

BERGEN COUNTY ASSOCIATION OF SCHOOL ADMINISTRATORS

PROUDLY SERVING BERGEN COUNTY'S STUDENTS, FAMILIES AND COMMUNITIES

August 2016

The Bergen County Association of School Administrators, comprised of school superintendents and other central office personnel, looks forward to welcoming Bergen County's 162,000 students back to our schools for another year of learning and growth. We delight in our work with your children and families, and with excitement and enthusiasm pass along the following guidance as we stand on the cusp of another school year.

- **A New Year is a Fresh Year**
Entering the next grade level offers your child the opportunity to have a fresh start. Use this wisely. Before the school year begins, speak with your child about the successes and struggles of last year, and how this year can be used to make steady and upward improvement. Perhaps a change in study patterns, attending extra help, or more support at home is necessary.
- **First Things First**
Bergen County's schools offer many exciting opportunities and activities for their students, and while there is strong social/emotional growth that takes place during school, it is important to remember that our schools are primarily academic institutions. It is essential that you help to support the academic growth of your child by consistently and clearly expecting them to dedicate time to their studies. There is no greater thing that you can do to help prepare your child for their future.
- **Hard Work Above All**
There is simply no replacement for hard work. Emphasize to your child that time dedicated to their studies, attention to school work, and effort will be the deciding factor between success and failure. Remind them often that the world is filled with lazy, unsuccessful geniuses who never did the necessary work to succeed.
- **An Involved Child is a Successful Student**
Research shows that the most highly engaged, successful and satisfied students are those that play a role in the life of the school beyond their classroom studies. Encourage your child to join school clubs or sports teams, volunteer, and be a part of the life of their school. You can set this example by joining your school's Parent-Teacher Organization, attending school functions, and showing your child what positive and helpful participation looks like.
- **Strive for Balance**
Help your child find the appropriate middle ground between taking their studies seriously enough, but not so much that there is a negative impact on their health and wellness. There have been increasing reports of students experiencing high levels of stress due to seemingly unending deadlines and expectations. Using time wisely, not taking on too much outside of school, and finding time to relax are all essential. Keep an eye on your child, and continue to strive for that middle ground.
- **You Set the Greatest Example**
As important and vital schools and teachers are in the life of your child, remember that you are your child's first and most influential teacher. Your words, attitude and actions set your child's tone and attitude, and it is essential that you support your child's school experience. Set an example by working closely with teachers, be involved in the life of the school, and continue to remind your child that a strong education is the best 'insurance policy' that one can have in an unpredictable world.

We look forward to a great 2016 - 2017 school year, and wish our students, families, and communities all the best.

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