



Ms. J's 411

With the back to school season upon us, many kids are about to experience their first day of school. It's an exciting time filled with happy emotions for some, as well as anxious feeling for others. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Here are a few tips to prepare for the first day of school.

1) Set Expectations- Creating expectations for your child's daily schedule is extremely helpful for all kids, especially those who have difficulty with change and transition.

2) Project Calm & Confidence- If you are calm and confident about your child going to school, your child will be calm and confident. Don't worry you aren't the first or last parent to feel un easy about the first day of school.

3) Classroom Visits & Slow Transitions- This is a fantastic opportunity to acquaint your child to the new setting and help kids know what to expect on the first day of school.

4) Logistics- Before and Sometimes the very first day of school, there will be paperwork to turn in, as well as specific item requested by the classroom teacher.

I highly recommend turning in any paperwork. It is a great help to Administration, and will also help you "project calm & confidence. This is licensing law dictated by your state.

5) Drop -Off- Acquaint yourself with your school's drop-off policies and procedures and follow them. On behalf of teaching in the school system for over 20 yrs., please follow your school's drop-off policies.

6) Lunch- I recommend meal planning for the week. If your child's school does not provide lunch, I definitely recommend your child helping you prepare lunch the night before. It also becomes a fun talking point for them to tell their teacher, and or classmates, as they explain how they prepared their meal. It also becomes a good time for you (parent) and child to communicate and talk about school.

7) Pick Up- I have to include this and please don't take offense, but I can't tell you the amount of time I have seen this ..... When you are picking up your child from school, please DO NOT be on your cell phone. Your child is so excited to see you and when they realize they are sharing your attention with you on the cell phone, well, it's a massive disappointment to them. Kids really do miss their parents during the day even if they do not always show it in the way you want them to. Be present and enjoy the moment. They won't be little for much longer.

8) Talking About The Day- Instead of asking Yes or No questions, ask questions that have specific answers. This is a way to hear about their day and also get kids to communicate about their day and their feelings. My hope is that these tips help you feel prepared for your child's first day of school.

Also whether our children are just starting a new school year, a new beginning, kindergarten, entering high school, or leaving the nest for college, our hearts and hopes go with them. Bless your child with a beautiful prayer as he or she goes out to face the world. Until next time take care of yourself and others to.

### Voter Suppression Efforts

from page 1

The day after the Supreme Court gutted the Voting Rights Act in Shelby v. Holder, Republicans in North Carolina, led by the Speaker of the House, introduced H.B. 589, one of the most restrictive pieces of election legislation in the country, which local advocates called the "monster bill. The measure included a strict ID requirement, a shorter early voting period; the elimination same-day registration; the prohibition of the counting of out-of-precinct provisional ballots; elimination of a pre-registration program for 16- and 17-year olds; and making challenging voters easier.

"The court ruled on the most sweeping, retrogressive voter suppression bill that we have seen since the 19th century and since Jim Crow, and the worst in the nation since the 'Shelby' decision," said Barber, during a lunch break at the Repairers of the Breach Moral Political Organizing Leadership Institute and Summit. "The [voter law] in North Carolina was intentional discrimination of the highest order. They were retrogressing racially through redistricting."

Barber, the pastor of Greenleaf Christian Church for the past 25 years, said there is too much racism, materialism and militarism across the country, adding that the socio-political process has been hijacked with too much of the national political discourse and activity poisoned by the dominance of regressive, immoral and hateful policy directed to communities of color, the poor, the sick, children, immigrants, voting rights, LGBTQ, the environment and religious minorities. Officials at the Center describe these laws as part of a broader movement to curtail voting rights,

### In & Out Auto Care



Jon  
Manager

903 393 2368 36319 U S Hwy 69S  
Jacksonville, Texas 75766

*We are the best. Put us to the test.*

### J & P KWIK STOP YOUR ONE STOP SHOP

GASOLINE  
SNACKS  
BREAKFAST  
NEWSPAPERS  
ICE

and much more for one-stop shopping!

157 W. 6th STREET  
Rusk, Texas 75785



STORE (903) 683-4546

### The City of Rusk, Texas "A City Planning for the Future" Drop by and Apply

Always Taking Applications  
"Always looking for good people"

406 North Main  
Rusk, Texas 75785  
(903) 683-2214