



NEWSLETTER

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AUGUST 2025

AUGUST: NEW BEGINNINGS, WELLNESS, AND GROWTH

NATIONAL WELLNESS MONTH: PRIORITIZING WELL-BEING

August is National Wellness Month, an ideal opportunity to place well-being at the center of our lives.

Wellness is more than just physical health as it includes emotional, mental, and social health as well.

Encourage students and families to develop healthy habits such as:

- regular physical activity
- balanced nutrition
- plenty of sleep

Mindfulness practices can help manage stress and improve mental clarity:

- journaling
- deep breathing
- spending time outdoors

As educators and parents, modeling self-care and open conversations about wellness shows students that taking care of themselves is a lifelong priority, not just a summertime focus.

Consider starting the year with a classroom wellness challenge or sharing daily wellness tips as school announcements. Even small changes, like mindful moments or wellness check-ins with students, can have a significant impact on the culture of your school or home.



WELCOME TO AUGUST!

Welcome to August! August marks a season of transition—a time when we say goodbye to summer and look forward to the excitement of a new school year. As we prepare our homes and classrooms for the return of students, let's reflect on the importance of community, wellness, and growth. This month, we celebrate National Wellness Month and focus on creating routines and positive relationships that set everyone up for success.



BACK TO SCHOOL: BUILDING ROUTINES FOR SUCCESS

Returning to school is a big adjustment for students and families. Shifting from relaxed summer days to structured school schedules can be tough, but routines provide the predictability and security children need to thrive. Start by gradually moving bedtimes earlier and re-establishing morning routines a week before school starts. Set up a dedicated homework space and establish after-school rituals, like a healthy snack and a quick chat about the day.

Talk openly with children about what to expect in the coming school year. Discuss their hopes, concerns, and goals. Involve them in preparing school supplies and organizing their learning spaces. A predictable routine helps reduce anxiety and builds a sense of control and confidence. Remember, it's normal for students (and adults) to need some time to adjust so be patient and supportive as everyone settles in.



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SETTING EXPECTATIONS & BUILDING RELATIONSHIPS

The start of the year is the foundation for everything that follows. According to Marzano and other leading educational researchers, setting clear expectations from day one is a proven strategy for student success. Take time to communicate classroom rules, routines, and learning goals in a way that is positive and collaborative. Involve students in creating class agreements and revisit them regularly.



Equally important is building genuine relationships with students.

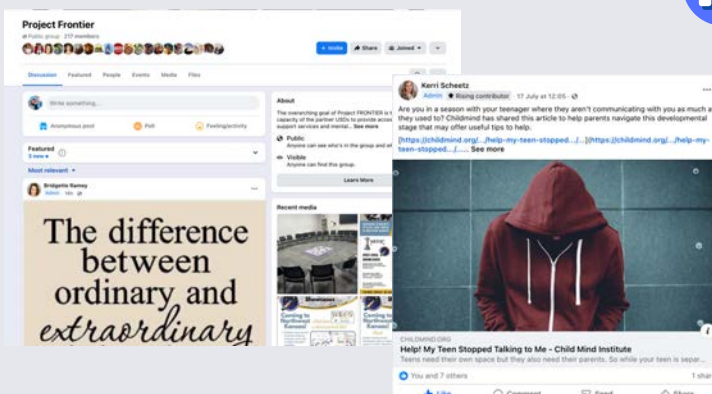
- Get to know each child as an individual
- Learn about their interests, strengths, and challenges
- Greet them by name
- Actively listen
- Show empathy



Strong teacher-student relationships are linked to increased engagement, motivation, and academic achievement.

When students feel respected and understood, they are more likely to take risks, ask questions, and participate fully. Remember: every interaction is an opportunity to build trust and community.

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WESTERN KANSAS CAREER SHOWCASES: SHAPING OUR FUTURE



INSPIRING STUDENTS TO STAY AND THRIVE IN WESTERN KANSAS

WESTERN KANSAS CAREER SHOWCASES

ABOUT US
We seek to create a system of career interactions between students, parents, school districts, business, and industry in Western Kansas in an effort to support students in staying in our Western Kansas communities.

PROJECT GOALS

- Build relationships with schools, students, business, and community
- Grow rural workforce retention
- Build a responsive workforce
- Job shadowing, internships, and apprenticeships
- Teach uncommon leadership and build student leadership

2024-2025 HIGHLIGHTS

- 8 SHOWCASES
- 1350+ STUDENTS ATTENDED
- 25+ SCHOOL DISTRICTS REPRESENTED
- 12-15 BUSINESSES/SHOWCASE
- 4-6 COLLEGES/SHOWCASE

2025-2026 SHOWCASES

September 25, 2025 - Multi-Career Showcase - WaKeeney*

October 30, 2025 - Multi - HealthCareer Showcase - Oakley*

November 20, 2025 - Multi-Career Showcase - Goodland*

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UPDATED MAY 20, 2025

Small towns thrive when we invest in our youth and connect them with local opportunities. Three upcoming Western Kansas Career Showcases are designed to help students explore careers right here at home, build community connections, and imagine a future in Western Kansas.

This year's Northwest Kansas showcase dates and locations:

- WaKeeney: September 25
- Oakley: October 30
- Goodland: November 20

All events run from 9:00 AM to 2:00 PM.

Each event invites high school students from all 18 school districts in our service area. Mornings feature presentations from every participating business, while afternoons offer small group sessions for hands-on learning and meaningful conversations. We also help connect students to job shadowing and internship opportunities.

Get Involved:

- **Businesses & Community Leaders:** Share your story and inspire students to build their future locally.
- **Educators:** Bring your high school students for an engaging, real-world career experience.

Questions or want to participate? Contact Emily Faulkender at efaulkender@nkesc.org or visit <https://www.startherestayhere.org/>.

Let's keep Western Kansas strong by investing in our students!

LOOKING AHEAD: A YEAR OF GROWTH AND WELLNESS

August is a time of renewal and possibility. By focusing on wellness, routines, and meaningful connections, we set the stage for a successful and fulfilling school year. Let's support one another, embrace new challenges, and celebrate every step forward—big or small. Here's to a healthy, happy, and inspiring school year ahead!

