

Home & School CONNECTION[®]

Working Together for School Success

September 2008

Middletown Public Schools

SHORT NOTES



Dressed to learn

When choosing school clothes, safety and comfort count. Clogs, short skirts, and baggy pants can distract your child in class and make PE and recess challenging. Instead, help her pick clothes that fit well and can get dirty. Elastic-waist pants instead of belts, or leggings rather than tights, will make bathroom breaks easier for younger students.

Good sport

Next time you play a game with your children, encourage good sportsmanship. Talk about the fun you had rather than who won: "Good game! I love Chinese checkers." Play games of chance (Candyland, Crazy Eights) so your youngster can experience winning and losing.

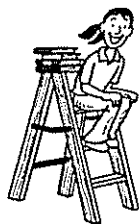
DID YOU KNOW?

Students who get enough sleep can concentrate better and learn more. For elementary school children, that means 10–11 hours a night. Make getting into bed on time fun by giving your youngster a special bedtime kit that includes a book, a flashlight, and a soothing CD.

Worth quoting

"Learning is a treasure that will follow its owner everywhere."
Chinese proverb

JUST FOR FUN



Q: Why did the girl bring a ladder to school?

A: So she could go to high school!

Blast off for success

Like an astronaut preparing for a launch, a student gearing up for a new school year will be more successful if she's organized and sticks to a routine. Here's a countdown your family can try.

3...

Organize mission control. Stock homework supplies (pencils, sharpener, paper, dictionary) in a convenient spot like a kitchen shelf or your child's desk. Set aside a box for storing graded work. Post school information, such as the calendar and cafeteria menu, on the refrigerator. Your youngster can highlight important events (test day, book fair) and lunches she plans to buy.

2...

Plan a soft landing with a regular after-school routine. *Example:* Empty backpack, eat a nutritious snack, exercise (walk around the block, ride bike), do homework. If your child doesn't have homework, she can read for 20 minutes, write in a journal, or play math games.

1...

Give your youngster a "breakfast briefing" each morning to help her get ready for the day. Wish her good luck on a quiz, remind her of a special activity such as an assembly, or ask what she wants to do in computer lab.

Lift-off!

Prepare a "launch pad." Place a sturdy shopping bag in a hall closet or near the front door. Load it with extra socks, ponytail



holders, sunscreen, snack bars, and water. Your child can grab what she needs on her way out. Have her keep her backpack next to the bag for a smooth takeoff. ♥

Ways to praise

Complimenting your child is a great way to boost his confidence. Choosing the right words can motivate him to try new things and work hard, too. Here are a few suggestions:

★ Focus on your youngster's feelings. Try, "You must be proud of yourself," in addition to, "I'm so proud of you."

★ Praise his achievements. You might say, "You've got subtraction down pat!" instead of, "You're so smart."

★ Place an encouraging note on your child's bedroom door. *Example:* "This room is sparkling. Your hard work shows!"

★ Praise him to others when he's within earshot: "Chris was so nice to his sister when she scraped her knee." ♥

