

Pine-Richland School District

Focused on Learning for Every Student Every Day

August 3, 2018

Hello, Students!

I hope the summer sun and rest has rejuvenated your body and mind and you are ready to tackle another school year. In a few short weeks, together WE will be headed back to school. The sounds, smells and all the feels of school will be underway, and while this may be exciting, it also may bring about some trepidations. Fear not, YOU are not alone. TOGETHER, we can make this school year awesome! [Click here for an inspirational video](#) by Robby Novak, who is featured on several YouTube videos as the personality of Kid President,

As one united team, WE, the Pine-Richland students, faculty and staff can make the 2018-2019 school year all it needs to be for you.

Here's how:

- ★ **Dust off your routines** - Start by getting restful sleep. Leave all technology in another room, and let your brain rest. Sleep is key to your overall well-being.
- ★ **Eat your [Four Squares](#)** (meals, that is!). And drink your fair share of H2O.
- ★ **Get Involved** - Start thinking of extracurricular activities you may want to pursue - remember, quality versus quantity. Try something new. View the clubs and activities you can join at the [middle school](#) and at the [high school](#).
- ★ **Reflect** - Take a moment and just pause for reflection. Take a mindful moment and notice your feelings and thoughts. Acknowledge them. Having a level of anxiety for the first days of school is typical. Take [Deep Breaths](#), and find your awesome. If you can't find your awesome, reach out to your trusted adults and tell them you need to find your awesome.
- ★ **Talk to Trusted Adults** - Take a moment to reach out to the trusted adults in your life, and talk about your challenges and your successes. If your friends need support, help them find trusted adults to share their hopes and concerns. It is much easier to manage stress when you let others lend a hand. Your school counselors and social worker have their doors open and are ready to assist you. You can also find your local and friendly school psychologist (a.k.a. me/Dr. Ramirez) located in the middle school front office and in high school room 33. Drop a note, or stop in and say hello!
- ★ Last but not least, **LET US BE AWESOME TOGETHER!**

Enjoy the little moments life brings because eventually, they become the big moments we remember. I hope the 2018-2019 school year brings you all what you need! Warm wishes and.....GO RAMS!

Best,
Dr. Ramirez
School Psychologist

“Be more awesome” - Kid President