

## BACK-TO-SCHOOL NIGHT COOKIE/PUNCH SOCIAL

Wednesday September 7<sup>th</sup>

We hope you and your family will join us at our first event of the coming school year. There will be cookies and punch for you and your family to enjoy as you take this opportunity to meet your student's teachers and staff who will be teaching your children this year, and to have any questions you may have answered. This is also a good time to get needed information about your child's classes.

### STUDENT ATTENDANCE

Student attendance is very important. If your student is in **Kindergarten through Grade Five** and will be absent or tardy for any reason, please call the Elementary School office at 441-8727. You may also call and leave a message at any time. Any student that arrives later than 8:30 a.m. will need to come to the office for a tardy pass to present to his/her teacher for admittance to the classroom.

If you have a **Sixth- Seventh- or Eighth-grade student**, please call the Middle School office at 543-4077. You may also call and leave a message at any time. Any student who arrives later than 9:00 a.m. will need to go to the Middle School office for a tardy pass.

### DELICIOUS SNACKS FOR STUDENTS

We are excited to announce that Timothy L. Johnson will again, this coming school year, have the fruit and vegetable program for elementary students. Students will receive either a fruit or vegetable as a daily snack. They will be introduced to, learn about and sample different fruits and vegetables they perhaps never have had before.

The US Department of Agriculture's Fresh Fruit & Vegetables Program (FFVP) provides funding for fresh fruits and vegetables to be served to all children in participating elementary schools throughout the school day. It is an effective way of introducing kids to fresh, healthy snack options outside of school breakfast and lunch.

### IMPORTANT DATES TO REMEMBER September

- 5 LABOR DAY - NO SCHOOL
- 7 BACK-TO-SCHOOL NIGHT  
6:00 P.M. - 7:00 P.M.  
Cookies/Punch
- 19 SCHOLASTIC BOOK FAIR
- 30 BOOK FAIR ENDS



### ATHLETIC IHSAA PHYSICALS FOR MIDDLE SCHOOL STUDENTS

Again, this year, Timothy L. Johnson Middle School will offer athletic physicals at the school for those students who will be participating in extra-curricular sports.

For your student to participate in extra-curricular athletics at school, such as after-school basketball, soccer, cheerleading, or any other athletic program, he/she must have a physical on file.

There is a \$15.00 charge for the physicals done at school, but your student must have returned the completed IHSAA physical form with a parent's signature to receive his/her physical. If you do not have a form, they are available from **Mrs. Linnemeier, Athletic Director**, or in the Middle School office.

### SCHOOL BUS SAFETY RULES

Important rules to follow when riding a bus to and from school.

1. Stand on the same side at the bus stop.
  2. Don't goof around while waiting and stay on the sidewalk.
  3. Be alert to traffic.
  4. Always walk in front of, not behind, the bus.
  5. Don't rush for the bus.
  6. Move toward the door only after the bus stops, the door opens, and the driver says it's OK to board.
  7. Hold onto the handrail when getting on and off the bus.
  8. Never stand up or walk around while the bus is moving.
  9. Move away from the bus quickly after getting off. Don't worry if you leave something behind. You can get it the next day.
  10. Always obey the bus driver.
- Parents Magazine/MCT*

### REMINDER

There is no school on Monday, September 5 due to Labor Day.

### SCHOLASTIC BOOK FAIR COMING UP

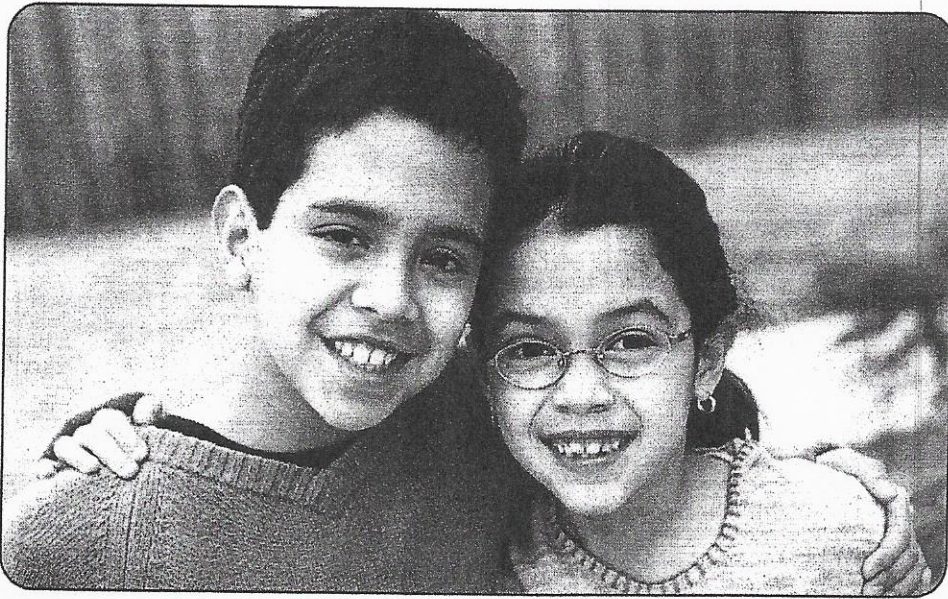
Beginning Monday, September 19<sup>th</sup>, the annual Scholastic Book Fair will be open for students and parents to view and purchase books for students to take home for their own reading enjoyment. There are many types of books that will catch a student's interest.

Students will visit the Book Fair on Monday, September 19<sup>th</sup> to see what is available for purchase, and then beginning on Tuesday, they may make purchases. The Fair will end at noon on September 30<sup>th</sup>.

Stop by any time during the school day and see what is available and to perhaps purchase a book with your student.



# Elementary School Parents<sup>®</sup> make the difference!



## Get the school year off to a great start with productive routines

It's the beginning of a new school year—the perfect time to set the stage for learning success. Try these simple strategies with your child:

- **Get a head start.** Many families find that organizing at night prevents morning “rush hour.” You can review school papers, pack and refrigerate lunches, set backpacks by the door and agree on outfits.
- **Establish sleep routines.** Choose a reasonable bedtime so your child is rested when it's time to wake up. Elementary schoolers need between nine and 12 hours of sleep daily. Try to stick to the bedtime on weekends, too.
- **Develop morning habits.** When children do the same things in the

same order each morning, it's less likely that they will forget a step.

- **Choose a work time.** Establish a time when your child will have the most energy and motivation to do assignments. Create a quiet study spot, complete with necessary supplies. Your child should work at the same time each day.
- **Use tools for organization.** Teach your child how to use calendars, to-do lists, sticky notes, and a filing system for schoolwork and important papers.
- **Set priorities.** Schedule things like schoolwork, family meals and even free time on a calendar. Treat them like appointments. If there are open blocks of time, your child can add activities.

## Help your child build ‘intrinsic motivation’



Most parents have used rewards to motivate children at one time or another. And there's no question that reward systems work.

But when the rewards stop, the motivation sometimes stops, too. Researchers have found that students who are motivated *only* by the desire to earn a reward for a good grade rarely do more than the minimum they need to get by.

However, when students are motivated by an inner reward, they are more likely to stick with a task. Students with *intrinsic motivation* learn because they're curious. They retain what they have learned longer, and they earn higher grades.

To foster intrinsic motivation:

- **Have your child think about an assignment before starting it.** “What do I want to learn from this?”
- **Help your child see progress when working on a big task.**
- **Offer positive feedback.**
- **Encourage your child to use positive self-talk.** “I am capable and I will learn this!”

Source: K. Cherry, “Intrinsic Motivation: Why You Do Things,” *Verywell Mind*.



## Manage your child's screen time by creating a family media plan



Digital devices are an important part of our world—and can be very appealing to kids.

Technology helps your child discover new ideas, connect with others and access educational information for school.

However, too much recreational screen time can negatively affect schoolwork, health, activity levels and face-to-face communication skills.

To help your child strike a healthy balance, experts recommend creating a personalized family media plan that answers the following questions:

- What devices do I want my child to have access to?
- Where will devices be allowed and where will they be off-limits?
- How much time will my child be allowed to use them?

- Will the same rules apply during weekends and school breaks?
- What content is appropriate for my child to access?
- How will I maintain consistency?
- What consequences will there be for misusing devices?
- What example am I setting through my own use of technology?

Source: *Ways Parents Can Manage Kids' Technology Use*, QuickTip Brochure, The Parent Institute.

**"Sometimes you have to disconnect to stay connected. We've become so focused on that tiny screen that we forget the big picture, the people right in front of us."**

—Regina Brett

## Parent-teacher communication is key for student achievement

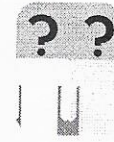


Studies consistently show that family engagement in education is linked to students' academic success. When teachers, parents and students work together, anything is possible!

The family-school relationship is just like all relationships—it requires trust, effective communication and respect. To get off to a great start:

- **Set the tone.** Show your interest by participating in back-to-school events. Introduce yourself to the teacher and exchange contact information. Ask how you can support learning at home. Fill out and return school forms promptly. And let your child know that you and the teacher are on the same team.
- **Share information** throughout the school year. Tell the teacher if there are any changes at home, such as a new sibling or a divorce, that may affect your child in the classroom.
- **Communicate respectfully.** Polite requests get better results than demands. A helpful tip is to use the word *we* instead of *you*. "How can *we* stay in touch to help Alex?" The teacher is your partner, not your opponent.
- **Remain positive.** When you talk with the teacher later in the year, you will likely learn about your child's strengths. Be prepared to hear about weaknesses, too. React calmly and remember: You and the teacher both want your child to be successful.

## Do you encourage your child to work independently?



"Mom, I can't do it. I need help!" Every child makes that plea once in a while. But if you hear it every day, you may

need to help your child become more independent.

Answer *yes* or *no* to the questions below to find out if you are fostering self-reliance:

1. Do you tell your child, "I believe in you and know you can do it."
2. Do you help your child break big projects down into smaller pieces that are easier to finish?
3. Do you remind your child of the importance of persistence? "You couldn't ride a bike the first time you tried. But you kept at it. Is there another strategy you could try?"
4. Do you ask questions when your child gets stuck? "What did you learn when you read the chapter?"
5. Do you offer praise when your child finishes work without assistance?

How well are you doing?

If most of your answers are *yes*, you are helping your child learn how to work independently. For *no* answers, try those ideas.

Elementary School  
**Parents**  
make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1523-1275

For subscription information call or write:  
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Fax: 1-800-216-3667.

Or visit: [www.parent-institute.com](http://www.parent-institute.com).

Published monthly September through May.  
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Publisher: Doris McLaughlin,  
Publisher Emeritus: John H. Wherry, Ed.D.  
Editor: Rebecca Hasty Miyares.



# Begin the school year with a commitment to attendance



Your child's teachers will do their best to help your child learn and succeed in school. But there's one thing that *only you* can do—get your child to school every day.

Children who don't attend school regularly fall behind and score lower on tests. They can also have a hard time making and keeping friends—especially in elementary school.

How often a child is absent in elementary school sets a pattern for absences in later school years. Lots of absences often lead to students dropping out of school completely.

To reduce school absences:

- **Discuss the value of education** and let your child know that school attendance is not optional.
- **Discuss some of the consequences** of missing school, such as needing to do make-up work, missing

friends, not understanding new concepts.

- **Follow school rules** for keeping students home due to illness. Don't allow your child to stay home simply to catch up on homework or sleep.
- **Promote frequent hand-washing** to help keep your child healthy and in school.
- **Schedule medical appointments** during non-school hours when possible.
- **Plan vacations** for when school is not in session.
- **Track your child's absences.** Look for any patterns that need to be addressed.
- **Talk to the teacher** or the school counselor if your child regularly doesn't want to go to school.

Source: A. Ansari and M.A. Gottfried, "The Grade-Level and Cumulative Outcomes of Absenteeism," *Child Development*, The Society for Research in Child Development.

# High expectations can motivate your child to succeed in school



Don't just *hope* for your child's success—*expect* it! When parents express high, yet realistic, expectations, their children are likely to meet them.

To help your elementary schooler succeed in the classroom and beyond:

- **Don't act surprised by success.** Did your child just bring home a B+ on a super-hard science test? Instead of acting shocked, act like you never had any doubt. "That's awesome! I knew all of your extra studying this week would pay off!"
- **Be supportive.** Never belittle your child for mistakes. Failure happens to everyone sometimes. Besides, plenty of other people in the world

will be there to criticize your child. That's why your constant love and acceptance are so vital. Always be your child's "safe place."

- **Discourage "victim mode."** When unfortunate things happen, don't chalk them up to bad luck or a mean teacher. That will make your child feel like a victim who has no control over situations.

Instead, empower your child to take action. When something goes wrong, talk about the lessons learned. Help your child think about how to handle similar situations in the future.

Source: Y. and S.D. Holloway, "Parental Expectations and Children's Academic Performance in Sociocultural Context," *Educational Psychology Review*, (Springer).

**Q:** When my eight-year-old gets angry or frustrated, it often results in a tantrum. This is happening at home and at school—and the teacher is asking for my help. How do I teach my child self-control?

## Questions & Answers

**A:** Elementary-age children have more stress in their lives than most parents realize. When they don't have the skills to cope with stress, they may resort to toddler-style outbursts and crying fits.

However, success in school and in relationships depends on your child's ability to maintain self-control.

To minimize temper tantrums, first try to figure out what triggers them. Keep a record of your child's behavior for one week. What happens just before a tantrum begins? Do you notice patterns? Then, help your child avoid some of the situations that lead to stress.

Next, share tools that can help your child manage behavior. When you sense a meltdown, show your child how to:

- **Take a time out.** Have your child walk away from the situation for a five-minute breather. Tell your child, "You may return once you are able to talk calmly."
- **Use calming techniques,** such as breathing deeply, while slowly counting to 10. Encourage your child to say, "I can work through this."
- **Throw it out.** Have your child write or draw the angry feelings on paper and then wad the paper up and toss it away.
- **Talk it out.** Help your child become more self-aware. When things aren't going well, assist your child in recognizing and naming feelings.



# It Matters: Building Responsibility

## Simple strategies boost your child's responsibility



Young children are still learning how to be responsible students. So they sometimes forget their books, their

schoolwork and even their lunches.

It's tempting to keep track of these things for your child. But this won't help in the long run. Success in school depends on your child's ability to be responsible.

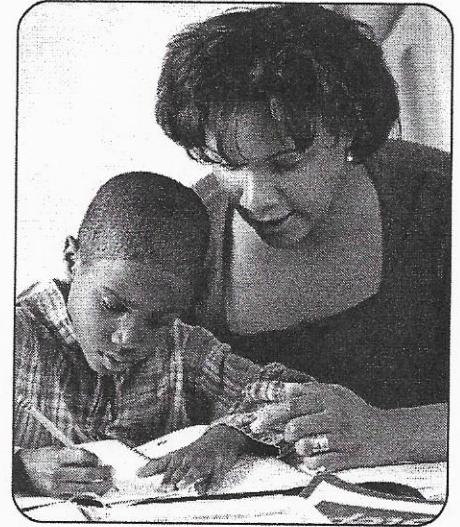
To reinforce responsibility:

- **Write down what you expect your child to do.** Post lists of responsibilities, weekly chores, and items needed for school.
- **Show your child how to keep track of activities and assignments on a weekly calendar.**
- **Ask your child to check off tasks once they are completed.**
- **Help your child figure out where to store things when they are not in use.**
- **Encourage self-sufficiency.** Put your child in charge of making lunch, picking out outfits and organizing school supplies.
- **Let your child experience the consequences of forgetting or losing an item.** For example, don't rush an instrument to school if it is left at home. If a library book is lost, expect your child to do extra chores to earn the money to replace it.
- **Set a good example.** Have a designated spot for your keys and wallet. Check your calendar to prepare for the next day.
- **Offer specific praise** when you see your child demonstrating responsibility.

## Help your child set goals and take responsibility for learning

**S**etting weekly goals helps students take control of their learning and establish a clear pathway to success. To help your child set goals and achieve them:

1. **Ask your child to identify one goal** at the beginning of the week, such as learning the new vocabulary words assigned in science class.
2. **Have your child write the goal on a piece of paper and post it on the refrigerator or bulletin board.**
3. **Talk about how to accomplish the goal.** Help your child break the goal down into smaller steps. For example, "You could study and learn three vocabulary words each day."
4. **Check your child's progress** in a few days. If problems arise, talk about possible solutions. If your child falls behind, brainstorm together about ways to catch up.



5. **Help your child evaluate results** at the end of the week. Did your student achieve the goal? Why or why not? Regardless of the outcome, praise your child for trying. Then set a new goal for next week.

## Encourage your child to do more than the bare minimum



You asked your child to take the recycling to the curb. It's windy, so your child placed a rock on the papers in the bin

so they wouldn't blow all over the street. Congratulations! Your child just demonstrated responsibility and maturity by doing more than the bare minimum.

Talk about other areas where your child can go above and beyond. For example, when:

- **Making a snack after school,** your child can leave the kitchen clean.

- **Using the last of an item,** your child can add it to the grocery list.
- **Pouring the rest of the water out of a pitcher,** your child can refill it.

Encourage your child to do more than what's required at school, too. For example:

- **Read a few extra pages of an assigned reading.**
- **Start a project early,** and go beyond what is expected by including a detailed illustration or a colorful cover page.
- **Work a few extra math problems** to master a concept.



# Helping Children Learn<sup>®</sup>

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL



September 2022

## Put simple ideas to work now to support learning all year long

Schools and families share a common goal: helping students learn, grow and thrive. And it takes both schools and families to achieve it.

At school, the start of a new year is a time to establish routines and priorities. To do the same at home and set your child up for a productive year of learning:



- **Create a study space** that is comfortable for your student. It can be at a bedroom desk, at the kitchen table or on the couch. It just needs to have plenty of light and few distractions when your child is working.
- **Make a weekly schedule.** Plan time for schoolwork, play, activities and relaxing. Be sure to include a family reading time. Reading together regularly shows your child that reading is important.
- **Keep a family calendar.** You can use a different color for each family member's activities.
- **Set up a folder** for school notices so they won't get misplaced.
- **Cut back on recreational screen time.** Set a weekly limit on time spent passively watching screen media.
- **Update contact information.** Provide your work and emergency numbers to the school. Collect teacher and attendance office contacts.



## Make reading an activity your child will enjoy doing every day

Even after elementary schoolers learn to read, they must practice regularly to develop their skills. Strong reading skills will make learning every subject easier for your child. To encourage frequent reading:

- **Give your child choices.** Offer a wide variety of reading material—books, age-appropriate news articles, graphic novels etc. Let your child choose what to bring home from the library.
- **Connect reading to life.** Read together about historical events that happened near your home. Look for books related to things your child likes to do.
- **Set a timer.** If your child resists reading, say "Read to me for three minutes." Add another minute every few days.
- **Act out stories.** Help your child stage a family play or make a video of a current favorite book.
- **Read aloud.** When children listen to books, they can enjoy more challenging words and stories.

## Establish a key partnership

You and the teacher are at the center of your child's daily life. Teamwork between you benefits your student. To foster it:

- **Participate** in Back-to-School Night to find out about teacher expectations.
- **Update the teacher** about changes and challenges your child is facing.
- **Show your child** you respect the teacher.

## Encourage cooperation

Leadership is a positive quality in a student. But *bossiness*—being demanding, not listening, not cooperating—just makes working with classmates and teachers harder. To help your child learn to contribute in a group:

- **Have family members take turns** making some decisions for everyone, such as what vegetable to eat for dinner.
- **Set house rules.** If one person divides the cookie, the other person gets to choose which piece they want.
- **Teach fair ways** to make decisions, like flipping a coin to see who goes first.



## Have your student teach

One of the most effective ways to reinforce learning is to ask your child to teach the material to you. Try these three strategies with your "student teacher":

1. **Show interest** in what your child is learning in school. Ask your student to explain concepts and read texts aloud.
2. **Take a quiz.** Let your child ask you questions about the material.
3. **Ask for help.** How does your child think you should solve a problem? What should you do first?







## Q&A How can I help my child make up for lost learning?

**Q:** My third grader lost ground academically during the pandemic and struggled with grade level work last spring. How can I help my child get back on track this year?

**A:** Your student is not alone! Studies show widespread drops in math and reading test scores since 2019. But there's also good news: There are many ways you can work with the school and your child to help recover that lost ground. Here are some ways to get started:



- **Meet with your child's teacher** as early as possible this fall. Talk about subject areas that give your student trouble. Ask what you can do at home and about school resources that can help. Many schools and districts are using relief funds to implement tutoring programs, for example.
- **Prioritize school attendance.** Don't let your child miss out on class instruction, discussions and demonstrations.
- **Help your child set learning goals** and plan steps to meet them. Every time your student completes a step, recognize the effort.
- **Plan for out-of-school learning.** Visit a historic site together. Get a book on minerals from the library and spend an afternoon rock-hunting. Building your child's base of knowledge helps with learning in school.

## Parent Quiz

### Are you establishing healthy habits?

Families play a vital role in helping students do their best in school. One key way to do this is by ensuring that your child gets needed rest, nutrition and exercise. Are you promoting healthy choices? Answer *yes* or *no* below:

- \_\_\_ 1. **Do you maintain** a regular bedtime for your child? Elementary schoolers need at least nine hours of sleep daily.
- \_\_\_ 2. **Do you feed** your child breakfast each day? Food fuels kids' brains for learning.
- \_\_\_ 3. **Do you find** fun ways for your child to get moving? Daily exercise improves memory and focus.
- \_\_\_ 4. **Do you review** the rules often about safely interacting with others, and make sure your child understands them?

- \_\_\_ 5. **Do you teach** your child to wash or sanitize hands frequently throughout the day?

#### How well are you doing?

*More yes answers mean you are helping your child establish habits that support learning. For each no, try that idea.*

*"The habits we form from childhood make no small difference, but rather they make all the difference."*

—Aristotle

## Mistakes are good teachers

The way your child responds after making a mistake in schoolwork makes the difference between learning and being stuck. When you see that your student has made an error:

1. **Ask**, "Do you understand why this is wrong?" If the answer is *yes*, have your child correct the mistake. If the answer is *no*, offer guidance or suggest asking the teacher for help.
2. **Explain** that fixing mistakes helps kids understand them, so they can avoid making them again.
3. **Recognize** progress and remind your child that people get smarter when they learn from mistakes.

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.

## Concentrate on listening

Listening and learning go hand in hand. To build your child's listening skills, be a good role model. When your elementary schooler is telling you something, stop what you are doing. Offer your full attention. If your child asks a question, repeat the question and then respond.



## Enjoy the fun of writing

To encourage your child's interest in writing, have some fun doing it together. Set a timer for five minutes then spend the time writing about one of these ideas:

- **The best birthday** I can imagine.
- **Something I'd like to try** and why.
- **The most exciting thing** I've ever done and how I did it.

Afterward, share what you each wrote.

### Helping Children Learn®

Published in English and Spanish, September through May.

Publisher: Doris McLaughlin.

Publisher Emeritus: John H. Wherry, Ed.D.

Editor: Alison McLean.

Translations Editor: Victoria Gaviola.

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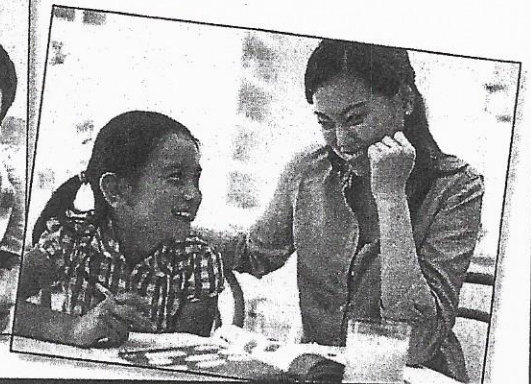
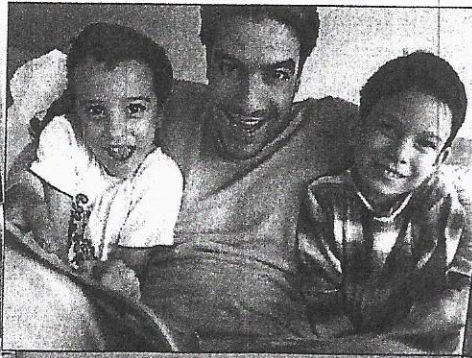
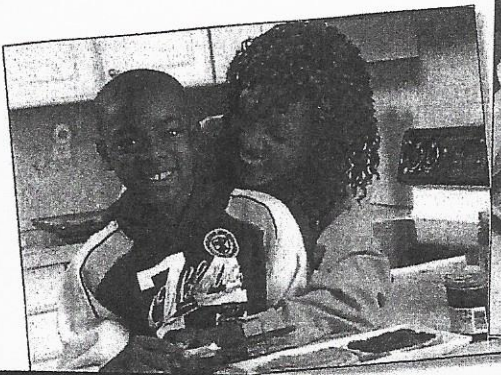
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1-800-756-5525 • www.parent-institute.com • ISSN 1527-1013



# Daily Learning Planner

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



THE  
**PARENT**  
INSTITUTE

September • October • November 2022

## September 2022

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

- 1. This is Library Card Sign-Up Month. Make sure everyone in your family has a library card—and knows how to use it.
- 2. Think of a meaningful quotation you love. Post it where your child will see it.
- 3. Establish a regular place to display your child's best schoolwork. Change the display often.
- 4. Tonight, talk with your child about the week ahead. Plan to do this every Sunday night.
- 5. A calendar is important for organization. Buy or make one with your child. Together, mark important dates with stickers.
- 6. Ask your child to guess how many times each of you blinks in a minute. Then check: Count blinks for 15 seconds and multiply by 4.
- 7. Establish a regular time for your child to do schoolwork. Choose the time together.
- 8. When your child is unsuccessful, ask, "How would you do it differently next time?"
- 9. Review the school rules together. Post the rules on your refrigerator.
- 10. Turn chores into a game. Give each task a number and have your child roll a die to get an assignment.
- 11. If you haven't met your child's teacher yet, make plans to do so, either in person or online.
- 12. At dinner, have each family member say something nice about every person at the table.
- 13. Play math "Jeopardy." Give a number. Who can come up with an equation for which it is the answer?
- 14. When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.
- 15. Have your child list ways family members read and write at home.
- 16. What foods make your child think of autumn? Apples, pears, squash? Choose one and prepare a healthy dish together.
- 17. Today is Constitution Day in the United States. Explain that a constitution is a framework for governing a country and its people.
- 18. Ask what your child is most looking forward to this school year.
- 19. Have your child name five jobs that might be interesting to do. Try to help your child interview someone in one of these jobs or fields.
- 20. Tonight at dinner, put a "price" on each item you serve. Have your child figure out the total cost of the meal.
- 21. When your child has a problem, offer two possible solutions. Let your child decide which one to choose.
- 22. It's the Autumnal Equinox. Help your child look up the word *equinox*. What does it mean?
- 23. Write down five of your child's successes this week and five of your own. Post the list where you can both see it.
- 24. Check out some new books from the library today. Sit in a cozy chair with your child and read a few together.
- 25. Help your child research the answer to a question.
- 26. Have your child write down a weekly goal. Make one for yourself, too.
- 27. Ask your child, "What is your favorite animal? Why do you like it?"
- 28. Praise something your child did well today. Make your praise as specific as possible.
- 29. Have your child write or dictate a short story about a favorite teacher.
- 30. Talk with your child about honesty and why it is important.



# October 2022

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

1. Pick a word of the day. Challenge family members to use it in a sentence. Make this a daily habit.
2. Take a walk with your child and use all five senses to observe the world around you.
3. Play math facts baseball. Quiz each other. A correct answer is a "base" hit.
4. Start a made-up story. "A man went down the road and he met a ... ." Let your child finish the story.
5. How many words can your child make from the letters in OCTOBER?
6. Does your child know who to call in an emergency? Make a list and post it on your refrigerator. Practice what to say.
7. When your child shows you schoolwork, talk about things that are correct before noting what is wrong.
8. Download an audiobook from the library to listen to with your child.
9. Help your child find out what's inside a seed. Soak a dry bean overnight. Let your child remove its coat and pull the halves apart.
10. Have family members make a list of their strengths. Read them aloud. Add to one another's lists.
11. Ask your child, "What was the most interesting thing you learned today?"
12. Talk about fire safety. What should your child do in case of a fire?
13. Have a jump rope contest. See how many jumps you and your child can do in a row.
14. Let your child stay up 30 minutes past bedtime as a treat. The catch? The time must be spent reading!
15. Share family stories with your child. Ask relatives to share some, too.
16. Go for a walk or bike ride with your child today. Challenge each other to spot something you haven't seen before.
17. Help your child do something nice for someone else.
18. Talk with your child about why students who keep up with their schoolwork earn better grades.
19. Teach your child to defend against bullying by saying *no*, walking away from fights and telling an adult.
20. Watch the news with your child. Locate one place mentioned on a world map.
21. Talk about one of your favorite books. Ask about one of your child's.
22. Look for signs of fall: changing daylight, colored leaves, pumpkins, etc.
23. Review math facts with your child tonight.
24. Put on music and spend 15 minutes drawing or writing with your child. Let the music be your inspiration.
25. Turn off the lights and read books by flashlight with your child.
26. Let your child see you keep your temper when you are upset. Instead of yelling, calmly talk about how you feel.
27. It's Theodore Roosevelt's birthday. Help your child look up interesting facts about this president and protector of the environment.
28. Pick an interesting news article. Ask your child to read it to you while you prepare dinner.
29. Write an encouraging note to your child. Tuck it in a school notebook.
30. Encourage your child to draw a self-portrait.
31. Celebrate National Popcorn Poppin' Month. Pop some popcorn and curl up with some mystery books.

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# November 2021

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

1. Set aside some time this month to do something with your child that you enjoyed at the same age.
2. Talk with your child about ways to handle stress. Getting enough sleep, exercising and talking to someone are helpful options.
3. Play Concentration with fractions. Try to make pairs of equivalent fractions:  $1/2$  and  $2/4$ ,  $3/5$  and  $6/10$  and so on.
4. Start a family savings jar. Everyone can decide what the goal will be and how they will contribute.
5. Have everyone bring an interesting science fact to share at dinner.
6. Make up a secret code with your child. Use it to write notes this week.
7. Hug your child, for no reason other than to show your love.
8. Ask your child, "If you could be a famous person from history, who would you be? Why?"
9. Play charades with your child. Use hand gestures to act out words.
10. Pick a category (such as animals) and a letter. How many items can your child name that fit in that category and start with that letter?
11. Talk about service. Discuss ways your family can do something for others in the coming holiday season.
12. When you read aloud to your child, choose an exciting place to stop. Ask, "What do you think will happen next?"
13. Learn a tongue twister together. At dinner, challenge everyone to repeat it three times fast.
14. Ask what actions or accomplishments your child is proud of.
15. To encourage a beginning reader, look for books with "read-along" audiobooks. Your child can listen and read at the same time.
16. Put together a jigsaw puzzle with your child.
17. Have a reading dinner. Ask everyone to bring a book they like to share. Talk about the books at the table.
18. Help your child make puppets by drawing faces on the bottom flaps of small paper bags.
19. If you have already said "No," avoid giving in to repeated demands from your child.
20. Enjoy some outdoor exercise as a family today.
21. Hold a "guess that number" contest: "How many noodles are in this bag?" "How many cookies are in that box?"
22. Allow a few minutes after the light is off at bedtime for a quiet conversation with your child.
23. Never let your child forget that you are on the same team.
24. Make a list of all the things that make your family members thankful.
25. Write three one-digit numbers on a card. How many equations can your child make and solve with those numbers?
26. Take a "counting walk" together. Pick something to count (cars, signs, flowers, birds, bikes) and keep track.
27. Have your child write new or difficult words on index cards. Review them together regularly until your child can read and spell them.
28. Choose a Person of the Week. Help your child learn more about that person.
29. When you watch TV with your child, ask questions: "Why do you think that person did that?" "Would you do that?"
30. Learn the sign language alphabet with your child. Use it to help practice spelling words.

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