habits.** When children do the same things in the same order each morning, it’s less likely that they will forget a step.

**• Choose a work time.** Establish a time when your child will have the most energy and motivation to do assignments. Create a quiet study spot, complete with necessary supplies. Your child should work at the same time each day.

**• Use tools for organization.** Teach your child how to use calendars, to-do lists, sticky notes, and a filing system for schoolwork and important papers.

**• Set priorities.** Schedule things like schoolwork, family meals and even free time on a calendar. Treat them like appointments. If there are open blocks of time, your child can add activities.

**We are so excited to have your child!**