# 10 Ways to Beat the First Day Jitters

Clammy hands? Cold feet? A sudden case of hives? It's all in a {first} day's work. Use these tips and you'll get a good night's sleep before that awesome first day.

1) Know the rules
   Get acquainted with school policies and procedures: opening and closing hours, attendance procedures, fire drill regulations, lunchroom regulations, nurse services, etc.

2) Find out where things are
   Familiarize yourself with the building. Locate the exits, the principal's office, the gm, the nurse's office, the cafeteria, the supply room, the faculty lounge, and the media center.

3) Introduce yourself
   Meet the teachers on your hall. they can be of real help in the first few weeks of school. Meet the other important people in your building: the media specialists, the counselors, the school nurses, the cafeteria workers, and custodians.

4) Decorate your room
   Get your room ready. Make sure your classroom is friendly and livable for opening day.

5) Use traditional seating
   Start with the traditional arrangement of desks until you've established control and know your students' names. Make a temporary seating plan.

6) Get there early
   On the first morning, arrive early so you'll have time to ask any last-minute questions, go over final plans, and relax before the students come in.

7) Greet your pupils
   Have your name written on the chalkboard. greet the students with a smile and a pleasant "hello."

8) Get down to business
   Your goal for the morning is to get down to business at hand. Accomplish some constructive learning with your students. A good start yields big dividends later on.

9) Plan, plan, plan
   Create lesson plans for the first few days. Plan at least twice as much as you think you can cover. Schedule your time carefully. Write down everything. detailed plans will provide you with a feeling of security.

10) Go over the rules
   Introduce your students to your classroom rules and regulations the first day. Send a copy of your expectations home to parents.