


## Back to School

Are you heading back to school in the next couple of weeks? It's exciting to think about new teachers, new friends and new school supplies. For some kids, though, it's also an anxious time.

The Mini Page checked in with a school administrator to find out how to get the year off to a good start.






photo courtesy U.S. Department of Education




photo by Joe Shabotnik

### Mini Fact:

Experts say elementary school kids need at least nine hours of sleep every night.

### First day tips

Your family may start getting ready for school days or weeks in advance. You might buy or gather school supplies and check to see which clothes you've outgrown.

- The day or night before school starts, assemble your supplies. Organize your backpack and make sure it's not too heavy to carry. (Remember, always carry it strapped to both shoulders so you don't hurt your back.)
- Lay out clothes to put on in the morning. You might want to choose a favorite outfit or accessory for the first day.
- Develop a schedule with your family for using the bathroom and having breakfast. If you work out a system in advance, there will be fewer fights about time spent getting ready.
- Be on time. Set your alarm clock to wake you with plenty of time for breakfast and getting ready. Give yourself enough time to walk or ride to school.
- Be energetic about learning. When the teacher calls on you, ask questions and make helpful comments.
- Give new classmates and teachers a chance. Make a new friend!



### Why go to school?

Sometimes the end of a fun summer makes us think, "Why do we go to school?" There are many good reasons why school is important. Can you add to our list?

- To **communicate**: We learn to speak, read, write, understand and be understood.
- To **appreciate ourselves**: We get a positive feeling of self-worth when we do well.
- To **appreciate others**: We study all kinds of people and cultures.
- To **learn about citizenship**: We will be informed, responsible community members.
- To **think**: We study information so we can understand it.

### The first day

Most kids are nervous on the first day of school. It helps to remember that you're not alone — it's the first day for the other kids, too.

You can make the day easier for yourself and others by:

- smiling and being positive;
- asking new kids questions about themselves and showing them around;
- having friendly body language. Look others in the eye and show interest in what they say.

### Ready to learn


A good student comes to school ready to learn, but what does that mean? Good students:

- are able to listen and concentrate;
- can communicate well with the teacher and other students;
- can work well in small groups.

You can help yourself be ready to learn by:

- getting plenty of sleep;
- eating a nutritious breakfast that includes protein (eggs, meat, cheese, milk or yogurt).

## Resources



### On the Web:

- [bit.ly / MPback](https://bit.ly/MPback)


### At the library:

- "Welcome Back to School" by Dana Brown

## Try 'n' Find

Words that remind us of back to school are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

APPRECIATE, BACKPACK, BREAKFAST, CLASSMATE, COMMUNICATE, CONCENTRATE, ENERGETIC, FRIENDS, LEARN, LISTEN, NEW, ORGANIZE, SCHOOL, SLEEP, STUDENT, SUPPLIES, THINK.



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

## Cook's Corner


### Devilish Eggs

**You'll need:**

- 6 hard-boiled eggs
- 1/4 cup light mayonnaise
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder

**What to do:**

1. Slice eggs in half lengthwise. Scoop yolks into a bowl and place egg whites on a separate plate.
2. Add all other ingredients (except paprika) to the egg yolks. Mix well.
3. Spoon yolk mixture into empty egg-white halves. Sprinkle paprika on top of each.
4. Chill until serving. Serves 6.




\* You'll need an adult's help with this recipe.

## 7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. Disney duck (6) \_\_\_\_\_
2. break into small pieces (7) \_\_\_\_\_
3. symptom of a cold (6) \_\_\_\_\_
4. Brazil or Turkey (7) \_\_\_\_\_
5. opposite of white (5) \_\_\_\_\_
6. painter or sculptor (6) \_\_\_\_\_
7. site for a school play (10) \_\_\_\_\_



|     |      |      |     |
|-----|------|------|-----|
| IST | ALD  | NT   | SNE |
| COU | TTER | CK   | AUD |
| ART | EZE  | DON  | IUM |
| SHA | BLA  | ITOR | RY  |

Answers: Donald, shatter, sneeze, country, black, artist, auditorium.

## Mini Jokes



**Benny:** Why did the teacher wear sunglasses to school?  
**Sissy:** Because her students were so bright!

## Eco Note



Russian scientists have confirmed the emergence of a new island in the northern Caspian Sea. The landmass, which remains unnamed, was formed due to a drop in sea levels — a result of long-term cyclical fluctuations, potentially accelerated by climate change. Researchers from the Russian Academy of Sciences' Shirshov Institute of Oceanology say satellite images first revealed signs of the island in late 2024. Recent drone photos showed a low, sandy and damp surface with ridges.

adapted with permission from Earthweek.com

## For later:

Look in your newspaper for news about students returning to school.

## Teachers:

Follow and interact with The Mini Page on Facebook!



## KidSpot

By Dan Thompson

The sign painter at a zoo scrambled the animals, and also mixed up the names. Unscramble the names and match to the right animal.



1. rfgafia 2. ogkoarna 3. knsae 4. lroagil 5. etcehah

ANS: 1. GORILLA, 2. CHEETAH, 3. GIRAFFE, 4. SNAKE, 5. KANGAROO