

# NEWSLETTER

## Important Dates in August

3rd - Job & Resource Fair, 9:00-1:00,  
 Littleton Center, 410 Civic Drive  
 16th - Regular School Board Meeting, 7:00 pm  
 17th - First Day of School  
 All schools will be having a Back To School Night  
 this month. Schools will share the date and time  
 with families.



## Fentanyl Awareness Training for Parents ~ Save the Date

In collaboration with the Galt Teen Center, the District will be hosting a Fentanyl Awareness Training provided by Arrive Alive California at McCaffrey Middle School on Tuesday, September 12th, 6:00-7:30 pm.

## A True Superstar, Bradley Margetts

Former GJUESD student, Bradley Margetts is making history and serving our community. He is an Athlete Leader for the Special Olympics and serves on a Core Advisory Board at Stanford.

<https://med.stanford.edu/idd-transform/people.html>.

Bradley recently spoke to 18 lawmakers about support needed for Special Olympics and those with Intellectual and Developmental Disabilities (IDD). Bradley said, *“Everyone can do something special, just keep working hard. Thank you to all my teachers and assistant teachers that believed in me. Because of you I am able to have a great life and help other people.”* We are extremely proud of Bradley.





## Tips For Back To School from the California Parent Teacher Association, PTA

When it comes to the first day of school, students and parents may be excited and a bit nervous. Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten. This transition can be stressful for the entire family.

**Here are some tips for helping ease the stress of a new school year and starting on a positive note:**

- Reassure your child. Listen to and acknowledge your child's feelings and demonstrate confidence that they can handle the situation. Encourage your children to talk openly with you and with teachers about concerns or worries they may have
- Point out the positives. Starting a new school year can be fun. Your child will see old friends and meet new ones. The first week of school offers a chance to learn about new things and pursue interests. Reinforce the fun and excitement of learning with your child.
- Prepare ahead and start a routine. Start preparing your child for the upcoming school year by establishing or getting into back to school routines a week or two before school starts. Have your child pick out the clothes he or she plans to wear to school the next day. Encourage everyone in the house to go to bed early and get up 15 to 30 minutes earlier so they're not rushing around in the morning. Allow enough time for a good breakfast, and make arrangements for your child's lunch. During the first week of school, find out if any additional materials are requested (pencils, folders, etc.) and remember that your school can help with providing school supplies.
- Plan for special needs. If your child requires medication, treatment or has special needs, talk to the school administrative staff prior to the first day, then talk to your child about how those needs will be handled at school (what time to go to the office for medication or what foods in the cafeteria to avoid, etc.)
- Make your child feel comfortable. If your child tends to have trouble with new social situations, arrange for play dates with some classmates before school begins.
- Prepare for emergency situations. What should your child do if you are late picking her up, or if no one is at the house when she arrives home? What should your child do if he feels picked on while at recess? Talking in advance with your child and having a plan will help minimize panic and stress.

## Galt Expanded Learning

### Summer GEL 2023!

2023 Galt Expanded Learning Summer Sessions wrapped up on July 26<sup>th</sup>. This was our first full summer of GEL with sessions held at 6 sites across the district. Summer GEL 2023 enrollment was in high demand and our summer staff was able to serve 325 students in session 1 and 250 students in session 2.

Students participated in a variety of activities that included guided drawing, gardening, team building exercises with the Promethean Boards, LEGO and magnetic block building, circle time with the "question of the day", and of course, staying cool in the summer heat.