FAMILY SUPPORT CENTER NEWSLETTER

September 2026

HELLO SEPTEMBER!

A new school year is here, and the **Tonawanda City School District Family Support Center** is excited to welcome families back! September is a time for new routines, fresh starts, and getting settled into the school year. As we begin, remember that the FSC is here to support your family with resources, connections, and guidance along the way.

We're so glad to be part of your village!

FROM KIYA WITH PEACE & LOVE...

Sometimes the solution is a snack. No one makes their best decisions while they're hangry.



THE VILLAGE WITHIN REACH

This September, the Family Support Center is launching **The Village Within Reach**, a bi-weekly podcast created for Tonawanda families. Each episode offers real conversations, practical information, and approachable support around the challenges families face every day. Because no family is meant to do it all alone.

Episode 1 airs September 10th

Check out our website to listen in :)

UPCOMING EVENTS



Community Book Club

September 21st - 6:00 PM

This month's pick:

My Murder by Katie Williams

To Register & Claim your copy of the book email Kiya at zmissert@tonacsd.org

NEED SUPPORT? START HERE.

You don't have to wait until things are overwhelming to reach out for help.

We can help with:

- Mental Health & Emotional Support
- Food & Essential Needs Support
- Attendance & School Engagement
- Parenting Support & Resources
- Family & Community Connection
- Help Navigating Services

Email: FamilySupportCenter@tonacsd.org

Phone: (716) 213-5097

Family Support Center Website

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A REMINDER:

Your family doesn't have to start the school year perfectly.
Routines take time.
Transitions take time. Kids take time.
Give yourself—and your children—some grace while everyone finds their rhythm.

PREVENTION CORNER

Tip of the month: Connection comes first.

One of the strongest protective factors for children and teens is having caring adults they can turn to. You don't need to have a big conversation every night. Small moments of connection count.

Try 10 minutes of uninterrupted connection with your child this week.

Build a lego set, take a walk, read together, make a snack, or play a game.
It doesn't matter what you do, it's just about being present.

BACK TO SCHOOL RESET: SUPPORTING BIG FEELINGS

A new school year brings new routines, expectations, friendships, and challenges—and it's completely normal for children to have big feelings as they adjust. You may notice your child feeling excited one minute and overwhelmed, tired, frustrated, or anxious the next.

A few ways to make the transition easier:

- Keep routines predictable. Consistent wake-up, mealtimes, homework, and bedtime routines can help children feel secure.
- Prepare for tomorrow tonight. Choose clothes, pack backpacks, and make lunches together to take some pressure off busy mornings.
- Make time to connect. Even 10 minutes of uninterrupted time together can help your child feel supported and understood.
- Listen before solving. When your child shares a worry, try saying, "That sounds really hard. I'm glad you told me," before jumping into solutions.
- Watch for changes. Ongoing changes in sleep, mood, appetite, behavior, or school avoidance may be signs that your child needs some extra support.

Most importantly, remember that you don't have to fix every feeling. Sometimes, simply being present and letting your child know, "I'm here. We'll figure this out together," is exactly what they need.

MCKINNEY VENTO

Is your housing uncertain? Are you living...

- With relatives, friends or others because you lost housing or because of economic hardship?
- In a shelter, motel or hotel because you have nowhere else to go?
- In inadequate housing?

You may be protected under the McKinney-Vento Act. We can help!

Contact your McKinney-Vento Liaison Kiya Missert, Family Support Center Coordinator

716-213-5097 zmissert@tonacsd.org