

TLJA TIMES

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

November Newsletter



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,

I hope this newsletter finds everyone doing well. As we are approaching the winter season as well as the holidays, things get busy and we are always looking for more time to get everything done. This is also a busy time at school as we try to get everything in that needs to be taught prior to our breaks. We are also preparing for some crucial tests. Busy for all. Despite that, it is important to be sure to take a few minutes with our children and reflect on the importance of our families. Thanksgiving is a great time to express to those we care about that they are important to us. Be sure to set time aside for those we love.

Thanksgiving Blessings to all!!
Dawn Starks, TLJA School Leader

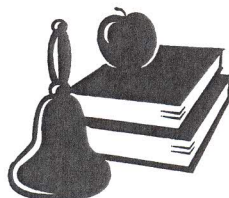


Box Tops

We are in need of your box tops for our school. They will help raise money for equipment and technology for our building. Have your student bring them in to the school office.

It is crucial that all scholars are joining class instruction each day. Everyday of instruction is crucial to prepare for the next academic year. If you are experiencing any problems, please call us at 260-441-8727. We will be glad to assist you as needed.

Please be sure you are handling all computer devices with extreme care!! Repairs are costly to families.



Please be sure to read with your child at least 20 minutes every night!! Please make sure students are getting eight hours of sleep every night.

Virtual
Parent-
Teacher
Conferences
for all scholars

November

6th

7:30 a.m.

to

4:00 p.m.

Please be sure to schedule
a time with your child's
teacher.

COLD WEATHER IS COMING

Fall is here and the weather is unpredictable. Please send your student with a jacket, hat and gloves when the weather turns cooler.

We will go outdoors, if at all possible unless it is raining or exceptionally cold. For that reason, make sure your students are adequately dressed for cooler or cold weather.



Beginning at the end of the school day on Wednesday, November 25th, school will be closed Thursday, November 26th and Friday, November 27th for Thanksgiving.

The TLJA staff wishes for all our students and parents a safe, restful and happy Thanksgiving holiday.

School will resume Monday, November 30th at the regular time. Bus pick-up for students are also at the normally scheduled time.

NOVEMBER HEALTH NEWS

Let's fight the flu together!

Your decision to get the flu shot or not goes well beyond you. It also affects the many lives you touch.

Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications, including pneumonia and the worsening of other chronic health conditions.

Flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. The best way to protect your family from new influenza strains is to get vaccinated each year.

MARK YOUR CALENDAR

November

- 6 Virtual Parent Teacher Conferences 7:30-4:00
NO SCHOOL FOR STUDENTS
- 26-27 Thanksgiving Holiday
NO SCHOOL

December

- 18 Professional Development Day NO SCHOOL
- 18-1/1 Holiday Break
NO SCHOOL
OFFICES CLOSED
- 1/3 School resumes regular time

Thank you

We want to thank all of the parents, guardians and families who, so willingly, helped their students daily with school work by organizing their homes for virtual learning during this most difficult time of the Covid19 Pandemic.

We understand that being there with your children as they learn from home virtually has been hard for families and the daily life schedules that have been altered. Everyone has been so supportive of both your students and the school. We know that our students, staff and family will all learn together and will come through this together.

Parent-Teacher CONFERENCES



VIRTUAL PARENT TEACHER CONFERENCES COMING

Mark your calendar as a reminder that the Virtual Timothy L. Johnson Parent-Teacher Conferences will take place on Friday, November 6th from 7:30 a.m. until 4:00 p.m.

Your student's teacher will meet you on-line at a pre-determined time and let you know how your student is doing in his/her classes. If you have not received a time to meet with your student's teacher, please call the school office to set a time – 441-8727 (elementary). This is a great opportunity for you to list joys and make any comments or concerns you may have, and to also discuss ways to help your student with their studies at home.

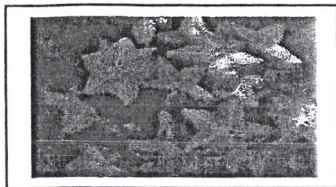
Please do plan to join your teacher on-line this Friday to chat with your child's teacher.



WARM CLOTHING NEEDED?

If your child needs warm clothing for proper protection and none is available to you, please call the school at 441-8727 for assistance.

We want to help ensure our TLJA students have the warm clothing necessary for the winter season.



STAR FRUIT

The center of diversity and the original range of *Averrhoa carambola* is tropical Southeast Asia, where it has been cultivated since ancient times. It was introduced to the Indian Subcontinent and Sri Lanka by Austronesian traders, along with ancient Austronesian

cultigens like coconuts, langsat, noni, and santol. They remain a local favorite in those areas but have also recently gained popularity in parts of East Asia and Queensland, Australia; as well as in the Pacific Islands, particularly Tahiti, New Caledonia, Papua New Guinea, Hawaii, and Guam. They are cultivated commercially in India, Southeast Asia, southern China, Taiwan, and the southern United States. They are also grown in Central America, Brazil, the Southwestern United States and Florida, and parts of Africa.^{[2][6]} In other areas they are usually grown as ornamentals, rather than for consumption.

The entire fruit is edible, including the slightly waxy skin. The flesh is crunchy, firm, and extremely juicy. It does not contain fibers and has a texture similar in consistency to that of grapes. Carambolas are best consumed shortly after they ripen, when they are yellow with a light shade of green or just after all traces of green have disappeared. They will also have brown ridges at the edges and feel firm. Fruits picked while still slightly green will turn yellow in storage at room temperature, but will not increase in sugar content. Overripe carambola will be yellow with brown spots and can become blander in taste and soggy in consistency..

NOVEMBER FRESH FRUIT AND VEGETABLES

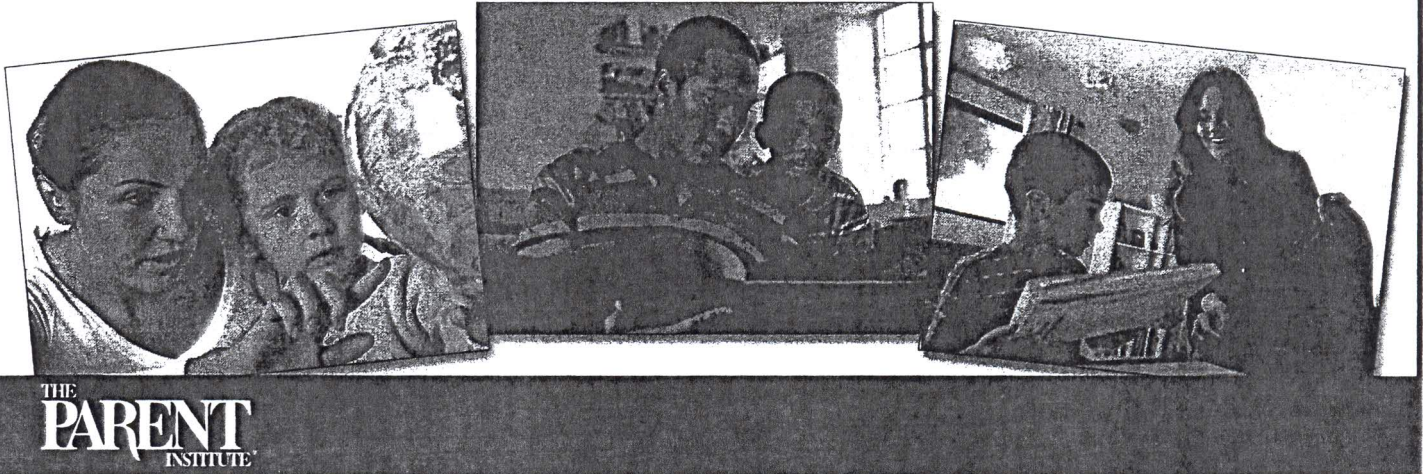
2	3	4 Honeydew Chunks	5 Cherry Yellow Tomato	6 NO SCHOOL PT Conf
9 D'Anjou Pear	10 Broccoli/ Cauliflower Florets	11 Pineapple Chunks	12 Honeycrisp Apple	13
16 Clementine	17 Celery Sticks	18 Strawberry	19 Radish Coins	20 Grapefruit Slices
23 Mixed Fruit Chunks	24 Turnip Sticks	25 Apple Grape	26 NO SCHOOL	27 NO SCHOOL
30 Cantaloupe Chunks				



Daily Learning Planner

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

Timothy L. Johnson Academy



THE
PARENT
INSTITUTE

November 2020

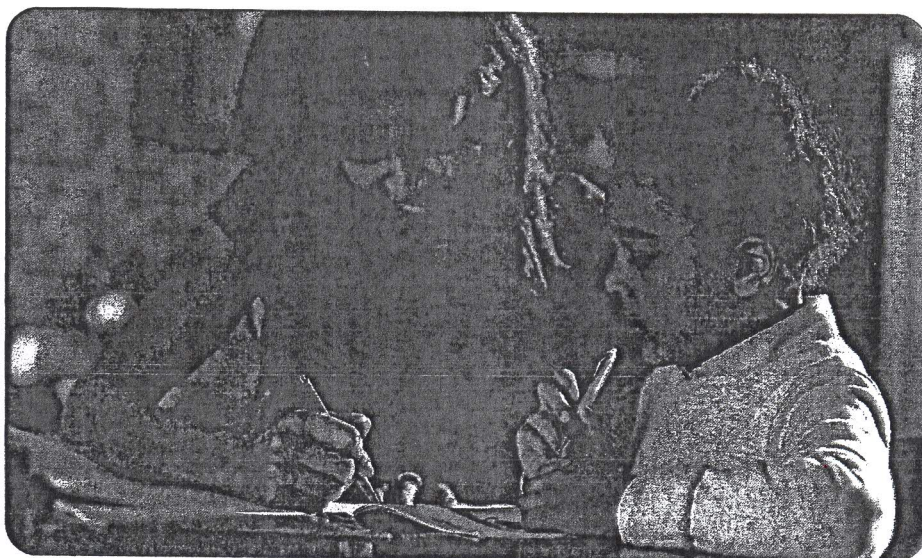
Daily Learning Planner: Ideas Parents Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> 1. Help your child create a joke collection. Fill a notebook with jokes you each hear and read. <input type="checkbox"/> 2. Read an assignment with your child. Then ask him to tell you about it in his own words. <input type="checkbox"/> 3. Listen for cities, states and countries mentioned on TV. Together, locate them on a map. <input type="checkbox"/> 4. Help your child make her own dictionary with spelling or vocabulary words. <input type="checkbox"/> 5. Fold paper towels into parts. Start with halves, then fourths, eighths and sixteenths. Let your child use a marker to label the fractions. <input type="checkbox"/> 6. Resist the urge to schedule every minute of your child's day. Kids need down time to think, imagine and play. <input type="checkbox"/> 7. Think about the rules you have for your child. Are they age-appropriate? <input type="checkbox"/> 8. Ask your child to draw a picture of winter. <input type="checkbox"/> 9. Invent a word with your child. Write down a silly definition. <input type="checkbox"/> 10. Ask your child what he would do if he were invisible for a day. <input type="checkbox"/> 11. Say a number, such as 162. Then have your child write it in words: one hundred sixty-two. <input type="checkbox"/> 12. Talk with your child about a choice you've made. Be sure to talk about the consequences of that choice. <input type="checkbox"/> 13. Choose a recipe from another culture. Prepare it with your child. <input type="checkbox"/> 14. Trace your child's hand on paper. Together, think of ways to be a helping hand. Write ideas on the drawing. <input type="checkbox"/> 15. Time different things you and your child regularly do in a day. An awareness of how long tasks take is key for time management. | <ul style="list-style-type: none"> <input type="checkbox"/> 16. Review math facts at the dinner table tonight. <input type="checkbox"/> 17. Play a word game with your child. <input type="checkbox"/> 18. Watch the news together and choose a Person of the Week. Read more about that person. <input type="checkbox"/> 19. Talk with your child about how doing homework helps students remember what they are learning. <input type="checkbox"/> 20. Have your child write directions for making a sandwich. Then follow them exactly. Were the results what she intended? <input type="checkbox"/> 21. Show your child 10 objects. Have him close his eyes while you remove one. When he opens his eyes, can he guess what's missing? <input type="checkbox"/> 22. Ask your child to help you organize something, such as a closet. <input type="checkbox"/> 23. Make up a song featuring your child's name. <input type="checkbox"/> 24. Play store. Ask your child to figure how much tax you will owe on your purchases. <input type="checkbox"/> 25. Name different types of punctuation with your child. Identify them in a newspaper or magazine. <input type="checkbox"/> 26. Together, write a poem about your family. Start each line with a letter from the word FAMILY. <input type="checkbox"/> 27. Watch a funny TV show with your child. Then have her draw a comic strip showing what it was about. <input type="checkbox"/> 28. Tell your child three things that you love about him. Have him tell you three things that he loves about you. <input type="checkbox"/> 29. Let your child quiz you about things she is learning in school. <input type="checkbox"/> 30. Ask your child to name something he has done in his life that makes him feel proud. |
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Elementary School Parents[®] *make the difference!*

November 2020
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Timothy L. Johnson Academy



Avoid multitasking to boost concentration and learning

Look around your home during homework time. Is your child studying while singing to music? Are you answering her questions while checking your email?

Multitasking has become a way of life, but not necessarily a good one. In fact, while multitasking, the brain doesn't really concentrate on several tasks at once. Instead, it moves quickly from one thing to another—not giving anything its full attention.

To prevent multitasking mistakes:

- **Eliminate distractions.** Research shows that multitasking with technology (texting, listening to music, checking emails, etc.) negatively impacts studying, doing homework, learning and grades. Choose a quiet place for your child

to study—free of TV, phones and loud music.

- **Help your elementary schooler** schedule challenging work that requires a lot of focus for the time of day when her attention and motivation are at their prime.
- **Set a good example.** If you give your child your undivided attention when she is talking or asking for help, you'll show her how to focus—and that what she is saying is important to you.
- **Limit multitasking** to activities that don't require much concentration. For example, your child can listen to music while cleaning her room.

Source: C. Kubu, Ph.D. and A. Machado, MD, "The Science Is Clear: Why Multitasking Doesn't Work," Cleveland Clinic, nswc.com/elem_multitask2.

Older kids can motivate your child to read



Lots of factors have an impact on your child's love of reading, but one of them may be closer

to home than you realize. It's an older sibling! Studies show that children who see their older brother or sister reading for pleasure are more likely to seek out books themselves.

It's not just that book-loving older kids model good reading habits. They're also great resources when it comes to sharing books, suggesting new stories to explore and talking about literature.

To help your child reap the benefits of having an older sibling (or other older child) around:

- **Make reading a family affair.** Set aside some group reading time each week. Include older siblings or cousins.
- **Involve the babysitter.** The next time your teenage sitter comes over, ask him to bring along a favorite book. If your child notices how important reading is to him, he may become interested in it, too!

Source: M. Knoester and M. Plikuhn, "Influence of siblings on out-of-school reading practices," *Journal of Research in Reading*, John Wiley & Sons, Inc.

Talk to your child about showing respect for teachers, classmates



Respectful behavior is vital for education. When students have respect for teachers and classmates, they help create the positive academic environment all children need to be successful.

Whether your child's classes are in person or online, encourage her to:

- **Address the teacher** by name. Simply saying "Good morning, Mrs. Jones" is an easy way to show respect.
- **Be courteous.** She should say *please* and *thank you* to her teacher and her classmates.
- **Raise her hand.** When she waits to be called on, she demonstrates self-control and respect for others.
- **Do what's expected.** Everyone in the class has a job to do. If the

teacher doesn't plan any lessons, no one can learn anything. If students don't do their jobs—completing homework, listening to others—it makes it more difficult to learn.

- **Listen to the teacher's comments.** Teachers want students to learn and to succeed. That means they have to point out mistakes. Your child will do much better in school if she can recognize and accept constructive feedback.

"Respect for ourselves guides our morals; respect for others guides our manners."

—Laurence Sterne

Improve your child's recall by making facts meaningful



Repeating information over and over isn't the most effective way to help your child remember new facts. Instead, try connecting what he's studying to something meaningful.

Studies show that when new information is linked to something memorable, it's easier to retain. When your child is learning a new word, his brain can digest the information in two ways: by repeating the sound of the word, or by focusing on its meaning. Although both approaches may work, emphasizing meaning leads to better long-term recall.

To help your child absorb new facts:

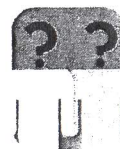
- **Create a story.** He might struggle to remember the first three U.S. presidents, but what if you turned the information into a wild tale?

"One day, George Washington went to the park. He met John Adams by the swings. And later, the two bumped into Thomas Jefferson going down the slide." Suddenly, the presidents are put in a context he'll understand—and their order is laid out for him.

- **Focus on the bigger picture.** Rather than having him simply repeat the fact that "Jupiter is the largest planet," help your child tie it to something broader. "Everything about our solar system's biggest planet is big: Jupiter's 'big red spot' is even bigger than Earth." Small facts stick better when they are illustrated in a wider way.

Source: J.A. Meltzer and others, "Electrophysiological signatures of phonological and semantic maintenance in sentence repetition," *NeuroImage*, Elsevier, niscw.com/elem_meaningful.

Are you teaching your child to make good choices?



Parents want children to make wise choices. When the time comes, you hope your child will say *no* to negative peer pressure and *yes* to positive things.

Are you doing all you can now to teach him to make these wise choices? Answer *yes* or *no* to the questions below to find out:

1. Do you give your child plenty of opportunities to make decisions—and expect him to live with the results of the choices he makes?
2. Do you discuss family decisions together? Do you brainstorm and come up with the decisions together?
3. Do you sometimes think out loud and talk through how you are making a choice?
4. Do you encourage your child to ask questions before he makes a choice?
5. Do you teach your child that every decision has consequences?

How well are you doing?

Each *yes* means you're helping your child make better choices today and in the future. For *no* answers, try those ideas in the quiz.

Elementary School Parents
make the difference!

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Communication is the key to a strong parent-teacher team



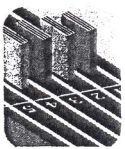
Research shows that parent engagement in education has a positive effect on students' academic success. When teachers and parents work together, the results can be powerful. To foster effective two-way communication:

- **Set the tone.** It's natural to have questions for your child's teachers. Ask questions respectfully. Show support for your child and the class, and encourage the teacher to keep you informed.
- **Be positive.** When you talk with the teacher, enjoy hearing about your child's strengths. But also prepare to hear about her weaknesses. Remember to remain calm. You and the teacher both want your child to

do well. Addressing struggles is the only way to find solutions.

- **Role-play.** Some parents are nervous about talking with the teacher. If this describes you, consider practicing with a friend. If you aren't comfortable speaking English, have an interpreter join you. Still worried? Using email may put you at ease.
- **Choose words carefully.** It's more effective to make polite requests than demands. A helpful tip is to use the word *we* instead of *you*. ("How can we stay in touch to help Jordan?" is less aggressive than "You should tell me if Jordan is falling behind.") Remember: The teacher isn't your opponent; she's your teammate.

Habits at home can help your child thrive in school and life



Every family—and every child—is different, but there are ways all families can set their children up for success. Studies show that kids are more likely to achieve in elementary school and beyond when their parents give them the tools to succeed. To help your child:

- **Assign chores.** Kids who have responsibilities around the house learn how to be responsible. Give your child a list of weekly tasks to complete. He may grumble, but don't give in.
- **Teach social skills.** Your child's success in life hinges on more than grades; it centers on his ability to get along with others. Model good behavior—like cooperation and courtesy.
- **Set the bar high.** Expect your child to do well, and he'll rise to the

occasion. Don't demand perfect grades, but do insist he work to the best of his ability. And praise him when he tries hard—even if he falls short. When you show him you believe in him, he'll believe in himself.

- **Nurture your relationship.** You are your child's parent, not his friend. But you're also his ally. So, make time to have fun together! Share a hobby. Play catch in the yard. Never let your child forget you love him and have his back.
- **Take care of yourself.** If you're always stressed, your child will be, too. Carve out time to relax, exercise, or curl up 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*, niscw.com/elem_habits2.

Q: My husband is deployed overseas. He won't be here for the holidays. The longer he has been gone, the harder it has been on my third grader. Now my daughter's grades are starting to suffer. What advice do you have to help me get through a difficult holiday season and also get my child back on track?

Questions & Answers

A: Being separated from a parent is always hard. Having that parent be away during the holiday season can be even harder. Here are some ways to help:

- **Let your child know that it is OK** to miss her father. Say something like, "We love Daddy very much. Of course we're going to miss him. Whenever you feel sad, you can talk with me."
- **Talk to her teacher.** Be sure her teacher understands what she's going through and how she's feeling. Sometimes, a child feels she has to be brave at home but will confide in a teacher. Ask the teacher how you can help support your child so she gets her grades back on track.
- **Talk with your child about some fun holiday traditions** you want to continue—baking, decorating or watching a favorite holiday movie. Even though the holidays won't be like every other year, they can still be a special time for you and your daughter.
- **Help your child stay in touch** with your husband as much as possible. Encourage him to call, send videos and email.
- **Look for ways you and your daughter can help others.** She may start to put her own problems in perspective when she sees that there are others who need help.

It Matters: Building Character

Empathize with your child—up to a certain point



Is there such a thing as being too supportive when it comes to your child's negative emotions? Experts say yes.

Parents who are overly sympathetic about their children's troubled feelings think their kids are more socially well-adjusted than others. Those same kids' teachers, however, rate them as being less well-adjusted than their peers.

Why the disconnect? It could be that when parents indulge every bad mood their child has, the child never stops to consider that there may be little justification for that mood.

This doesn't mean you should ignore your child's feelings. But rather than rush to agree every time she feels she's been wronged:

- **Ask for details.** If your child says a friend was mean to her, find out more before jumping to her defense. Say, "Tell me what happened." This way, you're encouraging her to open up but not automatically agreeing that she's a victim.
- **Challenge her.** Your child may be upset that she performed poorly on a math quiz, but was that quiz really "unfair," as she claims? Press her a bit. "Why wasn't it fair?" If the real story is that she didn't study for it, then point that out. She wasn't mistreated; she was irresponsible. It's a hard—but vital—lesson to learn.

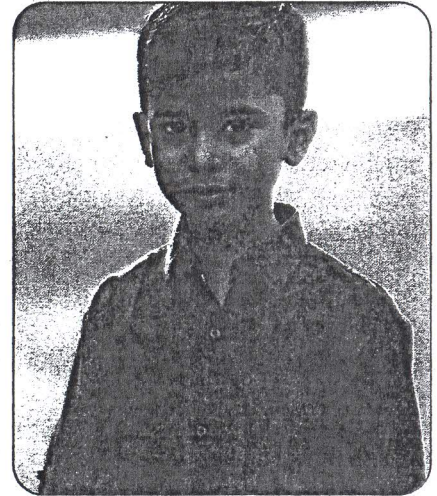
Source: V.L. Castro and others, "Changing tides: Mothers' supportive emotion socialization relates negatively to third-grade children's social adjustment in school," *Social Development*, John Wiley & Sons, Inc.

Talk with your child about the importance of honesty

By the time children reach elementary school, most know the difference between being honest and lying. But that doesn't make telling the truth easy.

To encourage honesty:

- **Talk about it.** Ask your child if he believes that honesty is the best policy. Does he want others to tell him the truth? When, if ever, does he think it's OK to lie?
- **Discuss the consequences** of lying. Lying destroys trust. If your child makes a habit of lying to people, they won't believe what he says—even when he is telling the truth.
- **Be a role model.** Kids notice when parents tell the truth—and when they don't.
- **Create opportunities** for telling the truth. Say, "You ripped this book," instead of, "Did you do this?"
- **React calmly.** When your child lies. Express confidence that he



will make better choices in the future.

- **Reward trustworthiness.** If your child is truthful in a difficult situation, compliment him.

Source: McGill University, "The truth about lying? Children's perceptions get more nuanced with age," ScienceDaily, nswc.com/elem_honesty.

Helping others promotes confidence and self-esteem



Children want to feel like they play an important role in their community.

Volunteering can help your child build social skills and develop self-confidence—which will also benefit him in school.

Find a volunteer or community service activity you and your child can do together. Here are some ideas:

- **Take part in a clothing drive.** Collect coats, gloves and hats and donate them to local shelters.

- **Bake something** for a senior citizen or a parent of a new baby.
- **Make sandwiches** for people who are homeless.
- **Help take care of a pet.** If a neighbor is going away for a few days, you and your child could offer to feed and walk the dog.
- **Donate money he has earned.** It's nice when your child sees you give money to a charity. But he'll remember it longer if he gives away even a small sum of his own money to help others.