



# ORCHARD PARK CENTRAL SCHOOL DISTRICT FAMILY SOLUTIONS CENTER

## WELCOME BACK, QUAKERS!

The FSC would like to re-introduce ourselves for those of you who are new to the district or those of you that have not had the chance to learn about the Orchard Park Family Solutions Center. The FSC will support district and community families with school-age children by providing direct counseling services to families, hosting parenting classes, providing co-parenting and grandparenting support groups and assistance with resources. For further information, visit:

[www.opschools.org/familysolutions](http://www.opschools.org/familysolutions)



## OCTOBER FOCUS:

- Establish healthy school routines
- Structured sleeping habits
- Organize school supplies
- Foster independence
- Designate "Homework Zones"
- Encourage consistent school attendance
- Maintain a balanced diet
- Schedule routine physicals
- Monitor electronics
- Balance between school and extra-curricular activities
- Good hygiene
- Exercise

## PARENT SERIES:

To strengthen partnerships with parents in support of the school/home relationship. Possible topics for the 2023-24 school year:

- Vaping (October 24, 2023)
- Tech Savvy Parents
- ELA/Literacy



*Coming Soon . . .*

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