

TEEN COURT NEWSLETTER

August 2025

Back-To-School Success: Tips, Routines, & Self Care for Families

As summer winds down and school supply aisles fill up, families prepare for the back-to-school season. While new clothes, backpacks, and lunchboxes may be top priorities, experts emphasize the importance of consistent routines, affirmations, and self-care to ensure a smooth transition for both students and parents.

Establish a Routine: One of the best ways to ease into the school year is by creating a clear and consistent routine. Children thrive on predictability, which helps reduce anxiety and improve focus. Start school bedtime and wake-up schedules at least a week in advance to help kids adjust. Consistent sleep improves learning, memory, and overall academic success.

Use Morning Affirmations: Morning affirmations are a simple yet powerful way to set a positive tone for the day. Phrases like “I am brave,” “I am ready to learn,” and “Today is a fresh start” boost confidence and motivation. Saying them aloud helps establish a mindset of readiness and positivity.

Don’t Forget Parent Self-Care: Back-to-school stress affects parents too. Without proper self-care, burnout can happen quickly. Self-care doesn’t have to be time-consuming or costly. Try habits like morning journaling, walks after drop-off, or weekly check-ins with a friend. Prioritize rest, hydration, and healthy meals to manage stress and model good habits.

Schedule Health Checkups: Routine health care is key to starting the year right. Book well-child visits with your pediatrician, complete school health and medication forms early, and schedule annual eye exams to ensure children can see clearly in class.

Final Tips for a Smooth Start:

- *Prepare Ahead:* Lay out clothes, pack lunches, and organize backpacks the night before.
- *Create a Homework Station:* A quiet, organized space helps minimize distractions.
- *Stay Flexible:* Even the best routines need adjustments. Give your family time to settle in.
- *Communicate Openly:* Discuss feelings, expectations, and concerns to stay connected and emotionally healthy.

As the school bell rings, remember that success isn't just about grades or perfect attendance—it's about creating a home environment that supports learning and emotional well-being.

Wishing your family a joyful, fun filled and successful start to the new school year!!!

Wanda Mahoney, CHW
Charles County Department of Health

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Affirmations for Teens

"You have great ideas."

"You are capable of accomplishing anything."

"Your opinion matters."

"You can make important decisions."

"Your feelings are relevant."

"You offer a unique perspective."

UPCOMING CLASS

Relaxation Management - La Plata

Prepare for a successful and low stress school year by learning relaxation techniques & exercises.

Next Class: Tuesday, August 12, 2025

Location: CCSO Headquarters Building



Registration is Required
but Teen Court Classes
are FREE!

DID YOU KNOW?

Charles County Teen Court was established in 2001 and has heard over 3,100 cases! Incoming 6th graders through 12th grade can volunteer as jury members and help other youth in the county.



If you would like to subscribe to the Teen Court Newsletter, use the subject 'Teen Court Newsletter' to one of the contacts below:

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Teen Court Website