

Preparing For Back-to-School Success



Move over, summer — it is almost time for a new school year to begin!

Whether your child is starting kindergarten, fourth grade, or even high school, returning to school can cause a wide range of emotions in both children and parents. Your child may feel a flood of feelings ranging from nervousness about meeting new peers to enthusiasm about picking out new school supplies and clothes. For children schooling both in-person or virtually, the start of a new school year means fresh starts, new experiences and expectations, and a time to learn new things.



It is easy to become stressed at the start of the year since there is so much to do, but it is also crucial to remember to relax. Make sure the day before school begins is a relaxing one — don't leave everything until the last minute to prevent any added stress.

Consider packing your child's lunch and choosing an outfit the night before school. Try starting your child on their sleep/wakeup schedule a week ahead of time, so the early-morning wakeup call is not a factor in the transition for the start of school. Getting sufficient sleep boosts a child's success in school. Those who do not get enough sleep may have difficulty concentrating and learning.

Routines help children feel comfortable, and establishing a school schedule can help make the first day of school go much smoother. No matter your child's age or grade level, establishing a routine will be very important as you set expectations for the new school year. It reduces stress

for both your child and you, making the transition easier.

Although the summer is coming to a close and the start of the school year is just around the corner, you have plenty of time to establish your routine and also squeeze in more memories as a family.

Enjoy what's left of the summer days and have a safe and healthy school year.

After a year of unprecedented challenges and schedule changes due to the COVID-19 pandemic, most schools across the country are preparing to start back up on a schedule that looks much more similar to prior school years. However, this doesn't mean that the return to school is a walk in the park. There is still new CDC guidance for in-person schooling that will be considered, and in Pennsylvania, a new law (Act 66) allows students who were enrolled during the 2020-21 school year to repeat their grade level to make up for any learning loss due to the pandemic, even if the student met requirements to be promoted to the next grade level. Amidst continued uncertainty, parents and students will still need to prepare for the normal challenges of getting back into a school routine.

PA Child Abuse **PREVENTION** **SYMPOSIUM**

SEPT
22
Virtual



Register Now!

5 CEUs
or CLEs!

*Click Here
to Register*

The PA Child Abuse Prevention Symposium will be held virtually on Sept. 22, 2021.

Presentations will include a variety of topics relevant to professionals and organizations that provide programs to children. Please join us for this valuable training offered to support PFSA's core mission — to promote child abuse awareness and prevention. Register now!

Join the CBCAP Network!

Are you part of a community-based agency that serves children and families? Would you benefit from receiving support, resources, training, and professional development opportunities? Would you like to be connected to other community-based agencies that have a similar focus and purpose as your agency?

If your answer to any of these questions is "yes," consider joining **PFSA's Community-Based Child Abuse Prevention (CBCAP) Network!** This diverse network of local organizations offers a wide range of

prevention efforts and programs to anyone in a parenting or caregiver role. These community-based agencies receive membership benefits from PFSA that include:

- ▶ Resources to enhance caregiver and parent education and skills;
- ▶ Comprehensive webinar training for professional staff;
- ▶ Technical assistance;
- ▶ Communications and public relations support; and so much more!

PFSA's CBCAP Network supports organizations by focusing on the trends across the state and the needs in your local community. If you would like to learn more about the CBCAP Network and all the membership benefits, contact PFSA's Program Services Manager, Justin Donofrio, at jdonofrio@pa-fsa.org or visit our website to submit an interest form: www.pafsa.org/cbcap-program.

Donate to PFSA

Support the cause, support PA kids! Consider giving a gift to PFSA to make a difference in the lives of PA kids and families. Your gift will advance the mission of PFSA to provide education, support, and training to make Pennsylvania safe for children. All donations help PFSA continue the successful delivery of training, development of educational materials, and ongoing support for community-based agencies. Visit pafsa.org to learn more about our services and to donate.



TRAININGS

Families in Recovery Train-The-Trainer

PFSA has scheduled a November date for the Families in Recovery Train-the-Trainer (TTT) program. This research-based program is a great resource for parents, guardians, and caretakers recovering from substance use disorder. The program teaches healthy coping and parenting skills while balancing the needs of recovery.

Organizational trainers will be fully prepared to provide training after attending a two-day comprehensive session consisting of content, education, and application instruction of the curriculum. TTT contracts include ongoing technical assistance, program development, facilitator calls, and assistance with data collection procedures. TTT trainers collaborate to share program implementation experience, ideas, and insights following initial training.

Cost: Please contact Justin Donofrio (jdonofrio@pa-fsa.org) for pricing.

Date: Nov. 17 & 18, 2021 (*virtual*)

Time: 8:30 a.m.—3 p.m.
(*including a half-hour lunch break*)

Register: You must pre-register for this virtual training. Email Justin Donofrio, Program Services Manager, at jdonofrio@pa-fsa.org.

Mandated Reporter Training

PFSA has several options for you and your staff to receive training on how to recognize and report suspected child abuse. This training is for those mandated by law to report suspected child abuse, as defined in the Child Protective Services Law. Curriculum is approved by the Departments of Human

Services, Education, and State and meets all requirements for mandated reporters to receive training in recognizing and reporting child abuse (including ACT 126).

Certificates are provided to the participants, and, upon request, we will upload confirmation of your training to the Department of State or Education for CE fulfillments under ACT 31 and/or ACT 48. New this year — this curriculum has also been approved for CLEs for attorneys!

LIVE IN-PERSON/VIRTUAL

Cost: Free

How to Register: Find and register for a virtual session here: pafsa.org/mandated-reporter-training

INDIVIDUAL ONLINE, ON-DEMAND

Cost: \$30

Take Anytime: pafsa.org/on-demand-online-training

TRAIN-THE-TRAINER (TTT)

This is an opportunity for organizations to develop their own quality, cost-efficient, in-house training program for employees on child abuse recognition and reporting. With the three-year contract, PFSA provides two days of initial instruction for approved applicants, reports CE's directly to PA Departments of State and Education, and offers ongoing technical assistance.

Cost: \$1,000 per trainer entering into a three-year contract with PFSA (payment can be broken down by year — \$400/year one, \$300/year two, and \$300/year three)

How to Register: You must pre-register for this training. Email Haven Evans, Director of Programs, at hevans@pa-fsa.org for the paperwork or to answer any questions.

Dates: Sept. 14 & 15, 2021 (*virtual*)
Nov. 9 & 10, 2021 (*virtual*)

Time: 8:30 a.m.—3 p.m.
(*including a half-hour lunch break*)