

PARENT

NEWSLETTER

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THE SMOOTHEST
BACK-TO-SCHOOL
TRANSITION YET

*Ways parents can help kids
prepare for moving on up.*

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BACK TO SCHOOL
TOILET PAPER ROLL
PENCIL CRAFT

*A fun teacher gift that
looks great on a desk!*

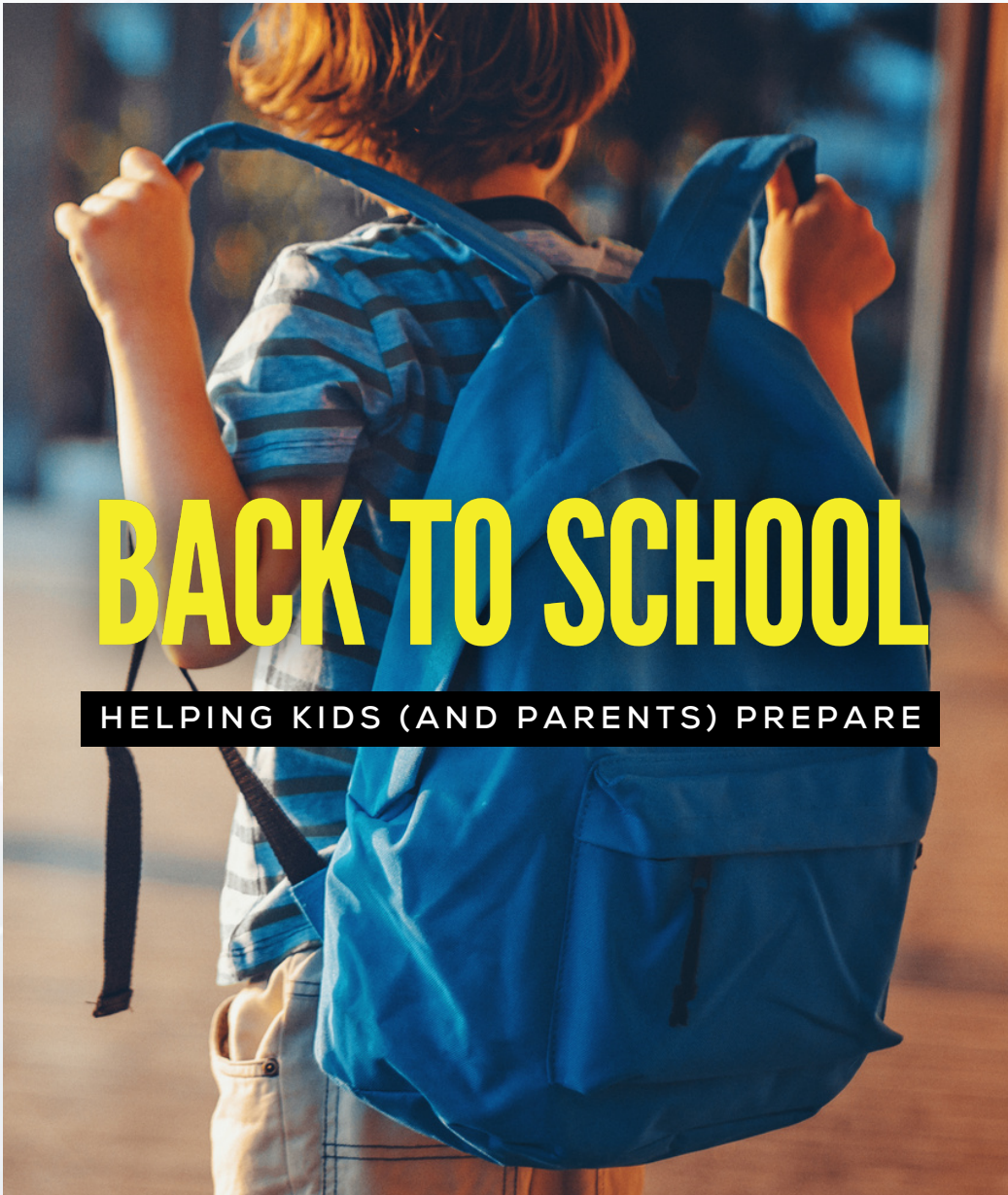
04

HANDLE THE END OF
SUMMER SCARIES

*Back-to-school anxiety can be
hard to handle—for kids and
their parents.*

STRONGER TOGETHER

*TMI is a model solution
partnering police, school,
health, and education to
prevent substance use.*



OUR PARTNERS



THE SMOOTHEST

BACK-TO-SCHOOL TRANSITION YET

BY BETH ANN MAYER

A common thread remains when a child transitions to a new school, whether it's the first day of Pre-K or starting high school.

"It's the fear of the unknown," Dr. Khan says. "The things they worry about at different stages change, but the fear of the unknown is the same."



PREPARATION CAN HELP WITH TRANSITIONS

PREPARATION IS IMPORTANT FOR MORE THAN JUST MATH TESTS.

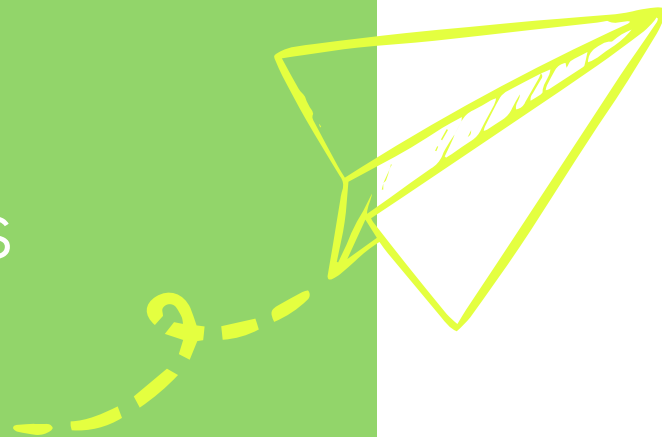
“When it comes to a school transition, parents and kids do better when they know exactly what to expect and when they’ve practiced a few coping skills to manage separation,” says Becky Kennedy, Ph.D., a child psychologist, mom of three, author of *Good Inside* and host of a podcast by the same name.

Think about it: Would you rather your boss give you a week to prepare for a public presentation or dump it on you without notice? Probably the former.

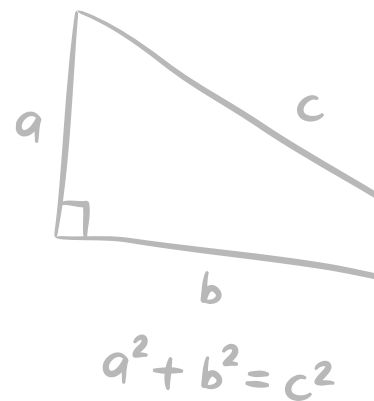
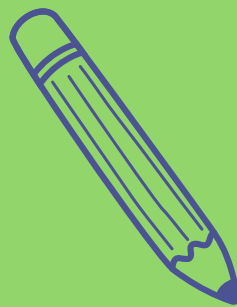
PRESCHOOL

For children entering preschool, it may be their first time separating from a parent or trusted caregiver, which can cause anxiety. Role-modeling coping skills can help.

But it can be challenging to ascertain what’s worrying a child as they enter preschool because they may have never experienced “back-to-school” before. Dr. Katzenstein suggests taking advantage of tours and open houses if they’re available or calling ahead to see if you can schedule one.



$$2+2=4$$



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KINDERGARTEN

Not all children go to preschool, but many will have some experience separating from their parents by the time they hit kindergarten. Still, just the word can feel big and scary to a 5-year-old.

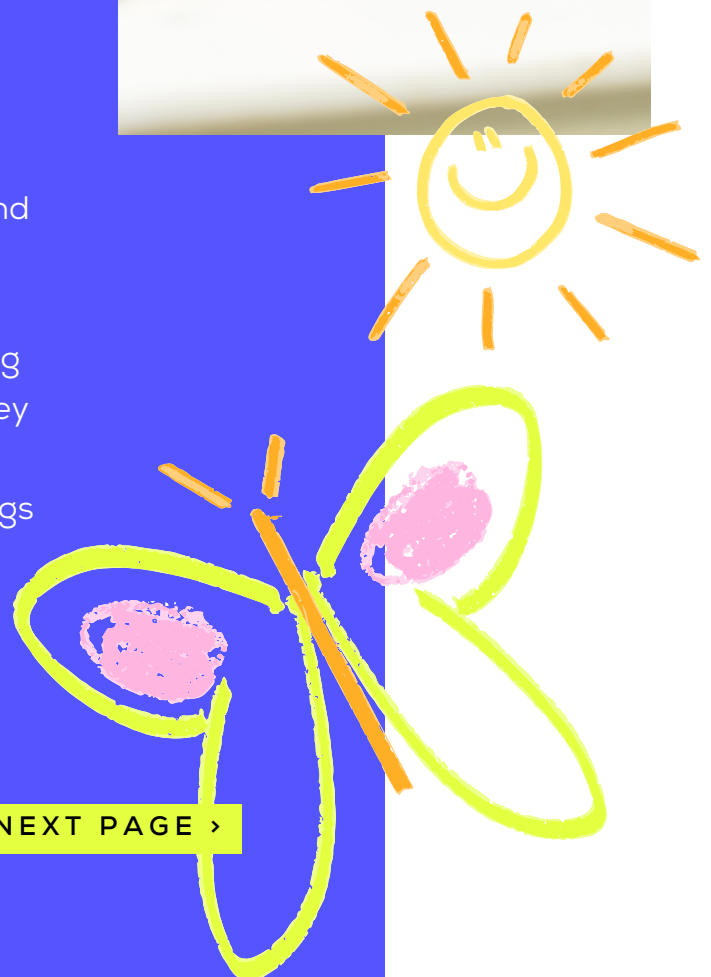
“Hearing the word kindergarten over and over and not having a sense of what this means, not knowing what a new school looks like, not understanding the length of their day—things like that provoke lots of anxiety,” says Dr. Kennedy, who developed a 10-day back-to-school checklist and workshop to help parents and children with the transition.

No one likes feeling confused. Dr. Kennedy says that parents can help children feel more confident by honing in on specific details of what a kindergarten day will look like.

ELEMENTARY

An elementary school could mark a child's second big move in two to three years.

At this stage, it's common for kids to start finding a niche and comparing themselves to peers. They may notice if a classmate is better at them at soccer or math, and they may relay these feelings of inferiority to parents in vague terms rather than questions, such as “I don't want to go to soccer practice. I don't feel good.”



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MIDDLE SCHOOL

Middle school can bring a whole lot of new. For Dr. Katzenstein, it was her first time to use a locker. Her mom brought her a lock and had her practice before the first day. Dr. Khan notes that students may begin puberty at this stage and have questions like, "What do I do if I get my period in gym class and don't have a pad?"

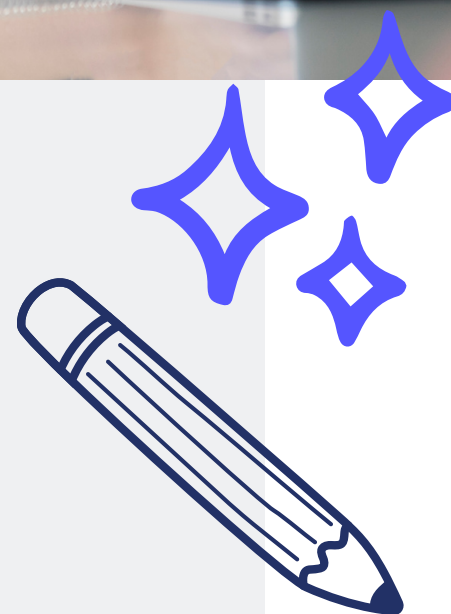
Preparing children with strategies like going to the nurse's office or keeping a pad in their locker can help ease these fears.

Fogarty says other common fears include friendship, bullying (particularly cyberbullying), getting lost in a new school, lunch box politics, and teacher struggles.

"One of the most powerful tools is to build on previous demonstrations of their strength," Fogarty says. "Remind them that they did hard things. It's a different grade level, but the concept is the same."

For example, they may be concerned about starting in a new building, something they previously did in kindergarten and first grade.

Finally, consider drawing on your experiences with similar anxieties or situations they may face. For example, you might discuss a time you were bullied, how it made you feel, and who or what helped you handle the situation.

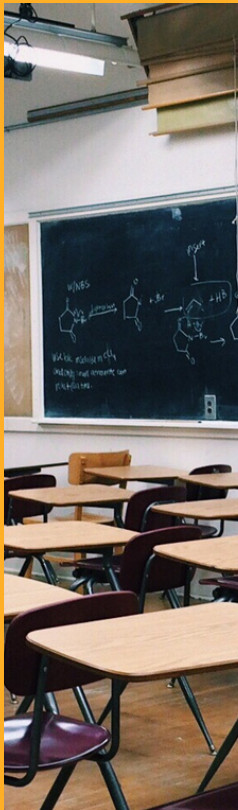


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IN CLOSING...

Finally—and this goes for all age groups—be aware of symptoms of anxiety and depression, such as withdrawal from previously-loved activities, changes in sleep or eating patterns, and academic decline. A child of any age might benefit from mental health treatment, such as speaking to a therapist.

While transitions can feel lonely, all the experts Parents spoke with agree that kids—and parents —are not alone.



[READ THE FULL ARTICLE HERE](#)

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A FREE EVENT FOR EVERYONE



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Lots of Free Services
Haircuts
Children's Activities
and more!



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FRIDAY, SEPTEMBER 15

6-8 PM

ASBURY UMC GYM

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CHARLES TOWN



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for more information

The Annual Berkeley County Schools Bullying Prevention Community Wide Kick-Off

Giveaways



Balloons

school performances



September 21, 2023
War Memorial Park
5:00 pm - 7:00 pm



In case of rain/threatening weather, the event will be held at
Martinsburg High School
701 S. Queen Street
Martinsburg, WV



1453 Winchester Avenue . Martinsburg, WV 25405
www.berkeleycountyschools.org



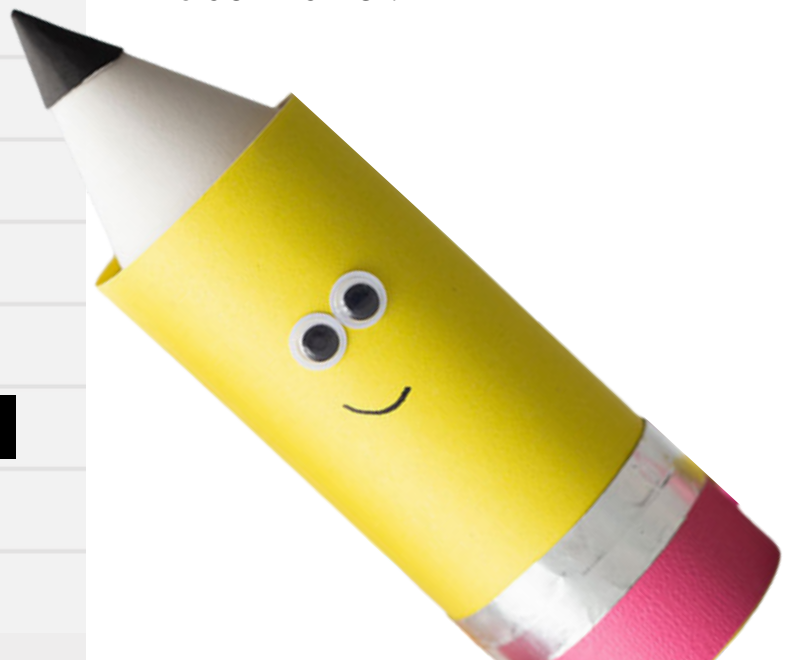
TOILET PAPER ROLL PENCIL



- Toilet paper roll
- Small googly eyes
- Cardstock – yellow, pink, black, and a cream color for the tip
- Glue stick and hot glue
- Black Sharpie
- Tin foil

CRAFTS FOR KIDS

- Wrap the yellow rectangle paper around a toilet paper roll and glue it together.
- Wrap the smaller pink rectangle around the bottom of the toilet paper roll and glue it down.
- Glue the tin foil rectangle piece just above the pink part.
- Make the circle for the tip by tracing around the circle template on a cream-colored cardstock and cut a slit halfway
- Twist the paper around until it forms a cone shape. Trim off the excess paper and glue or tape the cone shape together.
- You'll want to measure for the size that fits into the top of the paper roll before gluing or taping the cone shape together.
- Repeat the same steps for the black pencil tip and glue it to the top of the cream cone. You will need to trim the size to make it fit and cut off a lot of the paper to fit.
- Glue the pencil tip cone into the toilet paper roll.
- Glue on googly eyes. You can also draw on some eyes with a black marker.



SAVE A LIFE FREE NARCAN DAY

SEPT. 14, 2023

BERKELEY, MORGAN & JEFFERSON

On September 14, 2023, from **10 am to 4 pm**, local organizations in the Eastern Panhandle will provide free naloxone (Narcan) and education for everyone.

JEFFERSON

Jefferson County Community Ministries
238 W. Washington St.
Charles Town

Knutti Hall
102 W. High St.
Shepherdstown
OPEN UNTIL 7 PM

7 Sea's Food Store
6828 Charles Town Rd.
Kearneysville

Mountaineer Recovery Center
3094 Charles Town Rd.
Kearneysville

BERKELEY

Family Dollar
605 Winchester Ave.
Martinsburg
OPEN UNTIL 7 PM

Berkeley Day Report Center
520 S. Raleigh St.
Martinsburg
OPEN UNTIL 7 PM

Fire Station 1
200 N. Raleigh St.
Martinsburg

Goodwill
100 Eagle School Rd
Martinsburg

BERKELEY

Martinsburg Square
100 E. King St.
Martinsburg

Berkeley County DHHR
433 Mid-Atlantic Pkwy
Martinsburg

New Leaf Dispensary
776 Foxcroft Ave.
Martinsburg

Family Dollar
4996 Gerrardstown Rd.
Inwood

7-Eleven
8949 Williamsport Pike
Falling Waters

Reed's Pharmacy
71 Cowardly Lion Dr.
Hedgesville

MORGAN

CNB Bank
101 S. Washington St.
Berkeley Springs

Morgan County Homeless Coalition
47 Union St.
Berkeley Springs

Union Chapel United Methodist Church
10123 Valley Rd.
Berkeley Springs

War Memorial Hospital
1 Healthy Way
Berkeley Springs



HERE'S HOW TO HANDLE THE END-OF-SUMMER SCARIES

BY ALLISON SLATER TATE



What Causes Back-to-School Anxiety?

Licensed clinical psychologist Sarah Spannagel, Ph.D., says that if we think about all the things our children do during the school year these days—sports or music practices, homework, school, clubs, sometimes navigating more than one household, part-time jobs, all on top of the school itself—it makes sense they might find some trepidation mixed with the excitement of starting a new school year again.

If your child is showing signs of tension about returning to school, Dr. Spannagel suggests asking some important questions. “Are you upset about the summer ending because you enjoy the summer so much? Or are you upset because you are dreading something about the school year to come?”

Easing into the transition by reading back-to-school books or buying school supplies might help. And for most kids, a few nerves about the new school year are a normal, reasonable reaction to the end of summer. Summer, like weekends, is important for kids and parents for several reasons.

“Kids’ school year weeks can be a grind—five days of coming home from school and doing a sport or aftercare and whatever they have at night, and parents are busy,” Dr. Spannagel explains. “Neither kids nor their parents own their weeks, but they feel more ownership over their weekends and summers.”

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How to Handle Back-to-School Anxiety

Over the summer, and especially as the beginning of a new school year approaches, Dr. Spannagel advises keeping some kind of cadence to your family's days and being mindful of completing any summer homework, however slowly, so students have fewer deadlines hanging over their heads as they ease into the transition from summer to school again.

"Break it up into reasonable chunks," she says. "You still want them to have a summer because summer is so important, but it's no fun to do all the summer reading and math the last week leading up to school. Working on it slowly over the summer makes it feel more manageable."

Talking about any feelings of stress and acknowledging them will also help children face the reentry back to the reduced flexibility and routine of school weeks. "Say, 'What would help you make your school weeks easier?'" says Dr. Gilboa. "Adults can ask, 'What can I do to help?'"

She suggests holding weekly family meetings to look at the week ahead and determine what factors might make things more complicated for kids, such as if Mom has a work trip scheduled or there are away games for their sports teams.

"Work with your children to find ways to make their weeks more manageable, or even ask if there is something you can cancel that week to alleviate stress for them and all of you," says Dr. Gilboa. "Teach them we don't have to be bound to our calendars all the time."

Those previews may help kids learn how to navigate their loads. The practice, Dr. Gilboa says, helps set up a "good pattern for life."

Confessing that adults can have back-to-school anxiety, too, may help—and so too can creating a routine to tackle that stress together.

Gilboa recommends that both children and adults is taking an hour or two on Sundays, especially those leading up to the new school year, to set themselves up better for the week. Adults can meal prep or go through email, and kids can start on an assignment to get ahead of their work. "A small investment of time can make reentry on Monday so much easier; it's worth it," she explains, and give them a sense of control going into the week.



Let the Feelings Out

If your child is anxious about the new school year, remember that feelings require empathy, says Gilboa. As parents, “We don’t make rules about feelings,” she says. “We might be curious as to why [the anxiety] is happening,” she says, but “there should not be consequences for sharing our feelings.”

Gilboa warns against telling children how they should or shouldn’t feel in these situations. “Don’t say, ‘But you love school!’ or ‘There’s nothing to be upset about,’” she says. “It doesn’t make anyone more resilient when you tell them how to feel. All you are conveying to them is that their feelings aren’t valid, which never works.”

She also wants to encourage parents with kids who struggle with the thought of going back to school. “If your kids are bummed to end the summer, you must be doing something right at home. Something about home feels safe and nice,” she notes.

I have good news, too: My nervous 9-year-old, who once worried about returning to school the minute summer vacation started, is now a happy 19-year-old college sophomore. He is spending this summer working as a camp counselor himself, comforting kids like the one he used to be, and counting down the days until he can return to his college campus, where he has thrived.

[READ FULL ARTICLE HERE >](#)



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TO A NATIONAL PROBLEM

Our mission is to prevent substance use disorders, build strong families, and empower the Martinsburg community through police, school, community, health, and education partnerships.

1

Increase awareness

of how to prevent substance use disorder through community empowerment.

2

Mitigate negative consequences

Resulting from substance misuse or trauma through community interventions, medication overdose.

3

Identify, risk stratify and offer appropriate interventions

for individuals experiencing risk factors of trauma or substance misuse.

4

Evaluate and report performance.



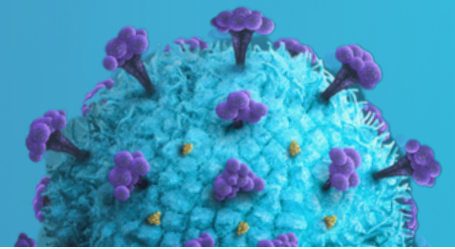
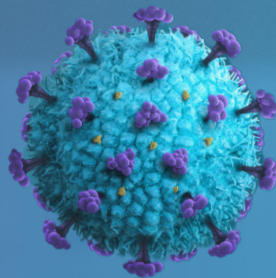
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A POLICE, SCHOOL, COMMUNITY, HEALTH, EDUCATION PARTNERSHIP



COVID IS STILL ALIVE AND WELL.

Protect yourself and others.



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VACCINE



WEAR A
MASK



WASH YOUR
HANDS



West Virginia
Immunization Network

A PROGRAM OF The Center for Rural Health Development

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Get your family and friends vaccinated for Covid-19, Flu, Pneumonia, Meningitis, Shingles, and mpox!

Here are some facts:

- Everyone 6 months and older should get a COVID-19 vaccine.
- All adults need an annual flu vaccine.
- 1 In 3 will develop shingles in their lifetime, but vaccines can reduce this risk.
- CDC recommends meningitis vaccines for all preteens & teens.
- Children under 2 and adults over 65 are most at-risk for pneumonia.
- People at risk of mpox should get both doses of the vaccine to get the most protection against infection.

For more details,
visit: <https://www.vaccines.gov>
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- MARTINSBURG HIGH SCHOOL
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Berkeley County Schools



Shepherd University



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