



# August is Back to School Month

This observance helps parents, students and teachers navigate the transition to a new academic year.

- Minimize first-day-of-school chaos by practicing your morning routine several days in advance, particularly with younger children.
- Regardless of your child's age, review safety guidelines for getting to and from school.
- Set a good tone for your child by adopting a positive, non-anxious attitude.

Call your Employee Assistance Program at 1-800-588-8412 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) (use Principal Enhanced) for helpful resources.