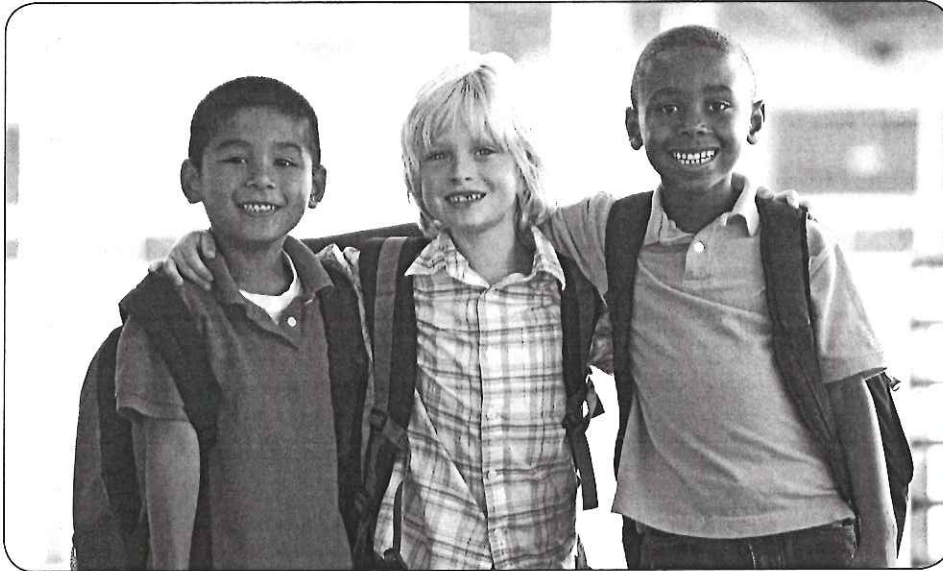


Elementary School Parents[®]

September 2019
Vol. 31, No. 1

Frazier School District
Title I Program

make the difference!



Begin the school year with a commitment to attendance

Your child's teachers will do their best to help your child learn and succeed in school. But there's one thing that *only you* can do—get him to school every day.

Children who don't attend school regularly fall behind and score lower on tests. They can also have a hard time making and keeping friends—especially in elementary school.

How often a child is absent in elementary school sets a pattern for absences in later school years. Lots of absences often lead to students dropping out of school completely.

To reinforce the importance of school attendance:

- **Tell your child** that his education matters. His job is to attend school on time every day.
- **Discuss some of the consequences** of missing school: needing to do make-up work, missing friends, not understanding.
- **Keep your child home** from school only if he is sick or there is a family emergency. Don't let him stay home to catch up on homework or sleep.
- **Schedule medical appointments** during non-school hours.
- **Plan vacations** for when school is not in session.
- **Track your child's absences.** Look for any patterns that need to be addressed.
- **Talk to the teacher** or the school counselor if your child regularly doesn't want to go to school.

Source: "10 Facts About School Attendance," Attendance Works, nswc.com/elem_attendance-priority.

A good night's sleep is crucial for learning



When your child doesn't get enough sleep, it's hard for her to learn in school. That's because sleep

affects a child's ability to:

- **Plan and organize.**
- **Solve problems.**
- **Control mood and behavior.**
- **Focus and pay attention.**
- **Retain information.**

To help your child get the recommended nine to 12 hours of sleep she needs each night:

- **Stick to a schedule.** Enforce a regular bedtime and wake time. Establish times for meals, homework and recreation.
- **Encourage her to get moving.** Exercise and fresh air help children sleep better.
- **Set a technology curfew.** Kids should avoid bright screens for one hour before bedtime.
- **Follow a bedtime routine.** She could take a bath, enjoy a story and share her favorite part of the day. Then, it's lights out.
- **Make her feel safe.** Put a night light in her room. Tell her you'll check on her periodically.

Source: "Healthy Sleep Habits: How Many Hours Does Your Child Need?" American Academy of Pediatrics, nswc.com/elem_get-sleep.

Encourage independence during your child's homework time



It usually starts with a simple question: "How do you spell *Washington*?" And before you realize it, you've spent the next 20 minutes answering all your child's homework questions.

Your child will often be asked to find and learn facts for homework. It's important for you to encourage him to do this on his own.

First, tell your child that he has to try to answer all homework questions by himself. He should start with the questions he knows the answers to, skipping over any that give him problems. Then have him go back and think about the questions he couldn't answer the first time around.

Then, and only then, is your child allowed to ask you for help. And when he does, keep your goal in mind: You don't want him to just

get the right answer. You want him to learn *how* to get the right answer—by himself.

So if your child asks you to spell something, don't rattle off the spelling. Instead, ask, "Where could you find that?" Then get out the dictionary or his social studies book and have your child figure it out.

Showing your child how to find information by himself is the most effective way to help him learn facts now and be prepared to learn more in the future.

"The greatest gifts you can give your children are the roots of responsibility and the wings of independence."

—Denis Waitley

Talk to your child about the importance of showing respect



Respectful behavior is just as important at school as it is at home. To show respect at school, students should:

- **Address the teacher by name.** Smile, look the teacher in the eye and say, "Good morning, Mrs. Jones."
- **Be courteous.** Your child should say *please*, *thank you* and *excuse me* to teachers and classmates.
- **Do what's expected.** Everyone in school has a job to do. If the teacher doesn't plan lessons, no one can learn anything. If students don't do their jobs—homework, listening to the teacher—it makes it harder for everyone to learn.
- **Raise their hands.** Imagine having 30 students in a class, each of whom wants attention right now. When your child raises her hand and waits for the teacher to call on her, she demonstrates self-control and respect for others.
- **Participate in class discussions on a regular basis.**
- **Accept feedback from the teacher.** Teachers want students to learn. That means they have to point out mistakes and areas where students can improve. Your child will be more successful in school if she learns to accept constructive feedback in a positive way.

Source: R.K. Payne, Ph.D., *Understanding Learning: The How, the Why, the What, Aha! Process Inc.*

Are you teaching your child to bounce back?



Some parents want to wrap their children in a protective bubble so they never have to experience failure. Others know that overcoming disappointments can teach valuable lessons.

Are you helping your child learn from failure? Answer *yes* or *no* to the questions below:

- ___ **1. Do you give your child a chance to solve problems on her own rather than jumping in to help right away?**
- ___ **2. Do you encourage your child to think about what she could do differently the next time?**
- ___ **3. Are you a good role model?** When you fail at something, do you talk about it and about how to fix it?
- ___ **4. Do you help your child keep disappointments in perspective?** "You didn't ace your test, but you earned a higher grade than last time!"
- ___ **5. Do you show your child how to be a humble winner and a gracious loser?**

How well are you doing?

If most of your answers are *yes*, you are helping your child learn to bounce back from disappointment. For each *no*, try that idea in the quiz.

Elementary School
Parents
make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1046-0446

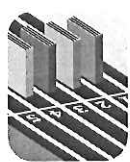
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Get the school year off to a great start with routines and habits



It's the beginning of the school year—the perfect time to set the stage for learning success. Try these simple strategies:

- **Get a head start.** Many families find that organizing at night prevents morning “rush hour.” You can review school papers, pack and refrigerate lunches, set backpacks by the door and agree on outfits.
- **Establish sleep routines.** Choose reasonable bedtimes so everyone is rested when it's time to wake up. Make sure everyone sticks to their bedtimes.
- **Develop morning habits.** If your child does the same things in the same order each morning, it's less likely that she will forget a step.
- **Choose a homework time.** With your child, pick a time when she will have the most energy and motivation to do assignments. Create a quiet study spot (complete with necessary supplies) where she can work at the same time each day.
- **Use tools for organization.** Teach your child how to use calendars, to-do lists and a filing system for schoolwork and important papers.
- **Set priorities.** Schedule things like schoolwork, family meals and even free time on a calendar. Treat them like appointments. If there are open blocks of time, your child can add activities.

Reading aloud to your child strengthens reading skills



Even if your child already knows how to read, it's helpful for you to continue reading aloud to him.

Reading aloud gives your child valuable quality time with you—and it exposes him to ideas, concepts and vocabulary he might not get otherwise. Each time you read together, you add to his storehouse of knowledge and strengthen his reading comprehension skills.

To boost your child's vocabulary skills as you read, define the words he doesn't know. Then ask if he can think of words that have a similar or opposite meaning.

From time to time, see if your child can figure out the meaning of an unknown word by how it's used in a sentence. Give examples of how the word might be used in other

contexts. For example, note how the word *sign* can be a noun (Look at the stop *sign*) or a verb (Please *sign* your name here).

As you read, you can also help your child strengthen other skills, such as:

- **Listening and speaking.** After you've read a passage, have your child tell you what he heard. Ask specific questions—What did this character do? Where did he do it? How did it make his mom feel?
- **Memory.** Don't just start reading where you left off in a book the night before. First ask your child to recall where you were in the story.
- **Word recognition.** Stop reading periodically. Ask your child to read a sentence or two to you. Help him sound out new words. Then have him read the sentences again.

Q: My first grader is very shy and has a difficult time making friends. I'm worried that this will affect him in school. What can I do to help him come out of his shell?

Questions & Answers

A: Some children have lots of self-confidence and others do not. While you can't change your child's personality, you can help him feel more confident when speaking and working with others.

To help your child strengthen his social skills:

- **Role-play with him.** Shy children don't always know what to say to another child. Say, “Let's pretend you're at recess. Juan and Jack are playing a fun game that you'd like to join. What could you say?” At first, you might have your child pretend to be one of the other children. You can pretend to be him. But then change roles and give him a chance to play himself.
 - **Read books about friends** together. Talk about what good friends do—and don't do. As your son thinks about what makes a good friend, he may start to look for someone in his class who could be a friend.
 - **Build on your child's strengths.** Use these as a way for him to meet other children who share his interests. Does he like art? Perhaps he could take an art class at a community center. Is he athletic? He might want to play on a soccer team.
- As your child practices the skills that he enjoys, he will develop self-confidence—which may also help him make friends!

It Matters: The Home-School Team

Parent-teacher relationships affect learning



Studies consistently show that parent involvement in education is linked to students' academic success. It's powerful

when teachers, parents and students work together!

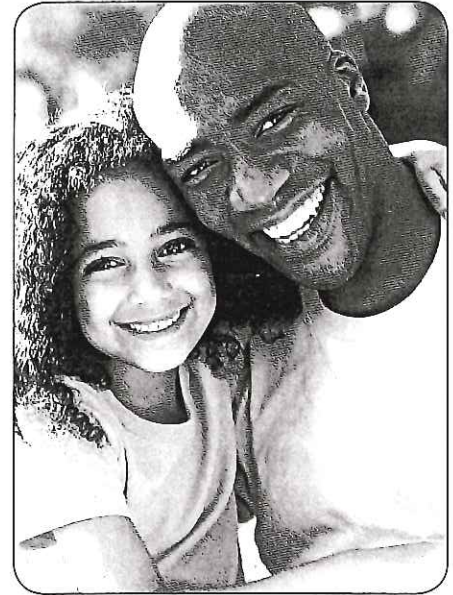
The family-school relationship is just like all relationships—it requires trust, effective communication and respect. To get off to a great start:

- **Set the tone.** Show your interest by attending back-to-school events. Introduce yourself to the teacher and exchange contact information. Ask how you can support your child's learning at home. Fill out and return school forms promptly. And let your child know that you and the teacher are on the same team.
- **Share information** throughout the school year. Tell the teacher if there are any changes at home, such as a new sibling or a divorce, that may affect your child in the classroom.
- **Communicate respectfully.** Make polite requests rather than demands. A helpful tip is to use the word *we* instead of *you*. "How can *we* stay in touch to help Adam?" The teacher is your partner, not your opponent.
- **Remain positive.** When you talk with the teacher later in the year, you will likely learn about your child's strengths. Be prepared to hear about weaknesses and concerns, too. React calmly and remember: You and the teacher both want your child to be successful.

Simple activities can help you support your child's learning

Family life is so hectic these days that it may seem impossible to be actively engaged in your child's education. But even on your busiest days, there are things you can do to support your child's learning:

- **Listen and respond** when your child is talking to you.
- **Read together.**
- **Stock your house with books** and other reading materials.
- **Quiz your child** on spelling, math and other facts.
- **Tell family stories.**
- **Share favorite poems and songs** with your child.
- **Look up words in the dictionary** together.
- **Talk about the daily news.**
- **Find places** mentioned in the news on a map.
- **Review your child's homework** every night.



- **Engage in "word play,"** riddles and tongue twisters.
- **Play board games.**
- **Place limits** on your child's recreational screen time.

Promote discipline at home to improve behavior at school



The staff at your child's school works to teach students discipline, but educators can't do the job alone. Parents can help promote good discipline, too.

Here's what you can do:

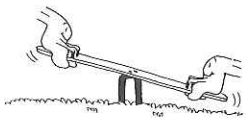
- **Change misbehavior** by setting positive goals. Concentrate on what you want your child to do, not what you want him to avoid.
- **Say what you mean** and mean what you say. Clearly communicate expectations and limits. If you make a rule, enforce it every time.
- **Involve your child** in solving problems. Kids who have helped solve a problem are usually more committed to the solution.
- **Impose logical consequences** for misbehavior.
- **Give choices**—but make sure you can live with them. Limited choices work best, especially for younger children.
- **Show your love.** Firm and kind discipline is an act of love, not a substitute for it. Your child needs to know you love him no matter what he does.

Home & School

CONNECTION®

Working Together for School Success

Frazier School District
Kelly Lombard, Federal Programs Administrator



SHORT NOTES

Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.

DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversation starters that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for



shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

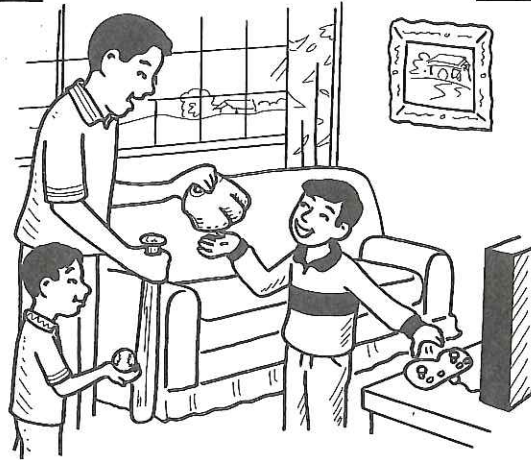
- "What's the coolest thing that happened today?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? How was someone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors.

Explain that keeping your neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.♥

A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like kids.nationalgeographic.com).



- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥

Q & A

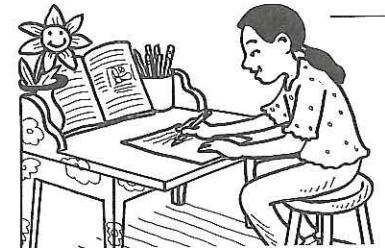
Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close her eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.♥



PARENT TO PARENT

Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my

subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Home & School

Working Together for School Success

CONNECTION®

September 2019

Frazier Elementary Schools - Kelly Lombard, Principal
Title 1



SHORT NOTES

Be considerate

Family meals offer plenty of chances for your youngster to practice being considerate. As you serve yourselves food, you might say, "Make sure to leave enough so everyone gets some." Or if there's one piece of chicken left, encourage your child to ask if anyone wants to split it instead of taking the whole thing for himself.

Tired after school?

As your youngster gets used to the routine of a new school year, she may be more tired than usual. Be sure she's getting 9–11 hours of sleep each night. Also, try to keep evenings low-key by not planning too many activities.

Cardboard box "origami"

Before tossing boxes in the recycling bin, use them to build your child's spatial sense and math skills. Have him pull each box apart at the seams and lay it flat. Can he tape it back together? *Idea:* Challenge him to make a mini pizza or cereal box using construction paper and tape.

Worth quoting

"Look for the helpers. You will always find people who are helping."
Fred Rogers

JUST FOR FUN

Q: How many eggs did the farmer collect from his biggest rooster?

A: Zero. Roosters don't lay eggs!



The ABCs of school success

School success begins at home! While your child is learning her ABCs, 123s, and much more, she can get the year off to a great start with these *other* ABCs.

A ttend every day

More time in class = more learning. Help your youngster attend school regularly by scheduling doctor appointments and family vacations outside of school hours. Also, she can cut down on sick days by eating her fruits and vegetables, washing her hands often, and getting plenty of physical activity.

B e organized

Forgotten homework? A backpack that doubles as a black hole? Good organizational skills prevent those problems. Together, brainstorm ways for your child to get—and stay—organized. For instance, she could choose a special folder for bringing home and returning homework and use a zipper bag to store pencils and other supplies.



C heck in daily

Designate a time each day to sit down with your youngster, talk about what she did in school, and review papers she brought home. You might read a story she wrote or look over her math test, for example. This simple routine shows her that you care about what she's learning. Plus, you'll notice where she's doing well or if she's struggling with anything so you can follow up with her teacher.♥

Back to school...for parents

School rules keep students safe and let teachers do their job. Show your youngster that parents can help by following rules—just like he does. Here are a few examples:

- Check in at the office as soon as you enter the school building, and be prepared to show identification.
- If you drive your child to school, be familiar with drop-off and pickup procedures. For instance, stay in your car, obey staff and patrol officers, and help your youngster exit the car quickly and safely.
- Follow rules for sending food to school. Is there a no-peanut policy? Are birthday treats allowed?
- Contact the teacher to arrange visits ahead of time rather than dropping in.♥



Getting out the door

Mornings help to set the tone for your child's school day. Consider these ideas for a routine that will send him off to school relaxed and ready to learn.

Add a "cushion." Does your youngster need to walk out the door at 8 a.m.? Have him pretend he has to leave by 7:45 a.m. and adjust his routine accordingly. If he's ready early, great! The cushion of extra time will make the morning feel more relaxed—and maybe even give him time to read for pleasure or review spelling words.



Simplify breakfast. Make healthy, ready-to-eat breakfast items ahead of time with your child. Overnight oatmeal, hard-boiled eggs, cheese cubes with fruit, and favorite sandwiches are all good bets. *Idea:* Let your youngster eat breakfast at school. Enjoying a hot, healthy meal with friends is a nice way to start the day.

Use a musical countdown.

Suggest that your child create a song playlist that fits the amount of time he has to get ready for school. Then, turn on the music when he wakes up. Once he's familiar with the order of the songs, he'll know how much time he has left just from listening to the music.♥

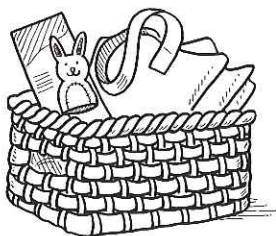
PARENT TO PARENT

Basket of clues

My daughter Aisha loves that her teacher begins each morning by giving the children clues about what they'll learn that day. At back-to-school night, the teacher mentioned that this lets them practice reading and thinking logically, so I decided to try it at home.

The next Saturday morning, I left a basket of clues on the coffee table about what our family would do in the afternoon. It included a finger puppet, a tote bag, and a book-mark. I added a message: "We will have fun at this place *and* bring some of the fun home in the bag." Aisha figured out that we were going to the library to watch a puppet show and check out books.

Now on Friday nights, Aisha asks me to make a clue basket. Sometimes, she even thinks of an activity she'd like to do and writes clues for me.♥



ACTIVITY CORNER

Time out for nature

Time spent enjoying nature has been shown to reduce

stress and improve children's—and adults'—mental health. The outdoors is a great place to learn, too. Enjoy these five activities with your youngster.

1. Search for spiderwebs, and let her "collect" them by taking photos with your phone.
2. Find a place to sit quietly and listen to the birds. Can your child spot the birds that make each sound you hear?
3. Take a few deep breaths, and tell each other what outdoor scents you smell (pine trees, flowers).
4. Look for different types of rocks. She can sort them according to size, shape, or color.
5. Explore favorite outdoor places in all kinds of weather. Splash in puddles on a rainy morning. On a sunny afternoon, observe the shadows that leaves make on the ground as the breeze blows them around.♥



Q & A Persistence pays off

Q: My son is always eager to try activities, such as karate or student council. But then he'll ask to drop out because they're "too hard" or "too much work." How should I handle this?

A: Many youngsters are surprised when something that looks easy turns out to take hard work. Learning to find ways to overcome challenges will help your son stick with activities—and develop persistence.

When he mentions that a karate move or a student council job is taking too much effort, ask him what, specifically, is challenging. Then together, think of solutions. For example, if he's struggling with karate moves that involve balancing on one foot, brainstorm fun ways to improve his balance.

Over time, your child will get in the habit of looking for solutions instead of giving up.♥



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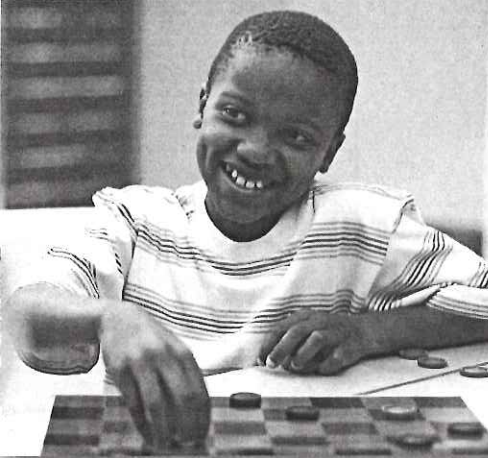
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Parent & Child Activity Calendar

Elementary School

Frazier School District
Title I Program



THE
PARENT
INSTITUTE®

September • October • November 2019

Parent & Child Activity Calendar

Elementary School
Parents
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 September is Library Card Month. Make sure everyone in your family has a library card.	2 Have your child read to you as you're cleaning up after supper. Or read to your child as she cleans up!	3 Decide on a location anywhere in the world. Take turns telling one thing you would like to see there.	4 Start a family savings jar. Everyone can decide on what the goal will be and how they will contribute.	5 Think about the rules you have for your child. Are they appropriate for his age?	6 Help your child find her best time to do homework. Some kids are most alert right after school, others after dinner.	7 Take a walk and look for signs of fall. See if your child can identify any of the trees you pass on your walk.
8 Tonight, talk with your child about the week ahead. Plan to do this every Sunday night.	9 A nutritious breakfast helps kids learn. Make sure your child starts the day with a healthy breakfast.	10 Keep a basket or box as home base for library books. It will help your child keep track of them.	11 Make sure you and your child know school rules. Ask for a list and post them on your refrigerator.	12 Let your child pick a word. Together, put its letters in alphabetical order.	13 Turn chores into a game. Assign each chore a number and have your child roll a die to see which one he gets.	14 Suggest that your child clean out her backpack every weekend. She'll start the week organized.
15 A planning calendar is key to organization. Buy or make one with your child. Use stickers to mark important dates.	16 Have a Word of the Day. Challenge everyone to use it in a sentence. Make this a daily habit.	17 Challenge your child to replace adjectives on a printed ad with their opposites.	18 Talk about three ways you used math today. Ask everyone in the family how they used math.	19 Ask your child to guess how many times he blinks in a minute. Then check!	20 Have your child write a letter to a friend or relative telling about the beginning of her school year.	21 Create an art gallery. Frame your child's artwork. Rotate the work on display frequently.
22 Have your child set a weekly goal. Write it down. Encourage other family members to do the same.	23 Write a note saying something nice about your child. Tuck it where he will find it later.	24 Talk with your child about why students who do homework earn better grades.	25 Look over your child's homework. Give specific compliments before offering constructive advice.	26 Does your child know whom to call in an emergency? Make a list to post on your refrigerator.	27 As a treat, let your child stay up 30 minutes past her regular bedtime. The catch? She must use that time to read.	28 List three of your child's successes this week. List three of your own. Post the lists where you can both see them.
29 If you haven't met your child's teacher yet, plan to do so. Talk about your visit with your child.	30 At dinner tonight, talk about the best and the worst parts of your day. Make sure everyone gets a turn to talk.	<h1>September 2019</h1>				

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October		1 Have a contest: How many words can you and your child make from the letters in OCTOBER?	2 Have your child teach you something he needs to learn for homework. It's a great way to reinforce learning.	3 Watch the news with your child. Locate one place mentioned on a world map.	4 Set aside time every day for reading aloud. Sometimes, let your child read to you.	5 Put on music and spend 15 minutes drawing or writing with your child. Let the music be your inspiration.
6 Write your child's name vertically. Have her use each letter in her name to begin a line of a poem.	7 With your child, learn to say <i>hello</i> in three other languages.	8 Today is the anniversary of the Great Chicago Fire. Develop a family plan in case of a fire in your home.	9 Talk about <i>honesty</i> and why it is so important. Find examples of people who demonstrate honesty.	10 Let your child plan dinner tonight. How many food groups can he include?	11 Take the Geography Challenge. Name a state, province or country. Who can call out its capital first?	12 Have a music-sharing night where everyone shares their favorite music. Talk about how it makes each of you feel.
13 Enjoy some outdoor physical activity as a family today.	14 Have your child close her eyes. Make a sound and ask her to guess what you are doing.	15 Ask your child to tell you the three best things about himself.	16 Start a made-up story. "A man went down the road and he met a _____." Let your child finish the story.	17 Encourage your child to sort her books by subject. She can use the library's system or invent her own.	18 Talk with your child about something he did well today.	19 Have a jump rope contest. See how many jumps your child can do in a row.
20 Bake cookies with your child. If you're doubling a recipe, have her do the math.	21 Talk with your child about ways to handle stress. Exercising and talking to someone are great options.	22 Choose a number, then have your child list all the things he can think of that come in that number.	23 Let your child see you keep your temper when you are angry. Instead of yelling, talk calmly about how you feel.	24 Ask your child to imagine life 150 years ago. How about 150 years in the future?	25 Give your child a measuring tape. Ask her to measure and record the dimensions of objects in your house.	26 Choose a book to read that you and your child can both enjoy.
27 It's Teddy Roosevelt's birthday. Look up facts about this president and protector of the environment.	28 Pick a category. Ask your child to pick a letter. How many items from the category begin with that letter?	29 If your child could be a famous person in history, who would he be? Why?	30 Have a contest: Who can name the most parts of the body? (Organs count, too.)	31 Post a new vocabulary word and its definition on the bathroom mirror. Change it every three or four days.	2019	

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Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2019					1 With your child, keep a record of the moon this month. Have her draw what the moon looks like each night.	2 Set aside some time to spend one-on-one with your child today.
3 Make sure you don't overschedule your child. Kids need "down time" to think, imagine and play.	4 Watch or read the weather forecast together today. Locate the hottest and the coolest locations on a map.	5 Read a textbook assignment with your child. Then ask your child to tell you about it in his own words.	6 Play Alphabet Mixup. Choose a word and put the letters in alphabetical order. Can your child figure out the word?	7 Have your child write directions for making a sandwich. Then follow them exactly.	8 Trace your child's hand on paper. Think of ways to be a helping hand. Write her ideas on the drawing.	9 Show your child objects on a tray. Have him close his eyes and name as many as he can remember.
10 Ask your child what she would do if she were invisible for a day.	11 Help your child make his own dictionary with spelling or vocabulary words.	12 When you're in the store, ask your child to figure out how much tax you will be charged.	13 If you don't have time to read to your kids at night, read in the morning. It's a real "power breakfast."	14 Ask your child to think of words that describe winter. Then ask her to draw a picture of winter.	15 Talk about how your family can do something for others this season.	16 Choose a recipe from another country or culture. Prepare it with your child.
17 Ask your child to pretend he's Mayor for a day. List three ideas to make your community a better place.	18 Watch the news with your child. Choose a Person of the Week. Read more about that person.	19 Today is the anniversary of Lincoln's Gettysburg Address. Read it aloud with your child.	20 Create a word search. Hide words in a grid and surround with random letters. Let your child find the words.	21 Share with your child something interesting you've read today.	22 Plan a screen-free evening. Read or play games instead.	23 Ask your child to help you organize something, such as a closet.
24 Talk with your child about a choice you've made and the consequences of that choice.	25 Play a game of charades with your child. Use hand gestures and motions to describe your word.	26 Challenge your child to do a secret good deed for a friend or neighbor.	27 Together, write a poem about your family. Start each line with a letter from the word FAMILY.	28 Tell your child three things that you love about her. Have her tell you three things that she loves about you.	29 Ask your child to name something he has done in his life that he is proud of.	30 Read a book with your child about your town or state.

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Math+Science Connection

Beginning Edition

Building Excitement and Success for Young Children

September 2019

Frazier Elementary Schools - Kelly Lombard, Principal

Title 1

TOOLS & TIDBITS

Name that shape

"That red and white sign is a triangle!"

"Those orange and white barrels are cylinders!" Let your youngster explore geometry by asking her to name flat and solid shapes she spots.

To "collect" the shapes, help her draw them on separate index cards and label them with their names.



A five-senses log

With this homemade book, your child will discover different ways he uses his five senses. Have him staple together five squares of paper, one for each sense (sight, smell, taste, touch, hearing). Now he can list things he notices thanks to each sense. He might write "Mom's coffee" on the "smell" page and "wind chimes" on the "hearing" page.

Book picks

■ In *Zero the Hero* (Joan Holub), your youngster will realize just how "super" important zero is.

■ Your child can read bite-sized poems while learning about food groups in *Our Food: A Healthy Serving of Science and Poems* (Grace Lin and Ranida T. McKneally).

Just for fun

Q: What has four legs but can't walk?

A: A desk.



Back to school...in numbers!

From the big yellow bus to the September calendar, your child's school year is full of numbers! Try these school-themed activities that encourage him to write numbers and count.

Math pictures


Have your youngster draw pictures that involve math. For example, he might cut a school bus out of yellow construction paper and label it with his bus number. Or ask him to tell you how many students are in his class (say, 28)—he could draw a picture with that many students.



September calendar

Let your child find numbers on a calendar. Together, look at the month of September, and ask him how many days it has (30). Then, encourage him to circle and count only the school days—how many are there? He could put stickers on days he has special classes (library, music, art, PE) and count how many times he'll go to each one this month. ("I will have PE 8 times.")

Business card


Your youngster can learn his address and phone number by making "business cards." Help him print his name and his contact information ("123 Apple Tree Lane, 555-0123") on index cards and decorate them with stickers. Now suggest that he hand out his cards to relatives. Maybe they'll make their own business cards to trade—then he can read their addresses and phone numbers. 

Observe the daytime sky

What's in the sky today? Encourage your child to observe and record what she sees—just like a scientist does.

Sun.

Watch a sunrise or sunset together so your youngster can see how the sky changes colors. She could draw a series of pictures as the sun rises or sets, using crayons (peach, lavender) that match the sky for each sketch.

Moon. Show your child that the moon is always in the sky—even in the daytime. When she spots it, let her draw it along with a landmark (say, a tree) to show where it's located. She can draw the moon again a few hours later, then compare the drawings to see that it appears in a different location. 



Sort and pretend

Math + imaginary play = learning and fun. Invite your child to open a pretend store or restaurant and practice sorting with these ideas.

Play store. Let your youngster sort and display products to “sell.” For an arts and crafts store, maybe she’ll sort crayons and markers into different cups on one shelf and make separate piles for plain paper and construction paper on another. Or perhaps she’ll sort by color (red crayons and red markers with red paper). Pretend you’re her customer, and she can sort the coins you pay with.



Make a menu. To play restaurant, your little chef can first create a menu. Help her fold a sheet of paper into thirds, and give her old magazines to cut out food pictures. She might sort the foods by meal (breakfast, lunch, dinner), course (appetizers, entrees, sides), or food group (fruits, vegetables, grains). She could pick her favorite sorting method, then label the menu sections and glue the pictures to the pages where they belong. Now you get to order food from her restaurant.



PARENT TO PARENT

Math box

At back-to-school night, my son Bobby’s teacher had a great idea for helping children practice math at home. She suggested that we put together a portable “math box” to play with anytime.

I got a plastic tote box, and together Bobby and I filled it with math tools. He put in a deck of cards, dominoes, dice, and flash cards. I added a pencil, a notepad, and a small bag filled with beads.



Then, we thought of math games he could try. Bobby suggested rolling three dice and arranging them from smallest to largest number. I said he could add the dots on both sides of the dominoes.

We wrote each idea on a separate piece of paper and stapled them into a “math idea book.” Now he’s using his math box in the car, in bed before he goes to sleep, and even at breakfast—because he likes playing with math!

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SCIENCE LAB

Liquids vs. solids

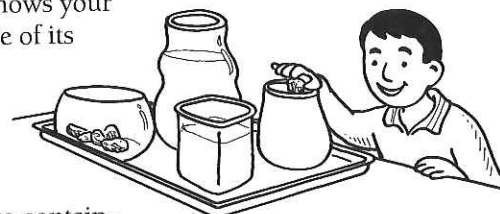
This experiment shows your youngster that a liquid takes the shape of its container—and a solid doesn’t.

You’ll need: four clear containers of various shapes and sizes (vase, jar), water, rocks

Here’s how: Have your child fill two containers with water and put rocks in each of the other two.

What happens? Water (a liquid) changes shape to fit the container. A rock (a solid) stays the same shape no matter which container it is in.

Why? The molecules, or tiny particles, in liquids move around freely. But the molecules in a solid are tightly packed and can’t move past each other, so a solid doesn’t change shape.



MATH CORNER

Let’s graph our names

Which family member has the longest name? The shortest? Your child can make a name graph to find out.

Materials: poster board, pencil, markers, strips of paper, scissors, glue

1. Help your youngster divide poster board into 12 columns and 8 rows. Number the top row 1–12.

2. Give each person a strip of paper and a marker to write her first name. (Make strips for pets’ names, too!)

3. Have each family member cut her name apart into individual letters.

4. Now everyone can glue their letters in order across the poster board (one letter per column).

5. Look at the graph together, and compare the length of your names. For example, how many more letters does Mallory have than Carl? Do any two names have the same number of letters?



Reading Connection

Tips for Reading Success

Beginning Edition

September 2019

Frazier Elementary Schools - Kelly Lombard, Principal

Title 1

Book Picks



Read-aloud favorites

■ *The Day You Begin*

(Jacqueline Woodson)

The students in this story feel alone for different reasons, whether it's because of what they look like, how they talk, or what they eat. But the children discover that when they share their differences, they begin to see just how well they *do* fit in. (Also available in Spanish.)

■ *Night Night, Groot*

(Brendan Deneen)

In this bedtime comic book, Baby Groot is ready for bed after a long day. But his friend Rocket Raccoon has other ideas. He snatches Groot out of bed, and the two zoom across the universe with their superhero friends. Will Groot ever get to sleep?



■ *Tigers & Tea with Toppy* (Barbara Kerley and Rhoda Knight Kalt)

To Rhoda, her grandfather is "Toppy."



To everyone else, he's the famous wildlife artist Charles R. Knight.

This biography tells the story of a weekend adventure Rhoda and Toppy enjoy together. Tag along to the museum and the zoo to see many of the artist's drawings and paintings.

■ *The Cloud Book* (Tomie dePaola)

Can your youngster predict the weather by looking at the clouds?

Has she ever thought that a

cloud was shaped like an animal? This nonfiction book teaches readers about common cloud types and the weather they typically bring.



Fill your home with words

Your child learned to talk by hearing many words every day. Now that she's learning to read, *seeing* lots of words will make them familiar to her when she comes across them in books. Use these ideas to surround your youngster with words.

Label

On sticky notes, help your child label furniture, toys, and appliances with their names. She could put each note on the correct item, then walk around the house and see how many words she can read. *Idea:* Let her create a nameplate for each person's door—and even put one on the dog's food bowl or the fish tank.

Post

Use colorful tape to mark off a "bulletin board" on the refrigerator. Your youngster can post all kinds of things to read. *Examples:* The school cafeteria menu, notes from you, a joke. Then, make time daily to read the board. For instance, before



school, help her check the menu to find out what's for lunch.

Collect

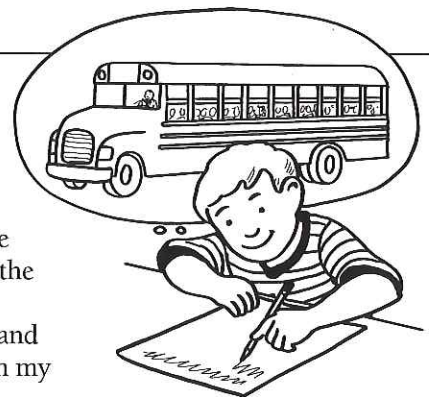
Cut construction paper into fourths and staple the pieces together to create word books. Your child might title one "Food Words," then cut words like *cereal* and *rice* from food packages and glue them all over the pages. She could put her books on a shelf or on the coffee table to pull out and read whenever she likes. ♥

My school story

"What did you do in school today?" Instead of having your child *tell* you, encourage him to write it down. He'll work on putting events in order, and you'll learn all about his day.

Ask your youngster to write a sentence about what he did first. *Example:* "I rode the school bus." Then ask, "What happened next?" He might write: "We had reading and writing time. I went to lunch and ate with my friends. We did math."

Tip: If your child isn't writing yet, let him dictate his story to you. ♥



Books and the great outdoors

Reading can be a quiet indoor pastime for your youngster—or a playful outdoor adventure! In your backyard or at the park, read stories that take place outside. Then, try these suggestions for helping your child make connections between books and his world.

Recreate a picture. Let your youngster choose an illustration from a book and use props to make his own real-life version of it. If the picture shows a pond with



the sidewalk after a rainstorm to see how they wriggle. Or after reading about a windy day, he may want to make a colorful wind sock to see which way the wind is blowing.♥

lily pads, he could float leaves on a puddle. Or if there's an illustration of a bear in a cave, maybe he'll use sticks and rocks to build a miniature hideaway for his teddy bear.

Explore science. Do a science activity related to a book. Say the main character in a story is an earthworm. Your child might observe worms on



A back-to-school recipe

Your youngster can practice writing instructions as she whips up a recipe for a great school year!

Together, read recipes for favorite dishes so she sees how they include an ingredients list and step-by-step instructions. Then, suggest that your child write her own list of ingredients for a great school year. *Example:* "1 friendly teacher, $\frac{1}{2}$ cup reading, a dash of recess."

1. Combine 1 friendly teacher with $\frac{1}{2}$ cup reading.
2. Sprinkle in a dash of recess.
3. Add $\frac{1}{2}$ cup math games.



Next, she should write a step for each ingredient. Encourage her to use cooking words like those in the recipes she read (*stir, combine, blend*).

Finally, listen while your youngster reads her finished recipe to you.♥

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Q&A Read-alouds for new readers

Q My son loves it when I read to him. Now that he's learning to read on his own, what should I do differently at story time?

A Simply continuing to read aloud to your son is one of the best ways to support his reading. Kids who have pleasant experiences with books tend to become better readers.

Try following your child's lead at story time. If he points out words he knows, offer encouragement. ("You're right, that word is *blue*.") Or if he asks what a word means, give a quick kid-friendly explanation. ("*Locomotive* is a big word for *train*.")

Also, share your reactions to the book, and let your son do the same. *Example:* "I was really hoping the train would make it up the hill. Did you think it would?" You'll find that talking about stories is a natural way to boost his comprehension.♥



Parent to Parent

Let's do research!

My daughter Kara asks a lot of questions. During a recent trip to the library, we read a non-fiction book that answered her most recent one: "Why do we get the hiccups?"

Now Kara keeps a list of questions she thinks of. When we visit the library, we look up the answers. Our research is turning out to be far more educational—and more fun—than asking

my phone to answer Kara's questions. For instance, I help her type her topic into the library database, and we look at the list of suggested books. Then the librarian points us toward the section where we can find what we need.

Kara is learning her way around the library, and she's even learning to use a book's index to locate the information she's looking for.♥



Reading Connection

Working Together for Learning Success

September 2019

Frazier Elementary Schools - Kelly Lombard, Principal

Title 1



Book Picks

■ *Lunch Lady and the Cyborg Substitute* (Jarrett J. Krosoczka)

Three students discover that their lunch lady is a secret agent who's investigating a new teacher. The agent and her assistant use special gadgets—like an apron that's really a cape—to help them crack the case. Book one in the Lunch Lady graphic novel series.



■ *Our Story Begins* (edited by Elissa Brent Weissman)

Get a glimpse into the childhoods of 26 favorite children's authors and illustrators in this collection of their earliest works. Readers will find stories, poems, artwork, and more—and may even be inspired to get creative themselves!



■ *Who Was Rosa Parks?*

(Yona Zeldis McDonough)
In this biography, readers will learn about the heroic woman who bravely refused to give up her seat on a bus. The book describes Parks's childhood and the changes she inspired. (Also available in Spanish.)

■ *A Boy Called Bat* (Elana K. Arnold)

Bat, a boy who has autism, bonds with a baby skunk his veterinarian mother brings home. He names the skunk Thor and wants to keep him as a pet, but he has to convince his mom. This story about acceptance and friendship is the first book in the Bat series.



Motivated to read

Reading for pleasure is one of the most important ways for your child to build the skills he needs for school success. Get him into the reading habit this year with these ideas.

Find an "in"

Choose a book you think your youngster will enjoy—say, one about a boy his age who is short like he is. Read the first chapter or two aloud to him, and then ask him to read the next one. Don't be surprised if he gets hooked on the story and finishes reading it on his own!

Become a team

Pick a new hobby to try with your child, and team up to learn everything you can about it. The two of you might get into stamp collecting or photography. Check the library for collectors' guides or how-to books related to your hobby.

Use pictures

Colorful illustrations make picture encyclopedias and coffee-table books



hard to resist. Your youngster can explore kid-friendly topics like animals and sports. Leave the books around the house, perhaps on your child's nightstand or an end table. The pictures may spark his interest in reading the words.

Think outside the book

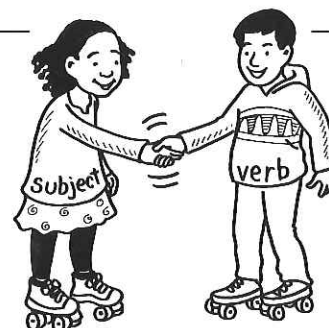
Reading doesn't always have to mean books. Is your youngster a movie buff? Let him read film reviews before you head to the theater. Does he like board games? Steer him toward trivia games that require players to read and answer questions. ■

Let's agree!

It's important for subjects and verbs to agree—just as it's important for your child to get along with others! Share these tips and strategies to help your youngster choose the correct verb:

- A singular subject (except *I* and *you*) gets a singular verb. Have your child pick a sentence from a book and read it with and without the *s* at the end of the verb. Example: "John *skates* around the rink," "John *skate* around the rink." The subject (*John*) is singular, so the verb (*skates*) is singular, too.

- Even if the subject and verb are separated by other words, they still have to agree. Suggest that your youngster ignore the words between the subject and verb to make sure she selected the right verb: "The boy ~~with the dogs~~ *walks* by our house every day." ■



The elements of a story

Your youngster has been asked to write a story. She has a topic in mind but isn't sure how to begin. Sound familiar? Have her consider these story elements to get her creative-writing juices flowing.

Theme. The theme is the “big idea,” which is different from the topic. For example, if your child's story is about a girl who is new at her school, the theme could be courage or perhaps



friendship. Keeping the theme in mind will help her dig deeper into her topic.

Tone. Will your youngster's story be suspenseful or funny? For a horror story, she might choose words that keep readers in suspense. If she wants to write a funny story, she could think of dialogue that will make readers laugh.

Read, write, and get involved

Did you know that your youngster can gain reading, writing, and speaking skills by joining after-school activities? Suggest that he check out extracurriculars like these.

Student council

Your child will practice persuasive and explanatory writing when he composes speeches, creates campaign posters, or takes minutes at meetings. And giving speeches is good experience for oral presentations in class.



Publications

Working on a school newspaper, yearbook, or literary magazine offers lots of reading and writing opportunities. Your youngster will write questions for interviews, conduct research for articles, or write stories or poems to be published.

School plays

Memorizing his lines and saying them with expression can make your child a smoother reader. He'll also become familiar with dialogue, narration, and stage directions. ■



Time. Suggest that your child decide when her story will take place. During a specific period of history? A season of the year, such as winter? She can bring her story to life by including details about things like the clothing that characters are wearing and the weather outside. ■

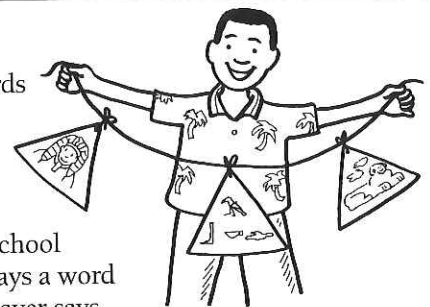
Fun with Words

Create word chains

Making “chains” of related words is a fun way to stretch your child's vocabulary. Play this game together, and see how many words you can link!

Have your youngster think of a category that's related to something he's learning in school (say, ancient Egypt). To start the game, he says a word that fits his category (*pyramid*). The next player says another word that goes along with the category. But there's a catch! Each new word has to begin with the last letter of the one before it.

A word chain for ancient Egypt, for example, could be: “*pharaoh*, *hieroglyphics*, *sphinx*.” Continue calling out words until someone can't think of a new one. The last player to come up with a word picks the next category. ■



Q&A

Making sense of graphics

Q My daughter tends to skip over graphics, such as charts and diagrams, when she reads a textbook. What do you suggest?

A Point out that graphics work as a team with words to help her understand subjects like math, science, and history. She can become more comfortable with these textbook features by reading and using graphics that appear in everyday life.

For example, the nutrition-facts box on her

favorite snack contains a chart with useful information. Suggest that she slide her finger across rows and down columns to keep her place as she reads. Explain that she'll need to read the whole thing—“120 calories per serving” is useful only if she knows the serving size.

Also, have her practice using diagrams at home by following them to build toys or to help assemble furniture. She'll see that a visual image makes it much easier to understand the instructions. ■



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