



### Helping Your Child Cope with Back-to-School Anxiety

Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten. This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, complain of headaches or stomach pains, withdraw, and become sullen or irritable. How should you Deal With Back-to-School Worries? Below are some general strategies parents can use to deal with back-to-school worries.

Look after the basics. Nobody copes well when they are tired or hungry. Anxious children often forget to eat, don't feel hungry, and don't get enough sleep. Provide frequent and nutritious snacks for your child. During this time, you also need to build in regular routines, so that life is more predictable for your child. These routines can involve the morning and bedtime habits, as well as eating schedules. See

Encourage your child to share his or her fears. Ask your child what is making him or her worried. Tell your child that it is normal to have concerns. Before and during the first few weeks of school, set up a regular time and place to talk. Some children feel most comfortable in a private space with your undivided attention (such as right

before bed, or during mealtime). Teens often welcome some sort of distraction to cut the intensity of their worries and feelings (such as driving in the car, or taking a walk).

Focus on the positive aspects! Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, "What are three things that you are most excited about on your first day of school?" Most kids can think of something good, even if it's just eating a special snack or going home at the end of the day. Chances are that the fun aspects are simply getting overlooked by repetitive worries.

Pay attention to your own behavior. It can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully. Ensure you don't reward your child's protests, crying, or tantrums by allowing him or her to avoid going to school. Instead, in a calm tone, say: "I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it." Chances are, your child is anxious about something that requires a little problem-solving, planning, and/or involvement from the teacher.

#### Timeline Leading Up to the First Day of School. At least one week before:

Start your child on a school-day routine – waking up, eating, and going to bed at regular times. Explain that everyone in the family needs to adjust to the new schedule, so he or she doesn't feel alone with these changes.

For older children who hav-

ing troubles getting up and out of bed, give them a "big person" alarm clock, and let them practice using it. Ask your child to help plan school lunches for the first week. Create a list of school supplies together and plan a fun shopping trip.

#### A couple days before school:

Go to school several times – walking, driving, or riding a bike. For young children taking the school bus, describe and draw out the bus route, including where the bus goes and how long it takes to get to school. Talk about bus safety. For new students, take a tour of the school. Show your child the

classrooms, the cafeteria, and the bathrooms. If possible, meet your child's teacher with your child present. Ask your child to help choose the outfits for the first week of school. Let your child wear his or her favorite outfit on the first day. Together with your child, pack up the schoolbag the night before, including treats. For younger children who are nervous about separating, suggest taking a special object to school that reminds him of home. A reassuring note in a child's lunch can also help ease separation anxiety.

#### The first day of school:

Most importantly, praise

and reward your child for brave behavior!

### Pack A Brown Bag Lunch That Won't Be Traded

One of the best parts of shopping for school supplies is picking out the lunch box that your child will love to tote to school every day to hold brown bag lunches. Once you have the equipment, you need to fill it! You've all heard the famous stories about lunchbox content trading. To make sure that the lunches you pack are envied by other kids, but eaten by your child, include your child in the planning process. There's no point in

## 2012 Property Tax Rates in WEST COKE COUNTY HOSPITAL DISTRICT

This notice concerns the 2012 property tax rates for WEST COKE COUNTY HOSPITAL DISTRICT. It presents information about three tax rates. Last year's tax rate is the actual tax rate the taxing unit used to determine property taxes last year. This year's *effective* tax rate would impose the same total taxes as last year if you compare properties taxed in both years. This year's *rollback* tax rate is the highest tax rate the taxing unit can set before taxpayers start rollback procedures. In each case these rates are found by dividing the total amount of taxes by the tax base (the total value of taxable property) with adjustments as required by state law. The rates are given per \$100 of property value.

#### Last year's tax rate:

Last year's operating taxes	\$1,024,868
Last year's debt taxes	\$0
Last year's total taxes	\$1,024,868
Last year's tax base	\$410,073,503
Last year's total tax rate	\$0.249923/\$100

#### This year's effective tax rate:

Last year's adjusted taxes (after subtracting taxes on lost property)	\$1,024,625
- This year's adjusted tax base (after subtracting value of new property)	\$388,276,740
Total effective tax rate (Maximum rate unless unit publishes notices and holds hearings.)	\$0.263890/\$100

#### This year's rollback tax rate

Last year's adjusted operating taxes (after subtracting taxes on lost property and adjusting for any transferred function, tax increment financing, state criminal justice mandate, and/or enhanced indigent healthcare expenditures)	\$1,024,625
- This year's adjusted tax base	\$388,276,740
= This year's effective operating rate	\$0.263890/\$100
x 1.08 = this year's maximum operating rate	\$0.285001/\$100
- This year's debt rate	\$0/\$100
This year's total rollback rate	\$0.285001/\$100

#### Statement of Increase/Decrease

If WEST COKE COUNTY HOSPITAL DISTRICT adopts a 2012 tax rate equal to the effective tax rate of \$0.263890 per \$100 of value, taxes would increase compared to 2011 taxes by \$1,514.

#### Schedule A: General Fund - Unencumbered Fund Balance

The following estimated balances will be left in the unit's property tax accounts at the end of the fiscal year. These balances are not encumbered by a corresponding debt obligation.

Type of Property Tax Fund	Balance
UNENCUMBERED FUNDS	0

#### Schedule B: 2012 Debt Service

The unit plans to pay the following amounts for long-term debts that are secured by property taxes. These amounts will be paid from property tax revenues (or additional sales tax revenues, if applicable).

Description of Debt	Principal or Contract Payment to be Paid from Property Taxes	Interest to be Paid from Property Taxes	Other Amounts to be Paid	Total Payment
	0	0	0	0
Total required for 2012 debt service		\$0		
- Amount (if any) paid from Schedule A		\$0		
- Amount (if any) paid from other resources		\$0		
- Excess collections last year		\$0		
= Total to be paid from taxes in 2012		\$0		
+ Amount added in anticipation that the unit will collect only 100.00% of its taxes in 2012		\$0		
= Total debt levy		\$0		

This notice contains a summary of actual effective and rollback tax rates' calculations. You can inspect a copy of the full calculations at 13 E 7TH ROBERT LEE, TEXAS.

Name of person preparing this notice: JOSIE DEAN, RTA  
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 Date Prepared: 08/10/2012

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