



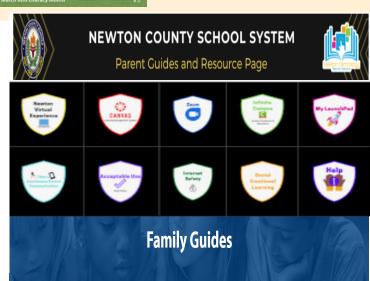


MARCH 2024

National Reading Month-

Get families in your community excited about literacy, PTA.org/FamilyReading

5-7 National PTA Legislative Conference (LegCon) Grow your advocacy skills and speak with your members of Congress about issues important to you and your community. PTA.org/LegCon



Top 10 List (Mental Health Edition)

- Remind your child that they're not alone.

 Nearly everyone feels belind in splant this year. Hang in there and just do your best!
- Help your child know what to expect. find out the school's policie this year. Milat's different about loders, claureums, harch or anything elect
- Praise all your child's efforts!

 Utie's more than grades. Recognite their currients, kindness and knowers,
- Pay attention to your own anxiety. Kids can attent
 anxiety. Tilk to other about to state every and get professional left of you need it.
- Get enough sleep.
 Freschafters need I-IV hours, schaft-aged kids need IV hours and feens need I-IV hours.
- Schedule quality time together. Aut I have makes a ofference. Here's a topic of conversation: What are you must excited about this year?
- Encourage daily movement. Others need I how of physical activity a day riding a bite, a dance party or whatever gets from moving
- Keep a routine. Waking up and going to bed at the same time every day improves mental lealth. (This goes for adults foot)
- G Identify ways to calm stress. Taking day leastle in hilding something confirming in your hard like a smooth mich quietly releve stress.
- Just ask! Ack your child if they're worned about being back in the danneon Be a good lettern and copport filem.

MIntegral Care.org

Cousins Middle School

Parents and Families,
Don't forget to check out our 2023-2024 Parent
Resource Page to access fun and educational
activities to do with your child.

MARCH Activity Calendars and Parents Make a Difference are ready!

https://cousinsms.newtoncountyschools.org/home Contact Tawanna Griffingriffin.tawanna@newton.k12.ga.us