

## BACK-to-SCHOOL

The month of August is full of beginnings and ends. The summer break from school is coming to an end, and students of all ages are preparing for another year of learning and growth.

Transitioning from carefree summer days back into the more structured schedules that come with back-to-school can be challenging not only for kids, but for their parents as well. Students today face different challenges than many of us did whenever we were students. Kids have to juggle studying for a math test while also worrying about peers posting them on social media without consent, cyberbullying, introduction to substances such as nicotine vapes, and so much more. In order to support both parents and students during these transition times, we have collected a list of resources to help beat the back-to-school blues.

### **Resources for obtaining school supplies and other necessities:**

[North Hills Community Outreach](#) (explore at own pace)

This page connects you to North Hills Community Outreach, a group that organizes community outreach events. Upcoming events are a coat shop in October, Thanksgiving on Every Table and a Holiday Toy Shop. Registration is required, and the email contact to do so is listed on the site.

[Holy Family Parish Free Clothing Closet](#) (explore at own pace)

Monday through Friday, all are welcome to take clothes from Holy Family's free clothing closet! They are open Monday through Thursday from 10 a.m. to 3 p.m. They have limited hours on Friday, from 10 a.m. to Noon.

[Find Free School Supplies in Pittsburgh and Allegheny County](#) (explore at own pace)

This website provides links to local organizations that offer free items essential for success inside and outside of the classroom. Many of the organizations are churches or church-affiliated charitable organizations. Other nonprofit organizations such as The NorthShore Community Alliance and Urban League of Greater Pittsburgh Youth and Student Training are also listed.

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Equity is  
Imperative

## **BACK-to-SCHOOL, *continued***

### **Resources for Mental Health Support:**

[Sandy Hook Promise](#) (explore at own pace)

Sandy Hook Promise is a national nonprofit organization founded and led by several family members whose loved ones were killed at Sandy Hook Elementary School. The nonprofit focuses on addressing the mental health needs of students in all levels of education and provide trainings to help stop gun violence and the tragic loss of life. Teachers and students are both educated on lockdown policies and what to do in the event of an active threat to their school. The link embedded in the title of this bullet point will take you to a page with a three-minute video embedded in it. This video may be a bit of a hard watch for some folks, so if it becomes triggering or brings up strong emotions inside you, feel free to click off of the page or pause the video.

[How to Cope With Back-to-School Anxiety](#) (ten-minute read, multiple links to other pages embedded inside the article)

This PBS article provides education and resources for parents who are helping their children through back-to-school anxiety. Some interventions in the article include different approaches to having conversations about anxiety, implementing a schedule, and positive reframing.

[25 Questions to Ask Your Child That Go Beyond, "How Was Your Day?"](#) (five-minute read)

This website provides 25 questions for parents (and providers) to use while talking to children who are maybe a bit more closed off about their inner thoughts and feelings.

### **Resources for Adjusting Schedules:**

[7 Ways to Ensure a No Stress Back-to-School Transition](#) (10-minute read)

Transitioning from fun-filled, sunny summer days to a structured back-to-school schedule can be hard on everyone in the family. This article provides seven activities to do with children to help ease the transition back to school.

[School Anxiety and Refusal](#) (explore at own pace, main article is about a 20-minute read)

Many parents feel the stress that comes with their child refusing to go to school for one reason or another. This website has a plethora of resources for families working through school refusal and the anxiety that accompanies it.

### **Additional Resources:**

[Partners for Quality](#) (three-minute read)

ACI provided five tips for a positive start to the school year that was shared on the Partners for Quality Facebook page.

[Loneliness and Depression in Young Adults](#) (ten-minute read)

This article explores the rise in mental health struggles in the college student population.