Newsletter: August 1, 2026

Preparing for New Beginnings

"Every new beginning starts with one small, intentional step."

🍎 August Focus: Easing the Transition Back to School and Routine

As summer winds down, August often brings a mix of excitement and uncertainty. Students prepare for a new school year, parents juggle changing schedules, college students anticipate new experiences, and many adults find themselves returning to busier routines after summer vacations.

While transitions are a normal part of life, they can also increase feelings of stress and anxiety. The good news is that intentional preparation and healthy coping strategies can make these changes more manageable and even build resilience for the future.

At Lakeland Regional High School, we encourage families to view this season not as an ending, but as an opportunity to establish healthy routines, strengthen emotional wellness, and begin the next chapter with confidence.

🧠 Mental Health Spotlight

Research has consistently shown that predictable routines and supportive relationships are among the strongest protective factors for emotional well-being in both children and adults.

Back-to-school anxiety may appear as:

- Difficulty sleeping
- Increased irritability
- Physical complaints such as headaches or stomachaches
- Changes in appetite
- Withdrawal from friends or activities
- Excessive worry about school, work, or social situations

Recognizing these signs early allows families to respond with support rather than frustration.

🌱 Three Ways to Make the Transition Easier

📅 1. Re-establish Healthy Routines

Begin adjusting schedules one to two weeks before school or work routines resume.

Focus on:

- Consistent bedtime and wake times
- Regular meals
- Daily movement or exercise
- Limiting screen time before bed

Healthy routines help regulate mood, attention, and emotional well-being.

💬 2. Make Time for Daily Check-Ins

Create opportunities for meaningful conversation by asking questions such as:

- What are you looking forward to this year?
- What feels exciting?
- Is there anything you're feeling nervous about?

Listening without immediately solving the problem helps children and teens feel understood and supported.

❤️ 3. Practice Self-Compassion

Transitions are rarely perfect.

Instead of striving for perfection:

- Celebrate small successes.
- Give yourself permission to adjust.
- Remember that growth happens one step at a time.

Showing yourself kindness models resilience for those around you.

👨‍👩‍👧‍👦 Parent Corner

The first few weeks of school are often emotionally exhausting—even for children who appear excited.

Instead of asking:

"How was school?"

Try asking:

- What made you smile today?
- Did anything surprise you?
- Who did you spend time with today?
- What challenged you today?

These questions encourage richer conversations and strengthen family connection.

🌟 August Wellness Challenge

Choose one habit to practice every day this month:

✅ Eat one meal together as a family.

✅ Spend 20 minutes outdoors.

✅ Put away phones during conversations.

✅ Practice five minutes of deep breathing or mindfulness.

✅ Write down one thing you're grateful for each evening.

Small, consistent habits often create the greatest long-term change.

📚 Trusted Mental Health Resources

- National Alliance on Mental Illness (NAMI)
- Mental Health America
- Centers for Disease Control and Prevention – Mental Health Resources
- 988 Suicide & Crisis Lifeline (Call or Text 988)