

Casa de los Niños

First Day Mania

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There's no escaping the fact that the first day of school can be crazy. New kids wander around in circles. Lockers won't open. The school nurse needs your medical records. You forgot your gym shorts. Freshmen are running in all directions, looking for their homerooms.

Your first day is also the time to bring in school supplies and paperwork. It can help to pack your backpack the night before school starts so you're not scrambling around at the last minute looking for what you need. In addition to packing basic supplies (Such as notebooks, pens/ pencils and a calculator), hunt down any of the school forms that were mailed to your family over the summer: immunization (shot) records, permission slips, and class schedules.

Emotions

Here's a simple equation: new place = new emotions. Lots of people feel anxious, scared, or excited about school. Although people who are coming back as seniors may be happy they're in their final year and can't wait to visit with friends, most freshman or new kids are likely to be tense or worried.

It's perfectly normal to feel nervous on the first day of school. Getting back to the school routine and adjusting to new workloads takes some getting used to after a long summer break. If you're having a mental meltdown, think back to some previous "first days." Everything probably settled down pretty quickly once you get into the routine.

Survival Tips

Here are some more things that can put you ahead in school:

The old saying "breakfast is the most important meal of the day" is never more true than when you're going to school. Students are most alert and perform better in class if they eat a good breakfast.

Get enough sleep. Studies show that teens need at least 8 ½ hours of sleep each night to feel rested. Sleep deprivation can lead students to fall asleep in class (embarrassing if you're caught) and can also make it hard to concentrate. It can be more productive to get the sleep you need than it is to stay up late cramming: A recent study found that students who got adequate sleep before a math test were nearly three times more likely to figure out the problem than those who stayed up all night.

Do more at school and you'll have less to do at home. Take advantage of those times during the school day when you're not in class: Review notes, go to the library or computer lab, get a head-start on your homework, or research that big term paper. You'll be thankful later while you're at the mall or a concert and your classmates are stuck at home cramming!

One of the best ways to make friends and learn your way around is by joining school clubs, sports teams, and activities. Even if you can't kick a 30-yard field goal or sing a solo, get involved in other ways—going to a school play, helping with a bake sale, or cheering on friends at a swim meet—can help you feel like a part of things.

School is a time to make friends and try new things, but it's also a place to learn skills like organization and decision making that will come in handy for the rest of your life.



"I slept and dreamt
that life was joy.
I awoke and saw that
life was service.
I acted and behold,
service was joy."

—Tagore

Access info
online at

www.casadelosninos.org

Click on the foster
care link to find
trainings, newslet-
ters, forms and
more!

Welcome New Foster Families!

- Susan & Larry of Tucson
- Dwight & Pamela of Tucson
- Ron and Samone of Tucson
- Vincent & Debra
- Raymond and Barbara



GO Green!

To start receiving the monthly newsletter by email only, please email dorenem@casadelosninos.org and write "Green Newsletter" in the subject line. Be sure to include the email address(es) you would like the newsletter to go to in the body of your email. Thank you for doing your part to conserve!

Got Email??? Make sure you don't miss out on any news! Send your email address to caras@casadelosninos.org

Casa de los Niños Foster Parent Support Group



2nd Thursday of every month

10:00 am to 11:30 am

Casa de los Niños
40 N. Swan, Suite 45

August 13th Changes in Child Welfare

September 8, 2009

Notes from Sam:

Hello Fabulous Foster Families,

I want to take a few lines to let you know some changes that have occurred over the past month within the foster care program. First and most significantly, the decision was made to close our foster care services in District 6 which includes the Santa Cruz, Cochise, Graham and Greenlee County areas. Unfortunately, this means that we lost 2 foster family support specialists and that we had to transfer 20 wonderful foster families to other agencies. This will, however, allow us to concentrate our recruitment, licensing and support efforts more fully in Pima and Pinal Counties. As a result of closing services in District 6, I will be changing my work schedule to allow me to work in Tucson on Mondays and Tuesdays and in Pinal County on Wednesdays and Thursdays every week.

Training Opportunities

- 8/3 6:30 pm, How does it feel? Disability awareness. Easter Seals Blake Foundation, 616 N. Country Club Rd. Register electronically: projectmetoo@blake.easterseals.com, Register by phone: 1-866-9TRAIN9.
- 8/4 6:30 pm, Hush Little Baby, Don't Say a word. Easter Seals Blake Foundation, 616 N. Country Club Rd. Register electronically: projectmetoo@blake.easterseals.com, Register by phone: 1-866-9TRAIN9.
- 8/6 6:30 pm, Ideal Interactions. Easter Seals Blake Foundation, 616 N. Country Club Rd. Register electronically: projectmetoo@blake.easterseals.com, Register by phone: 1-866-9TRAIN9.
- 8/10 6:30 pm, M&M of School Behaviors. Easter Seals Blake Foundation, 616 N. Country Club Rd. Register electronically: projectmetoo@blake.easterseals.com, Register by phone: 1-866-9TRAIN9.
- 8/15 9:30 am, Sign With Baby Tucson Educational Seminar. 6060 N. Fountain Plaza Dr. Cost \$25, Register electronically libby@signwithbabytucson.com
- 8/17 6:30 pm, Power Struggles in School Age Care. 616 N. Country Club Rd. Register electronically: projectmetoo@blake.easterseals.com Register by phone: 1-866-9TRAIN9
- 8/18 6:30 pm, Practical Ideas for Addressing Challenging Behaviors. 616 N. Country Club Rd. Register electronically: projectmetoo@blake.easterseals.com Register by phone: 1-866-9TRAIN9

Check out our website for information on ongoing training and development opportunities!

http://casadelosninos.org/foster_care.html

CPR Training 1101 N. 4th Ave, Conference Room August 12th September 9th October 14th 6 p.m. to 9 p.m. RSVP to your licensing worker.		<h2 style="text-align: center;">August 2009</h2>						
		Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1	
2	3	4	5	6	7	8	8 SPLASH PARTY 3-5 pm	
9	10	11 Support Group 10-11:30	12 CPR Training 6-9 pm	13	14	15		
16	17	18	19	20 Scrapbooking 6-9 pm	21	22		
23	24	25	26	27	29	29		
30	31							

Foster Parent Support Group
 2nd Tuesday of every month
 At 10:00 am-11:30 am
 August 11th
 September 8
 Infants welcome.
 Bring a snack to share.

Scrapbook/Life Book Night
 August 20th
 3rd Thursday of the Month
 6-9 p.m.
 RSVP to Mea at 326-8250 x108

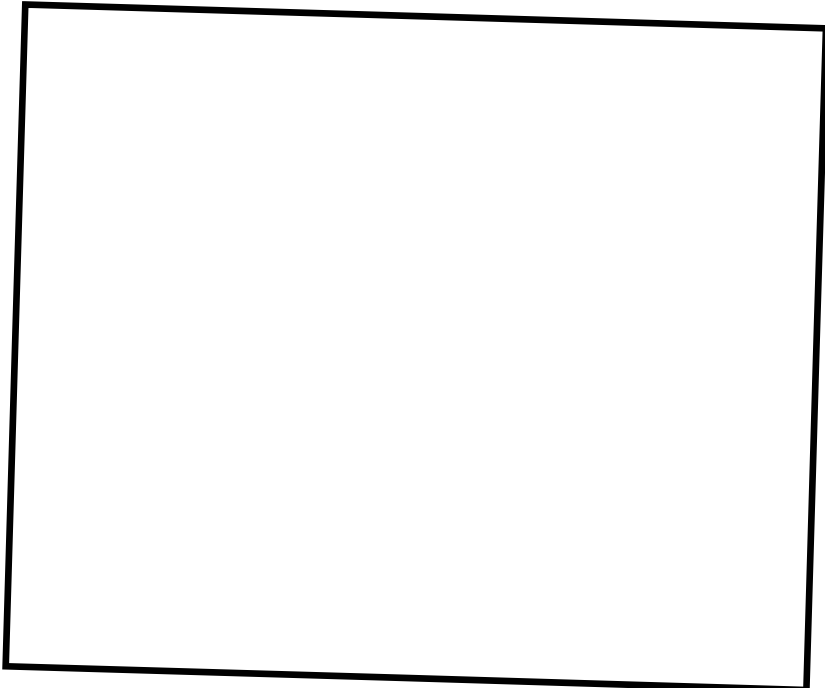


Casa
de los
niños

Casa de los Niños
1101 N 4th Ave
Tucson, AZ 85705

Physical Address:
40 N Swan Rd Ste 45
Tucson, AZ 85711

Phone: 520-326-8250
www.casadelosninos.org



New Clothing Bank

GOOD THREADS

A.Z.A.F.A.P. and Goodmans will be launching GOOD THREADS clothing bank for the Foster, Adoptive, and Kinship Families in our community. On the **second Saturday** of the month, Good Threads clothing exchange will be open for foster and adoptive parents to browse and select children's clothing.

Upcoming Exchange Dates:

August 18

September 12

October 10

Time: 8 a.m. to 12 noon

Location:

La Paloma Family Services

870 W. Miracle Mile

Bring gently used and clean clothing to exchange.



LOANER MATERIALS

Foster Parent Library



We have a large resource of books and videos for foster parents to borrow. Please come by the Foster Care office at 40 N Swan to check

out our selection or talk to your licensing worker about available materials.

Loaner Program

We at Casa de los Ninos strive to provide the best possible service to our foster parents, however, we have a limited supply of needed items. Because of this we are unable to loan items out for more than a month. The idea of the loaner program is that in an emergency the family can be provided with the needed item with the intention of purchasing one as soon as possible. Please make sure loaned item is returned clean and ready to used immediately by another family.

ON-CALL PHONE
(Tucson only)
603-2149

CPS Hotline
1-888-SOS-CHILD

If you have an after hours emergency please call the on-call phone number so we can assist you. If it is a medical emergency please dial 911 first.

For areas outside of the Tucson area: emergency calls are handled by your assigned licensing worker.

