



McGuffey PK-8 School

March 2020 Newsletter



Spring Fever!

As the winter days are coming to an end, we are definitely ready to begin seeing signs of spring! As much as we look forward to daffodils, blue skies, green grass, and outside fun, we still have a need for focused instructional time at school. After a long winter, it seems that some of our students are out of practice with many school routines and it is showing in the behavior choices that are being made.

Many of our students are showing symptoms of 'Spring Fever'! We know that the students are needing to go outside and play, and we give them that opportunity as much as possible in a school setting, but we still need to remind them that appropriate behavior is expected all the way until the last day of school. This also includes their walk or ride to and from school.

Please have a conversation with your child about appropriate school behavior. Ask your child what sorts of behaviors they might struggle with in school. If your child is not struggling, please reinforce the positive choices they are making! As always, we value your support in giving our children the skills they need to become responsible, respectful members of our community.

Testing

Throughout the next few months, there will be a variety of assessments given in all grade levels. You may hear your child talking about some of these tests. Aside from reinforcing the importance of your child doing their best on all assessments, there are a few things that you can do to help. Please be sure that your child is in school, on time, every day and try to limit the number of times your child is being signed out early from school. Please be sure your child is getting adequate rest, nutritious meals and positive messages from you about doing their best!



McGuffey PK-8 School

3465 Tod Avenue, NW Warren, Ohio 44485
330-675-6980

Administrators

Mrs. Reighard – PK-2 Principal
Mrs. Zagorec – 3-5 Principal
Mr. Joseph – 6-8 Principal and Campus Leader
Mrs. Delaquila – Special Education Supervisor
Mrs. Chine – Supervisor of School Improvement



McGuffey Upcoming Events – March 2020

- March 3 – Kindergarten Registration from 2:00 – 6:00 (see newsletter for information)
- March 4 – Spring Picture Day
- March 4 – 6th Grade Visit to Harding (Mini Skilled Trades Expo)
- March 9 – PTA Extreme Air Fun Night
- March 10 – Kindergarten Visit to TAG
- March 11 – Mrs. Thomas' 4th Grade Class Recorder Concert at 9:15
- March 13 – End of the 3rd Grading Period
- March 16 – PTA Meeting at 5:30
- March 17 – 3rd Grade Afterschool Program Family Day from 3:30 – 5:00
- March 18 – Fundraiser Ends
- March 20 – Kindergarten Family Day at 9:00
- March 23 – 2nd Grade Awards Assembly at 9:00
- March 23 – 1st Grade Awards Assembly and Concert at 9:30
- March 24 – 3-5 Awards Assembly at 9:00
- March 25 – 6-8 Awards Assembly at 9:00



Check Your Calendar

McGuffey Raider PTA News

Thank you to everyone who attended and volunteered at the Mardi Gras Dance! We hope you had a great time!

A very special thank you goes to DiLucia's Restaurant and Enzo's Restaurant for donating the food. It was wonderful! We have one more event planned, our Extreme Air Night, coming up on Monday, March 9th. The cost is \$6.00 to jump, plus the cost of socks if you need them.



Elections for PTA Officers for the next school year will be held in April. Please come to the meeting and find out how you can be a part of PTA and support our McGuffey students.

Black History Program

McGuffey School held a Black History Program, led by our School-Community Liaison, Mrs. Benson. The students participated by singing, drumming, reciting poetry and making posters. Mr. Eddie Colbert, Safety Service Director for the City of Warren and a McGuffey Dad, was our guest speaker and spoke about 'What Black History Means'.

Below is a photo from the program, featuring 7th grade students I'Sharay Dorsey, Se'Anna Williams, and Jha'via Jordan with Mrs. Benson.



Music at McGuffey

It's very common to hear music in the halls of McGuffey School. We have music classes for all grade levels, preschool to middle school, and band and choir for our 6th, 7th and 8th grade students. Below is a photo of students from Mrs. Leshnack's 4th Grade Class during a recorder concert for their families. Pictured are: Mersadies Rainey, Mersaydes Butler, Charles Elrod, Ethan Boucher and Andrew Bennett.



Prep Bowl

We are so proud of our McGuffey Prep Bowl Teams and their coach, Mrs. Redmond, who competed in the county tournaments in February.

Elementary Team Members are: Caitlyn Hays, Jayden Colbert, Cameron Hays, Ian Witherow, Michael Whiddon, Konner Reed, Kylee Reynolds and Zyaire Gilbert (not pictured).



Junior High Team Members are: Lauren McCormick, Landon Tomlin, Anthony Walls, Kira Ketcham, Monica Ruckman and Andrew Waldman.



McGuffey School Counseling News - March 2020

Mrs. Redmond, Grades PK-4 (ext. 5111) and Mr. Middleton, Grades 5-8 (ext. 5232)
330-675-6980 - McGuffey PK-8 School

PK-4 News with Mrs. Redmond

Our 3-5 students will begin a kindness quest this month. A representative group of students will be asked to create a list of 12 tasks for students to complete by the beginning of April. Students may complete up to 3 tasks per week. All students completing 8 or more tasks will be invited to a dance before our spring break. So check in with your child to see what kindness we are spreading in our 3-5 Pod.

This month K-2 students will be focusing on problem solving. I will be continuing our kindness focus while using our ABCD puzzle model to solve conflicts. Ask your child about how we are teaching them to be responsible problem solvers.

Peace in Process ☺

Our Grades 4-5 Peer Mediators have graduated and completed their training! Our ceremony was held on February 13th. Thanks to those who attended. We are excited for our students who are able to help each other peacefully solve their conflicts. Mediations began February 18th and will be held two days a week. If your 4th and 5th grade children are having conflicts, we encourage you to make use of this service.

Peer Mediation Graduation



5-8 News with Mr. Middleton

MINI SKILLED TRADES EXPO COMING TO WARREN G. HARDING HIGH SCHOOL!

On Wednesday, March 4th, our 6th graders will have an opportunity to learn more about career opportunities in the skilled trades! They will be visiting with representatives from various trades, including Plumbers & Pipefitters, Electricians, Bricklayers, Construction, Welders, and Boilermakers.

Students will also tour the Wood Shop and Welding Labs at Harding!

We are looking forward to this awesome opportunity for our 6th graders!



SUCCESSFUL STUDENT CORNER

Follow these test taking tips to make sure that you are at your best on test day:

1. Get plenty of sleep the night before the test.
2. Read each test question carefully.
3. Eat breakfast on test day.
4. Check to make sure you have answered all questions.
5. Listen to instructions.
6. Relax! Do your best—YOU'VE GOT THIS!





MARCH | 2020

Warren City Schools Pk-8 Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 National Breakfast Week Kickoff Hot Breakfast Sandwich's Smiley Fries Banana Orange Juice</p> <p>Did you get your breakfast this morning?</p>	<p>3 Homemade Chili (8oz) w/ Shredded Cheese Cracker Options Celery & Peanut Butter/Ranch Mixed Fruit Cup Mini Corn Bread</p>	<p>4 Raider Hot Dog Shoppe Hot Dog's w/ WG Bun Chili and Cheese Options Baked French Fries Baked Beans Fruit Choices</p>	<p>5 Baked Chicken Leg WG Dinner Roll Cheesy Potatoes Steamed Carrots Diced Pears</p>	<p>6 Cheese Loaded Breadsticks Side of Dipping Sauce Spinach Tomato Salad Orange Wedges (2) Smart Snack Treat 3-8 Fish Sandwich w/ Cheese Option <i>Willard: Cornersburg (X-Cheese)</i></p>
<p>9 Grilled Chicken Patty w/ melted cheese option WG Bun Baked Sweet Potato Fries Baked Beans Clementine's</p>	<p>10 Soft Beef Taco Lettuce/Cheese Salsa/Sour Cream Sweet Corn Fruit Choices Taco Sauce/Chipotle Ranch Options</p>	<p>11 Raider Sub Day Italian Sub's w/ Options Pillsbury Sub Roll Celery & Peanut Butter/Ranch Fresh Applies Pretzels Turner Fruit Punch Juice</p>	<p>12 Turkey Gravy Mashed Potatoes w/ WG Dinner Roll Sweet Corn Diced Peaches</p>	<p>13 Nardone Cheese Pizza Cheddar Cheese Chunk Snack Carrots & Ranch Dip Applesauce Cup Smart Snack Chip Darlington Shamrock Cookie <i>McGuffey-Belleria (X- Cheese)</i></p>
<p>16 Chicken Nuggets WG Dinner Roll Baked French Fries Baked Beans Fruit Choices</p>	<p>17 Happy St. Patrick's Day Soft Pretzels (Shamrock's) Cheese Cup String Cheese Snack Celery & Peanut Butter/Ranch Apple Slices SideKicks Shamrock Cookies</p>	<p>18 Nacho Grande Lettuce/Cheese Salsa/Sour Cream Sweet Corn Fruit Choices Taco Sauce/Chipotle Ranch Options</p>	<p>19 Tony's Personal Pizza Spinach Tomato Salad Frozen Fruit Cup Smart Snack Treat <i>Jefferson-Pizza Hut</i></p>	<p>20 Macaroni and Cheese WG Dinner Roll Steamed Broccoli Fruit Options 3-8 Fish Sandwich w/ Cheese Option</p>
<p>23 Cheeseburger WG Bun Baked French Fries Baked Beans Pineapple Chunks</p>	<p>24 Meatball Subs w/ Mozz Cheese Smart Snack Chip Celery & Peanut Butter/Ranch Mixed Fruit Cup</p>	<p>25 Chicken Strips WG Dinner Roll Baked French Fries Baked Beans Frozen Fruit Cup</p>	<p>26 Soft Chicken Taco Lettuce/Cheese Salsa/Sour Cream Sweet Corn Fruit Choices Taco Sauce/Chipotle Ranch Options</p>	<p>27 Lasagna Roll Ups (Meatless) Garlic Toast Garlic Green Beans Diced Pears</p>
<p>30 BBQ Rib Patties WG Bun Baked French Fries Baked Beans Applesauce Cup</p>	<p>31 Popcorn Chicken Mashed Potatoes w/Gravy WG Dinner Roll Sweet Corn Diced Peaches</p> <p>6-8 Raider (KFC) Bowl Option</p>	<p>1 </p>	<p></p>	<p>3 </p>



NATIONAL SCHOOL BREAKFAST WEEK.

MARCH 2 TO 6 TH.



COLLECT BREAKFAST STICKERS DURING BREAKFAST

Our Daily Options:

- Salad Meals
- Yogurt Meals
- Sub Meals
- P B & Jelly Sandwich
- Fresh Fruit
- New: Hummus Cup

Variety of Milk Options Served with every Meal.

Menu subject to change.

This institution is an equal opportunity provider.

Saturday March 14th is National Potato Chip Day

What's your favorite Smart Snack Potato Chip?



Helping Children Learn[®]

Tips Families Can Use to Help Children Do Better in School



March 2020

Warren City Schools

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

Family meetings encourage communication and connection

A secure family connection supports your child as he takes on new challenges at school. Holding family meetings is an effective way to build that connection—and help him develop important school and life skills at the same time. With planning, these meetings are a great way to teach your child about communication, negotiation and cooperation.



To get the most out of meetings:

- **Choose a regular meeting date**—once every week or two. Also allow family members to request a meeting if they have something to discuss.
- **Set an agenda.** Before a meeting, ask family members what they would like to discuss. Topics might include problems, purchases, goals, etc. Allow time to talk about each topic, but try to keep the meeting under an hour.
- **Appoint a leader.** The chairperson must stick to the agenda and make sure everyone gets a fair, uninterrupted say. At first, the leader should be an adult. After a few meetings, let your child give it a try.
- **Take turns.** After one person explains an idea or problem, give everyone else an opportunity to say what they think about it. Brainstorm solutions, then choose an idea to try, with parents having the final say.
- **Keep a record.** Take notes on decisions. Plan to revisit solutions at future meetings to discuss whether or not they are working.



Make it easier for your child to focus

Everybody's mind wanders now and then. But if your child regularly "zones out" at school, it can affect her ability to learn and retain information.

Studies demonstrate that younger students who can't focus tend to become older students who can't focus. Strengthening attention skills at home can help your child be more attentive at school. Here's how:

- **Remove distractions.** TVs and other devices should be off while your child does homework.
- **Allow short breaks.** A five-minute breather can help your child clear her head and refocus.

- **Turn big assignments** into small tasks. If she has to write a report, say, "First, think about what you want to say. Next, make an outline. Then start writing."
- **Encourage games** and activities that sustain interest, such as Concentration and puzzles.

Source: A.J. Lundervold and others, "Parent Rated Symptoms of Inattention in Childhood Predict High School Academic Achievement Across Two Culturally and Diagnostically Diverse Samples," *Frontiers in Psychology*, Frontiers Communications.

Grow some science skills

To practice scientific thinking, give your child a potted plant. Ask him to:

- **Describe it.** Have him write down its size, color, bloom shape, leaf structure, etc.
- **Learn its name.** Help him use the plant's common name to look up its scientific name. What can the name tell him about the plant?



Help your student get in shape for test success

Studying is not the only thing that can help your child succeed on tests. Research shows that students who are physically fit recall information better—and score higher on tests—than classmates who don't exercise.

To boost your child's test-taking fitness on test day, make sure she also:

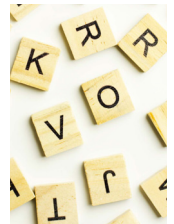
- **Eats** a healthy, low-sugar breakfast.
- **Arrives** at school well-rested.
- **Relaxes.** Stretching and deep breathing are good ways to do this.
- **Drinks** plenty of water.

Source: S. Dalton, "Youth Fitness: Exercise Helps Children Excel in School," Healthline, [niswc.com/shapeup](https://www.healthline.com/shapeup).

Promote literacy at home

Sharpening literacy skills at home fosters academic success. Try these ideas to encourage reading and writing:

- **Read often—at all times of day.** Visit the library and keep interesting books where your child can get to them.
- **Keep a family journal.** Each week, have everyone jot down a few sentences about the week.
- **Play word games.** Your child may not realize he's learning if he's having fun.





Do I have to tell the school about my child's asthma?

Q: The doctor says my daughter has asthma. But my child doesn't want me to tell anyone at school—she's afraid she won't be able to play with friends at recess. How should I handle this?

A: Asthma is the most common chronic childhood illness, and it can have a negative impact on school attendance and achievement. So you can't agree to stay silent about it. Instead, work with the school to create plans to protect your child's health and safety. Here's how:

- **Ask the school nurse** or office staff about rules for medicine at school, and fill out any necessary forms. Make sure your child knows how to take her medication.
- **Meet with your child's teacher.** Discuss things that can trigger an attack, such as overexertion and exposure to animals, pollen, mold and dust. Teach your child to self-monitor and avoid trigger situations. Agree on a plan of action so everyone knows what to do if she has an attack.
- **Continue to work with the doctor** to make sure your daughter's asthma is well-controlled.



Asthma shouldn't prevent your child from enjoying recess. But she will have to learn to respect her limits so she can stay healthy.

Source: American College of Allergy, Asthma, and Immunology, "Academic performance of urban children with asthma worse than peers without asthma," ScienceDaily, nswc.com/asthma.



Are you building decision-making skills?

Your child will face many choices in school. Will he say *no* to peer pressure and *yes* to positive challenges? Your guidance can help him choose wisely. Are you teaching your child to make good decisions? Answer *yes* or *no* below:

- ___ **1. Do you make** it clear to your child that every choice has consequences? a choice? "Will an adult be there?" "What do members of the recycling squad do?"
- ___ **2. Do you provide** lots of opportunities for your child to make choices—and live with their outcomes?
- ___ **3. Do you include** your child in discussions about family decisions?
- ___ **4. Do you think** out loud and talk through how you make choices?
- ___ **5. Do you teach** your child to ask questions before making

How well are you doing?

More *yes* answers mean you are encouraging your child to think decisions through. For each *no*, try that idea.

"You cannot make progress without making decisions."
—Jim Rohn

Children learn from chores

As your child goes through school, she'll be expected to take increasing responsibility for her schoolwork. Doing chores at home helps her practice aspects of that responsibility—such as following directions and being reliable. Chores also help your child:

- **Feel invested.** A child who has swept the floor is less likely to walk across it in muddy shoes.
- **Take pride in her work.** Remembering the satisfying feeling of a job well done can help her persevere with schoolwork.
- **Learn basic life skills.** Tasks like caring for clothes and taking out the trash prepare your child for a responsible, independent future.

When imposing discipline, describe, don't criticize

When your child misbehaves, it's more effective to correct him than to criticize him. So instead of saying something like "You are so maddening!" describe his error. "It was your sister's turn to use the computer and you wouldn't quit playing your game." Then remind him of your rule—"When your 20 minutes is up, your turn is over"—and calmly impose the consequence for breaking it.

Encourage prompt action

It's natural for kids to enjoy some subjects more than others. But when dislike for a subject or assignment causes your child to put off tackling it, it's a problem. To prevent procrastination, remind your child that:

- **Everyone has to do** things they don't like. Mention duties you don't relish.
- **Putting tasks off** makes them seem worse.
- **Getting tough** tasks out of the way feels great!



Source: R. Emmett, *The Procrastinating Child*, Walker Books.

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.warrenschoools.k12.oh.us>



THE
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March 2020

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

- 1. Ask your child: "If you had a magic wand, what would you change about the world?"
- 2. With your child, keep a record of the phases of the moon this month. Look for the moon every night and draw what it looks like.
- 3. Ask your child how the sun helps us. *Feeds plants, keeps us warm.* Can it harm us? *Sunburn.*
- 4. Have your child use each letter in her name to begin a line of a poem.
- 5. Ask your child to teach you something he's learning in school.
- 6. Have a family Geography Challenge. Name a state, province or country. Who can call out its capital first?
- 7. Make up a simple question. Ask your child to answer with a sentence that rhymes.
- 8. Start a family library. Let your child choose her own shelf for books.
- 9. Encourage your child to sort his books by subject. He can use the public library's system or invent his own.
- 10. Create a family joke book. Write one or two jokes per page. Staple the pages together.
- 11. Start a small change collection in a jar. Brainstorm together about how to use the money when the jar is full.
- 12. Ask your child to complete sentences like, "Something I would like to learn is ..." or "Something I'm getting better at is ..."
- 13. Use math to give your child instructions. For example, ask her to put $3 + 2 + 1$ napkins on the table.
- 14. Set aside some time to spend one-on-one with your child today.
- 15. Ask your child to write down the items you need before you go to the grocery store.
- 16. Have each family member set a weekly goal. Write them down.
- 17. Challenge your child to make up a song about his day.
- 18. Rearrange the letters in a word in alphabetical order. Can your child figure out the word?
- 19. Get moving with your child. Skip around the house instead of walking.
- 20. Let your child help you make a family chore chart.
- 21. Have each member of your family make a "me" paper bag puppet. Let the puppets discuss good things about one another.
- 22. Talk about how family members are achieving their weekly goals.
- 23. Ask your child to read you the directions for a recipe.
- 24. Learn to fold some origami animals with your child.
- 25. Have your child write directions for making her favorite sandwich, then follow them together.
- 26. Use a balloon to play indoor volleyball with your child.
- 27. Count the days until a special event. Make a paper chain with that number of links. Let your child remove one link each day.
- 28. Take an evening walk with your child. How many stars can you see?
- 29. Talk about tricky pairs of letters. Help your child distinguish between *w* and *m*, *n* and *u*, *b* and *d*, *i* and *l*.
- 30. At bedtime, ask your child about the best parts of his day.
- 31. Play a game of tic-tac-toe with your child.

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



March 2020

Warren City Schools

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

Boost knowledge and skills to help your child read for meaning

Reading for meaning involves more than understanding the words on a page. Students also need to be able to identify the main idea and draw inferences (use evidence in the text to make conclusions that aren't directly stated). Many middle schoolers struggle with these tasks.

To strengthen your child's reading comprehension skills, help her:

- **Build prior knowledge.** Your child's ability to understand what she reads is linked to what she knows before opening the book. Encourage her to read news articles on all kinds of topics. Attend exhibits and cultural events as a family. Share your knowledge about places you've been or things you have experienced, too.
- **Ask questions before reading.** Have your child scan the headings, pictures and boldfaced text in a reading assignment. What questions do they raise in her mind? As she's reading, she can jot down other questions that come up. When she's finished reading, can she answer her questions?
- **Enlarge her vocabulary.** Encourage your child to write down new words she encounters, along with their meanings.
- **Increase fluency.** Reading faster and more easily aids understanding. Look for brief articles that will interest your child, and time her as she reads. Then challenge her to read at a faster pace and still grasp the main idea.

Source: M. Pressley, "Comprehension Instruction: What Works" Reading Rockets, nswc.com/read-meaning.



Employ emotions to promote learning

Emotions play a big role in the way middle schoolers see the world. That's because the part of the adolescent brain that processes emotions matures sooner than the part that handles rational thinking.

To engage your child's emotions and maximize his ability to learn:

- **Use humor.** Middle schoolers love to laugh and make jokes. Encourage your child to find funny cartoons, GIFs or videos about what he's learning.
- **Link learning to life.** Adolescents tend to think the world revolves around them. So help your child relate to what

he's learning. If he's studying the Revolutionary War, ask him to think about a time he felt like revolting against authority.

- **Put imagination to work.** Ask him questions like, "What would it have felt like to be with Washington at Valley Forge?"

Source: T. Armstrong, Ph.D., "Maximize the Power of the Middle School Brain," MiddleWeb, nswc.com/mid_brain.

Have fun with math facts

Students who lack a firm command of basic math facts often struggle to learn abstract concepts. Reinforce your child's fact recall with these games:

- **Hot potato.** Call out an equation (9×8) as you toss a ball to your child. Ask her to say the answer before she catches the ball.



- **Multiplication race.** Remove the face cards from a card deck. Each player turns over one card. The player who first says the product of the cards wins them.

Make study time count

Not all study strategies are equally effective. To help your child prepare for tests, suggest he use these research-proven techniques:

- **Self-quizzing.** Your child can make up his own questions, then answer them.
- **Summarizing** material in his own words.
- **Studying** in multiple short sessions, spaced out over time.
- **Studying** a variety of related material (different types of math problems) in a single session, rather than just one type.

Source: E. Kang, "5 Research-Backed Studying Techniques," Edutopia, nswc.com/study-tips.

Essential ways you can help

Here are three critical ways to stay involved and help your child achieve in school:

1. **Communicate** your expectations.
2. **Expand on** what's being taught. Help your child apply what she's learning.
3. **Talk about** the future. Help her investigate the education and training necessary to prepare for careers of interest.



Source: N.E. Hall and others, "Parental involvement in education during middle school," *Journal of Educational Research*, Taylor & Francis.



How can I plan an enriching 'staycation' for my child?

Q: My son insists that "everybody" is going away for spring break. I have taken the week off from work, but we are staying home. How can we make the most of our week without breaking the bank?

A: It is likely that "everybody" won't really be heading off on fancy trips. But you are wise to plan a few entertaining—and even educational—ways to spend time with your child during your week off.

Consider these ideas:

- **Shadow a professional.** Does your child love animals? See if you can arrange a day where he can volunteer or observe at a nearby veterinary clinic.
- **Be tourists at home.** What draws visitors to your area? What museums and parks showcase local treasures? Do some exploring with your child and try seeing your hometown with fresh eyes.
- **Visit a nearby college.** If you don't want to schedule a formal tour, just walk around campus and check out the library and student union.
- **Host a movie night.** See if your child can find a school friend who is also home for the break. Invite him over for pizza, popcorn and movies.
- **Plan a "vacation day."** For 24 hours, give your child a break from chores and routines. Let him sleep in, stay up late and eat a favorite meal.



Are you reducing peer pressure's power?

Middle schoolers care a lot about their friends' opinions. But peer influence can often lead them astray. Are you teaching your child to rely instead on her own good judgment when making decisions? Answer *yes* or *no* below:

- ___ **1. Do you discuss** the importance of doing the *right* thing, rather than the *easy* thing?
- ___ **2. Do you help** your child think things through? "If you skip last period with your friends, what might happen?"
- ___ **3. Do you make sure** your child understands your family rules?
- ___ **4. Do you sympathize** with your child about the desire to fit in? Does she know she can talk to you if she feels pressured by friends?

- ___ **5. Do you help** your child practice saying *no* to things she knows are wrong?

How well are you doing?

More yes answers mean you're helping your child resist negative peer pressure. For each no, try that idea.

"It takes courage to grow up and become who you really are."

—E.E. Cummings

Encourage leadership traits

Many of the qualities that make someone a good leader also boost school success. To nurture your middle schooler's inner leader, encourage him to:

- **Welcome new ideas.** Leaders know they can learn from others.
- **Be flexible.** It doesn't always work to do everything the same way. Sometimes it helps to try a different approach.
- **Get organized.** Leaders plan ahead.
- **Show enthusiasm,** and be optimistic that with his effort, things will go right.

Source: B.A. Lewis, *What Do You Stand For? For Teens*, Free Spirit Publishing.

Hold an after-test review

Your child is used to being tested on what she's learned. But does she know that a test is also a *way* to learn? Encourage her to:

- 1. Make notes** as soon as possible after the test. What was easy? What is she still confused about?
- 2. Correct any errors** and keep the test as a study guide for midterms or finals.
- 3. Analyze mistakes.** Were they careless? Or should she have studied more?

Help your child use this information to plan ways to study more effectively next time.

Enter the high school zone

If your child will be moving up to high school in the fall, smooth his transition by helping him:



- **Find answers.** Suggest that he discuss questions or concerns with his school counselor.
- **Think ahead.** Discuss classes he wants to take. Have him ask current students about their experiences.
- **Feel confident.** He's achieving a huge milestone! Tell him you're proud of him.

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- 1. Schedule some one-on-one time with your child this month.
- 2. Sometime today, exchange notes with your child instead of talking.
- 3. Keep computers and digital devices out of your child's bedroom at night. Kids should be sleeping, not online.
- 4. Call out words from the dictionary at breakfast. Take turns spelling them.
- 5. Let your child know that the things that make him unique also make him precious to you.
- 6. Suggest that your child record key ideas from a chapter she's reading and play them back to study.
- 7. Watch your child's favorite show with him. Ask questions such as "Who is your favorite character? Why?"
- 8. Encourage your child to draw a self-portrait.
- 9. Tell your child a joke today.
- 10. Ask your child to imagine life 150 years ago. How about 150 years in the future?
- 11. Challenge your child to create a new recipe and write it down.
- 12. Have your child solve a silly math problem, such as "How many hours until your birthday?"
- 13. Give your child a say in something: which movie to watch, what kind of pizza to order or which gift to buy.
- 14. Teach your child to keep a daily to-do list.
- 15. Ask your child to teach you how to play her favorite game.
- 16. Read and discuss an editorial from today's paper with your child.
- 17. Talk with your child about your family's values and how you expect his behavior to reflect those values.
- 18. Challenge family members to learn and use three new words a day. That's over 1,000 words a year!
- 19. Emphasize the importance of attendance in school and the workplace.
- 20. Index cards are great for study notes. Students are forced to write down only the most important points.
- 21. Does your child forget to bring home books and other homework supplies? Have her post a take-home checklist inside her locker.
- 22. If your child has strong opinions on an issue, encourage him to write a letter to a public official or the editor of your newspaper.
- 23. Teach your child a three-step process for any job: *Plan, do, finish*.
- 24. Thank your child for something she did well around the house.
- 25. Look at a map of the country. Point to a region your child has never visited. What does he know about it? Help him research some facts.
- 26. Help your child set priorities when studying. What is most important? Due first? Most difficult?
- 27. Save your next five grocery receipts. Then ask your child to calculate the average amount you spent on food.
- 28. Discuss a controversial issue with your child. Ask, "What do you think?"
- 29. Tell your child what life was like when you were in school.
- 30. Let your child experience the consequences of misbehavior.
- 31. Talk with your child about a mistake you once made. What did you learn from it?

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