

# 1 CARE CONNECT

1 CARE PREMIER SERVICES' COMMUNITY NEWSLETTER



Welcome to the **Back-to-School edition of the 1 Care Connect Newsletter!** As summer winds down and the new school year approaches, we're here to help you and your family start the academic year off right. In this issue, we're excited to share practical tips and insightful advice to make the transition smoother for both parents and students. From navigating school meetings to setting up effective routines, we've got you covered with strategies to ensure a successful and stress-free start to the school year.

Join us as we explore ways to prepare, inspire, and support your family for a fantastic year ahead. Here's to a season of new beginnings and exciting opportunities!

## SMOOTH SAILING INTO THE SCHOOL YEAR

### YOUR ULTIMATE BACK-TO-SCHOOL PREPARATION GUIDE

As the new school year approaches, it's the perfect time to start preparing for a smooth transition back to the classroom. Getting ready for school involves more than just buying supplies; it's about setting the stage for a successful year ahead. Here's how you can prepare effectively.

Begin by establishing a consistent daily routine. With summer's flexibility behind us, it's important to ease back into a structured schedule. Set regular wake-up and bedtime hours to help children adjust to the school day rhythm. Gradually shifting their sleep schedule in the weeks leading up to school can make this transition smoother. Organize school supplies and checklists ahead of time. Gather essential items such as notebooks, pens, and backpacks, ensuring your child has everything they need for the first day. Involve them in this process to not only teach responsibility but also to build excitement about the upcoming year.

Don't overlook the importance of a well-planned lunch menu. Preparing healthy, balanced meals can boost energy levels and concentration throughout the day. Consider involving your child in meal planning to make lunchtime both nutritious and enjoyable. Establish a designated study area at home. A quiet, well-organized space for homework and study can significantly enhance focus and productivity. Ensure this area is free from distractions and stocked with necessary supplies.

Finally, communicate openly with your child about their expectations and any concerns they may have. Encouraging a positive mindset about the new school year can help alleviate anxiety and foster enthusiasm. Regular check-ins throughout the year will also support ongoing adjustment and growth. By following these preparation tips, you can help ensure that both you and your child are ready for a successful and enjoyable school year.

### HIGHLIGHTS FROM OUR 1ST ANNUAL BACK TO SCHOOL JAM!

A big thank you to all the foster parents and children who joined us for our Back-to-School event—it was a fantastic success! We're thrilled for the kids to kick off a great school year. Special thanks to Judge William McLeod and all our sponsors for their generous support. Check out our photo gallery to relive the highlights and see the joy from the event. [Click here to view the pictures and share in the excitement!](#)

# YFT (YOUTH FOR TOMORROW) QUARTERLY REVIEW PREP

As we gear up for the YFT (Youth for Tomorrow) quarterly review, we want to extend our gratitude to all parents who have submitted their monthly documentation on time. Your diligence is greatly appreciated.

**Please remember that the next monthly foster parent documentation is due by September 3, 2024.**

To ensure your submission is complete and accurate, kindly follow these steps:

- Review your documentation thoroughly.
- Make sure to align with the agency's philosophy and methods, such as praise, reward systems, token methods, or granting extra device time for progress.
- Include details on:
  - Any serious incidents or major occurrences at home or school.
  - Any abnormal behavior or incidents that compromise the well-being of others.
  - Fights, arguments, or disagreements between foster children or between foster parents and children.
  - Serious incidents requiring immediate intervention.
  - Visits, visitors, and doctor's appointments.

Additionally, thank you for improving your medication logs and addressing any previous issues. Here are some key tips for maintaining accurate medication logs:

- Complete medication logs each time the medication is administered.
- Have the person administering the medication sign the logs.
- Ensure logs reflect the prescribed medication.
- Obtain and submit medication receipts to the case manager.
- Document any changes to medication on the 2043 form.
- Notify the case manager of any medication increases or decreases and get approval from the CPS worker.
- Complete Form 4526 with the physician or their office for changes to psychotropic medications.

We are excited to share that Care Premier Services will be conducting our quarterly YFT review, and we need all monthly documents submitted by September 3, 2024. Thank you for your continued diligence and cooperation.

## IMPORTANT REMINDERS

- Attention foster parents: Please use the new monthly notes template, which was implemented on June 20, 2024, for your September 3, 2024, submissions. This update was shared via email from Mrs. Sofia Bayne in June. Thank you!
- 1 Care Premier Services is preparing to launch the Extended Reach software to streamline our documentation and compliance. Foster parents will start using the system by October 2024, with mandatory training sessions to be provided beforehand. We'll keep you updated throughout the process.

## MARK YOUR CALENDAR!

Join us for the **Foster Parent Quarterly Meeting** on **September 5th**, 10am - 1pm at 1 Care Premier headquarters. We'll cover new information, upcoming events, and take the opportunity to connect with everyone. See you there!

Our **1 Care Premier Support Group** continues to thrive, thanks to all who have participated. Join us for the next meeting on **August 29, 2024**. We look forward to seeing you there!

Join us for **1 Care Premier Services' Family Fun at the Sugar Land Space Cowboys game on August 31st!** Enjoy 80s Night and stay for the Spazmatics postgame concert. Game tickets include concert admission and concessions. Interested in attending? Please reach out to your case worker for more details.

## FOSTER PARENT REFERRAL PROGRAM

A big thank you to all our foster parents for referring exceptional individuals to 1 Care Premier Services. Your support is greatly appreciated! **For more details about our Foster Parent referral program, please contact Ms. Nicole Mays Jackson.**