



FROM YOUR CFS **Wellness Specialist**



The Importance of the Home on School Success

The beginning of a new school year brings fresh energy and the opportunity to (re)set healthy habits that support your child's growth—physically, emotionally, socially, and spiritually.

In our daily work with students, we see how powerful it is when children experience structure, consistency, and nurturing connection both at school and at home. These foundations help kids feel safe, confident, and ready to learn.

Here are five key practices that can lay the groundwork for a strong and steady school year:

- 1. Establish structure.** Create consistent, predictable routines for mornings, evenings, and daily activities. These rhythms help children feel secure, prepared, and able to manage transitions more smoothly.
- 2. Enforce consistent bedtimes.** Make sleep a priority. Children who get adequate rest are better equipped to focus, learn, manage emotions, and enjoy their day. A calming bedtime routine helps their minds and bodies settle for the night.
- 3. Support nutrition and hydration.** Offer balanced meals and snacks with a protein boost, and encourage regular water intake. Meeting physical needs helps children maintain energy, stay focused, and regulate emotions.
- 4. Prioritize attendance.** Make school attendance and on-time arrival a consistent, non-negotiable part of your routine. Being present helps kids stay connected to learning, develop peer relationships, and build a sense of responsibility.
- 4. Reflect and adjust together.** Have regular conversations with your child about what's going well and what's challenging. Including them in problem-solving and small decisions builds trust, collaboration, and resilience.

When home and school work together using nurturing connection and consistent structure, kids are empowered to do their best. As we walk through this school year together, we trust that God is at work in each child's life, shaping their character, guiding their growth, and surrounding them with care.

If you have any academic, emotional, or spiritual concerns, please don't hesitate to reach out to your child's teacher, pastor, or your school wellness specialist. We are here to support and partner with you in helping your child flourish in every way. Thank you for the privilege of walking alongside your family!
