

See **INSIDE** for family handouts!

**WE ARE  
TEACHERS**

# Best Year Ever For Your Students

and you, too!

1

## SHARE THIS

There is no better way to start the school year than with your students' families on your side! The more support for learning your students get at home, the better they'll do in your classroom. **Inside you'll find 30 copies of "A Family Guide to the Best School Year Ever."** Hand

out copies on Back-to-School

Night or send copies home in your students' backpacks. It's packed with tips for parents to help their children succeed at school and at home!



2

## TAKE A DAILY PHOTO

A picture says 1,000 words! Instead of stressing over a weekly newsletter, send out a "photo of the day" with a line or two about the photo. Parents will look forward to their daily peek inside the classroom—and it gives them an instant conversation starter with their kids each night!

3

## CALL HOME EARLY

In the first few weeks of school, do your best to call home to every family. Let's be honest—it's time-consuming, but the rewards are huge. That one happy call can help families feel included, and when parents know you value their input, they'll value you right back.

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**Walmart**



# 4

## MAKE FIRST-DAY KEEPSAKE DRAWINGS



“I have all my students do a self-portrait on the first day of school and then another one during the last week. The difference is amazing! You will want to demonstrate by doing your own self drawing to show them what to expect. You might be surprised at the results and your students’ parents will save it forever—mine did. I still have one I drew as a kindergartner.”

—Julia A.

# 5

## MAKE AN “ANSWERS” BOARD

Put an end to the questions you hear again and again like, “When is lunch?” “Can I go to the bathroom now?” or “What day is the spelling test?” Create a dedicated bulletin board in the classroom where the daily schedule, school calendar, classroom rules, and other things that students routinely ask about are posted in plain view!

# 6

## HAVE A BACKUP PLAN

There’s no need to stress over a day off—planned or unplanned. Put together a binder that never leaves your desk with everything a substitute teacher could possibly need to know: policies and rules, daily schedules and routines, which teacher to see for assistance, plus a couple of emergency “I’m so sick I can’t get out of bed” lesson plans.

## 7. ADDRESS IT!

Try this easy idea to connect with your students’ families: put out a stack of envelopes on Back-to-School Night and ask parents to address them. Use them later to send a positive note home for each student.

## 8. TRY A TOOL BELT

You know those days where you’re convinced everything you put down gets swallowed up into a black hole? Consider wearing a tool belt or apron to carry supplies, passes, and all your other essentials!



## CREATE A CULTURE OF KINDNESS

# 9

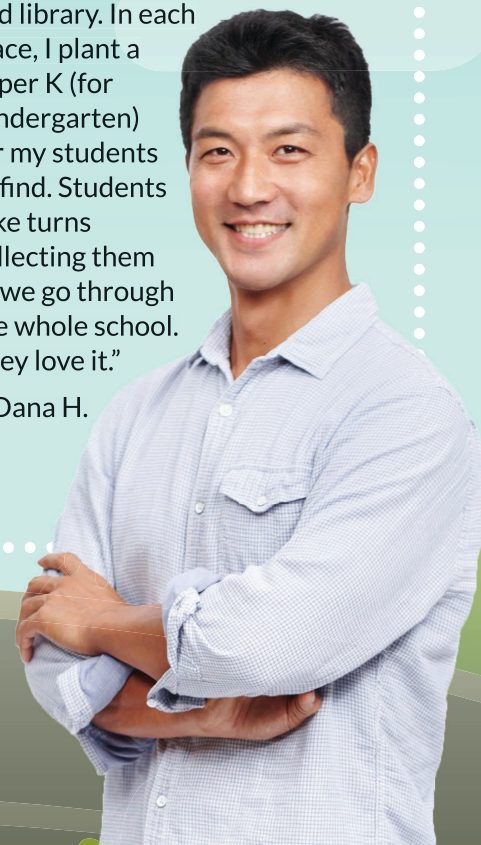
During the first week of school, read *Have You Filled a Bucket Today?*, a story about the power of kind words. Then get a small tin bucket and cut 3-by-3-inch pieces of card stock. Keep them in your classroom so your kids can write messages of kindness, appreciation, and love on those cards to fill up the bucket. At the end of each week, spend a few minutes sharing these notes of encouragement and head into the weekend on a positive note.

## TAKE A TOUR

# 10

“On the first day, we go on a scavenger hunt through the school to learn where everything is—bathrooms, nurse’s office, the front office, cafeteria (where we practice going through the line), and library. In each place, I plant a paper K (for Kindergarten) for my students to find. Students take turns collecting them as we go through the whole school. They love it.”

—Dana H.



# HOW TO TAKE CARE OF *You* THIS SCHOOL YEAR



## Nurture Your Outside Interests

If all you have on your mind is school, school, and more school—burning out is inevitable. Find hobbies and creative pursuits that help you stay grounded in who you are outside the classroom. Love dancing? Take a class. Singing your thing? Join your community choir. Movie buff? Grab your friends and see a flick one night a week.

## Clear Your Weekends

Before you leave school on Friday, get all your planning and grading done and make a list prioritizing what you must do the following week. It might mean staying a little late,

but then your mind will be free all weekend to focus on friends, family, and fun. Bonus: it's a great way to beat the Sunday night blues!



## Create a Refuge

“Hygge” is the Danish art of creating a cozy and comfortable atmosphere. Designate a space at home that refuels your spirit—perhaps a corner of your house with a cozy chair, fuzzy blanket, lots of candles, and stack of favorite books. In this space, there is absolutely no grading and no email. Relax, renew, and let the positive vibes wash over you every evening, on weekends, or even early in the morning before you start your day.

## Save Time, Shop Online

You have enough to do! Save some of your precious free time by ordering your groceries online. Walmart's free Online Grocery Pickup means you don't even get out of your car. Save \$10 on your first order over \$50 with the code **MOMHACKS**.\* Learn more online at [Walmart.com/grocery](http://Walmart.com/grocery)



## Walk It Off

Exercise is the best way to manage stress and anxiety—but getting to the gym doesn't have to feel like a burden. Instead, get a pedometer or a Fitbit and set a daily walking goal, like two miles during lunch or after school. And if you don't hit your goal outside, “house walk” inside while putting laundry away or organizing groceries.



## Plan a Vacation

Though it feels like forever until winter break, it's not too early to start planning how you'll spend that chunk of time off. Did you know that just planning a vacation can give you the same (or better) boost as traveling? It keeps you excited for what's to come, instead of dreading tomorrow's faculty meeting. So book those plane tickets, look up great restaurants in the city you'll be visiting, and “see” that stress melt away!

\*Offer valid for first order only for Walmart Online Grocery service, in available markets. Minimum order of \$50. Offer not transferable, and void where prohibited by law. Does not apply to alcohol purchases. Customer responsible for all applicable taxes. Offer expires 12/31/17.

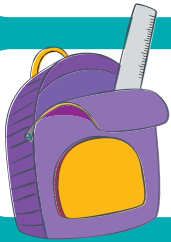


# Our Classroom Routine



Say "Hello!"

Hang Up Jacket



Put Away Backpack

Make Lunch Choice



Turn in Homework

Start Morning Work

Have a Great Day!



# Our Classroom Routine

A large teal-colored area with a dashed yellow border, containing six horizontal white rounded rectangular boxes for writing.

**Have a Great Day!**

