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Midsummer Greetings! Children will be back in school before we know it!

As these “lil darlins” begin school they will need school supplies to begin their year. School supplies are important to a child. They enable students to start with the tools needed to learn; and everyone likes having new tools to work with. There are numerous ways you and your clubs can make sure every child starts the year in a positive way. Check some ideas below to share with your local clubs:

- GFWC Woman’s Club of Tidewater (VA) created a sweet school supply stack composed of layers of school supplies. It included crayons, pencils, glue, markers, colored pencils, stickers, and post-it notes.
- GFWC Warrenton Woman’s Club (NC) contacted 9 schools and asked teachers to make a shopping list. - Lists were collected and club members purchased supplies on the list.
- GFWC Dennis Yarmouth Woman’s Club (MA) supported district elementary and middle school teachers by presenting them a filled-to-the brim tub of classroom supplies topped with floral bouquet pens to brighten the teacher’s desks. **THEY TOOK ADVANTAGE OF JULY AND AUGUST** back to school sales!
- The GFWC Woman’s Club of North Haven (CT) organized a Back to School Backpack program for students in need and took it one step further by having supplies available for students transferring into the school system. They purchase and collect school supplies year-round.
- The GFWC Escanaba Woman’s Club (MI) holds an Annual Back to School Wishes on Wheels program. GFWC volunteers attend two drop off sites—one a school bus. Working with a local radio station to publicize the event, they collect cash donations, donated school supplies, and backpacks.

I found the most interesting calendar for parents at [ed.gov/parents/countdown-success](https://www.ed.gov/parents/countdown-success). It can be downloaded as a PDF. I have included part of September’s information to give you an idea as to what it is.

September

1. **Reach out to your kids' teachers** Attend meet-the teacher night, orientation, or other welcome events, but don't stop there. Make a point of introducing yourself and learning about class activities and expectations for the year. Find out how each teacher prefers to communicate.

Many use e-mails as the main form of contact, but phone calls and conferences (make an appointment first) are usually welcome, too. For more advice on building a parent-teacher relationship that will last the entire year, as well as links to all the websites featured in this guide, go to parenting.com/success.

2. **Get in the groove** Establish healthy at-home routines for school days, such as consistent waking times and getting-ready patterns. Decide on a regular homework time, and create a comfortable, quiet work space. Set bedtimes that allow elementary-age kids to get 10 to 12 hours of sleep; teens should get 8½ to 9½ hours.
3. **Time things right** Stay on top of everyone's school, activity, and work schedules with a free online calendar or a smartphone app.
4. **Pack smart** Make sure your child's backpack never weighs more than 10 to 20 percent of his body weight; heavy packs can strain developing muscles and joints. Encourage your child to use both straps, and tighten them so the pack hangs close to the body, about two inches above your child's waist.
5. **Commit to volunteering** With help from parents like you, your school can offer many more programs and services for your kids. Join your school's PTA and ask about volunteer opportunities in the school community and your children's classrooms. National PTA's "Three for Me" campaign encourages parents to pledge to volunteer at least three hours during the school year. Go to three4me.com for more information."

I enjoyed meeting several of you in Austin, Texas at the outstanding 2019 GFWC Annual Convention. Kudos to GFWC Texas on an outstanding job. I especially enjoyed the decorations at the ESO breakfast on Sunday morning. DR. SEUSS was everywhere! Thanks to our speaker Mary Nettie Rodriguez and all who attended the breakfast.

And, thanks to everyone who contributed the more than 51,000 Dr. Seuss books through International President Mary Ellen Brock's Grand initiative. Yes, I said fifty-one THOUSAND!

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