

# Teachers offer back-to-school tips

Rhonda Silence

Parents may be looking forward to school, but kids may be a bit nervous about that first day. The *Cook County News-Herald* talked to a few local teachers, asking for their thoughts as the start of the school year nears. Here are their best "back-to-school tips."



**Keith Bergeron**  
Math, Science & Health  
*Oshki Ogmaag*

The tip I would offer is to get on a set schedule for eating and sleeping—no more staying up until midnight eating snacks. Also, it's a good idea to set aside a little time for reading.



**Sue Butter**  
K-1 teacher  
*Great Expectations*

I have kindergarten and first grade students so my perspective is a bit different. I would suggest just talking positively about school—what it's going to be like, who your child will know at school. Even if you as a parent are a little bit nervous, don't let your kids know. Visiting the classroom is helpful and reading about going to school is a good idea. There are a lot of really good books available. (See a list of suggested back to school reading below)



**Christina Anderson**  
4th & 5th grade teacher  
*Birch Grove*

Get a good night's sleep, eat a healthy breakfast and bring a good attitude to school.



**Dena Schulte**  
Kindergarten  
*Sawtooth Elementary*

Start going to bed early, to get into a new sleeping routine. Read a story before going to bed—that's a good part of the daily routine all the time. Parents need to stay positive about their kids starting school and this new adventure. It's a lot harder on mom and dad than on the kids!



**Dan Viren**  
Science Teacher  
*Cook County Middle School*

The biggest thing is to start getting into the school routine—going to bed and getting up early. Also, spend some time reading, getting those minds going again!



**Al Heine**  
Science Teacher  
*Cook County High School*

I would tell students to find a book that they really enjoy and read, read, read. The funny thing about learning is the more you read and know, the more easily you learn and the more likely it is that you will find something that connects to new information.

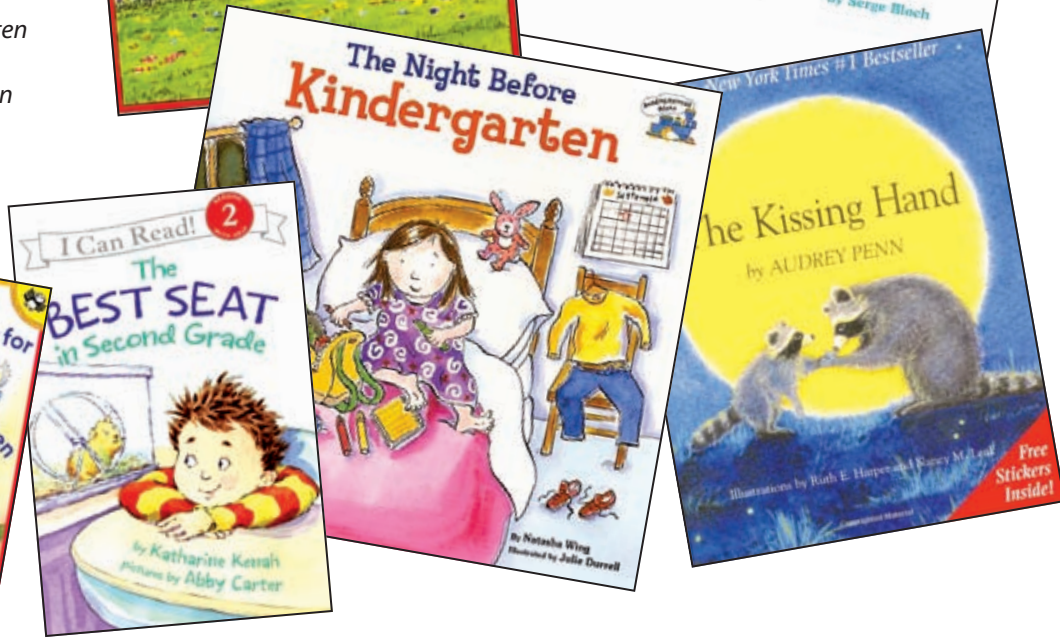
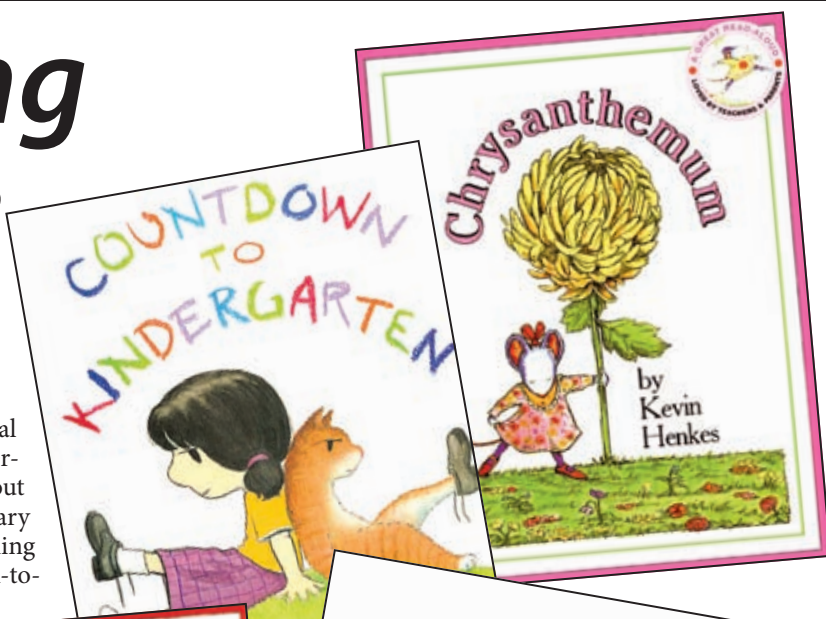
# Fun reading to prepare for school

The *Cook County News-Herald* wishes all our local students the best in the coming school year. We understand that some children may be a bit nervous about the start of school. Below is a list of some elementary level books that could help prepare kids for the coming school year. Look for them when you're doing back-to-school shopping or at our local library.

**Happy reading!**

- » *Countdown to Kindergarten* by Alison McGhee\*
- » *Chrysanthemum* by Kevin Henkes\*
- » *The Kissing Hand* by Ruth Harper\*
- » *The Best Seat in the Second Grade* by Katharine Kenah
- » *Butterflies in my Stomach & other School Hazards* by Serge Bloch
- » *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate
- » *Little Bear Goes to Kindergarten* by Jutta Langreuter
- » *The Night Before Kindergarten* by Natasha Wing
- » *Jessica* by Kevin Henkes\*

\* Books available at Grand Marais Library



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# Lessons from children's literature

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| <p>☞ "Clean up the house when you're through playing."<br/><i>Cat in the Hat</i></p> <p>☞ "Don't leave home without your purple crayon!"<br/><i>Harold and the Purple Crayon</i></p> <p>☞ "If you think you can, you can."<br/><i>The Little Engine That Could</i></p> | <p>☞ "Eat a balanced meal every day."<br/><i>Bread and Jam for Frances</i></p> <p>☞ "Never eat someone else's vegetables."<br/><i>The Tale of Peter Rabbit</i></p> <p>☞ "Never eat the last piece of the puzzle."<br/><i>Curious George Goes to the Hospital</i></p> |
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