

Eastern Oregon Parent

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ON THE COVER:

Sixteen-year-old Adriana Andriano of
Pendleton gets a jump on the new school
year at the public library.



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The InterMountain Education Service District Welcomes ALL STUDENTS

Back to School



Here are some tips for parents and students to start school:

- Make sure your child's school has updated contact information (address, phone #, emergency contact) as these may have changed over the summer
- Ask your child's teacher(s) what the best method of communication is with him/her
- Review with your child how he/she is getting to and from school: review walking/biking route/bus stop area and safety rules
- Create a quiet, organized and comfortable study/homework area away from electronics
- Plan lunch menus together, with some healthy options like fruits & veggies
- Establish a successful bedtime routine and ensure your child is getting enough sleep for his/her age

Helpful back-to-school resources:

- www.healthychildren.org
- www.nea.org
- www.pbs.org



Have a wonderful school year!

InterMountain
EDUCATION SERVICE DISTRICT

www.imesd.k12.or.us