



TLJATIMES

A newsletter for Timothy L. Johnson Academy parents and families.
Timothy L. Johnson Academy 4615 Werling Dr., Fort Wayne, IN 46806 (260) 441-8727

Fall is in the air!!



We are here to serve you and your family! If you have any questions, please contact the school office at 441-8727.



Breakfast & Lunch

All students attending TLJA will receive free school meals. Timothy L. Johnson Academy has been approved to implement the Community Eligibility Provision for breakfast and lunch. This means that parents will not need to fill out the long meal application.

Dear TLJA Family,

It is so hard to believe it is almost Fall. Though the temperature is not always displaying it, the season change is fast approaching. With that change, brings shorter days and a new reminder that summer has past.

Fall has always been my favorite season. Not only does it mean school is back in session, but it means we are back into our familiar routines and structures. There is something comfortable and safe about Fall. I hope each of you have a perfect Fall season.

Thank you for another great start to the school year. Of course our top goal is to keep everyone safe. We appreciate your help and support. Everyone has been wonderful in supporting the new normal in opening during a pandemic. Thank you for all you do!! We will continue to keep the lines of communication open with you, please do the same with us. Let's make it a great Fall season at TLJA!! Dawn Starks School Leader



Days are
getting
cooler.
Don't
forget to
send a
morning
jacket!!

Need Transportation? If you haven't been contacted regarding your transportation needs, please contact the school office at 441-8727. We provide transportation for all students!!

Student Dress Code for the Elementary School

TLJA students are to be in dress code every day.

- **Shirts** must have a collar and be light blue, navy, black or white. Shirts must be solid color with no stripes, prints, or labels.
- **Pants, shorts, and skirts** must be khaki, navy, or black. Students are not to wear jeans, denim, leggings, or sweats. No sagging allowed!
- **Belts** are to be worn if necessary.
- **Sweaters and hoodies** worn inside must be light blue, navy, black, or white and have no prints or logos. Students are not to wear outdoor jackets and coats inside.
- **Shoes** should totally enclose the student's foot. No sandals or backless shoes.

Any questions regarding the dress code should be referred to the school office or your child's teacher.



All transportation changes need to be called in to the office by 2:15 p.m. Changes will take up to 3 days to process.



PICTURE DAY IS COMING

On Wednesday, September 30th, Lifetouch Photographers will be at TLJ to take student and class pictures. An order blank will be sent home with your student for you to complete if you wish to purchase pictures.

Choose the package you wish to purchase, the portrait pose from the brochure, and mark the envelope with your choices. Have your student return the envelope with the correct payment enclosed so it may be given to the photographer when your student's picture is taken. You may also order on-line by going to mylifetouch.com. There will be a make-up day later in the month for any student who is absent on picture day.

If for some reason you are dissatisfied with your student's pictures, you may have them retaken on make-up day. You would need to have your student return the unsatisfactory package on retake day in order for his/her picture to be retaken. That date will be announced after the September 30th pictures have been received and you have had a chance to look them over.

It is not necessary to wear school uniforms on picture day. Regular dress clothing will be allowed.

DATES TO REMEMBER SEPTEMBER

- 9/22- eLearning Day for
9/24 In School K-5
students
- 9/24 eLearning Day for
In School Middle
School students
- 9/30 School Picture Day
Elementary/Middle
School

OCTOBER

- 10/9 Fall Break –
No School

ATTENTION MIDDLE SCHOOL STUDENTS

eLearning DAY 9/24/2020

On Thursday, September 24th, in-school students will have an at home eLearning Day. Students will have assignments from their teachers to complete at their homes.

Virtual Learning students will be required to come to school on Thursday, September 24th to participate in BOY (Beginning of Year) assessments. Parents will need to transport their students to school and to pick them up at the end of the day.

Classes will resume and bus pick up/drop off for in-school students will begin again on Friday, September 25th.

If you have any questions regarding the eLearning Day, please contact the school office at 543-4077.

A NOTE FROM THE NURSE

A FEW FRIENDLY REMINDERS

During these trying times of the Pandemic, please encourage your children and family to exercise caution by wearing masks and keeping safe distances.

Here are a few suggestions for those students who become ill. Please do not send your child to school if he/she has or has had:

- Fever of more than 100 degrees within the last 24 hours.
- Vomiting or diarrhea within the last 24 hours.
- Continuous coughing not relieved with cough medicine.

Please help us teach your children good health habits to protect themselves as well as others:

1. Plenty of rest and nutritious food are needed.
2. Do not eat or drink from same utensil or container after someone else.
3. When coughing or sneezing, cover the nose and mouth by coughing or sneezing into a tissue or bent elbow.
4. Practice frequent hand washing with soap and water or hand sanitizer.

Thank you in advance for working with us to keep students and staff healthy and in school.

REMEMBER

Due to the Fall Break, there will be no school on Friday, October 9th. School will resume on Monday, October 12 at regular time.

ELEMENTARY VIRTUAL STUDENTS

Beginning on Tuesday, September 22nd, Virtual students will be required to come in to take the BOY (Beginning of Year) assessment and to go over the structure of Blackboard. It will be necessary for Virtual students to be transported to and from school by parents on their grade level date. Below is a schedule of dates when students should attend:

- Tuesday, 9/22 Kindergarten and Grade 1
- Wednesday, 9/23 Grade 2 and Grade 3
- Thursday, 9/24 Grade 4 and Grade 5

In-school Students who attend school daily will not attend on their designated date as listed above. If you have any questions, please call the school office at 441-8727.

Elementary School Parents[®]

October 2020
Vol. 32, No. 2

Timothy L. Johnson Academy

make the difference!



A positive mindset can help your child succeed in math

Think your child's state of mind has nothing to do with his performance in math class? Think again. According to research, the brain's "emotion" and "intellect" centers are connected. In fact, they are permanently entwined.

What this means for your child is that his mindset can affect his ability to solve math problems. Think about it: If he's nervous about an assignment in front of him, he may struggle to answer the questions. But if he's calm and confident, he'll likely do much better.

To encourage a positive mindset when it comes to math:

- **Remind your child** that effort leads to achievement. Does your child claim he can't do math because he's "just not smart"? That implies people are either born intelligent

or not. But that isn't true. Buckling down can lead to smarts.

- **Send the right message.** Don't say, "That problem looks hard." If your child worries about something being too difficult, he may decide he can't do it. Instead, say, "That problem looks challenging." Let your child know that figuring out challenging math problems is rewarding and fun.
- **Teach your child to relax.** Suggest that he picture something happy or fun. Remind him that he knows more than he thinks he does. If you can help your child calm his nerves before he picks up his pencil, he'll have a better chance for success!

Source: E. Digitale, "Positive attitude toward math predicts math achievement in kids," Stanford Medicine, nswc.com/elem_mathpositive.

Reinforce the concept of time with your child



Time management is essential for school success. However, there's a lot for young students to learn

when it comes to the concept of time: How long is a *second*, *minute*, *hour* and *day*? What about a *week*, *month* and *year*? How do *past*, *present* and *future* relate?

The more your child understands time and how it's measured, the more responsible she can be. She can "be ready in 10 minutes" or estimate how long it will take to do her homework.

While a real mastery of time doesn't come until later in the elementary years, this four-step process can help your child have a better sense of time:

1. **Ask your child** to select a task. She could jump up and down 50 times, draw a picture or complete two math problems.
2. **Have her estimate** how many minutes it will take her to complete the task.
3. **Help her use a timer** to track the time it takes to complete the task.
4. **Have your child check** how close her estimate was to the actual time it took.

Frequent hand washing keeps students healthy and safe



Scientists estimate that up to 80% of infections, including COVID-19, are spread through poor hand hygiene. That means hand washing is an important way to stay healthy. Regular hand washing not only removes germs, it prevents the spread of germs to others.

Teach your child to:

- **Wash properly.** He should wet his hands, lather with soap and scrub for 20 seconds. It takes about this long to sing the "Happy Birthday" song twice.
- **Include all parts of his hands**—front, back, fingernails, between fingers, etc.
- **Rinse and dry thoroughly.** After washing, he should hold his hands under running water to rinse. Then,

he should shake his hands a few times and dry them with a clean towel.

- **Wash his hands often.** Soap and water work best. If they aren't available, he can use a hand sanitizer with at least 60% alcohol. Remind your child to avoid touching his face unless he washes his hands first.

Source: "Clean Hands Save Lives," Centers for Disease Control and Prevention, [nswc.com/elem_handwash](https://www.cdc.gov/elem_handwash/).

"Coronaviruses are not particularly tough. Soap and water, used properly, will dislodge the virus from your hands and can destroy their outer surface area."

—Daniel M. Parker, Ph.D.

How to get the most out of parent-teacher conferences



Some parents say that the parent-teacher conference is one of the most valuable things they participate in all year. Whether in person or online, these one-on-one meetings are great for learning more about your child's strengths and weaknesses, and will give both you and the teacher a better idea about the year ahead.

To get the most from your meeting:

- **Talk to your child.** Ask him to tell you what he thinks are his easiest and most difficult subjects—and why. Does he have any questions he'd like you to ask the teacher?
- **Make a list of things to tell the teacher.** You know your child better than anyone else. For example, has there been a change in your family situation? Sharing some personal information will make it easier for the teacher to meet your child's needs.
- **Write down your questions.** Ask things such as:
 - » *Is my child in different groups for different subjects?*
 - » *Are my child's reading and math skills on target?*
 - » *Does my child participate in class discussions?*
 - » *Is my child working up to his ability?*
- **Be on time.** Teachers usually schedule conferences back to back. Promptness will allow you to take full advantage of the time the teacher has available.
- **Create an action plan.** Ask the teacher what you can do to reinforce what your child is learning. Try to get at least one or two specific suggestions.

Are you helping your child tackle that big project?



It's a fact of school life:

The older the child, the bigger the project. Do

you know how to support your child as she tackles

a big school project? Answer yes or no to the questions below to find out:

1. Do you guide your child if she needs to select a topic? Help her narrow down a broad topic to specifics she can manage.

2. Do you help your child break down the project into lots of small steps? She can schedule time for each step on a calendar. As she finishes each step, she can cross it off.

3. Do you help your child make a list of all the supplies she will need to avoid last-minute crises?

4. Do you help your child locate reliable books, websites and other resources that can help?

5. Do you review your child's work, but avoid doing it for her?

How well are you doing?

Each yes means you are taking positive steps to help your child succeed on the big school project. For no answers, try those ideas from the quiz.

Elementary School
Parents
make the difference!

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Help your child understand and appreciate diversity



Now more than ever, it's important to teach children to respect and celebrate people from different cultures and

backgrounds. To promote diversity:

- **Learn about the challenges** and contributions of people of different races in this country. Read books together, such as *Resist: 35 Profiles of Ordinary People Who Rose Up Against Tyranny and Injustice* by Veronica Chambers.
- **Talk to friends, neighbors** and coworkers who are from different backgrounds. Ask them to share some of their experiences and traditions with you and your child.
- **Find an international pen pal.** Check out free pen pal sites, such as www.studentsoftheworld.info.
- **Learn about holiday customs** of people around the world. Go online and check out books to discover how other people celebrate their special days.
- **Watch television programs** about people from other cultures.
- **Learn simple words** in different languages. Teach your child to count to 10 in another language. Learn how to say *hello* and *thank you*.
- **Cook authentic recipes.** Pick a culture and search online for a recipe to try. Prepare the dish with your child and enjoy it together.
- **Learn about crafts** from around the world. Search online for examples and make a few with your child. You could make a mask, drums, a hand fan, worry beads, tissue paper flowers and more.

Your child's vision plays a vital role in academic success



Students with vision problems may struggle more than their classmates. If your child can't see what's on the screen—

or what's on a worksheet—she's likely to fall behind. And that means her grades can suffer.

Unfortunately, kids don't always know that they can't see well. They simply rub their eyes, squint and try their best to see. It's important to get your child's eyes examined yearly.

To protect her eyesight overall:

- **Provide good light.** Be sure her reading lamp is bright enough. If it's too dim, she'll strain to see the page.
- **Build in breaks.** If your child spends long stretches in front of a screen, have her take frequent 10-minute breaks. Experts believe too much

screen time leads to blurry vision and problems with focusing.

- **Provide sunglasses.** Bright sunlight can damage children's eyes. Your child may not think to wear sunglasses when she's outside, so remind her to put them on.
- **Commit to safety.** Does your child play sports? Make sure she wears the proper protective eye wear, such as safety glasses or swim goggles.
- **Serve healthy foods.** Good vision starts with good nutrition, so feed your child a variety of healthy foods. From leafy greens to fortified milk, nutritious foods are proven to support strong minds, bodies and eyes.

Source: S.L.J. White and others, "Vision screening outcomes of Grade 3 children in Australia: Differences in academic achievement," *International Journal of Educational Research*, nswc.com/elem_vision.

Q: My child studies before test time—but he can't always recall the facts! How can I help him improve his memory?

Questions & Answers

A: There are many memorization tricks that may help your child remember facts. Here are a few:

- **Acronyms.** Your child can make a word out of the first letter of terms to be memorized, such as HOMES for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior).
- **Sentences.** Help your child use the first letter of each word to make a silly sentence, such as "My very educated mother just served us noodles" for the planets in order of their distance from the sun: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune.
- **Grouping.** Have your child group things into manageable chunks. Instead of memorizing the capitals of every state, he should divide them into geographic regions and memorize each region.
- **Recitation.** Have your child repeat facts out loud and focus on the meaning of what he is saying.
- **Rhymes.** Have your child think of rhymes about facts, such as "In 1492, Columbus sailed the ocean blue."
- **Images.** Your child can draw or imagine a picture of what he's studying. Then he can recall that image during the test.
- **Personalization.** Have your child relate the information to his 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 he needs to remember.

It Matters: Responsibility

Overprotective parents hinder responsibility



When children are born, it's the job of their parents to protect them in every way they can. Once kids reach

elementary school, however, they become more capable and are able to do lots of things for themselves.

Unfortunately, many parents still try to protect their children from *everything*. And all of that well-intended "protection" can smother their children's budding independence.

Overprotective parenting makes it difficult for children to learn essential skills—such as communication, negotiation, perseverance, responsibility and decision making.

To avoid the many pitfalls of overprotective parenting:

- **Don't do everything** for your child. Let him do things for himself. Will he make mistakes? Probably. But he will learn from those mistakes.
- **Don't rescue your child** when he forgets things. If he forgets to complete an assignment, don't contact the teacher to ask for an extension. Instead, help your child learn from the consequences.
- **Don't try to negotiate** a better grade for your child. If you or your child are confused about a grade he receives, encourage your child to talk to the teacher about it first.
- **Don't call the parent** of a child your child is complaining about. Give your child a chance to work it out. However, if it is a serious problem, such as cyberbullying, contact the school immediately.

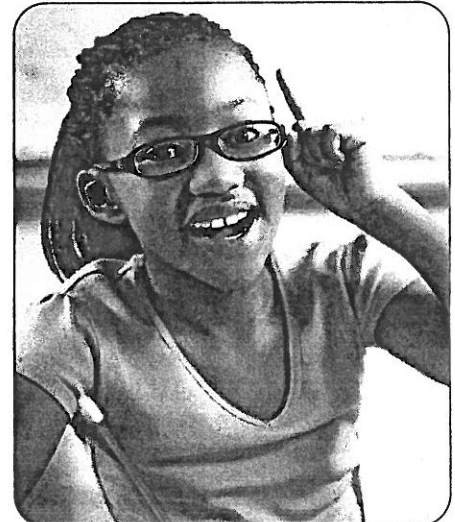
Promote independence with a checklist of responsibilities

Whether it's keeping track of assignments or taking care of school property, responsible behavior is a must for school success. And the best way to *teach* your child responsibility is to *give* her responsibilities.

Sit down with your child and make a list of tasks she's ready to handle on her own. Then make a checklist of everything you expect her to do. Agree on small rewards for a job well done, and consequences for times your child shirks responsibility.

Here is a starter checklist of responsibilities you can adapt:

- **Going to bed on time.**
- **Getting up on time.**
- **Fixing breakfast.**
- **Completing homework.**
- **Maintaining grades.**
- **Getting along with siblings.**
- **Keeping room clean.**
- **Completing assigned chores.**
- **Reading at least 15 minutes a day.**
- **Taking care of personal hygiene.**
- **Feeding/caring for pets.**
- **Limiting recreational screen time.**



Help your elementary schooler establish a homework routine



You want to help your child take responsibility for learning and for completing homework. Creating and following

a daily homework routine can do just that.

To establish an effective routine, make sure your child has:

- **A quiet study area.** If possible, occupy younger siblings in another room, and have everyone else read or work quietly.
- **A set study time.** When does your child prefer to do homework? Right away, leaving the evening

for free time? Or does she prefer to blow off some steam first and begin homework after dinner? Experiment, then have her schedule the time that works best for her.

- **A homework survival kit.** Include all of the supplies she might need to complete her homework—pencils, pens, paper, sharpener, erasers, crayons, markers, glue stick, scissors, ruler, etc.
- **Standby support.** Encourage her to get phone numbers of classmates she can call when she has homework questions.

Helping Children Learn®

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School

Timothy L. Johnson Academy



October 2020

Supporting science learning is easier than you might think

In a national survey, only about half of parents in the United States felt "very confident" in their ability to help their children learn science. But you don't need to be a scientist in order to boost your child's science knowledge. All you need is curiosity and enthusiasm!

To spark interest in science and build your child's skills:

- **Encourage questions** and investigate answers. Children want to know how the world works. So if your child asks a question like, "How do boats float?" just say, "Let's find out together!" Ask your child what he thinks the answer might be (this is his *hypothesis*). Then help him look in a book or go online to discover the answer and learn more.
- **Watch educational programs** together. There are a lot of kid-friendly science shows on TV. After watching one, discuss it with your child. "Wasn't it neat when they explained how fish breathe through their gills?"
- **Explore online.** The National Science Teaching Association (www.nsta.org/science-resources-parents) offers resources for families. On Common Sense Media's website (www.commonsensemedia.org), you can find reviews and lists of science websites, apps and games for your child's age group.

Source: M. Silander and others, "What Parents Talk About When They Talk About Learning: A National Survey About Young Children and Science," Education Development Center, niscw.com/elem_STEM.



Establish a communication link by contacting the teacher

In a one-on-one discussion with your child's teacher, you can learn about your child's strengths and weaknesses and get a better idea about the year ahead. And you can form a working relationship that helps your child.

Whether you meet in person, on the phone or online, it helps to make a list of your questions in advance. Here are some you may want to ask:

- **What are your expectations** about work habits? Is my child using her time well?
- **Are my child's reading** and math skills at the level you would expect for this grade?
- **Is my child in different** groups for different subjects?
- **Does my child qualify** for any special programs?
- **Has my child missed** any assignments so far?
- **What are some things** I can do at home to help my child learn the topics the class will cover this school year?

Catchy rules catch on

Teaching your child to respect your house rules makes it easier for him to follow school rules. Creating catchy phrases that link rules and their consequences can help him remember. For example:

- **If you leave it out, you go without.** Toys not put away properly go into time out for a week.
- **If you hit, you sit** (in time out).
- **If you partake, you take part** (in meal prep or clean up).



How to help with struggles

The pandemic has affected every student's learning. If your child is struggling with schoolwork this year, sympathize with her feelings. Then, take these actions:

- **Ask the teacher** what help might be available.
- **Help your child set** realistic short term goals. Plan small steps to overcome obstacles, so she can experience success.
- **Maintain a study routine** to help your child stay on top of work.
- **Share a story** about how you struggled with something when you were young. Explain how you worked through it.

Write 'accordion' sentences

Here's a fun way to show your child how descriptive words add interest to writing. Write a short sentence. Then take turns adding one adjective at a time. For example:

- **The cat sat** by the window.
- **The orange cat sat** by the window.
- **The orange cat sat** by the sunny window.



Source: M. Cheney, *How to Develop Your Child's Gifts and Talents in Writing*, Lowell House.

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

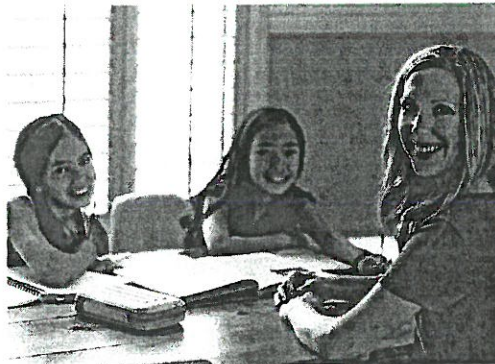
ELEMENTARY SCHOOL

October 2020



How can I make homework time better for my kids?

Q: My two girls could not be more different about homework. The older one takes hours to complete assignments. She asks for help constantly and wants me to check everything. Her sister "forgets" assignments or races through and does a sloppy job. How can I help them find a happy medium?



A: Although your two children have opposite approaches to homework, both can be improved by using the same three steps:

- 1. Contact their teachers.** Share what your daughters are doing at home. Hours a day may be more than your older daughter's teacher expects. Your younger child's teacher may suggest specific material to focus on.
- 2. Establish a daily study time** for each child, based on what their teachers think is appropriate. Your younger child may as well spend her time doing her assignments carefully, because otherwise you'll give her extra math problems or review to do to fill the time.
- 3. Set some ground rules.** At the start of every session, go over your daughters' assignments. Help them set priorities and make to-do lists. Stay nearby as they work, but encourage your older daughter to do her work herself. Check at the end that they have finished everything on their lists.

Parent Quiz

Are you instilling upstanding values?

The principles you teach your child at home are the ones that will guide his choices and relationships in and out of school. Are you helping your child learn to behave with integrity? Answer *yes* or *no* to the questions below:

- 1. Do you discuss** why honesty matters, and thank your child when he is honest—even if you don't like what he says?
- 2. Do you show** your child that honoring commitments is important by keeping your promises?
- 3. Do you talk** about family, school and community rules and why they are needed?
- 4. Do you expect** your child to take responsibility for his actions, and hold him accountable for his choices?

- 5. Do you model** good sportsmanship for your child when playing games together?

How well are you doing?

More yes answers mean you are teaching your child values and how to live up to them. For each no, try that idea.

"Intelligence plus character—that is the goal of true education."

—Martin Luther King, Jr.

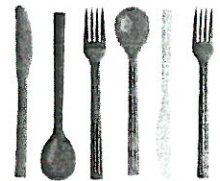
Thinking is part of reading

In elementary school, your child is learning to think about what she reads and draw conclusions about it. To help her practice:

- **Read together,** then ask questions: "Why do you think the character did that?" "Do things like that really happen?"
- **Keep a shared reading journal.** Take turns writing notes to each other about your reactions to the story.
- **Have a family reading dinner.** Everyone brings a book to the table. After a few minutes of reading, family members talk about what they've read and ask questions about what others have read.

Set the table for math

Setting the table for meals can help your child learn to be responsible. And it can also help him learn math! Have him count up the numbers of knives, forks and spoons. Then ask him to add the utensils together.



Older children can count the number of utensils for each place setting, then multiply by the number of settings. They can keep a chart of which meals use the most utensils.

Nurture social confidence

Swooping in and saving your child from social challenges won't help her learn to navigate them. Instead, to help her develop social survival skills:

- **Listen when she tells you** about a problem. Ask questions like "What did you do next?" This lets her know that she can act to affect the outcome.
- **Teach her to speak up** for herself. When she wants something, ask her to make a case for it. Or, have a few family debate nights.

Source: D.F. Kris, "Helping Young Girls Find Their Voice While Developing Friendships," Mindshift, nswc.com/elem_navigate.

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