

Put mental health on the back-to-school checklist

By Mary Shea

Back to school is a busy time for everyone with lots of items on the checklist — school supplies, sports physicals, plan for after school care and more.

Another important item to check off is a mental health check-in with your child. Going back to school can be stressful and full of uncertainty — especially for children with a history of mental health concerns. Mental health care needs to be on the checklist to help set your child up for a successful school year.

Here are some tips for getting your child or teenager’s mental health in shape for back to school.

Start a conversation. Ask child/teenager about how they are feeling for the upcoming school year. Have them to share one thing they are looking forward to and one thing they are not looking forward to. Even if they are worried about something that you don’t think will happen, show you are listening to their concerns (“You’re worried you won’t have any friends in middle school”) before moving to problem solving and reassuring them.

Get back into routine before school starts. Even if the first day of school is weeks away, start scheduling bedtime and have them wake, get dressed and eat breakfast as they would during the school year. Likewise, scheduling meal and snack time and setting limits to screen time will help ease them back into their school year routine.

Setup a trial run. This is especially if you have a child or teen who has avoided school in the past or is transitioning to a new school. Driving by the school and walking the halls will help them orient themselves in a new space. Open houses and back to school nights are great way to help kids find their classes, figure out where their lockers are and get a general lay of the land before the first day.

Make a plan. A successful school year starts with a plan. This is especially important if they have struggled at school before. Make organization and time management a priority and talk about what they can do when things don’t go according to plan. Consider sharing the plan with a support staff member at school.

Enlist the help of their pediatrician. Remind

them that they can always come to you with questions or to talk about how they’re feeling. Encourage your child or teen to talk about struggles they have been having at school with their doctor. Remember that back-to-school sports physical you need? That could be a good opportunity for a mental health check-in. This article has some tips on how to start the conversation with their pediatrician.

Remember that it make take a few weeks for the whole family to get back into the groove of the school year, especially when faced with changes such as starting at a new school. It’s normal for your child to experience difficult thoughts, feelings and emotions, but when those feelings interfere with their success at school, talk to their pediatrician on how to support them.

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www.tompkinsvillenews.com
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REQUEST FOR QUALIFICATIONS

This is a Request for Qualifications to provide engineering services, including planning, design, construction, administration, inspection and a preliminary engineering report to the Monroe County Water District, 205 Capp Harlan Road Tompkinsville, Kentucky 42167. The Monroe County Water District plans to seek funding for water distribution system improvements and water treatment upgrades.

You are invited to submit a proposal, to be received no later than 4 p.m. local time on Wednesday, August 27, 2025. Six (6) copies of your proposal should be submitted to General Manager Greg Pruitt 205 Capp Harlan Road Tompkinsville, Kentucky 42167. Proposals will be evaluated by the Monroe County Water District Board of Commissioners and a Barren River Area Development District representative. The selected proposal will be presented for approval on September 8, 2025 at the Monroe County Water District Board of Commissioners’ board meeting. The Monroe County Water District Board of Commissioners reserves the right to reject any and all responses submitted.

This Request for Qualifications consists of the following attachments, which can be obtained by contacting Emily Hathcock at Barren River Area Development District, 177 Graham Avenue, Bowling Green, KY, 42101, by email at emily.hathcock@bradd.org, or by phone at (270-781-2381). TTY: 1-800-648-6056 (for hearing impaired only).

- Attachment A - Problem Statement
- Attachment B - Scope of Work
- Attachment C - Project Schedule
- Attachment D - Contract Type
- Attachment E - Proposal Contents
- Attachment F - Factors for Award/Evaluation of Criteria
- Attachment G - Area Map

Minimum requirements include previous experience in engineering design and inspection on similar projects.

The contract will be awarded to the responsible offeror whose proposal is determined to be the most advantageous to the Monroe County Water District. The factors to be considered and the method to be utilized in the evaluation of qualifications and selection of the engineer are set forth in Attachment F.

The Monroe County Water District is an Equal Opportunity Employer. Attention of offerors is particularly called to the requirements as to conditions of employment to be observed under the contract, Section 3, Segregated Facility, Section 109, Title VI, and EO 11246. Local, minority and female-owned firms are encouraged to respond.

Notice to Monroe County Taxpayers

Brandi K. Birge, Monroe County Clerk pursuant to KRS 424.130, announces that the 2024 Delinquent Real Property Tax Bills (Certificates of Delinquency) will be published in the Tompkinsville News on August 21, 2025. The list of Certificates of Delinquency is also available for the public inspection during the hours of Monday - Friday 8:00am - 4:00pm and Saturdays 8:00am - 12:00pm at the County Clerk’s office located at 200 North Main Street, Tompkinsville, KY 42167. This list may also be inspected on the Monroe County Clerk website. The Uniform Resource Locator (URL) of the website is monroecounty-clerk.gov. The tax sale will be held on September 24, 2025, beginning at 1:00pm. All interested participants must register with the County Clerk’s office by the close of business on September 15, 2025. Please contact the County Clerk’s office if you need additional information about the tax sale registration process, the required registration fee or the deposit amounts that will be needed. Taxpayers can continue to pay their delinquent tax bills to the County Clerk’s office anytime prior to the tax sale.

Please Note: All payments must be received in the County Clerk’s office prior to the tax sale date listed in this advertisement. Payments received after the tax sale has been conducted will be returned without exception. If you would like to set up a payment plan, you must do so with the Monroe County Attorney’s Office before August 29, 2025. Some delinquencies - although they have been advertised - will be excluded from the tax sale in accordance with the provisions of KRS 134.504 (10) (b). If you have any questions, please do not hesitate to contact the County Clerk’s office at 270-487-5471.