

# Home & School

## CONNECTION®

Working Together for School Success

March 2015



Good Shepherd Lutheran School  
Robert Mayhew, Principal

### SHORT NOTES

#### That's a record!

Suggest that your youngster start a notebook of personal records to keep track of her accomplishments. For instance, maybe she did five pull-ups in PE or got 100 on her spelling test two weeks in a row. Challenge her to beat her own records, and she'll learn to set and work toward goals.

#### Backpack safety

To avoid straining his back, encourage your child to bend his knees (not his waist) when he picks up his backpack. Also, the weight of his backpack should be less than 15 percent of his body weight. *Hint:* Have him pack items so the weight is evenly distributed.

#### Celebrate spring

Spring begins March 20. As a family, plan a mini celebration to ring in the new season. Your youngster could make invitations ("Meet in the living room on Friday after dinner") and check out library books of spring crafts to do together. You might bake cookies or cupcakes that family members can decorate with flowers or raindrops.

#### Worth quoting

"Use the talents you possess, for the woods would be a very silent place if no birds sang except the best."

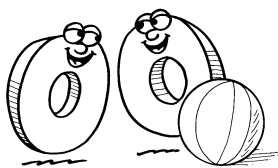
Henry van Dyke

### JUST FOR FUN

**Tyler:** I can tell you the score of tonight's big game before it starts.

**Dad:** Really? What is it?

**Tyler:** Zero to zero!



## Respect at home, respect at school

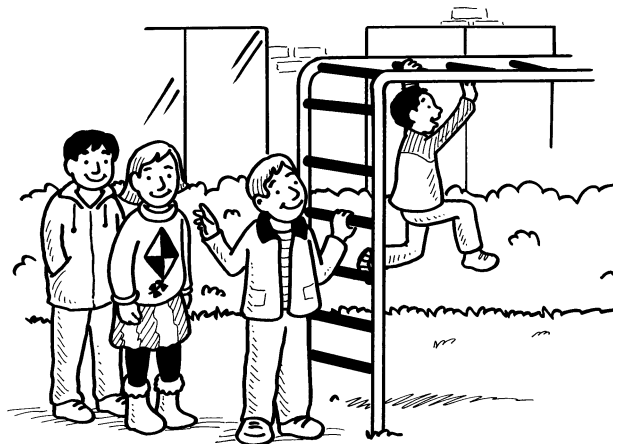
A child who treats people with respect at home is more likely to be respectful in school. These tips can help your youngster learn what respect is and inspire him to show it.

#### Define

Explain that respect includes valuing others' needs and wishes, showing consideration for people, being tolerant of differences, and using good manners. Then, have your youngster write his own recipe for respect. *Example:* "Mix together  $\frac{1}{4}$  cup caring,  $\frac{1}{4}$  cup good manners,  $\frac{1}{4}$  cup self-control, and  $\frac{1}{4}$  cup tolerance. Makes as many servings as you need—and stays good forever!"

#### Spot

"I spy...respect." Together, look and listen for people showing respect. Your child may notice students listening quietly as the media specialist reads a book or classmates speaking politely to each other. Have him name someone he respects at



school, like a teacher or classmate—why does he respect that person? Also, as he reads or watches movies, he could be on the lookout for characters he thinks are worthy of respect.

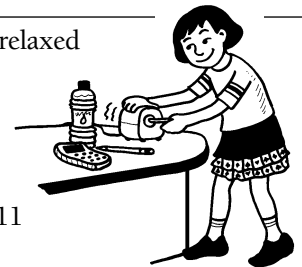
#### Show

Can your youngster think of instances where he was or wasn't respectful this week? Encourage him to come up with three ways he will behave respectfully at home and at school next week. For example, he could ask his sister before touching her guitar or wait patiently for smaller kids who need more time to cross the playground monkey bars. ♥

### Test-week success

How can you help your youngster stay focused yet relaxed during standardized test week? Share these strategies:

- Suggest that she pack a "test kit" the night before each day of testing. She should put in everything that she'll need, such as sharpened pencils, a calculator, a water bottle, and a snack. *Tip:* Make sure she gets 10–11 hours of sleep so she'll be alert.
- Let your child plan enjoyable activities for after school. She may not have homework during test week, so she could use that time to unwind by playing board games, reading comic books, or visiting a park. ♥



# When I grow up...

Help your youngster see the connection between what she's learning in school and the future career she dreams of with these ideas.

**Think about jobs.** How could your child use reading, math, or science in a future career? Ask her to name a job she might enjoy and match it with a skill she learned in class. For example, reading with expression will come in handy if she becomes a TV news anchor



someday. Or if she'd like to be a fashion designer, the measurement unit she's doing in math can help her measure fabric correctly.

**Talk to workers.**

Let your youngster interview people about their jobs. Maybe your neighbor is an electrician or your sister is an orthopedist. Encourage her to ask how they use school subjects at work.

She may discover that electricians read manuals and diagrams and that orthopedists need science to understand patients' bones and to diagnose and treat injuries.♥

## ACTIVITY CORNER

### Put salad on the map

What does your child's dinner salad have to do with geography? Make one together, and he can find out.

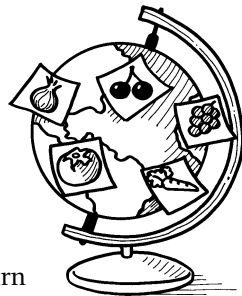
**1.** Ask your youngster to write a shopping list for salad ingredients.

**2.** At the grocery store, have him read stickers to learn where each ingredient comes from (tomatoes from Mexico, cucumbers from California). Can he find anything grown in your area?

**3.** At home, encourage him to look at a world map and locate the state or country where each ingredient was grown. He could sketch each food on a sticky note and place it where it belongs on a globe, an atlas, or a map.

**4.** Let your child help you wash the vegetables, slice them, and toss with his favorite dressing. Now it's time to eat!

*Idea:* Next time, let him make and map a fruit salad.♥



## Q & A

### Keeping track of papers

**Q:** My son's room is a mess—which wasn't a big problem until he started losing schoolwork and getting frustrated when he couldn't find things. How can I help?

**A:** The good news is that even if your son's room is cluttered, he won't lose papers if he keeps them in his backpack.

He should take homework assignments out of his bag when he's ready to work on them and put them right back in after he's finished. If he has a graded test or a permission slip for you to sign, have him hand it directly to you instead of putting it in a pile where it may get overlooked.

You could also help your son develop a system for organizing work that he needs to keep. He might use stacked plastic trays or file folders—one for each subject.

Once he sees how much easier it is to find papers, he just may be ready to tackle the rest of his room so it's organized, too!♥



### A co-parenting team

If you're divorced, you may worry about how the situation will affect your child's schoolwork. Youngsters tend to adjust better if they see their parents working as a team, so try these suggestions for building a good co-parenting relationship:

● Find a way to communicate about your child's schooling. For example, some parents feel email works best. *Tip:* Mention your conversations to your youngster. ("I told your dad about your citizenship award. We're both proud of you!")

● Attend school events. Your child will probably want to hang out with both of you during a math night or an art fair. Focus on her, and avoid bringing up difficult subjects (finances, custody).

● Be sure to both look over report cards and other important papers that come

home. You might make a copy for the other parent or ask if the school will send home duplicates. Try to agree on a plan for handling grades.♥



**OUR PURPOSE**

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

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