

# BACK TO SCHOOL

special section

## Smooth Transition

### 3 tips to prepare for the new school year

Family Features

Whether your child is starting school for the first time or simply returning at a new grade level, preparations for the school year can feel overwhelming for both students and parents alike.

To help make the back-to-school transition as seamless as possible, consider taking these steps ahead of the academic term.

#### Set Goals for the School Year

As the new school year approaches, talk with your student about what he or she wants to achieve academically, socially and personally. Whether it's getting better grades, making new friends or getting involved in extracurricular activities, having clear goals can help your child stay focused and make the most of the school year. To stay organized and track progress along the

way, consider creating a list of short-term goals that contribute to his or her long-term objectives.

#### Practice Healthy Habits

Establishing a routine that incorporates sleep, exercise, self-care and a healthy diet can help set your child on a path toward success. Start by setting consistent sleep and wake times to ensure your student is well-rested and ready to focus during the day. Aim for at least 7-9 hours of sleep each night to support overall well-being.

In addition to sleep, ensure a balanced diet and regular exercise are priorities. Fueling your child's body with nutritious foods can help boost energy levels and concentration. Also encourage physical activity through sports, exercise classes or going for walks. Don't forget to make sure your student leaves time for relax-



Photo courtesy of Unsplash

ation and self-care. Whether it's reading a book, practicing a hobby or spending time with friends and family, engaging in enjoyable activities can help recharge the mind and reduce stress.

#### Organize Schedules and Supplies

Organization is key to a successful school year. Using a planner or calendar to track assignment due dates, exams and extracurriculars can help your

student effectively manage his or her time. In addition to organizing schedules, gather the necessary supplies. Make a list of the items he or she will need for each class, such as notebooks, pens, a calculator, textbooks and more. Check if any supplies from the previous year can be reused or if purchasing new ones is necessary.

Find more tips to make the school year a successful one at [eLivingtoday.com](http://eLivingtoday.com).

## The new school year is here!

Register for the fall semester now. With 155 programs, EPCC is the right fit for you.



[go.epcc.edu/RegisterNow](http://go.epcc.edu/RegisterNow)

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