

Home & School CONNECTION[®]

Working Together for School Success

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SHORT NOTES

Speak clearly

To boost your child's communication skills, let her introduce herself when she meets people rather than doing it for her. Also, encourage her to be clear and specific when asking for help. If she says, "I can't do this," you might respond, "What are you asking for help with?"

Rested and ready

When your youngster wakes up easily and feels ready to start the day, that's a good sign he's getting enough sleep. But if he's too groggy in the morning or he's sleepy in school, try slowly adjusting his bedtime until he feels alert in class. *Note:* Experts recommend 10–11 hours of sleep per night at this age.

DID YOU KNOW?

Repetition helps your child's brain form new connections. Say she wants to improve her soccer dribbling skills. She might practice for a certain number of minutes every day. Or if she'd like to learn origami, she could check out a library book on the topic and work on her favorite designs.

Worth quoting

"The whole world opened to me when I learned to read." *Mary McLeod Bethune*

JUST FOR FUN

Q: Why did the elephant paint himself different colors?



A: So he could hide in the crayon box!

Consequences that work

Matthew was supposed to put away his toys and games, but he didn't. So when his mom tripped over a block, she thought carefully about what an appropriate consequence for him might be. Consider the following ideas to set consequences that encourage your youngster to listen and follow rules.

Make it logical

A consequence should relate to the situation at hand and promote the behavior you want. If your child, like Matthew, doesn't put his things away, you might say he has to store them away for a period of time. Living without them may make cleaning up more important to him.

Keep it reasonable

Take into account your youngster's age and stage of development. A little one may lose screen time for a day if he won't turn off the TV when you ask him to. An older child might have to go



without electronics for a week if you see him posting on a social media site he's not allowed to use.

Allow natural outcomes

Let your youngster learn from what happens naturally. Say he wants to wear his school T-shirt on Spirit Day, but he didn't put it in the hamper. The result? He will need to wear something else. Or if he forgets his trumpet on band day, he won't be able to play his instrument with the rest of the class. ♥

Attention! Attention!

Staying focused during class will help your child do her best work. Here are strategies that can make a difference.

Role play. Pretend you're the teacher, and have your youngster show you what a student who is paying attention looks like. She might sit quietly with her eyes focused on you.

Stretch attention span. Suggest that your child do activities that require concentration. Examples include putting together jigsaw puzzles or building a house of cards.

Remove distractions. Encourage her to keep only what she needs on her desk. For instance, she should put away art supplies during a social studies lesson.

Note: If your youngster has trouble focusing at home, ask her teacher how well she focuses during school. The teacher can share what she notices and offer advice. ♥

