



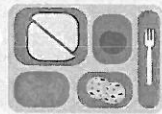
# TLJA TIMES

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

## Welcome Back TLJA Family!!



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,

Welcome Back to the 2020 school year. We are excited to be back with you and your scholar either virtually or in-person. There are lots of changes happening to insure the safety of your scholars and your family. We have several rounds of bus routes to insure social distancing on the buses. Our classrooms are half the size with teachers livestreaming instruction to partner classrooms as well as to your homes, masks are worn at all times, temperature checks daily, scholars stay with their smaller class all day so they are not interacting with anyone but their class, custodians are cleaning and disinfecting all day long, masks are washed on Fridays, rooms are misted on Fridays, etc. The list continues but please know we are taking the care of your scholars very seriously. More updates to come, but please call with any questions. Together we are stronger!! Dawn Starks/School Leader



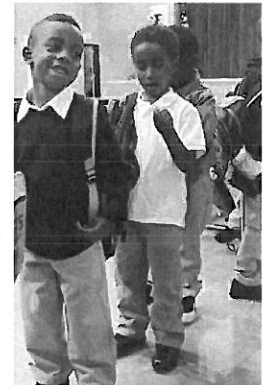
**Virtual Instruction is an option for all scholars.**  
**If you are interested, Please call the school at 260-441-8727.**

**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.



Please be sure to read with your child at least 20 minutes every night!!



## WE MISSED YOU!

It seems so long ago that you were walking the halls of our school and we have missed each of you so much. We are so pleased to see so many of our students return to once again begin their important job of being TLJA students.

We welcome back both our in-school students as well as our eLearning students who will be with us through video learning at home.

We appreciate the support from both parents and students and it is our pledge to make this a safe atmosphere for student learning.

## DAILY SNACKS

The US Department of Agriculture's Fresh Fruit & Vegetable Program (FFVP) has been hampered in its ability to provide funds at this time due to the Pandemic, but they are now moving forward to be able to let schools know if the program will once again be available this year.

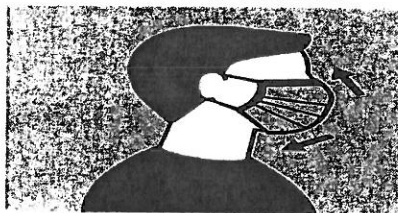
We are waiting to hear from the Indiana Department of Education if we will once again be providing our Fresh Fruit and Vegetable program students this school year. Students will receive a healthy breakfast and lunch at school at no charge to your household each day of the school year.

## STUDENT ATTENDANCE

Student attendance is always very important. If a student will be absent or tardy for any reason, please call the school at 441-8727. If you have a Middle School student who will be absent, please call 543-4077. You may call and leave a message at any time. Any student who arrives later than 8:30 a.m. will need to go to the office for an tardy slip to present to his/her teacher for admittance to his/her classroom.

If your student has a doctor or dental appointment, please be sure to get a slip from the doctor's or dental office to turn in to the school secretary so the student's absent will be an excused absence.

## WEARING A PROTECTIVE MASK



### Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

## NATIONAL SCHOOL LUNCH AND SCHOOL PROGRAM

We are pleased that the National School Lunch and School Breakfast Program will continue once again for the 2020-2021 school year. Students will receive a healthy breakfast and lunch at school at no charge to your household each day of the 2020-2021 school year. Students will receive a healthy breakfast and lunch at school at no charge to your household each day of the 2020-2021 school year. No further action is required of you. Your children will be able to participate in these meal programs without having to pay a fee or submit an application.

## Reminders Back-To-School-Bus-Safety-Rules

- 1 Don't goof around while waiting for the bus, and stay on the sidewalk.
2. Be alert to traffic at all times.
3. Always walk in front of, and not behind, the bus.
4. Don't rush for the bus. Move toward the door only after the bus stops, the door opens, and the driver says it's OK to board.
5. Hold onto the handrail when getting on and off the bus.
6. Never stand up or walk around while the bus is moving.
7. Move quickly away from the bus after getting off. Let students know not to worry if they leave something behind.
8. Always obey the bus driver and assistant.



# Elementary School Parents<sup>®</sup>

Timothy L. Johnson Academy

*make the difference!*



## Focus on kindness and respect to promote academic success

According to some researchers, kids whose parents value kindness over achievement tend to do better in school than kids from families where academic success matters above all else.

In fact, putting pressure on your child to score high marks can have the opposite effect. It can cause her grades and self-esteem to suffer, and lead to depression and anxiety. But when parents promote kindness and respect, students tend to perform better in school. This may be because they feel more secure and know their parents' approval doesn't hinge on good grades.

To show your child how much you value respect and kindness:

- **Demonstrate courtesy.** When talking to others—from neighbors to the mail carrier—let your child

see you being polite. Say *please* and *thank you*. Be respectful. These may seem like small things, but they make a big impression.

- **Praise positive behavior.** When you notice your child doing something nice or loving, let her know. There's no need to go overboard—a simple pat on the back will remind her how much you value kindness.
- **Promote healthy relationships.** Encourage your child to connect with her teachers and classmates. The more support she gets from those around her, the less she'll depend on things like grades and awards to feel good about herself.

Source: L. Ciciolla and others, "When Mothers and Fathers Are Seen as Disproportionately Valuing Achievements," *Journal of Youth and Adolescence*, Springer US.

## Get your family back in the school groove



The COVID-19 pandemic created significant challenges this past school year.

Now it's a new school year, and time for a fresh start.

Here are practical ideas to help you and your family gear up for a productive year of learning:

- **Make a weekly schedule.** Include time for homework, play, activities and family.
- **Establish a family reading time.**
- **Keep a family calendar.** Mark each family member's activities in a different color.
- **Reestablish bedtimes** for school nights.
- **Scale back screen time.** Set a weekly limit for free time spent on digital devices.
- **Create flexible learning spaces.** Allow your child to work where he feels most comfortable—whether that's at the kitchen table or on the couch. Just make sure that the space has adequate lighting and is free from distractions.
- **Collect important contact information** for teachers. Update your work, medical and emergency contact numbers with the school.

## Reinforce learning by having your child teach you something



Students are more motivated to learn when they feel capable, connected and in control. Having your child teach you things nurtures these feelings.

When your child tries to teach you about what he is doing, it can help him understand assignments better. It also reinforces what he knows and reveals gaps in his comprehension.

Try these strategies:

- **Show an interest** in what your child is learning in school. Have him show you an assignment, explain a concept or read a chapter in his textbook aloud to you.
- **Ask your child to help you** solve a problem or create something. What does he think you should do first, second, next?

- **Let your child quiz you.** See if you can name the state capitals or the first five presidents. Try to define vocabulary words and recall math or science facts.
- **Ask your child to teach you** how to play one of his favorite games. Then play it together.
- **Ask for your child's opinion** about something and consider it before solidifying your own.

**“When children and parents talk regularly about school, children perform better academically.”**

—National Education Association

## Support your child's reading progress with seven strategies



You're proud of your child for learning to read. But remember that reading skills must be developed and maintained. The older

your child gets, the more she'll depend on them for learning.

To support your child's education and foster her reading progress:

1. **Go beyond books.** Let her select reading materials she likes. She doesn't have to limit herself to books. Encourage her to read comics, children's magazines, age-appropriate news articles, game instructions and recipes.
2. **Make connections.** Have your child read about historical events that happened near your home. If she is passionate about something, find books related to the topic.
3. **Build excitement.** Make reading irresistible. Let your child stay up 15 minutes later to read in bed. Or, let her build a fort in her room and read by flashlight.
4. **Role-play.** Turn favorite books into family plays or movies. Add props and costumes.
5. **Suggest she join** (or start) a book club with friends. They can meet in person or online and have book-related discussions and activities.
6. **Set a timer.** If your child resists reading, a timer might help. Say, “Read to me for three minutes. When the timer beeps, you can stop.” Add a minute every few days.
7. **Read aloud.** Try reading more advanced books. When parents read to them, kids enjoy more challenging words and stories.

## Are you helping your child have healthy habits?



Healthy habits make it easier for children to concentrate and learn during the day. Answer *yes* or *no* to the questions

below to see if you are promoting wellness for your child:

- \_\_\_ 1. **Do you enforce** a regular bedtime? Elementary school kids need at least nine hours of sleep each night to function at their best.
- \_\_\_ 2. **Do you make sure** your child eats breakfast every morning? Kids' brains need fuel to learn.
- \_\_\_ 3. **Do you encourage** your child to get moving every day? Studies show that exercise improves kids' memory and focus.
- \_\_\_ 4. **Do you remind** your child to wash his hands frequently? Hand washing kills germs and reduces illness.
- \_\_\_ 5. **Have you made sure** your child understands the rules about safely interacting with others?

**How well are you doing?**

More *yes* answers mean you are helping your child stay on track for health right through the school year. For *no* answers, try those ideas.

Elementary School  
**Parents**  
make the difference!

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# Help your child bounce back and learn from mistakes



Mistakes are a part of life. It probably won't be long before your child makes one on a homework assignment or test—and that's OK.

What matters is how children and parents respond to those mistakes. Instead of glossing over your child's errors, help him learn from them. Research shows that when parents and teachers encourage students to learn from their errors, those children do better in school.

Fixing mistakes shows kids they can improve—that “smarts” aren't something they either have or they don't. Intelligence can be increased. And when students understand their errors and don't repeat them, they become more optimistic about their own brainpower.

When reviewing your child's work, first point out what he did well. Then, to help him learn from his mistakes:

- **Point them out.** Rather than saying, “Don't worry—you'll do better on the next math test,” ask if he understands why his answers were wrong. If so, have him correct them. If he's not sure, offer suggestions or encourage him to ask his teacher for help.
- **Praise progress.** Did he miss only two problems on his latest math test? After reviewing his mistakes, remind him that he's improving. Talk about how paying attention to past mistakes—and correcting them—made a difference.

**Source:** H.S. Schroder and others, “Neural evidence for enhanced attention to mistakes among school-aged children with a growth mindset,” *Developmental Cognitive Neuroscience*, Elsevier B.V.

**Q:** My fifth grader has never been a bubbly child. But in the last year, she has become so negative. Nothing is ever right. She doesn't like school. She doesn't like her teacher. Last week, I asked her to plan something special for the two of us to do. Later, she said it was “All right, I guess.” I'm losing patience. What can I do?

## Questions & Answers

**A:** Remember that last school year was an unusually difficult year for most kids. And all of that stress and anxiety can breed negativity.

Here are some steps to take:

- **Listen to your daughter.** Ask her to tell you about things that get her down. If there is one issue that comes up over and over, you may have hit on the problem. Brainstorm ways she can address the situation.
- **Let her complain.** It's OK to let her complain once in a while. If she whines about homework, let her talk for a minute or two. Then redirect her by saying, “Well, you still need to finish it.” Remind her that everyone has responsibilities—whether they like them or not.
- **Model the attitude you'd like her to have.** Try to be positive when you are faced with disappointments. Say things like, “I'm bummed I have to work on Saturday, but it will feel great to get this project finished!”
- **Realize you aren't responsible for fixing everything in your child's life.** Help her take responsibility where you can. It's a way of empowering her.
- **Make an appointment with your child's doctor.** If you think she may be anxious or depressed, it's important to take action now.

# 'Quick writes' make writing fun for elementary schoolers



Writing can be hard work. But a *quick write* is a fun and easy way to encourage your child to get her ideas down on paper.

Quick writes are just what they sound like—writing that people do in short periods of time. Usually, a quick write is based on a question or an idea. You ask a challenging question and set the timer for five minutes. Then both you and your child write down everything you can before the timer beeps.

Once the quick write is finished, compare what each of you has written. The next time, let your child choose the quick-write topic.

Here are some quick-write ideas:

- **Would it be a good or a bad idea if dogs could talk? Why?**

- **The best birthday I can imagine would be ...**
- **It was a stormy day, so I decided to ...**
- **The most challenging part of social distancing is ...**
- **Ten years from now, I will be ...**
- **I invented the most amazing machine. It can ...**
- **When I woke up this morning,**

I was a different person. I was ... . Even students who usually stare into space when it's time for a writing assignment may like a quick write. They are often surprised to discover just how much they know or have to say about a particular subject. Your child will gain confidence when she sees how much she can write in just a few minutes.

# It Matters: Discipline

## Research reveals discipline that actually works



Think about how your parents raised you. What discipline methods did they use?

Studies show that even when parents don't agree with how they were disciplined as children, many use the same approaches themselves.

For example, adults who were yelled at as kids were more likely to yell as parents—even if they thought yelling didn't work, according to one study.

In order to discipline effectively, consider what you believe *will* work. These methods tend to work best:

- **Plan ahead.** Talk with your child about discipline. Why is it helpful? How does it work? After considering her ideas, list basic rules and consequences. Then follow through with consistency, fairness and respect.
- **Acknowledge good behavior.** What are the most important behaviors for your child to learn? When you see them, take notice. Say, "It's nice that you lent a book to the new girl in your class. I bet that made her feel good."
- **Use consequences** that are natural or logical. When your child does something inappropriate, choose a natural or logical response, if possible. A natural consequence of forgetting to do homework is getting a zero. A logical consequence of losing an item is having to replace it.

**Source:** S. Barkin and others, "Determinants of Parental Discipline Practices: A National Sample From Primary Care Practices," *Clinical Pediatrics*, SAGE Publications.

## Five simple ways to strengthen your child's listening skills

**T**eachers agree that the ability to listen is one of the most important skills children need in order to be successful in school.

Here are five ways to help your child sharpen his listening skills:

1. **Be a good model.** When your child is telling you something, stop what you're doing. Give him your full attention. Some parents find it easier to sit down so that their child's eyes are at their own eye level.
2. **Have family members** take turns telling about their day. Then have each person draw a name and repeat something that happened to the person whose name they drew.
3. **Play Simon Says.** This will teach your child to listen very carefully and to follow directions exactly.
4. **Practice reflective listening.** When you say something, ask your child



to paraphrase what you said. When your child asks a question, repeat his question and then respond.

5. **Stop and ask questions** during story time. When you get to an exciting part, ask, "What do you think will happen next?"

## Working well with others is a vital skill for school and life



There's a lot to be said for encouraging children to show leadership. But, let's face it—some kids are just plain bossy.

They won't take turns. They won't share. They won't listen to what anyone says.

In school and life, your child will be expected to work with others. So, whether she has a group project in social studies or is on student council, she'll be more successful if she knows how to be a team player.

To help your child learn how to be a contributor:

- **Allow family members** to take turns making some decisions—from which movie to watch to what to have for dinner.
- **Establish basic house rules.** For example, if one child chooses the game, the other gets the first turn.
- **Teach fair ways** to make decisions. Have your children play "rock, paper, scissors" to see who gets on the computer first. Flip a coin to decide who takes the first bath.
- **Praise your child** when you see her being a team player. "That was nice of you to let your brother pick the cookie he wanted first."

# Helping Children Learn<sup>®</sup>

Tips Families Can Use to Help Children Do Better in School

Timothy L. Johnson Academy



September 2020

## Encourage reading by modeling the many reasons to read

It's a fundamental truth of parenting: Children learn by example. Whether you want your child to tell the truth or eat her vegetables, modeling the behavior is the best way to get her to follow suit.

This is also the case with reading. To help your child form helpful reading habits, show her how *you* read often to:



- **Learn things.** Say, "I'm trying to learn about a new strategy we might use at work. This article explains how other businesses use it."
- **Find information.** Do you need to fix an appliance at home? Show your child how you read a manual to learn how. When you want to find a new recipe, show her how you search online or in a cookbook index.
- **Have a good time.** When your child sees you reading for pleasure or to relax, she will realize that reading isn't just for school or work.
- **Pass time when waiting.** Bring something to read everywhere you go. Ignore TV screens in waiting rooms and pull out a book. Play audiobooks in the car on long drives.
- **Connect with others.** When you read something interesting, read a little out loud. Print or cut out an article you think your child would enjoy and leave it on her bed. Show her that reading is something fun to share.



## Help your child be an active learner

The COVID-19 pandemic has brought many changes to learning in 2020, and it is likely that will continue. But one thing has not changed. Students who take active responsibility for their own learning get more out of it. To foster this responsibility in your elementary schooler, encourage him to:

- **Get ready to learn.** That means getting enough sleep, eating a healthy breakfast and being prepared with necessities like pencils, paper and a positive attitude.
- **Discuss what he's learning.** Asking questions, offering opinions and exchanging ideas with others strengthens your child's understanding of the material.
- **Stay organized.** Help your child create a system for organizing assignments, returned work and other materials.
- **Keep trying.** Support your child as he faces challenges with learning, assignments and tests. Tell him that persistence pays off, and help him think of different strategies he can try to tackle problems.

## Take a balanced approach

Parents have taken on more teaching this year than ever before, and your support of your child's learning is essential. Turning *everything* you do with your child into a lesson, however, can backfire.

Kids love to do activities with their parents, but not if they feel like they're always in class. So do some things together just for fun. Let your child try out her own ideas and learn from the results. Enjoying your time together is also an important way to support your child.



## Relieve stress about school

This year's unprecedented events may have your child feeling anxious about school. To ease his mind:

- **Reassure him** that he is up to the challenge of new situations and new work.
- **Put grades in perspective.** Is he doing his best? Is he learning? Let him know that's what counts.

## Find time for family fitness

A recent study shows that as early as age seven, children's physical activity levels start to decline. This is a problem. Not only does exercise reduce stress and risks of serious health problems, research shows it also aids learning. Compared to inactive peers, children who get regular exercise:

- **Are better listeners.**
- **Have better handwriting.**
- **Have better hand-eye coordination.**

To keep your child fit and learning well for years to come, help her set—and stick with—a healthy exercise routine now.



Source: "Decline in physical activity often starts as early as age 7," ScienceDaily, [niscw.com/stayactive](http://niscw.com/stayactive).



## Q&A How can I be involved if I can't help during the day?

**Q:** I work during school hours, and I can't just take time off to participate in a school activity. What else can I do to stay involved and support my child's education?

**A:** Research shows that parent involvement improves children's educational outcomes. But taking part in a school class or activity is only one of many ways to make a difference. Many things you can do at home can have a big impact on your child's learning.

First and most importantly, let your child know that school is a top priority. You can do that several ways:

- **Set high expectations.** Tell your child that you know he can do well in school, and you expect him to work hard. Offer praise when he does.
- **Talk about school subjects** with your child. Ask him to tell you about what he's learning. Offering positive comments, like "That sounds really interesting. I hope you'll tell me more," can motivate him.
- **Review your child's work,** and schedule enough time each day for him to do assignments. Stay nearby, if possible, while he works.
- **Work with other school parents.** Join the parent-teacher organization. You'll learn about what's going on and what families can do to help.

## Parent Quiz

### Are you shifting into school routines?

Establishing routines at home can ease your child's adjustment from a more relaxed summer schedule to the busier school year. Are you creating patterns that help your child make the shift? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Have you set** a bedtime for your child that lets her get nine to 12 hours of sleep?
- \_\_\_ **2. Have you set aside** at least 20 minutes a day for family reading time?
- \_\_\_ **3. Have you made** evening checklists of the preparations your child should make for the next morning?
- \_\_\_ **4. Have you designated** a spot where your child should keep supplies and items needed for school so there is no time wasted looking for them?

- \_\_\_ **5. Have you posted** a family calendar where she can record assignments and activities?

#### How well are you doing?

*More yes answers mean you are establishing a structure to smooth the return to school. For each no, try that idea.*

*"Write it on your heart that every day is the best day in the year."  
—Ralph Waldo Emerson*

## Focus on study skills

Helping your child develop his study skills is a key way to make sure he has a productive school year. For a start:

- **Set a regular study time** and place. Choose a time when your child is alert, and a spot that is comfortable and free of distractions.
- **Teach your child** to make a daily to-do list. As he crosses completed assignments off, he'll feel a sense of accomplishment.
- **Encourage him** to restate the main idea of assignments in his own words.

## Brains need downtime

Studies show that even when kids' brains are in a "resting" state they are still active. What's more, a little mental downtime can help consolidate learning. To give your child's brain a chance to recharge:

- **Have her take** a short break after every 15 to 20 minutes of homework or study.
- **Let her be bored** sometimes. Challenge her to figure out how to fill her time without relying on screens.

Source: L. Waters, Ph.D., "How Goofing Off Helps Kids Learn," *The Atlantic*, [niscw.com/elem\\_goof](http://niscw.com/elem_goof).

## Set the stage for teamwork

You and your child's teacher are partners. By staying in touch and working together, you can keep small issues from becoming big problems. Make it a point to:

- 1. Share information** about your child and about changes at home.
- 2. Read all notes** that come from school. Fill out and return forms and questionnaires promptly.
- 3. Ask questions!** If you are confused about anything school-related, ask the teacher to explain.



### Helping Children Learn®

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