



# Benchmark Family Services Therapeutic Foster Care

"Cause a little bit of summer is what the whole year is about."

- John Mayer



We hope everyone enjoyed the holiday weekend, and hope you continue to enjoy the rest of summer!

While you are making the most of the warm weather, don't forget that the beginning of the school year is just around the corner. We've included some tips for getting your kiddos prepared for school year. Don't forget school supplies!

[Visit Our Website](#)

## Upcoming Dates



Don't miss out on training opportunities or any of your office's upcoming events! Just click the link below to go to our website and find your local office!

[View Calendar](#)

### Virtual Training Opportunities

Our virtual training sessions are live webinars, and count toward your face-to-face training hours for the year. We added all virtual training opportunities for the year to our website. [Click here](#) to easily find and sign up for the courses that are most convenient for you!

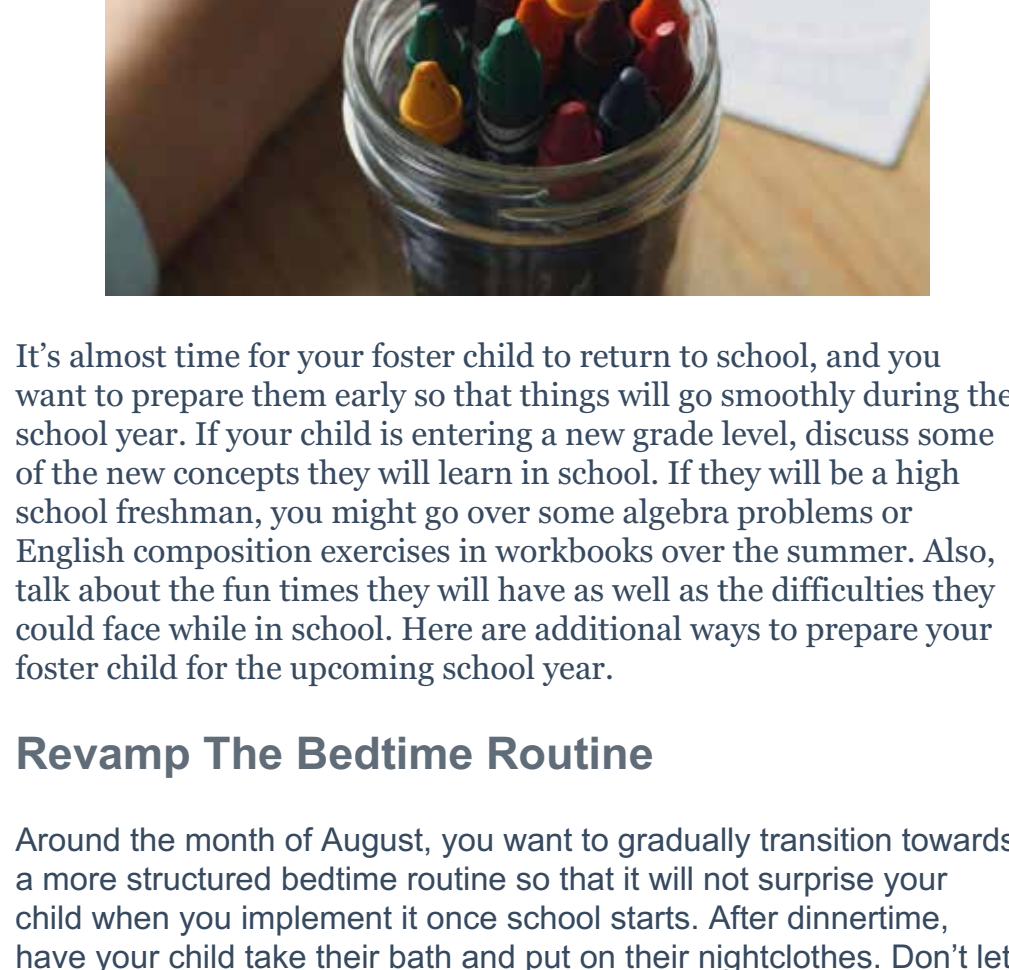
#### July

7/07/22: Transracial Fostering

7/16/22: Independent Living

7/26/22: Learning Disabilities

## Program Outcomes



## Tips To Prepare For School

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It's almost time for your foster child to return to school, and you want to prepare them early so that things will go smoothly during the school year. If your child is entering a new grade level, discuss some of the new concepts they will learn in school. If they will be a high school freshman, you might go over some algebra problems or English composition exercises in workbooks over the summer. Also, talk about the fun times they will have as well as the difficulties they could face while in school. Here are additional ways to prepare your foster child for the upcoming school year.

### Revamp The Bedtime Routine

Around the month of August, you want to gradually transition towards a more structured bedtime routine so that it will not surprise your child when you implement it once school starts. After dinnertime, have your child take their bath and put on their nightclothes. Don't let them get on their computer or watch TV for too long before bedtime because it will disrupt their sleep pattern. When you get them used to their new routine before school starts, they're more likely to follow through with it although they might not like it at times.

### Let The Child Have Some Input

Your child might be just as excited about school as you are, so let them get involved in the preparation process. Let them pick out the bookbag, some of their new school outfits and shoes, and anything they might want to eat for lunch during the week. This helps them gain some independence and it makes the school year more fun for them. It also shows that you are trusting them more to make good decisions by themselves.

### Meet With Teacher Before School Starts

If your child has a learning disability or if they struggled with their lessons during the previous school year, then it's a good idea to take your child with you to visit their new teacher. Mention the struggles that your child has with their learning, and ask for recommendations to assist your child with assignments.

### Don't Forget the School Supplies!

Here is a general list of school supplies, covering all age ranges. Remember that this is a general list. Please be sure to check with your child's school for their official school supply lists!

## MY PRESCHOOL SHOPPING CHECKLIST

- #2 Pencils & Zippered pencil case
- Erasers & Sharpeners
- Glue Sticks & Markers
- Crayons & Watercolor paints (8 ct.)
- Regular size backpack & Zip lock bags
- Paper Plates & Cups
- Change of clothes
- Tissues & Wet wipes container



### KINDER ACADEMY SCHOOL SUPPLIES LIST

#### KIDDIE SET - A

- |  |   |
|--|---|
| <input type="checkbox"/> #2 Pencils        | <input type="checkbox"/> Pencil Case      |
| <input type="checkbox"/> Colored Pencils   | <input type="checkbox"/> Glue Sticks      |
| <input type="checkbox"/> Pencil Sharpeners | <input type="checkbox"/> Crayons          |
| <input type="checkbox"/> Erasers           | <input type="checkbox"/> Washable Markers |

#### KIDDIE SET - B

- |   |  |
|---|--|
| <input type="checkbox"/> Watercolor Paints (8 ct.)    | <input type="checkbox"/> Construction Paper  |
| <input type="checkbox"/> Pair of Scissors (blunt-tip) | <input type="checkbox"/> Wide-ruled Notebook |
| <input type="checkbox"/> Pocket Folders               | <input type="checkbox"/> Hand Sanitizer      |
| <input type="checkbox"/> Lunchbox & Backpack          | <input type="checkbox"/> Box of Tissues      |



## ELEMENTARY SCHOOL

Supplies List for Grades 1-2

#### KIDDIE SET A

- No.2 pencils
- Erasers
- Sharpeners
- Zippered pencil bag
- Spiral notebooks (wide-lined)

#### KIDDIE SET B

- Dry erase markers
- Washable markers
- Crayons
- Highlighters
- Pocket folders

#### KIDDIE SET C

- Ruler-12"
- Colored pencil
- Indexed cards (ruled)
- Glue sticks
- Construction paper (assorted)

#### KIDDIE SET D

- Blunt-tipped scissors
- Ballpoint pens
- Backpack & Lunchbox
- Hand sanitizer
- Box of tissues



## ELEMENTARY SCHOOL

Supplies List for Grades 3-5

#### KIDDIE SET A

- No.2 pencils
- Erasers & Sharpeners
- 1-inch 3-ring binder
- 3-hole punch
- Pocket folders without fastener

#### KIDDIE SET B

- Dry erase markers
- Washable markers
- Crayons & Highlighters
- Subject dividers
- Scissors (blunt tip)

#### KIDDIE SET C

- Protractor & Ruler-12"
- Colored pencil
- Ballpoint pens (Blue/Black)
- Glue sticks
- Zippered pencil bag

#### KIDDIE SET D

- Spiral notebooks
- Wide ruled loose leaf paper
- Index cards
- Backpack & Lunchbox
- Tissues & Hand sanitizer



## MIDDLE SCHOOL

- No. 2 Pencils
- Pencil pouch
- Erasers & Sharpeners
- Ruler & Protractor
- Scissors
- Personal calendar
- Pocket folders
- 3-ring binder
- 3-hole punch
- Index cards
- Subject dividers
- Ballpoint pens
- White-out

MIDDLE SCHOOL SUPPLIES LIST

1

## MIDDLE SCHOOL

- Highlighters
- Markers
- Glue Sticks
- Graphing calculator
- Wide ruled loose-leaf paper
- Graph paper
- Drawing paper
- Watercolor paints
- Spiral notebooks
- Stapler
- Locker accessories
- Lunchbox
- Backpack

MIDDLE SCHOOL SUPPLIES LIST

2

## HIGH SCHOOL

GENERAL SUPPLIES

#### SET A

- |                           |                  |
|---------------------------|------------------|
| Wire Bound Weekly Planner | T1 Calculator    |
| #2 & Colored Pencils      | Pocket Folders   |
| Pencil Sharpener          | 3-Ring Binder    |
| Pens: Red, Blue, Black    | Spiral Notebooks |
| 12 inch Ruler             | Sticky Notes     |

#### SET B

- |                               |                  |
|-------------------------------|------------------|
| Highlighters                  | USB Flash Drives |
| Markers                       | Backpack         |
| Ruled Loose Leaf 3 Hole Paper | Lunchbox         |
| Tabbed Dividers               | Book Covers      |
| Foreign Language Dictionary   |                  |

Supplies may vary. Check with your teachers for specifics.

## Referral Bonus



**With over 420,000 children in the foster care system, and over 250,000 children entering each year, we need your help!**

Every month, our agency receives more referrals for children in foster care than we have beds to accommodate. With your help, we will be able to provide more of these children with a good home and a bed to rest their head. Please help spread the word and get your friends and family involved in our mission. Remember, if you are currently a foster parent with us and you successfully refer a new foster parent to our agency, you will receive a referral bonus. Please reach out to your regional office for more information!

## Employee of the Month

### Kentucky: Malinda Bettinger

Treatment Dir. / Therapist, Owensboro Office

Malinda has been with Benchmark for nearly 12 years and has played many roles within Benchmark during those years. Malinda currently works as therapist for Owensboro and Elizabethtown. She is a true team player and is always willing to help when she is able. She is instrumental in our Christmas celebrations each year and was a key player in helping us to receive over \$2000 in donations this past Christmas, which was used to purchase gifts for our kids. We are so appreciative of everything she does for Benchmark and the youth we serve!

### Indiana: Autumn Lehman

Therapeutic Support Specialist, South Bend Office

Autumn is a TSS and has been with Benchmark for 1 year. Autumn always has a positive attitude and is always willing to help out her co-workers. She has great working relationships with her foster parents, foster youth, and collateral providers. Autumn provides great case management and is always willing to the extra mile to help her foster parents and foster youth. We are thankful for Autumn and glad to have her on the South Bend team.



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