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It's Our Back to School Edition



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September Newsletter 2021

www.kalfusnachman.com

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Your September Message From Attorney Paul Hernandez



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Tips for Dealing with Back-to-School Anxiety

It's normal for children and teens to be a little nervous at the start of a new school year. But this year may be abnormally difficult with concerns relating to the COVID-19 pandemic being added to the common anxiety students feel stepping into a new classroom. There are several ways that parents can provide the strong and steady support their children need, now more than ever.



Encourage open conversation about school fears. It's important for children to feel comfortable discussing any anxiety they have with their parents. If you sense your child is uneasy, initiate a conversation about the new school year. Some concerns that may be on your child's mind include:

- Mask mandates—what it will feel like, how will they wear it all day, will they get in trouble if they take it off, etc.
- Social interaction—after a year of virtual everything what will the transition to in-person be like?
- Remote learning vs. in-classroom learning—some children flourished in the “at home” school environment and they may be anxious about the distractions and demands in the classroom. Even those that prefer to be in school may feel “rusty” if they spent the previous year or two virtual or in hybrid situations.
- Getting sick. Will they get sick, will their parents, teachers, or friends get sick? Do people with COVID all have to go to the hospital?

Smooth the way with pre-school year preparations. Let your child pick out something special to wear the first day. Shop together for a new backpack, lunch box, and school supplies. Go up to the school ahead of time and look around. If it's open, go inside and find where your child's classroom will be. Spend some time on the playground. Create a greater sense of stability with regular bed and mealtimes.

Recognize signs of stress. These will vary depending on the age of the child. Look for clues such as:

- Getting teary when talking about school.
- Complaints of stomachaches, headaches, or other physical symptoms.
- Becoming withdrawn and/or moody.
- Defiant or regressive behaviors.

Work it out together. Once you know what's bothering your child, ask for their input on ways to fix the situation or at least make it easier. Brainstorm together and break bigger concerns down into manageable steps that your child can conquer confidently.

Enlist help. Talk to your school counselor about available resources for dealing with fear and anxiety. Ask your child's teacher for help too. Give your child some time to get their feet under them but if you notice major shifts in behavior such as withdrawing from friends and activities or showing extreme distress don't hesitate to contact a professional counselor for help.

Travel Round the Globe for Fun School Facts

What's back to school like for children in other parts of the world? Here's a fun look at some facts and traditions in schools around the world:

- In Russia, families never have to wait for the school calendar to know when they start. Children always start school on “Knowledge Day,” which is September 1st—even if it falls on a weekend.
- If you live in Bangladesh, you may go to school on a boat! Due to the annual flooding that occurs there which can make getting to school on land difficult, there are over 100 floating boat schools complete with internet access and a library all solar powered.
- In South Korea, students don't leave when the bell rings. All are expected to stay and help clean the classroom--sweeping, vacuuming, and taking out the trash—before going home.



....continued on page 3

Celebrating National Kids Take Over the Kitchen Day



Stovetop Macaroni and Cheese

A great Mac & Cheese you can make with your kids!

Gather cooking supplies:

- Medium saucepan with lid
- Wooden spoon
- Oven mitts

Gather your ingredients:

- 1 1/2 cups water
- 1 cup milk
- 2 cups (8 ounces) elbow macaroni
- 8-10 slices deli American Cheese (4 ounces)
- 1/2 teaspoon Dijon mustard
- 1 cup shredded extra-sharp cheddar cheese (4 ounces)



Step 1: In a medium saucepan, combine water and milk. Bring to a boil over high heat.

Step 2: Carefully add macaroni to saucepan of boiling liquid and reduce heat to medium-low. Cook, stirring occasionally with wooden spoon, until macaroni is soft, about 10 minutes.

Step 3: While macaroni is cooking, tear American cheese slices into small pieces. When macaroni is soft, add American cheese pieces and mustard to saucepan and cook, stirring constantly, until cheese is completely melted, about 1 minute. Turn off heat.

Step 4: Add cheddar cheese and stir until evenly combined. Cover saucepan with lid and let sit for 5 minutes.

Step 5: Use oven mitts to remove lid. Stir until sauce is smooth (sauce may look loose but will thicken as it cool). Serve immediately.

Recipe and photo courtesy of Americastestkitchen.com



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MOTORCYCLE LAWYERS

Law Tigers Virginia Events



Departure Bike Works, the oldest motorcycle shop in Virginia is under new ownership and has a new location in Scotts Addition right in the Heart of Richmond. Specializing in Harley performance this shop is for the true enthusiast! Downtown Thunder has continued to bring a crowd for live music, beautiful bikes and classic cars on gorgeous summer evenings and their beautiful new location at Jordon Pointe Marina is well worth the ride. Gearing up for RVA Flat Track which will be returning for its second round at the Capitol City Speedway, reuniting Richmond with flat track motorcycle racing.

Law Tigers 5-Star Review



Michael S.

I must say the professionals at the Norfolk Va. office were very knowledgeable and easy to work with, being that I had never gone through a case like this before, I had no idea what to expect, but they kindly walked me through the process, and it worked out to my benefit. Thanks to Carmen and Paul for all your help and hard work.

What Our Clients Are Saying About Us



Positive: Professionalism, Quality, Responsiveness, Value
Being in a crash and the person who crashed into me not showing up to court was a real aggravation. Having Christopher Jacobs by me at the trial for my personal injury case was great. He prepared me well and was able to advise me on what to expect. Because of his representation I was comfortable in court and obtained a great result. I would refer anyone I know to him if they are a victim in a car crash

D Ciara B
1 week ago



Christopher I. Jacobs



SOURCE: Google Reviews



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K&N Furry Friends

George is a senior terrier mix who loves going to the beach, napping on the couch (or floor...he's not picky), and playing with his stuffed panda bear. George is currently in a foster home with two other dogs and gets along very well with them! He is loving and charismatic, and thanks to a recent dental cleaning, has a great smile!

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- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

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Legal Matters October 7 and October 21st



Tune in for a double dose of Legal Matters on
WAVY and FOX at 10 AM & 11 AM



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Case by Case October 6 and October 20



Case by Case on WTKR News
Channel 3 @ 10 am

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