

LINCOLN PK-8 NEWSLETTER



FALL IS HERE!

We have had a great start to the 18-19 school year; thanks so much for all your support in preparing students for a productive year. Our student attendance for the month of Sept has been good at 94.2%, yet not quite reaching our goal of 95%. The Lincoln team appreciates every family making the commitment to having every child at school every day and on time so we can reach our goal of 95% or higher. Just a reminder that every minute a student misses school will count against the student and the school as truancy. It is imperative that all students are at school so that they are not missing out on learning!



Our attendance goal is 95%. Please help us and your child by having them at school on time every day!!



Excused Absences:

Please remember to send excuses in with students the day following an absence. For a student to be marked **excused**, we must receive a written note; law does not allow us to accept calls to the office.

Reminder: Please contact the school when a cell, home, or work phone number has changed. We need updated info so that we are able to reach someone in case of an emergency!

Dress Code

The Warren City Schools' dress code can be found in the Guide to Positive Behavior. A few areas to address:

- *All shirts must cover the midriff & torso; hoodies are not permitted.
- *Excessive rips, tears, and holes expose skin and are not permitted.
- *Athletic sandals, slides, and flip-flops are not permitted.

Also note: For the safety of your child, all transportation changes require a note from a parent or legal guardian. *A phone call will not be accepted for a change.*

Lincoln Rock Stars are W.A.R.R.E.N. Strong!

- Work Ethic
- Accountability
- Respect
- Responsibility
- Effective Behaviors
- No Excuses

October K-5 SEL Focus:

*Understanding and Handling Feelings

(further information available in the Academic Updates on our webpage)



House Bill 410-Excessive Absences (passed last year)

Ohio has an attendance law that states it is critical that your child be in school every day. A student is considered "habitually truant" under state law if the student is absent for 30 or more consecutive hours without a legitimate excuse, 42 or more hours in one school month without a legitimate excuse, or 72 or more hours in a school year without a legitimate excuse. This also includes the time your child is tardy or leaves from school during the day. Please refer to the Student Guide to Positive Behavior as to what is considered a legitimate excuse.

Third Grade AIR testing will begin Oct. 22nd and run through Oct. 26th.

Here are tips for a successful test day:

- * Make sure students have plenty of rest.
- * Eat a good nutritious breakfast.
- * Read nightly with your child and discuss what you read.
- * Offer positive encouragement.



Visiting?

All visitors to the building must sign in at the main office and receive an orange "visitor" lanyard. If you would like to visit the classroom, we require a 24-hour notice. Please call the teacher to make arrangements for a visit.



LINCOLN PK-8

MRS. PYTLIK	PK-2 PRINCIPAL
MRS. BURNS	3-5 PRINCIPAL
MR. DESANTIS	6-8 PRINCIPAL
MRS. LATESSA	SPECIAL EDUCATION
MRS. MARINO	SCHOOL IMPROVEMENT

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Warren, OH 44483

Phone: 330-373-4500
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LINCOLN PK-8 NEWSLETTER

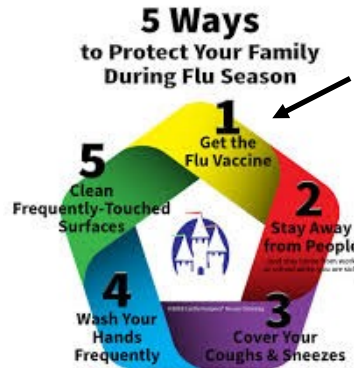


FLU SEASON:

The flu season is upon us and the best way to protect your family is with the annual flu vaccine.

If your child is sick with a fever, do not send her/him to school. Keep your sick child home for at least 24 hours after the fever goes away. Your child can come back to school after her/his temperature returns to normal for 24 hours without medication. It is important to see a health care provider if your child has the following:

- *Fast breathing or trouble breathing
- *Bluish or gray skin color
- *Not drinking enough
- *Vomiting a lot or for a long time
- *Not waking up or interacting with you
- *Inability to be soothed/comforted



For more information about the flu, go to the websites for the Centers for Disease Control and Prevention at <http://www.cdc.gov/flu/> or www.flu.gov or the Immunization Action Coalition at <http://www.immunize.org/>

Health Heroes, in partnership with Akron Children's Hospital, is offering an on-site flu vaccination clinic at Lincoln on October 5, 2018 during school hours. Health Heroes flu vaccination clinics are completely voluntary and offered to ALL students, regardless of their insurance coverage.

For further information, please also see the attached flyer with frequently asked questions and answers.



Akron
Children's
Hospital

School Health Services

Reading Improvement Plans or RIMPS

All students in grades K-3 are being assessed this Fall in Reading and Writing. After students in grades 1-3 have taken the Ohio Diagnostic Assessment, and Kindergarteners have taken the Kindergarten Readiness Assessment, results will assist us in determining whether or not the child is reading on grade level.


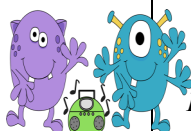



If your child is not reading at the expected text level, she/he will have a Reading Improvement Plan (also called a RIMP) to focus on specific skills your child needs to be a better reader. These RIMPs will be shared with you during November Parent/Teacher Conferences (as well as later, as you wish), so that you can follow your child's reading progress throughout the school year.

Our goal is to help each student



October 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>Volley for a Cure</i> 5:00 pm Lincoln 	4	5 <i>Health Hero's</i> <i>Shot Clinic @ Lincoln</i>	6
7	8	9	10	11	12 NEOEA DAY NO SCHOOL	13
14	15	16	17	18	19 END OF 1ST 9 WEEKS <i>4th Grade Family</i> <i>Day</i>	20
21	22	23	24  <i>Monster Mash</i> <i>For Middle School</i> 6-8	25 <i>5th Grade</i> <i>Family Day</i>	26 Report Cards mailed home 	27
28	29	30 	31 HARVEST PARTIES <i>PK-5th grades</i>			

Counselor's Corner-October 2018



Mrs. Jodi Austin-Brown / Mrs. Barbara Guliano MS Ed. LSC (330) 373-4500 x 4112
jodi.a.brown@neomin.org / barbara.guliano@neomin.org

**There are two lasting bequests we can give our children.
One is roots, the other is wings. --Hodding Carter**



October 5th is "Do Something Nice Day"! Go ahead, do something nice, anything nice. And do it for another individual. It won't hurt... I promise. Doing something nice for someone almost always evokes a very pleasant response. At the very least, it results in a smile. And, best of all, doing something nice just might be contagious.

What's happening in the classrooms?

Lincoln School will be celebrating Red Ribbon Week from October 22 - October 26. This is a time to celebrate living a healthy, drug free life and to remind ourselves of how dangerous drugs can be. We will have an activity that you can be involved in each day of Red Ribbon Week. Stay tuned later this month to learn about this annual celebration.

Guidelines for Parent Child Relationships



- Try to set aside time on a regular basis to do something fun with your child.
- Don't give an order or request without being able to enforce it at the time.
- Be consistent, that is, reward or punish the same behavior in the same manner as much as possible.
- Make it as clear as possible what the child is to expect if he or she performs the undesirable behavior.
- Make it very clear what the undesirable behavior is. It is not enough to say, "Your room is messy." "Messy" should be specified in terms of exactly what is meant: "You've left dirty clothes on the floor, dirty plates on your desk, and your bed is not made."
- Look for gradual changes in behavior. Don't expect too much.
- Praise behavior that is becoming closer to the goal.
- Reward desirable behavior as much as possible.



Counselor's Corner- 2018

Mrs. Trisha DiCesare MS Ed. LSC (330) 373-4500 x.4241 trish.dicesare@neomin.org



October 13th is NATIONAL TRAIN YOUR BRAIN DAY! ...

This day was created to encourage everyone to expand and exercise their brain and use more of its potential capacity. Let's Train our brains towards Positivity!!!

What's happening in the classrooms?

🍌 LAST MONTH

- We spent time getting to know each other and working on building a Positive, caring School Community!

🍌 THIS MONTH....

- 5th Grade students will be working on identifying and dealing with their Feelings!
- 6-8 students are beginning work in the Naviance Curriculum to prepare them for college and career readiness!
- 6-8 Students are gaining knowledge on growth mindset and goal setting!



A Parent's Guide to

ENCOURAGING A GROWTH MINDSET

What is a growth mindset?

Growth mindset is a concept developed by Carol Dweck, a Professor of Psychology at Stanford University. It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication, and motivation.

What is a fixed mindset?

A fixed mindset is the notion that intelligence and talent alone will lead to success. People with a fixed mindset believe that these things are "fixed" and cannot be developed or improved upon. They believe that you are either born with it or not, and nothing can change that.

Why is having a growth mindset important?

Research has shown that children who have a fixed mindset are more likely to:

- Fear failure
- Give up on tasks they feel are too difficult
- Ignore feedback
- Avoid challenges
- Feel threatened by the success of others

Children who have a growth mindset are more likely to:

- Learn from their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek feedback
- Learn more
- Learn faster



Schoolhouse Live



I have a **GROWTH MINDSET.**

I am in charge of how smart I am because

I can **GROW** my **BRAIN** Like a muscle by learning hard things.

I can Achieve **ANYTHING**

with **EFFORT** and **RIGHT STRATEGIES.**

And when I fail or make a mistake it is a **GREAT** thing because

I can **LEARN** from them and

I GET BETTER!

RED RIBBON WEEK

Red Ribbon Week is here again!

We've got lots of activities for Lincoln PK-8 students to take a stand against drugs. *Our theme this year is "Life is your JOURNEY travel DRUG FREE!"*

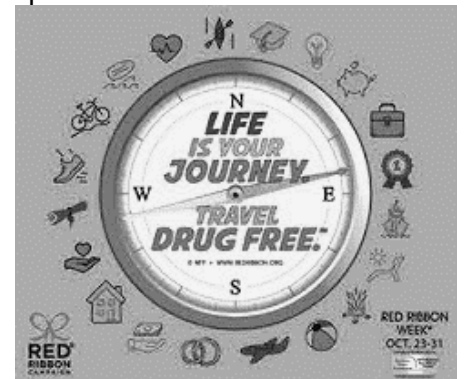
Monday, October 22: Wear **RED** for our **RED RIBBON WEEK** kick-off!

Tuesday, October 23: "Drug Free I can be **ANYTHING!**" - Dress for your Future Career!

Wednesday, October 24: "I'm too **BRIGHT** for drugs" - Wear bright colors or neon to school!

Thursday, October 25: "I'm a **JEAN**-ious", **I'm Drug Free** - Wear your favorite jean wear to school!

Friday, October 26: "Drug Free Get's **YOU** where you want to be" - Sport your favorite college or High School spirit wear!



Talking to our children about drugs;

- ❖ Before you get nervous about talking to young kids, take heart. You've probably already laid the groundwork for a discussion. For instance, whenever you give a fever medicine or an antibiotic to your child, you can discuss why and when these medicines should be given. This is also a time when your child is likely to pay attention to your behavior and guidance.
- ❖ Take advantage of "teachable moments" now. If you see a character in a movie or on TV with a cigarette, talk about smoking, nicotine addiction, and what smoking does to a person's body. Kids may ask questions about drugs, don't be afraid to talk to them about the dangers associated with drug use.
- ❖ Make talking and having conversations with your kids a regular part of your day. Finding time to do things you enjoy together as a family helps everyone stay connected and maintain open communication.

Let's Talk about it



September 26, 2018

Dear Parent/Guardian,

In partnership with Akron Children's Hospital School Health Services, it is our pleasure to offer on-site flu vaccinations to students this year on **October 05, 2018**. Flu clinics will be offered at each school location during school hours. Health Heroes flu vaccination clinics are completely voluntary and are offered to ALL consented students, regardless of their insurance coverage.

Why get a flu vaccine?

The best way to minimize or avoid the spread of flu is to get an annual flu vaccination. Each year the vaccine protects against new strains, therefore, the vaccine should be administered annually.

Who is Health Heroes, Inc.?

At Health Heroes, we specialize in on-site vaccination clinics. Vaccines are provided at **NO COST** to students, parents, schools or local/state government. We bill both Medicaid and private insurance; however, we never bill students or parents for any out-of-pocket expenses or deductibles. Qualifying uninsured students can be given the vaccine, free of charge. Although student participation is voluntary, these vaccinations are recommended to help keep schools healthy and cut down on high absenteeism.

What type vaccines will be given?

IIV-4 injections will be available to all consented children who do not have any contraindications. All vaccines given are preservative-free, mercury-free, Thimerosal-free and administered by state-licensed nurses.

What do you need to do to participate?

If you wish for your child to participate, please **COMPLETELY** fill out and sign a consent form. These forms need to be returned to your child's school prior to the clinic date to secure a dose for your child.

If you have additional questions or concerns, please contact the Health Heroes at 1-205-609-0268/al@healthherousa.com. For further information you can also visit our website at www.healthherousa.com. We hope to see your child in clinic!

Warmest regards,
Liberty Duke, CEO
HNH Immunizations/ Health Heroes, Inc.

Michele Wilmoth, MSN, RN, LSN, NCSN
Director of School Health Services
Akron Children's Hospital

Helping Children Learn[®]

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School



October 2018

Warren City Schools

<http://www.warrenschoools.k12.oh.us>

Add some variety to keep your daily reading time engaging

Reading opens the door to all kinds of learning. That's why educators say that helping your child develop his skills and interest in reading is one of the most important things you can do to help him achieve in school.

Making time to read together every day shows your child that reading is a priority in your family. But you don't always have to do it the same way!



To encourage your child to be an active reader:

- **Read in interesting places.** Outside in a hammock. Inside in a cozy corner filled with pillows. Or under a blanket draped over some chairs. Keep some books in the bathroom to read while your child is in the tub.
- **Plan reading excursions.** Visit the library often and let your child choose books to check out. Stop for a snack on the way home and read together as you munch.
- **Start a family book club.** It doesn't have to be formal. Just set aside time once a week—dinner time is perfect—to talk about something you have all read. Or let everyone bring a book to tell the others about.
- **Play with plays.** Get a short, easy-to-read script and give each family member a role. Encourage everyone to be dramatic and ham it up.



Take the anxiety out of test-taking

Anxiety about tests is common among students, and it can prevent them from doing their best. To help your child go into tests relaxed and confident:

- **Talk about what tests do—** and what they don't. Tests show the teacher what your child has learned so far, and what she needs help with. They don't judge her value as a student or a person.
- **Space study sessions out** for several days before the test. Cramming the night before is not as effective.
- **Connect new material** to things your child already knows.
- **Help her focus** her study efforts on material she hasn't mastered yet, rather than repeatedly reviewing material she already knows.
- **Tell her to give** herself a pep talk if she feels overwhelmed during a test. She can say, "I know this. I can remember the answer."
- **Teach her to take** deep breaths to relax and improve her focus.

Source: S.D. Sparks, "Teaching Students to De-Stress Over Testing," Education Week, niswc.com/relaxed.

Brainstorm to help your child improve writing

Writers know that descriptive details add interest and depth to their stories. But many kids struggle to come up with these details when they write.



Brainstorming with your child can help him flesh out his ideas. Ask him to think about the five senses. What do things in his story look/feel/smell/sound/taste like?

Source: "Five Senses Graphic Organizer," The Ontario Institute for Studies in Education, niswc.com/details.

Make time for a conference

Teachers have many pupils. But at a parent-teacher conference, the focus is on just one child—yours. It is an ideal time for you and the teacher to plan ways to help your child succeed. To make the most of it:

- **Bring a list of questions** about your child's work habits, attitude, friends, behavior, strengths and weaknesses.
- **Listen carefully** and take notes.
- **Share information** about your child: her favorite school activities and subjects, her struggles and any sensitive issues.
- **Agree on a plan** to address concerns and schedule a time to follow up.

Teach respectful behavior

Saying *please* and *thank you* shows respect and makes life with others pleasant. In school, your child should also:



- **Arrive prepared—** ready to learn and participate in class.
- **Raise his hand.** Waiting to be called on instead of blurting out answers or comments shows respect for classmates and the teacher.
- **Accept constructive feedback.** In order to help students learn, teachers must point out mistakes.



How can I help my child slow down and work carefully?

Q: My third grader is very competitive. She loves to win at sports, and her teacher says she always wants to be the first one finished in the classroom, too. She doesn't take time to write neatly or check her work, and it's hurting her grades. What can I do?

A: It sounds as if your daughter has a habit of turning everything into a race—and she wants to be first across the finish line. But when it comes to schoolwork, accuracy matters more than speed.

To help your child learn to take more care:

- **Talk to her teacher.** Let the teacher know you would like to work together on a plan to help your daughter focus on quality work, not speedy work.
- **Talk to your child.** Since she likes sports, you might compare schoolwork to shooting free throws in basketball. It's not her speed that matters—it's whether the ball goes in the basket.
- **Review homework** each evening. Let your child know you are going to double-check it for neatness and accuracy. If it's not up to a reasonable standard, you'll ask her to redo it, since she is responsible for the quality of her work. She'll soon figure out that by slowing down, she can get the work right the first time—and that actually takes less time in the long run.



Are you promoting persistence?

Things in school—and in life—won't always go your child's way. How he copes in those times will affect his future success. Are you teaching your child how to overcome frustration? Answer *yes* or *no* to the questions below:

- ___ **1. Do you understand** that it isn't a parent's job to rescue children from all difficulties?
- ___ **2. Do you encourage** your child to keep trying when he gets stuck on a homework problem?
- ___ **3. Do you help** your child see how his efforts affect his results?
- ___ **4. Do you point out** stories of successful people who have overcome challenges?
- ___ **5. Do you name** your child's feelings? "You're frustrated

that learning this is taking longer than you expected. You'll get there."

How well are you doing?

More yes answers mean you are helping your child learn to survive and thrive in tough times. For each no, try that idea.

"Great works are performed not by strength but by perseverance."

—Samuel Johnson

Use money to teach the value of responsibility

A healthy sense of responsibility helps kids make better decisions, in school and in life. To help your child learn how acting responsibly can pay off, teach her how to manage money. Here are two ways to begin:

- 1. Consider giving her an allowance.** Discuss her options. If your child spends her money now, she can get something small. If she saves it up, she can get something better later.
- 2. Talk about your budget.** Say things like, "We have to pay the dentist this week, so getting pizza will have to wait."

Progress checks keep goals in sight

Helping your child set goals is a great first step toward achievement. But don't stop there! Check on his progress regularly. If problems arise, talk with him about possible solutions. For example, if he wants to finish a book by a certain date but has fallen behind, he could read for 10 extra minutes each afternoon. Praise your child for his progress so far, and for continuing to work toward his goal.



Get ready for restful sleep

When your child sleeps well at night, she is better able to pay attention in school and remember material with greater accuracy. To help her get the restful sleep she needs:

- **Get active outdoors.** Exercise and fresh air help kids sleep better.
- **Turn off screen devices** at least one hour before bedtime.
- **Make your child feel safe.** Put a night light in her room, if necessary. Tell her you will check on her periodically.

Source: S. Gardner, "Why Healthy Sleep Is Vital For School Success," Studiosity, niswc.com/sleepmore.

Helping Children Learn®

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Daily Learning Planner

*Ideas parents can use to help children
do well in school*

Warren City Schools

<http://www.warrenschools.k12.oh.us>



THE
PARENT
INSTITUTE®

October 2018

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Review your list of emergency contacts with your child.
- 2. Have a family Geography Challenge. Name a state, province or country. Who can call out the capital first?
- 3. Have your child estimate the number of socks in his drawer, then count to find out the exact number.
- 4. Choose a Word of the Day. Have family members use it in a sentence. Make this a daily habit.
- 5. Talk about books you loved when you were your child's age.
- 6. Together, find out what's inside a seed. Soak a dry bean overnight, remove the coat and pull the halves apart.
- 7. At dinner, put a price on each item you serve. Have your child figure out the cost of the meal.
- 8. Today is the anniversary of the Great Chicago Fire of 1871. Review your family plan in case of a fire in your home.
- 9. Let your child quiz you about things she is learning in school.
- 10. See how many words you and your child can make from the letters in OCTOBER.
- 11. Compliment your child's efforts on something today.
- 12. Cut out pictures of people from the newspaper or magazines. Ask your child to make up a story about each person.
- 13. Think of a skill you and your child would like to learn, such as knitting. Check out a how-to book to read together.
- 14. Make a leaf rubbing. Place a leaf on paper. Cover it with a sheet of thin paper and have your child rub over the leaf with a crayon.
- 15. Have your child turn a news article headline into a question. Then, read the article together. Does it answer the question?
- 16. Read a book that you and your child can both enjoy.
- 17. Write an encouraging note and tuck it into your child's backpack.
- 18. Challenge family members: Who can name the most parts of the body?
- 19. Bake cookies with your child. Help her figure out how much of each ingredient you would need if you doubled the recipe.
- 20. Spend some one-on-one time with your child today.
- 21. Ask your child to name his favorite thing about you. Tell him something you love about him.
- 22. Encourage your child to be a humble winner and a gracious loser.
- 23. Limit TV time. Use the TV listings to help your child plan her viewing.
- 24. Have your child rub two stones together for a few minutes. Can he feel the heat generated? This is caused by *friction*.
- 25. To help an early reader, look for books with read-along audiobooks.
- 26. Ask your child to plan a meal. How many food groups can she include?
- 27. Let your child see you enjoying reading today.
- 28. With your child, learn to say *hello* in two other languages.
- 29. Sing a familiar song and leave out some words. Can your child tell you which words you left out?
- 30. Play Concentration with fractions. Fractions with the same value make a pair, like $1/2$ and $2/4$.
- 31. With your child, make a fall table decoration.

Helping Children Learn
TIPS Families Can Use to Help Children Do Better in School



Helping Students Learn[®]

Tips Families Can Use to Help Students Do Better in School



October 2018

Warren City Schools

<http://www.warrenschools.k12.oh.us>

Encourage your middle schooler to put study skills into practice

Without strong study skills, even kids who pay attention in class face challenges in middle school. Study skills are the tools that enable students to take charge of their own learning. The best way your child can sharpen her study skills is to practice them every day. Encourage her to:

- **Read ahead.** By scanning the next day's chapter or lesson ahead of time, your child will be better prepared for class. She'll know what her questions are and will be able to participate more.
- **Review class notes.** Even when your child doesn't have homework in a class, she should look over her class notes at night. It is a quick way to reinforce the material she's learning.
- **Minimize distractions.** Have your child get a snack *before* settling down to study, and turn off devices she doesn't need to complete her work.
- **Ask for help.** If your child is confused about the particulars of an assignment, she can ask a classmate. If she is struggling with a concept, she should talk to her teacher the next day and ask for help.
- **Celebrate success.** When your child finishes a challenging assignment, encourage her to give herself a small reward. Remind her that her dedication was the key to her success!



Source: *Homework & Study Skills: Engaging Parents to Support Student Learning*, The Parent Institute.



Get teacher insights at a conference

Asking for a parent-teacher conference is a very effective way to learn more about your child and how to support him in school. In middle school, these conferences are often brief. To make the best use of your time:

- **Jot down a list of questions** and things you want to discuss ahead of time.
- **Be prompt.** Lateness may delay other conferences or shorten your time with the teacher.
- **Stay on topic.** Focus on your child's learning and avoid chatting about things that don't affect it.
- **Keep an open mind.** Listen carefully to what the teacher has to say before offering a response. Be prepared to hear about your child's weaknesses as well as his strengths.
- **Ask for suggestions** of ways you can help at home. You and the teacher are a team!
- **Take notes.** This will help you remember what you discussed.
- **Talk with your child** about any plans you and the teacher make.

Don't blame bad luck

Things at school may not always turn out the way your child hopes they will. But chalking these times up to bad luck can make her feel like a powerless victim.



Instead, empower her to take action. When something goes wrong, ask what she can learn from it. Help her think of ways she could handle similar situations in the future.

Support reading at home

Research shows that students' ideas about their own reading abilities affect their achievement. That's why it is vital for you to help your child enjoy reading and see himself as a reader! Here are five ways:

1. **Set a daily** family reading time.
2. **Read aloud** with your child.
3. **Discuss books** you each like.
4. **Fill your home** with reading materials.
5. **Don't insist** that your child read books in his free time that he doesn't like.

Source: M.I. Susperreguy and others, "Self-Concept Predicts Academic Achievement Across Levels of the Achievement Distribution: Domain Specificity for Math and Reading," *Child Development*, nswc.com/readingconcept.

Counselors help with issues that can hamper learning

To be productive learners, students need good mental health. School counselors are key players on the educational team. In addition to helping your child plan for her academic future, her counselor can help her:

- **Solve problems** with friends.
- **Develop coping skills**, including methods for dealing with bullying.
- **Find support**, if your child or your family is facing a crisis.





What can I do to keep stress from affecting my child?

Q: My eighth grader takes tough classes, plays sports and has a lot of friends. He's on the go all the time! It has to be stressful. How can I help?

A: Most middle schoolers feel a little stress from time to time—and it's usually harmless. To determine if your son's stress is on overload, ask yourself:

- **Does he always seem tired** or on edge?
- **Does he have trouble** concentrating?
- **Is he frequently unhappy**, angry or self-critical?

If the answers are *yes*, he may indeed feel overstressed. To ease the situation:

- **Talk about it.** You might say, "I understand how hard you work to do well in each of your classes. It's a real challenge, isn't it?"
- **Help him reset his expectations.** Remind him that he can't be all things to all people, and no one expects him to be.
- **Review his schedule** and set priorities. He'll have to fulfill his school responsibilities, but he can scale back extracurricular and social activities.
- **Offer love and support.** Let him know that he can come to you when he feels overwhelmed or unable to cope.



Are you making time for your child?

Your middle schooler probably doesn't cling to you the way she used to when she was younger, but she needs your time and attention just as much as ever. Are you there for your child? Answer *yes* or *no* to the questions below:

1. **Do you create** opportunities to spend time together doing things that interest your child?
2. **Do you make** the most of times when you have your child's undivided attention, such as in the car?
3. **Do you eat** at least one meal a day as a family?
4. **Do you allow** your child to bring friends to some family activities?
5. **Do you encourage** your child to have experiences that boost her independence?

How well are you doing?

More yes answers mean you are adapting to your child's changing needs for togetherness. For each no, try that idea from the quiz.

"In family relationships, love is really spelled T.I.M.E."

—Dieter F. Uchtdorf

Increase comfort with math

Educators have identified several factors that help students succeed with math, including:

- **A sense of well-being.** Your child should feel safe making mistakes and taking risks in order to learn. Emphasize effort and progress, not grades.
- **Playfulness.** Help your child have fun with math. Act out story problems. Play math games.
- **Passion.** Your child can catch this from you. Show enthusiasm for math: "I love it when doing math helps me save money."

Source: M. Pearse, "Non-Math Essentials for Learning Math," Edutopia, nswc.com/non-math.

Sleep shouldn't be social

Adequate sleep is critical to your child's performance in school. But in a recent study of 12- to 13-year-olds, more than one-fifth of the students reported waking up every night to check social media. To help your child get the sleep she needs, keep her phone and other devices outside her bedroom at night.



Source: S. Power, C. Taylor and K. Horton, "Sleepless in school? The social dimensions of young people's bedtime rest and routines," *Journal of Youth Studies*.

Model the importance of responsible behavior

It may not always seem like it, but your middle schooler looks to you to learn how to act. To encourage him to act responsibly:

- **Let your child know** that you value responsible traits like self-control and persistence. Model these qualities, and praise him when he demonstrates them.
- **Let your child see** you take responsibility for your mistakes. "I left my gardening tools in the rain, and now they are rusted. I should have been more careful."

Helping Students Learn®

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Daily Learning Planner

Ideas parents can use to help students
do well in school

Warren City Schools

<http://www.warrenschools.k12.oh.us>



THE
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Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Have your child teach you some slang she and her friends use.
- 2. Fitting in is crucial to middle schoolers. Minimize your battles with your child over clothes and hair.
- 3. Talk with your child about a current event in another country. How could it affect you?
- 4. Have your child solve silly math problems: "How many hours until your birthday?"
- 5. See how many words you and your child can use to describe today's weather. For example: *brisk, balmy, breezy, bracing*.
- 6. Give your child a new responsibility. Praise him for being mature enough to handle it.
- 7. Discuss the many meanings of the word *time*. "It's *time* for dinner," "I had the *time* of my life." What other examples can your child think of?
- 8. Help your child find a physical activity or sport she enjoys.
- 9. When your child brings home a test, first notice which answers he got right. Help him think about what he did to succeed with them.
- 10. Mention how something you studied in school has helped you at work or in running a home.
- 11. Ask your child what she likes best about each of her friends.
- 12. Test observation skills. Challenge each other to describe someone you just passed on the street.
- 13. Say to your child, "If there's anything you want to talk about, remember I'm here to listen."
- 14. Have your child use the TV listings to plan his viewing for the week.
- 15. Tell your child that you truly believe she can be successful.
- 16. Discipline with consequences that teach rather than punish.
- 17. Ask your child to figure out how often his heart beats in a minute. (Count beats for 15 seconds. Multiply by four.)
- 18. Limit drinks with caffeine at night. They can keep your child from getting much-needed sleep.
- 19. Have your child practice shaking hands and making eye contact. It will make social situations easier.
- 20. Take advantage of time in the car with your child. You can talk privately without interruption.
- 21. Ask your child which of her classes she finds most interesting and why.
- 22. Help your child make his own dictionary of vocabulary words.
- 23. Encourage your child to think about abstract concepts, like *character*.
- 24. Have your child spend 10 minutes at night getting ready for the next day. Mornings will be calmer.
- 25. Help your child focus on what she can learn from mistakes.
- 26. Plan a weekend family activity. Let your child invite a friend.
- 27. Talk with your child about the importance of self-respect.
- 28. Ask your child to come up with dinner ideas for the week.
- 29. Teach your child a literary term, such as *onomatopoeia*. (Words that sound like the objects or actions they refer to—*buzz, drip, swoosh*.)
- 30. Monitor your child's use of the internet and social media.
- 31. Suggest a few activities that your child can do alone.

Helping Students Learn
MIDDLE SCHOOL
Tips Families Can Use to Help Students Do Better in School