

Home & School

CONNECTION®

Working Together for School Success

March 2020

East Gibson Title I



SHORT NOTES

Heads or tails logic

This brainteaser will encourage your youngster to think logically. Have each family member line up four pennies with heads facing up. The challenge is to turn them all to tails. The catch? Flip over exactly three pennies each time. Who can do it in the fewest number of tries?

A day in the life

What would life be like if your child were a shoe? How about a bicycle? Suggest that he write a diary entry from an object's point of view. Prompt him to imagine and write details about what the shoe or bike would see, hear, feel, and think.

Summer plans

Day camps and other summer programs often fill up fast. If you're looking for one for your child, consider signing up soon. Ask her school about programs—some may be free depending on your income. Also, browse the parks and recreation catalog or website for summer programs that match your youngster's interests.

Worth quoting

"The beautiful thing about learning is nobody can take it away from you."
B. B. King

JUST FOR FUN

Q: What do you get if you cross a porcupine with an alligator?

A: I don't know, but you probably shouldn't hug it.



Standardized test success

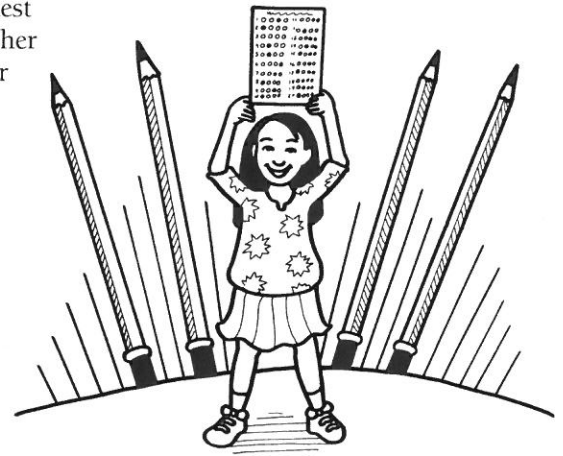
Doing well on a standardized test starts way before your child's teacher says, "You may begin." Boost your youngster's confidence and help her do her best with these tips.

Focus on schoolwork

The work habits your child uses all year long are the same ones she'll need on test day. Have her keep a list of what she does well when she does schoolwork, such as double-checking math answers or proofreading her essay. The night before the test, she can give herself a "pep talk" by reviewing her list.

Try a strategy

Let your youngster practice a key test-taking strategy in a stress-free way. Make up imaginary questions like "What is a unicorn's favorite food?" List answer choices, including one that's "right" (A: rainbow sprinkles), one that seems wrong (B: coal), and two that sound possible (C: pasta, D: pizza). While the question isn't real, the strategy is—discard any



obviously wrong answers, then weigh your first instinct against the remaining choices.

Practice keyboarding

If your child will take tests on a computer, help her work on keyboarding. She might type a story she wrote or email a relative, for instance. She'll practice typing, using special keys (shift, enter), and pointing and clicking the mouse on commands (save, send). *Tip:* No computer at home? Head to the library where she can use one for free. ♥

Sports: A winning attitude

Everyone likes winning. Losing? Not so much. Regardless, here are ways your youngster can be a good sport no matter the outcome:

- Cheer each other on when good things happen ("Nice catch!"), and sympathize when they don't ("You'll get the next one!").
- Shift your child's thinking. Instead of focusing on coming in first or scoring the most goals, suggest that he work on beating his personal best.
- When you watch sports together, point out examples of good sportsmanship. Perhaps his favorite basketball player helps an opponent up after a fall. ♥



Learning as a family

Keep your youngster excited about learning by making it a family affair. With these ideas, he'll see that learning is a lifelong journey.

Interview relatives. Your child can learn from relatives who remember living through an event or a time period he's studying in history. The whole family could gather around to hear about a grandparent's experience watching the first moon landing on television.



Give a lesson. Let your child be the teacher! Say he's learning about states of matter in science. He might help you cook and point out that water turns into a gas (steam) when it boils. Or he could make ice pops to demonstrate that water changes to a solid in the freezer.

On the go. Find family outings related to what your child studies. A high school orchestra concert lets him hear more experienced musicians playing instruments he uses in music class. If he's learning ways to protect the environment, consider participating in a local watershed cleanup as a family.♥

PARENT TO PARENT

Money smarts

The first time a relative sent my daughter Lauren a gift card, she spent it right away. It occurred to me that she might find it harder to part with cash than a piece of plastic. So the next time she got a gift card, I traded her bills and coins for it.

Lauren put the money in a jar to keep on her dresser and labeled it with the total. Now when we go to the store, she thinks carefully about whether she wants to dip into her jar for a pack of trading cards or a stuffed emoji. If she does, she can take out the money before our next shopping trip and write the new total on her jar.



So far this strategy is working. Lauren immediately "sees" how much she's spending—and she doesn't want her jar to be empty.♥

ACTIVITY CORNER

Make an engineering lab

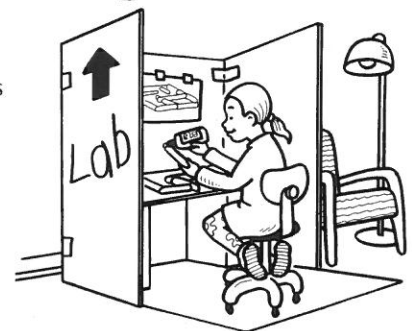
Let your child loose in her own engineering "lab" where she can design objects and solve problems as she builds them. Follow these steps.

1. Gather supplies. Help your youngster collect household objects, craft supplies, and recycling bin items to use for engineering projects. *Examples:* rubber bands, balloons, index cards, craft sticks, tape, glue, string, bottles, boxes.

2. Brainstorm projects. Together, list contraptions she might design in her lab. Can she dream up a way to create a balloon-powered boat? Or maybe she has an idea for building a marble maze.

3. Get to work. Encourage your youngster to set up her lab in a corner of the family room, pick a project from her list, and get started.

Idea: Spark new projects and solutions by having her add supplies from time to time, such as bubble wrap or a cut-up pool noodle.♥



Q & A

Anxiety in children

Q: *I've been hearing about kids being diagnosed with anxiety disorders. My son tends to worry a lot. How can I tell the difference between normal worrying and a serious problem?*

A: Some anxiety is just part of everyday life. For example, it's perfectly natural if your child is nervous about giving a speech in class or worries that a friend is angry with him over a disagreement.

With an anxiety disorder, those feelings interfere with daily life. Talk to your son's doctor if you notice any symptoms, which include difficulty sleeping, loss of appetite, unexplained stomachaches or headaches, irritability, trouble concentrating, and avoiding regular activities.

If the doctor suspects an anxiety disorder, your child may be referred to a therapist who will work with him on new ways to react to things that worry him.♥



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SHORT NOTES

Measure up

Who can make the longest “inchworm”? Your child will practice measuring with this game. Take turns rolling a die. Using a ruler, measure a “worm” out of clay to match the number rolled (roll a 2, make a worm 2 inches long). Add to the worm on every turn. The player with the longest worm after five rolls wins.

Make time for family meals

Research shows that family meals can improve your youngster’s well-being and help him do better in school. Look over your schedules each Sunday to find times when everyone can eat together. If one parent is working late on Wednesday and can’t make dinner, for instance, plan to meet for a nice breakfast instead.

DID YOU KNOW?

Asthma is a leading cause of school absences. If your child has asthma (or another chronic medical condition), talk to her doctor and the school nurse about ways to ensure good attendance—and good health. Examples might include avoiding triggers like dust and mold and taking medication as directed.

Worth quoting

“The most wasted of all days is one without laughter.” *e. e. cummings*

JUST FOR FUN

Q: How many letters are in the alphabet?

A: Eleven (t-h-e-a-l-p-h-a-b-e-t).



We respect each other

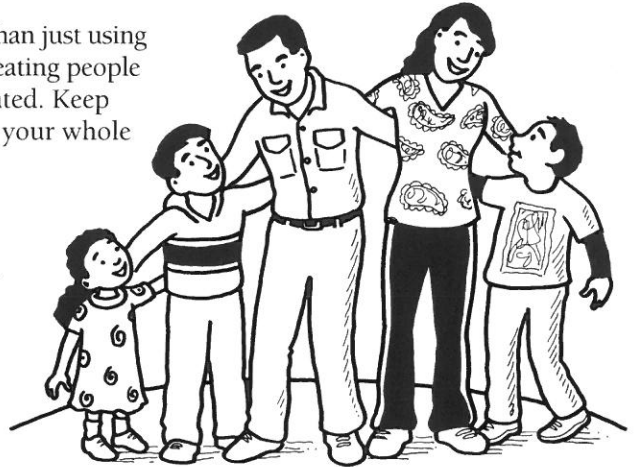
Being respectful is more than just using good manners—it means treating people the way you want to be treated. Keep these ideas in mind to help your whole family focus on respect.

Use peaceful tones

It’s a fact that shouting often leads to more shouting. Ask your child to speak in a normal tone to show respect for the person he’s talking to—and for everyone around him. If he starts yelling, speak to him in a whisper. He’ll likely lower his voice to match your volume. Or if he shouts from another room, wait until he comes to you so he learns that you don’t respond to yelling.

Avoid making assumptions

Your youngster can respect others’ feelings by giving them the benefit of the doubt. For example, encourage him to rephrase an accusation like “Who took my water bottle?” Instead he could ask, “Has anyone seen my water bottle?”



That’s more respectful because it won’t make anyone feel accused or defensive.

Accept different opinions

With your child, role-play ways to respect opinions that are different from his own. He might start a sentence with “That’s one way to look at it, but I think...” or “A lot of people would agree with you. In my opinion...” If a conversation is getting heated, he could simply say, “Let’s agree to disagree and talk about something else.”♥

My studying tool kit

Developing strong study skills now will help your youngster throughout elementary school and the rest of her school career. Suggest that she add these tools to her studying tool kit.

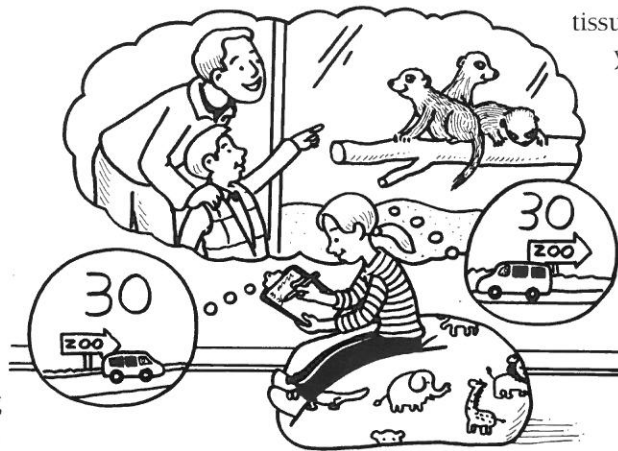
- **Color:** Let your child use highlighters to color-code her notes for easy reference. Perhaps she’ll highlight dates in yellow, people’s names in pink, and vocabulary terms in blue.
- **Recordings:** Encourage your youngster to record herself asking questions about the material. She can hit “play” to hear the questions and “pause” to give each answer.
- **Sticky notes:** Your child could write a one-sentence summary of each textbook section on a sticky note, then use the notes to bookmark the section.♥



Here's how I use math!

Give your child real-world reasons to use math—she'll see connections between what she's learning in school and what she enjoys in everyday life.

Do a craft. Maybe your youngster would enjoy knitting or making friendship bracelets. In each case, she'll count and work with patterns. Or she could explore shapes and symmetry with



tissue-paper mosaics or origami. Let her tell you about the math in her project.

Examples: “The pattern for this hat is knit 2, purl 2, knit 2, purl 2.” “My mosaic has hexagons, right triangles, and trapezoids.”

Plan an outing. Whether you're running errands or going to the zoo, your child can use math to plan your schedule. Say you have three hours for a zoo trip. Your youngster wants to see the parrots, and her brother wants to visit the meerkats. Ask her to calculate how

long it will take to drive to and from the zoo, then figure out how long you can spend at each exhibit. Remind her to allow time for walking from one area to the next.♥

ACTIVITY CORNER



A vivid vocabulary

“Draw a *magenta* bird with a *plethora* of polka dots and a *quirky* tail playing a *harmonica*.” Would your youngster know what to draw if you gave him those instructions? Try this fun art project to help him learn new words.

1. Together, flip through a book or magazine and pick out words that you each think look interesting.

2. Write the words on separate slips of paper, and mix up the slips in a bowl.

3. Take turns pulling three words from the bowl and using them to describe something for the other person to draw. *Note:* Check a dictionary if you don't know what a word means.

4. Let your child describe his finished picture to you—he'll practice using the new words.♥



PARENT TO PARENT

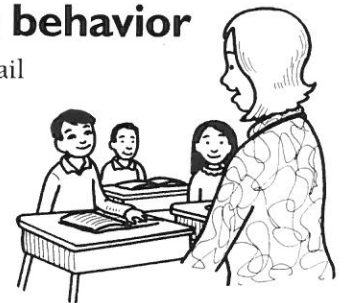
Good classroom behavior

Yesterday I received an email from my son Simon's teacher saying she had to move his seat because he talks too much in class. I replied to ask whether there should be a consequence at home, too.

Mrs. Roberts said she emailed me because she wanted Simon to know that she and I work together to help him succeed. She wasn't asking me to punish him, but she suggested that I might speak to him.

Simon complained that his friends start the conversations. I pointed out that he didn't have to respond, and I asked him what he could do next time. He said he will keep his eyes on the teacher or his work and talk to his friends at recess.

I'm glad his teacher told me what was happening. Now she and I will stay in touch to help Simon behave better in the future.♥



Q & A Your child's IEP review

Q: I have a meeting next month to review my daughter's Individualized Educational Program (IEP). Any tips on how to get ready for it?

A: The first step is knowing what's in your child's IEP. Ask for a copy if you don't have one. There's a lot of information in there, so before the meeting, try to read over her goals and her accommodations (tools and strategies to help her). Jot down

questions about anything you don't understand, and ask for explanations during the meeting.

Also, write down what you want to tell the IEP team about your daughter. Perhaps she struggles with certain subjects at homework time or sometimes has meltdowns.

Finally, plan to take notes during the meeting. That way, you can refer back to what you wrote and follow up with your child's teachers.♥



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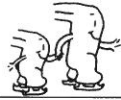
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Snow day plan

Make sure you have a plan in place for weather-related school closings and delays. You might ask a coworker to swap shifts or see if you could telework when school is canceled. If you can't get home in time for an early closing, find a relative or neighbor to pick up your child from school or meet him at the bus stop.

What's that sound?

Play this game to sharpen your youngster's listening skills. Have her close her eyes while you make a noise. Can she identify the jingle of the dog's leash or the "pop" of the toaster? Trade roles, and let her create a sound for you to figure out.

Support for grandfamilies

If you're raising a grandchild, ask the school counselor about "grandfamily" support groups. You'll meet other grandparents to swap advice and discuss the joys and challenges of parenting the second time around. Some may even offer grandparent-grandchild activities where your youngster can meet other kids with families like his.

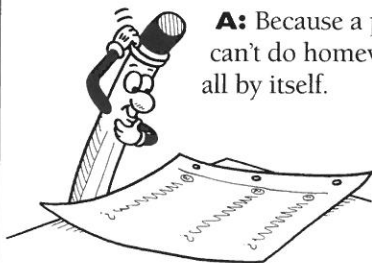
Worth quoting

"If you see a friend without a smile, give him one of yours." *Proverb*

JUST FOR FUN

Q: Why do you do homework with a pencil?

A: Because a pencil can't do homework all by itself.



Goal setting: A recipe for success

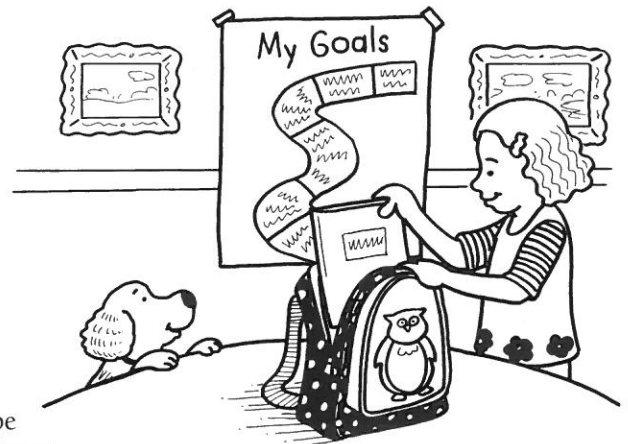
Reaching a goal involves more than just hoping and dreaming. Here's how your child can practice setting, tracking, and achieving goals—skills that will serve her well now and in the future.

Be specific

What would your youngster like to accomplish? Maybe she wants to earn higher grades or become a better gymnast. Suggest that she narrow down the goal so it's more targeted. Her goal might be "I will turn in all of my assignments on time" or "I will move up one level in gymnastics this year."

Map it out

Breaking a goal into small steps makes it feel more manageable. Your child could draw a winding road on paper, add lines to divide it into segments, and write a step in each one. *Examples:* "Put my planner in my



backpack when school ends" or "Do my beam routine five times in a row without falling off." She can color each step as she completes it.

Check in

Support your child in sticking to her plan. Say she falls behind on a long-term project. Together, look at her planner and find slots of time where she can catch up. Or if she has to miss gymnastics class one day, offer ways to practice at home like using a strip of duct tape as a balance beam.♥

Parent helpers

School volunteer opportunities come in all shapes and sizes to fit anyone's schedule. Consider these ways you might help your youngster's school.

● **Contribute supplies.** Offer to save recyclables to use in the classroom. Ask the teacher what he needs—perhaps plastic bottle caps for math games or baby-food jars for snow globes. *Note:* If you have clothes your child has outgrown, find out whether the school nurse could use them.

● **Share a talent.** See if you can help with an after-school or evening activity. Love music? Maybe you could tune students' instruments before a concert. If you're a runner, you might help coach a running club. Or if you enjoy arts and crafts, volunteer to make scenery or sew costumes for a play.♥



Screen-free play

Studies show that kids who spend less time in front of screens tend to be healthier and earn higher test scores. Encourage your youngster to enjoy “unplugged” play with these ideas.

Nature time. Electronics don’t grow on trees—so going outside to play is one of the easiest ways to avoid screen time. You and your child can bundle up and go for a walk or throw a football around. You’ll both enjoy being outdoors and spending special time together.



A screen-free corner.

Create a spot for your youngster to store his favorite non-electronic items like jigsaw puzzles, board games, and play dough. He could put them on shelves or in bins and hang up a sign that says “Screen-free zone.” He’ll have an inviting place to exercise his brain without technology.♥



ACTIVITY CORNER

A dancing snake

Air currents make a paper “snake” wiggle and dance with this simple science experiment.

Materials: crayons, paper plate, scissors, yarn, lamp



Have your youngster use a crayon to draw a spiral on the paper plate. She can decorate the snake with patterns, then cut it out. Poke a small hole in the snake’s head, and tie on a piece of yarn.

Turn on the lamp, and let your child hold her snake by the yarn at least 1 foot above (not touching) the warm light-bulb. Her snake will dance and spin.

What’s going on? As warm air created by the lamp rises, cooler air moves in to replace it. This constant motion creates air currents that move the snake around.♥

Write organized reports

This three-step strategy will set your youngster up to write a clear, well-organized report.

1. Choose your topic

Say your child is supposed to write about an animal. The process will be more fun if she picks an animal she finds interesting—and her enthusiasm is likely to come through in her writing.



2. Brainstorm questions

What does your youngster want to know about her topic? If she chose penguins, she might decide to research what they eat or how many eggs they lay at a time. She could write each question on a separate index card.

3. Collect facts

Your child can read about penguins in library books and online. As she researches, she should fill each card with facts. She might write information about a penguin’s diet on one card and offspring on another. *Tip:* She can use each card to write one paragraph in her report.♥

Q & A

Keep an eye out for bullying

Q: My son has been coming home from school with bruises. He keeps saying he fell at recess, but I worry he’s being bullied. What should I do?

A: Start by talking to his teacher. Tell her what you’ve noticed, and ask if she’s aware of any recess accidents. If she isn’t, let her know you’re concerned about bullying, and ask her to keep an eye out.

Then, ask your son if he has ever felt unsafe in school or if he has seen anyone being hurt or being teased repeatedly.

Also, explain that he should always get adult help right away if anyone is hurting him or someone else. After all, bullying isn’t a problem he’s expected to handle alone, and it can get worse if adults don’t step in.

Once you get the ball rolling, he might open up. If he admits to being bullied, meet with the teacher to make a plan for putting an end to it. And if he doesn’t, the teacher will be aware of the situation and can alert you if she observes bullying.♥



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Spot the object

Finding hidden pictures is not only fun—it also improves your youngster's attention to detail. Try a book from a series like *Where's Waldo?* (Martin Handford) or *I Spy* (Jean Marzollo). Or search the internet for "hidden pictures." She can print out the pages or play online.

Tell the truth

Show your child that being truthful matters—even in situations where no one would know the difference. For example, if you leave a store without noticing an item under your cart, let him see you return to pay for it. Explain that being honest is the right thing to do and it makes you feel good.

The best gifts

This holiday season, help your youngster brainstorm presents that don't cost a lot of money. For instance, she might make a book of coupons that family members can redeem ("Good for one dog wash"). Or the two of you could bake muffins for teachers and neighbors.

Worth quoting

"Kindness is like snow. It beautifies everything it covers." *Kahlil Gibran*

JUST FOR FUN



Q: Why did the walrus stand on the marshmallow?

A: So she wouldn't fall into the hot cocoa!

We're a family of readers

When families share a love of reading, children develop stronger literacy skills and are more motivated to pick up a book. Here's how some of our readers have made reading a family affair.

After-dinner novel

"We pick a novel all ages can enjoy—often one my wife or I enjoyed as a child—and take turns reading a chapter a night. The kids look forward to it, especially if we stopped at a cliff-hanger the day before. After each chapter, we share our opinions of the book and say what we think will happen tomorrow."

Reading adventures

"Every time we visit the library, we look for books related to someplace we're going soon. Before a visit to the aquarium, we found nonfiction books about sharks and dolphins. And before a trip to my sister's apartment in the city, we read about skyscrapers, subways, and taxis."



Treasure hunts

"When my son first learned to read, he searched for free reading 'treasure.' He'd collect maps from parks and malls, brochures from the vet's office, and even fortunes from cookies. Soon, our whole family was adding to the 'treasure chest.' We've learned a lot, like how dogs communicate and what fun things there are to do at our favorite park."♥

Clearing out clutter

Try these ideas for decluttering during winter break, and your youngster will start the New Year with organized spaces to work and play:

- Have your child sort through her backpack and study area. She could file old tests and quizzes, save favorite papers and projects, and discard anything she won't need when school starts again.
- Let your youngster start a donation box in her closet for outgrown clothes and toys. Once the box is full, decide together where to donate it—she'll discover the satisfaction that comes from helping others.
- Suggest that your child label separate containers for smaller items like erasers and sticky notes. Putting them into the correct bins gives her practice with sorting and makes school supplies easy to find at homework time.♥



I can handle that!

What is your child capable of doing for herself? Probably more than she realizes. Encourage her to become more responsible with these tips.

Manage a social life. Let your youngster call friends to set up her own get-togethers. She can also RSVP to birthday parties and pick out and wrap gifts. If she's sleeping over at a friend or relative's house, ask her to pack her own overnight bag herself.

Do minor repairs. Teach your child how to use a screwdriver and other tools safely. You can watch as she puts her



know-how to work fixing a younger sibling's toy or tightening a loose doorknob.

Track "inventory." Is your youngster running low on crayons, shampoo, or her favorite cereal? Have her keep a list on the refrigerator.

Cook food. Your child can learn to make sandwiches and salads, mash potatoes, and whisk eggs. With supervision, she could peel and chop vegetables and use the microwave. *Idea:* Encourage her to be creative in the kitchen and come up with her own recipes.♥

With supervision, she could peel and chop vegetables and use the microwave. *Idea:* Encourage her to be creative in the kitchen and come up with her own recipes.♥

ACTIVITY CORNER

Connect with history

Become history "tourists" in your own town. These activities help your child learn about history and make connections to what he's learning in school.

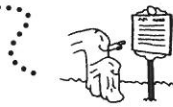
Exhibits

Visit historic sites and museums. Your youngster may learn how people made hand-dipped candles or crafted armor. Encourage him to ask staffers questions about the time period. He might inquire about chores children did, for instance.



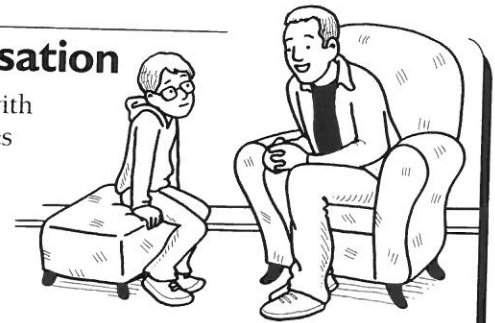
Historical markers

These plaques tell what happened in specific locations. Perhaps a one-room schoolhouse once stood in your town or a famous inventor was born nearby. Stop to read and discuss the markers. *Tip:* Search for markers near you at hmdb.org.♥



Drugs: Start a conversation

It's never too early to discuss drugs with your youngster. In fact, opening the lines of communication now will pave the way for more serious conversations as he gets older. Consider this advice.



● **Begin with questions.** Find out what your child knows about drugs.

What has he learned in health class or heard from other kids? Using his knowledge as a starting point will lead to a more meaningful discussion and allow you to correct misconceptions.

● **Discuss safety rules.** When you take medication or give any to your youngster, read the instructions together. Explain that taking more than directed is dangerous and that he's not allowed to take medicine without your permission. *Note:* Be sure to keep your medicine cabinet locked.♥



Motivated from within

Q: My daughter told me that her friends "all" get rewards for good grades and she wants to get rewards, too. How should I handle this?

A: Help your child see that doing well is a reward in itself. That way, she won't get in the habit of depending on rewards like money or stickers.

First, encourage her to focus on the excitement of learning rather than just on her grades. Say she aced a science test. Of course you're proud of her and you'll let her know it. But also

ask her to explain a concept or show you an experiment or activity she did in class. ("You answered that an apple floats but a grape sinks—I'd like to see that!")

Also, help her see how her effort leads to natural rewards. If she brings home a good math grade on her report card, you could say, "Great job. I know you worked hard to learn multiplication facts. Bigger problems will be easier now that you've memorized those."

Over time, she'll realize how rewarding it is to learn new things, work hard, and succeed—without rewards from anyone else.♥



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