



October 25, 2019

Mark Your Calendars

Monday, October 28th - **4th & 5th Grade Girls Basketball Home Game vs Maryville Christian** - The basketball game starts at 6:00 pm in the CGIS Gym.

Monday, October 28th - **4th & 5th Grade Boys Basketball Home Game vs Maryville Christian** - The basketball game starts at 7:00 pm in the CGIS Gym.

Wednesday, October 30th - **Make-up Picture Day & Sports Groups**

Please visit our CGIS website at www.maryville-schools.org/cgis to find information regarding all our activities, clubs, school calendar, classroom information, and more.

Digital Citizenship Announcements Week: Internet Safety 10/25/19

Here are a few words of wisdom regarding digital citizenship. This week, we are focusing on Internet safety. Staying safe online is important for all of us. Giving out personal information can compromise your safety. Posting or sending your photo, location, name, and age online can be very risky. At Maryville City Schools, we recommend that each person:

Think about the information you're sending. Would this information help someone locate you? As we discussed last month, it's better to under share than overshare. Make sure your information is not putting your safety at risk. Internet safety keeps you safe offline, too. The choices are yours.



October 28-November 1

4th - 7th



The Red Ribbon Campaign® is the oldest and largest drug prevention program in the Nation and a way for people and communities take a visible stand against drugs and bullying. We want to help our nation's children reach their full potential.

Monday- Wear RED to show you are ready to take a stand against drugs and bullying.

Tuesday- Crazy sock day, SOCK it to drugs and Bullying.

Wednesday- Team up against drugs and bullying. Wear your favorite sports shirt, hat or jersey.

Thursday- Halloween- Wear something black to BLACK OUT drugs and bullying. *****Students will not be allowed to dress up for Halloween, but please wear black to BLACK OUT drugs and bullying.**

Friday- Wear Hawk gear to show CGIS pride for anti-bullying and being drug/alcohol free.

Helping Children Learn®

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School



November 2019

Family Resource Center
Maryville City Schools

Create a home environment that supports success at school

Some of the things you can do to help your child do well in school may not seem to be connected to academics. But studies show that kids are more likely to achieve in elementary school and beyond when their parents provide a supportive home environment that fosters positive traits and attitudes.



To support your child:

- **Set the bar high.** Don't demand perfect grades, but do insist that your child work to the best of his ability. Then praise him when he tries hard—even if he falls short.
- **Assign chores.** Kids who have duties around the house learn how to be responsible. They also understand that they can and should contribute to the well-being of the whole family.
- **Nurture your relationship.** You are your child's most important ally! Make time to have fun together. Share a hobby or kick a ball around the park. Never let your child forget you are on the same team.
- **Take care of yourself.** If you are stressed, your child will be, too. Set an example of self-care by eating a healthy diet and making time to exercise and relax with a good book. A calm, peaceful home starts with you.

Source: R. Gillett and R. Premack, "Science says parents of successful kids have these 11 things in common," Business Insider, nisswc.com/successtools.



Share the pleasures of reading

The ability to read well makes learning every subject easier. Kids who want to read are motivated to improve their reading skills. But what if your child isn't interested? Show her how enjoyable and rewarding reading is!

Here are four simple ways:

1. **Listen to audiobooks.** This is a great way to show a reluctant reader how interesting books can be. Borrow audiobooks from the library, or record yourself reading a book your child might like. Then have her read along.
2. **Follow current events.** Is there a developing news story that interests your child? Read the latest reports in the paper or online together each evening.
3. **Go on a fun outing.** Challenge your child to research attractions near you. Plan a visit to one and ask her to be your tour guide.
4. **Eat your words.** Get a cookbook and let your child pick a recipe to try. Have her read it as you cook the dish together. Then enjoy the tasty rewards of reading.

Put gratitude in writing

Research links a feeling of gratitude with increased happiness and school satisfaction. Help your child explore the feeling with a family writing project. Have everyone:

1. **Write down** something they are thankful for at the top of a sheet of paper.
2. **List** all the reasons they are grateful for it underneath.
3. **Illustrate** their pages.

Post these pages for the whole family to read.



Source: S. Allen, Ph.D., "The Science of Gratitude," Greater Good Science Center, UC Berkeley, nisswc.com/thanks.

Avoid a screen time pitfall

When it comes to limiting screen time, a recent study found that one popular practice is likely to backfire.

When parents granted screen time to reward good behavior, or withheld it to punish bad behavior, their kids wound up spending more time with screens.



Instead, set consistent limits and help your child discover lots of ways to have fun without sitting in front of a screen.

Source: University of Guelph, "Controlling children's behavior with screen time leads to more screen time, study reveals," ScienceDaily, nisswc.com/screencontrol.

Prevent homework hassles

To keep your child's homework from becoming a source of friction in your home:

- **Give schoolwork top priority.** If your child is too busy to finish his assignments, adjust his schedule so that homework comes first.
- **Expect some frustration.** A little complaining is normal.
- **Have your child call** a classmate if he has a question. This shifts responsibility from you onto him, where it belongs.



Memorizing is difficult for my child. What will help?

Q: My child does her homework and studies before tests. But at test time, she can't seem to recall the facts. How can I help her improve her memory?

A: There are many techniques that may help your child memorize and recall facts. Encourage her to try:

- **Silly sentences.** Help your child use the first letter of terms she needs to learn to make a funny sentence, such as "Special Hamsters Must Eat Oranges" for the Great Lakes (Superior, Huron, Michigan, Erie, Ontario).
- **Grouping.** Have her divide big lists of facts into smaller lists of similar items. Instead of trying to learn every state capital at once, she could divide the country into regions and memorize capitals for each region.
- **Images.** Your child can draw or imagine a picture of what she's studying. Then, during the test, she can think about her picture to recall the facts.
- **Personalization.** Help your child relate the information to her own life. An important date in history might also be a relative's birthday.
- **Singing.** Your child can replace words in a familiar song with facts she needs to remember.



Are you taking attendance seriously?

Regular attendance at school is critical for your child's academic success this year—and every year. Are you reinforcing strong attendance habits? Answer *yes* or *no* to the questions below:

1. **Do you make** it clear to your child that you expect him to go to school every day?
2. **Do you overrule** weak excuses? Not wanting to get out of bed isn't a valid reason to stay home.
3. **Do you try** to schedule appointments and family trips for non-school times?
4. **Do you set** your child's bedtime and wake-up time earlier if he has trouble getting ready for school on time?

5. **Do you keep** your child out of school when he is sick? Reducing the spread of illness helps others avoid absences.

How well are you doing?

More yes answers mean you are making attendance a priority. For each no, try that idea.

"Unless such commitment is made, there are only promises and hopes, but no plan."

—Peter F. Drucker

Focus on your child's vision

Kids with vision problems can struggle in school. But children don't always know that they can't see well. It's important to get your child's eyes examined yearly. To protect her eyesight overall:

- **Encourage outdoor play.** Recent research suggests that spending more time outdoors—about 14 hours a week—can help some kids avoid nearsightedness.
- **Provide good light.** A bright reading lamp will help your child avoid eyestrain.
- **Commit to safety.** Does your child play sports? Make sure she wears the proper protective eye wear, such as safety glasses or swim goggles.

Source: K. Zadnick, Ph.D. and D.O. Mutti, Ph.D., "Outdoor Activity Protects Against Childhood Myopia—Let the Sun Shine In," JAMA Pediatrics, nswc.com/sun.

Math facts come in families

Math facts that use the same numbers are called families. If your child is learning that $1+2=3$, it helps for him to know that $2+1=3$, too. And that $3-1=2$, and $3-2=1$. Make flash cards that show fact families. For example, write 3, 2 and 1 on one card. How many equations can your child make with those numbers? Write the possibilities on the back of the card.



Encourage self respect

When children lack self-respect, it is hard for them to respect other people. This often leads to disruptive behavior in school. To foster self-respect in your child:

1. **Help her feel competent.** Provide chances to learn and practice new skills.
2. **Notice and compliment** her progress.
3. **Let her make** age-appropriate choices.
4. **Show that you accept,** appreciate and love your child for who she is.

Helping Children Learn[®]

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Daily Learning Planner

*Ideas parents can use to help children
do well in school*

Family Resource Center
Maryville City Schools



THE
PARENT
INSTITUTE®

November 2019

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

- ☐ 1. Let your child see you reading for pleasure.
- ☐ 2. Have a jump rope contest today. See how many jumps your child can do in a row.
- ☐ 3. Set aside some time today to work on a hobby with your child.
- ☐ 4. Read a textbook assignment with your child. Then ask her to tell you about it in her own words.
- ☐ 5. Is your child behaving well? Be sure to say how proud this makes you.
- ☐ 6. Make your child laugh! Tell a joke, read a funny story or poem, sing a silly song or draw a cartoon.
- ☐ 7. Give your child a calendar. Teach him to write down assignments, tests dates and school activities.
- ☐ 8. Play a game of charades with your child. Use hand gestures and motions to convey words and phrases.
- ☐ 9. Help your child figure out the average time she spends reading per day.
- ☐ 10. Take a fraction walk with your child and write down what you see: $\frac{3}{7}$ of the cars on your block are blue, $\frac{4}{5}$ of the houses have a gray roof.
- ☐ 11. Start a kitchen band. Use spoons, pans and lids for instruments. March around the house together.
- ☐ 12. Talk with your child about important events in the news.
- ☐ 13. Make up new compound words for familiar things. Perhaps your cat is a *purrcuddler*.
- ☐ 14. When your child is unsuccessful at something, ask, "How could you do it differently next time?"
- ☐ 15. Listen to music without lyrics. What does it make your child think of?
- ☐ 16. Let your child plan dinner. How many food groups can he include?
- ☐ 17. Help your child make a list of things, such as colors. Then have her put them in alphabetical order.
- ☐ 18. Have your child teach you something he needs to learn for homework. It's a great way to reinforce learning.
- ☐ 19. Play tic-tac-toe with your child.
- ☐ 20. Look over your child's homework. Give specific compliments and helpful criticism.
- ☐ 21. Encourage your child to write a thank-you note to someone who has helped her.
- ☐ 22. Talk to your child about peer pressure. Role-play ways to say *no* to things he knows are wrong.
- ☐ 23. Visit the library with your child. Check out a book about oceans.
- ☐ 24. Ask your child to write a story from the point of view of a pet.
- ☐ 25. Look for ways to volunteer as a family. Ask your child to help decide what to do.
- ☐ 26. Challenge your child to determine the direction of the wind by using a wet finger or by watching things blow.
- ☐ 27. Ask your child to tell *you* a bedtime story tonight.
- ☐ 28. At dinner, have everyone compliment each person at the table.
- ☐ 29. Display your child's best schoolwork. Change the display often.
- ☐ 30. Help your child use the internet to research events that occurred on the day she was born.

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