

# Home & School

## Working Together for School Success

### CONNECTION®

September 2016



#### SHORT NOTES

##### I can visualize it

Whether your child is reading or doing math, being able to “see” the material can help her understand it. For example, have her sketch a scene from a story or draw a map of the setting. Or she might use objects to solve a math problem. For  $15 \div 3$ , she could arrange 15 barrettes into 3 equal groups to find the answer (5).

##### Update your information

Has your contact information changed since spring? Check that your youngster’s school has your correct home address, phone numbers, and email addresses on file. That way, teachers and staff will know the best way to reach you about school events, concerns with your child, or emergency closings.

##### Trait of the week

Encourage good character all year long! Each week, vote on a trait to celebrate, such as respect, honesty, or tolerance. Ask your youngster to create a poster illustrating the trait, and hang it up. Then, family members can look for examples and jot them on the poster. At the end of the week, read the examples aloud—and vote on a new trait.

##### Worth quoting

“If you can dream it, you can do it.”  
Walt Disney

#### JUST FOR FUN

**Q:** Where can you find hippos?

**A:** It depends on where you hide them!



## Launch into learning

Three...two...one...blast off! It’s a brand-new school year, and your child’s mission is to learn. With these tips, he’ll land in class ready to succeed.

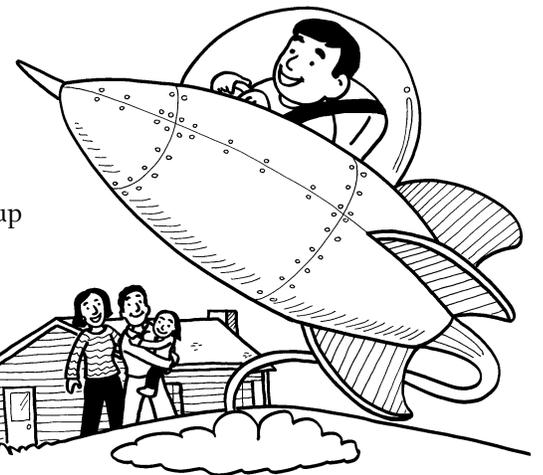
### 3...Build excitement

Help your youngster get revved up about what he’ll learn this year. To find out what’s ahead, attend back-to-school night, talk to his teacher, and check the school website. Find topics you think will interest him, and read about them together in library books or online.

Look for hands-on opportunities to get him excited, such as visiting a public garden or planting seeds at home if he’s going to study plant life cycles.

### 2...Set goals

Specific, doable goals are critical to any successful mission. Let your child write goals and “due dates” on strips of construction paper (“I will finish long-term projects one day early so I have time to review them”). He can loop the strips together into a paper chain, then



cut off each link as he achieves the goal. With hard work, he’ll be able to say, “Mission accomplished!”

### 1...Develop routines

Your youngster will blast off ready to learn if he is well rested, well fed, and active. Set a bedtime that gives him the recommended 9–11 hours of sleep. Make sure he wakes up early enough to enjoy a healthy breakfast. Also, try to see that he gets at least an hour of physical activity a day.♥

## In school every day

Did you know that attending school regularly will affect how well your youngster does this year *and* in later grades? Use these suggestions to help her get an A+ in attendance.

● **Stay healthy.** Remind your child to wash her hands with soap and water before eating and after using the restroom or playing outside. Also, work with your pediatrician if your youngster has a chronic condition, such as allergies or asthma, that could cause her to miss school.

● **Address problems.** If your child wants to stay home when she’s not sick, ask why. Talk to her teacher if this happens frequently or if you suspect a bigger issue. For example, struggling with schoolwork and being bullied are two common reasons for wanting to avoid school.♥

