



- Adult, Child and Family Therapy
- Psychiatric Evaluation and Treatment
- Mental Health and Crisis Services
- Confidential and Professional Care

LIFEWAYS PENDLETON
331 SE 2nd Street
Office: 541-276-6207

LIFEWAYS HERMISTON
595 NW 11th Street
Office: 541-567-2536

Crisis Phone: 866-343-4473

www.lifeways.org



Enjoy this puzzle with a family member or friend!

BACK TO SCHOOL WORD SEARCH

O	D	T	N	K	D	O	S	L	O	O	H	C	S	F
I	F	E	G	G	N	I	D	E	A	R	F	I	Q	G
S	G	A	H	H	G	Y	R	A	R	B	I	L	P	H
R	H	C	C	P	T	P	H	R	G	P	H	E	O	J
E	J	H	L	O	J	A	J	E	H	O	J	A	G	L
T	B	E	A	I	K	O	M	W	J	I	K	R	N	A
U	K	R	S	R	E	P	A	P	S	W	E	N	I	P
P	L	S	S	Y	P	D	S	Q	D	Y	P	I	T	I
M	N	Q	E	T	O	T	N	Q	O	T	I	N	I	C
O	P	A	S	R	N	I	P	A	P	R	C	G	R	N
C	J	Z	E	E	D	U	C	A	T	I	O	N	W	I
N	L	A	D	W	S	D	N	E	I	R	F	L	Q	R
M	U	U	K	Q	E	M	T	C	K	Q	S	K	A	P
A	T	B	S	E	D	A	R	G	D	U	W	L	M	S
S	R	E	C	E	S	S	Y	V	B	O	O	K	S	T

BOOKS	GRADES	READING
BUS	LEARNING	RECESS
CLASSES	LIBRARY	SCHOOLS
COMPUTERS	MATH	STUDENTS
EDUCATION	NEWSPAPERS	TEACHERS
FRIENDS	PRINCIPAL	WRITING



The InterMountain Education Service District Welcomes ALL STUDENTS



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.edutopia.org



Have a wonderful school year!

InterMountain
EDUCATION SERVICE DISTRICT
www.imesd.k12.or.us