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ANDREA ZIANS | STRATEGIC ACADEMICS

# NEWSLETTER

Because Every Student Deserves to Succeed!



## Begin Fresh!

Have Conversations Before Back to School & Before Jumping into Prep or Shopping.

Take a moment with your student to reflect:

- What worked well last year?
- What didn't work?
- What would make this year feel a little easier?

These short conversations help students feel more in control, and their answers might surprise you.

ADHD and Executive Function Coaching-  
Because Every Student Deserves to Succeed!

## Are you Ready for Back to School?

Back-to-school season sneaks up on everyone, one minute it's lemonade by the pool, the next it's backpacks and bus schedules.

This newsletter is here to make that shift smoother.

You'll find simple, realistic ideas to help your student (and you!) feel organized, confident, and ready to take on the year.

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## Back-to-School Shopping

Shopping for supplies can be surprisingly motivating when your student gets to choose what they like. Let them have a say in what kind of snacks you buy, the style of notebook, their favourite markers, or even a cool desk lamp.

Oh, and don't forget the alarm clock! Alarm clocks are more effective than a phone which can end up under a pillow on silent. A real, old fashioned alarm clock can save everyone a lot of hassle on school mornings.



### Ages and Stages of Back to School Shopping:

#### Elementary School

This is the time to reach for colourful pens, markers, notebooks, iPad protectors, and rulers. Students can colour code things by relevance for additional organization.

#### High School

Let's move into more digital tools and rely less on paper and pen. Have a look at some of the laptops, iPads, apps, and software that support learning.

#### College:

Don't purchase anything until you see what you need. Some programs require specific tools, and you might be surprised that everything you need is already on your device.

### Small Adjustments towards Back to School.

#### No need to pack away summer just yet.

But as September creeps closer, start to:

- 🍏 Set up a homework station.
- 🍏 Stock a small "supply cupboard" with extras (pens, paper, highlighters).
- 🍏 Chat about goals for the year (big or small).
- 🍏 Shift back to a sleep routine; no one loves this, but everyone loves feeling awake on Day 1.





## Digital Skills Ready

### Help Your Student Start Fresh.

Here's a quick digital reset you can do with your student.

### Digital Clean-Up Checklist


- ✓ Move last year's files into a folder labelled "2024-2025 Archive"
- ✓ Create a new folder for "2025-2026"
- ✓ Inside your new folder, add subfolders for each subject.
- ✓ Delete or move random downloads cluttering the desktop
- ✓ Check that school-related logins still work (Google, Kurzweil, email, LMS)
- ✓ Talk through how to stay organized digitally all year long



**Need a Plan?  
I Can Help.**



Whether it's:  
Short-term coaching to get organized before school starts or ongoing executive function support throughout the year

Let's talk about what your student needs.  
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### Apps and Tools



Studydrive - A great planner app that breaks big projects into smaller steps.

Phone Lock Apps - Because TikTok isn't homework. Start the conversation now about minimizing digital distractions during focused work periods