

ENROLL NOW!



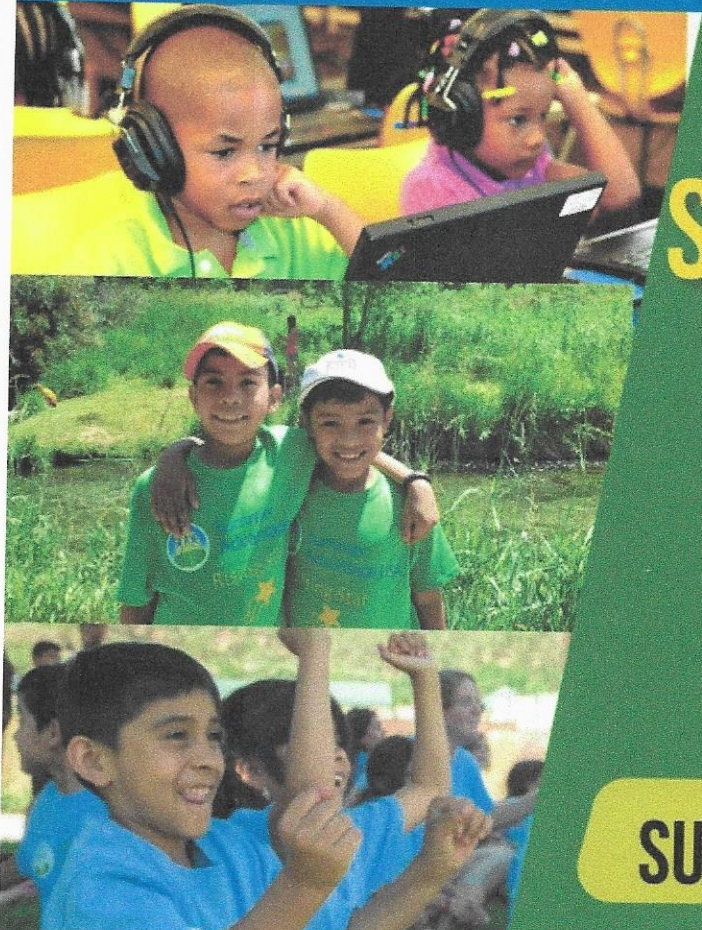
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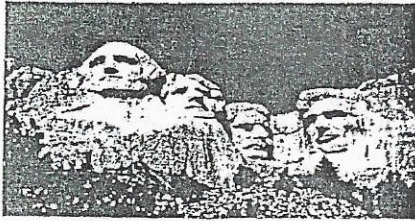
FREE 5-WEEK SUMMER PROGRAM

TIMOTHY L. JOHNSON
LEADERSHIP ACADEMIES
GRADES K-8



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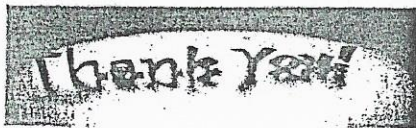


PRESIDENTS' DAY
February 22, 2022

Although the holiday is most often referred to as "Presidents' Day," the observed federal holiday is officially called "Washington's Birthday."

Calling the holiday Presidents' Day helps us reflect on not just the first president, but also the founding of our nation, its values, and what Washington calls in his Farewell Address the "beloved Constitution and union, as received from the Founders." Additionally, Abraham Lincoln's birthday is in February, so by calling the holiday "Presidents' Day," we can include another remarkable president in our celebrations.

Timothy L. Johnson Academy will be closed on Monday, February 21st in honor of Presidents' Day. School will resume at the regular time on Tuesday, February 22nd.



A BIG "thank you" to Steve Chapman, Custodial Engineer, for the extra work he and his crew have done to clear our walkways and parking lots during the recent big snow storm.

VALENTINE'S DAY
COMING UP

With Valentine's Day only a few days away on February 14th, several classes are planning classroom parties. If you plan to send Valentine cards to students in your child's class, please call your child's teacher to find out how many students are in his/her class. Valentine's Day is a happy day for students, and children are always excited to receive Valentine cards from classmates.

Also, if you would like to send some little treats for your child to share with the class, it would be most appreciated. The treat you send must be store bought and sealed. We're sorry, but homemade treats to share are not allowed in schools.

MARK YOUR CALENDAR

February

- 2/9 2-hr Delay (School begins at 10:00 a.m.)
- 2/14 Valentine's Day
- 2/16 Young Peoples' Concert
Grades 3-5 to Embassy
9:00 a.m.- 11:00 a.m.
- 2/21 Presidents' Day - NO SCHOOL
- 2/23 2-hr Delay (School begins at 10:00 a.m.)

March

- 3/1 eLearning Day/Staff PD
NO SCHOOL
- 3/11 Weather Make-up Day
NO SCHOOL

COLD WEATHER SAFETY TIPS

The season you either love, or love to hate, is in full swing. Whether you're out and about with your family braving the elements, or getting cozy at home, don't let cold-weather fun turn into a safety hazard. Keep your family protected with these tips.

1. Winter clothing should fit properly, but shouldn't be so tight it restricts movement. Too tight boots cause feet to become even colder.
2. When sending kids off to school or out to play, make sure they're dressed in layers that are wind- and waterproof.
3. Make sure your kids have an extra pair of gloves and tissue packs tucked into their book bags. These necessities will help prevent the spread of germs, and come in handy if a glove goes missing.
4. Driving in winter can be dangerous, so make sure you're ready for any situation. Keep a blanket, shovel, rock salt, ice scraper, water and perhaps snacks in your car for unexpected problems.



Black History Month

Every February, people in the United States celebrate the achievements and history of African Americans as part of Black History Month.

In 1915, in response to the lack of information on the accomplishments of Black people available to the public, historian Carter G. Woodson co-founded the Association for the Study of Negro Life and History.

In 1926, the group declared the second week of February as "Black History Week" to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn't included in textbooks prior to the creation of Black History Week. This week was chosen because it includes the birthdays of both Frederick Douglass, an abolitionist (someone who wanted to end the practice of enslaving people), and former U.S. president Abraham Lincoln. President Lincoln led the United States during the Civil War, which was primarily fought over the enslavement of Black people in the country.

Many schools and leaders began recognizing the week after its creation. The week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the recognition to "honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Black History Month has been celebrated in the United States every February since.

FEBRUARY FRESH FRUIT AND VEGETABLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 eLearning Day	3 eLearning Day	4 No School PTC
7 Apple	8	9 Celery	10 Peach	11
14 Blood Orange	15 Carrots	16 Petit Banana	17	18
21 No School	22 Cucumber Slices	23 Kisi	24 Grape Tomato	25
28 Lemon				

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
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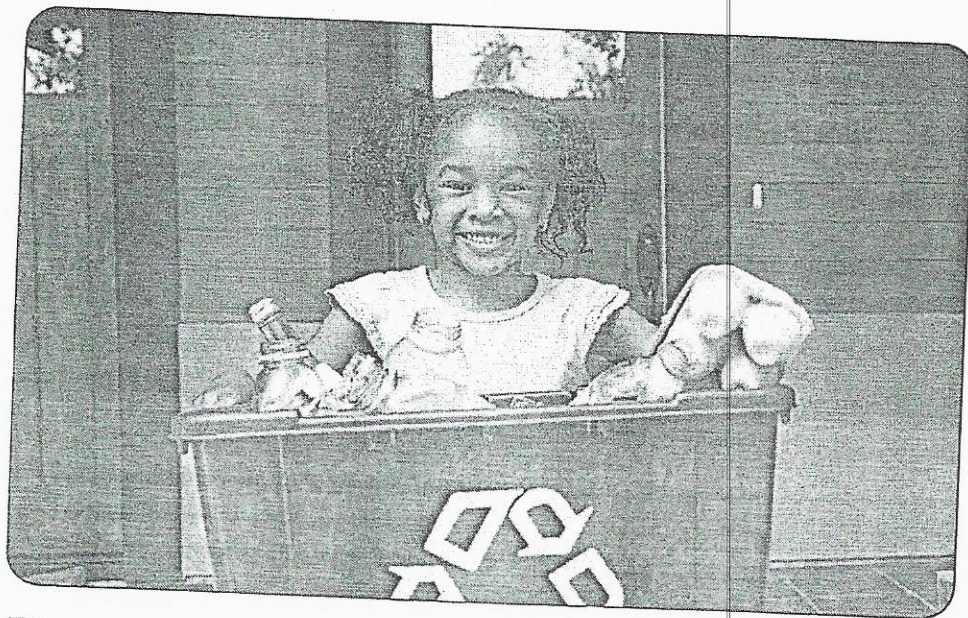
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Parents[®]

Elementary School

Timothy L. Johnson Academy

make the difference!



Use toothpicks to reinforce math concepts



A box of toothpicks is all you need to teach your child some valuable math skills—reasoning,

number sense and even basic geometry. Toothpick math is also a fun way to make time go faster while waiting at an appointment.

Here are some fun ways to put a box of toothpicks to use:

- **Last one wins.** This is a great game for two people. Lay out 12 toothpicks. Taking turns, players may remove one or two toothpicks. The player who takes the last toothpick wins. (Try to leave three toothpicks on the table to guarantee a win on your next turn.)
- **Can you copy this?** Using five toothpicks, create a design. Let your child look at it for only three seconds. Then cover it up and see if your child can recreate it from memory.
- **Tricky triangles.** Give your child seven toothpicks. How many triangles can he create?

For additional toothpick fun, head to superm.math.hawaii.edu/_lessons/k_five/toothpick_geometry.pdf and print out more toothpick puzzles to try.

Responsibility is linked to students' academic success

Educators agree that responsible children do better in school. Luckily, parents have endless opportunities to foster responsibility.

To boost your child's responsibility:

- **Enforce a few age-appropriate rules and consequences.** State them clearly so your child knows exactly how you expect her to behave—and what will happen if she doesn't.
- **Trust her with meaningful tasks.** School-age children are capable of handling responsibilities such as picking up their rooms, taking out the recycling and folding laundry.
- **Talk about financial responsibility.** Many kids receive an allowance. This provides a great opportunity to teach about budgeting, spending, saving and giving.
- **Let your child make decisions,** such as which homework assignment to tackle first. Being responsible for making decisions builds students' confidence.
- **Find ways to help others.** Discuss what it means to be a responsible member of a community. Talk about different ways your family can contribute, such as by donating gently-used clothing to a charity or volunteering your time for an important cause.
- **Adjust rules and responsibilities.** As your child matures, her abilities will change. Perhaps she can take on more grown-up chores. Or perhaps she can make new and exciting decisions. Talk about how great it feels to be responsible!

Tackle social problems before they affect school performance



Learning how to deal with “friends” who turn out not to be friends is a tough lesson. And it’s one that can distract your child from academic learning and affect his performance in school.

Talk to your child about qualities that make someone a true friend. Suggest he avoid classmates who seem:

- **Selfish.** Does the person seem to think and talk mostly about himself? Is he using your child in order to *get* something?
- **Phony.** Does the person say one thing and then do another?
- **Dishonest.** Someone who wants to use a friend to cheat on a test is not really a friend at all.

- **Unreliable.** Did the person say he’d walk home with your child after school, but then head off to someone else’s house instead?

Remind your child that he is worthy of *real* friends who make him feel good about himself—and he should stay clear of people who have not earned his friendship.

Source: R.M. Kidder, *Good Kids, Tough Choices: How Parents Can Help Their Children Do the Right Thing*, Jossey-Bass.

“Truly great friends are hard to find, difficult to leave, and impossible to forget.”

—G. Randolph

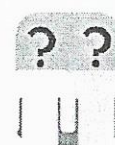
Celebrate Presidents Day with a variety of learning activities



February 21 is Presidents Day in the United States. Try these enjoyable learning activities to help your child discover more about U.S. presidents:

- **Find a book** with pictures of U.S. presidents. Have your child match those pictures to the faces on coins and bills. Give him pennies, nickels, dimes and quarters. He can also match pictures to one-, five- and twenty-dollar bills.
- **Take a virtual tour** of George Washington’s home. Visit www.mountvernon.org/the-estate-gardens/the-mansion/mansion-virtual-tour.
- **Learn how the office of president** was created by watching a short animated TedED video at ed.ted.com/lessons/inventing-the-american-presidency-kenneth-c-davis.
- **Ask your child to imagine** he’s president for a day. Then help him write a short essay, answering several questions: What is his day like? What powers does he have? What laws would he create or change?
- **Write a letter.** Does your child have something he’d like to say to the president? Encourage him to write a letter. Be sure to follow the guidelines at www.whitehouse.gov/get-involved/write-or-call.
- **Share the legend** of George Washington cutting down the cherry tree. Talk about how Lincoln was known as “Honest Abe.” Discuss the value of honesty. Ask your child what other qualities a president needs.
- **Find crafts, coloring pages, word searches** and more fun activities to do with your child at www.dltk-kids.com/crafts/presidents.html.

Are you helping your child learn family history?



Learning about family origins is a great way to ignite a child’s curiosity and bring history to life.

Answer *yes* or *no* to the questions below to see if you are helping your child learn more about your family:

- ___ 1. Do you share old family photos and family stories with your child?
- ___ 2. Do you prepare family recipes together? Preparing and sharing food is a great way to build connections.
- ___ 3. Do you encourage your child to ask older family members about their memories of childhood?
- ___ 4. Have you looked on a map with your child to see the country or countries that her ancestors came from? Check out books about those places when you go to the library.
- ___ 5. Are you keeping a scrapbook to preserve your family’s history? Keep photos and letters that show what your life is like.

How well are you doing?

More *yes* answers mean you are giving your child roots in family history. For *no* answers, try those ideas.

Elementary School
Parents
make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1046-0446

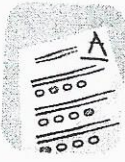
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Practice tests reinforce learning and boost your child's recall



How should your child study for tests? Research shows that taking practice tests is an effective way to study.

The act of recalling information is a learning activity that also helps students retain the information better. Plus, practice tests show students how well they know the content.

Practice testing can occur in several ways. Students might:

- **Take quizzes in class.** Help your child understand that quizzes are useful opportunities to practice recalling information. Simply taking a quiz can improve her learning and future grades.

When your child gets a graded quiz back, she should take time to correct any wrong answers and use the quiz for further studying.

- **Work with others.** Consider allowing your child to invite a classmate over to study and quiz one another. Or, they could meet over Zoom or FaceTime. You can also help your child study by calling out questions.
- **Study independently.** Your child can use flash cards and make her own practice tests. Discuss how to create questions by looking over notes, textbooks and handouts. She should notice the section headings, vocabulary words and review questions. Don't let your child stop at one quiz. Research shows that quizzing five to seven times reinforces learning even more!

Source: J. Dunlosky and others, "Improving Students' Learning With Effective Learning Techniques," *Psychological Science in the Public Interest*, Association for Psychological Science.

Boost your child's self-confidence with new family traditions



This Valentine's Day, why not start some new family traditions that will help your child feel special? When children

feel special, their self-confidence gets a boost!

Here are some fun ideas to try this month and throughout the year:

1. **Send "fan mail."** Praise your child's qualities and efforts in a note, poem or silly riddle. Send it through the post office. Or leave it under her pillow or anywhere else she will find it. Sign it, "From your biggest fan."
2. **Make a date.** Each month, devote one day to your child. Write it on the calendar. Let her choose what to do and eat.
3. **Give your child a place of honor.** At a dinner, put your child at the head of the table. Serve her first and make a water or milk toast to her. As at testimonial dinners, have each person say only nice things about the honored guest. (Siblings will try hard to do this, as they know their turn will be coming.)
4. **Create a mini-museum.** In addition to the refrigerator, dedicate a wall in the house as a place to hang your child's art, writing, test papers and certificates. Change the "exhibits" often.
5. **Provide "room service."** Surprise your child when she's getting ready for bed. Bring a healthy snack to her room. Take time to chat about her day.

Q: My two sons could not be more different about homework. The older one spends about two hours a day on his school assignments. He asks for help constantly. He wants me to check over everything. My younger son says he doesn't have homework or he did it at school. When he does homework, he races through it. How can I help them find a happy medium?

Questions & Answers

A: This is a snapshot of the challenges teachers face every day! Your children have the same parents and the same home environment. Yet they are as different as can be.

Surprisingly, however, their two approaches to homework can both be improved with the same three steps:

1. **Talk with their teachers.** Share what your boys are doing at home. Two hours of homework a day might be more than the teachers expect. Could your son have so much because he's not finishing his classwork in school?
2. **Establish a daily study time** for each child. Your younger son might as well take time to work carefully. If he has no assignments, give him work to do during that time. You could, for example, ask him to read, solve math problems or review.
3. **Set some ground rules.** At the start of every study session, go over the work your children have to do. Help them set priorities and make to-do lists. Stay nearby doing your own work, but encourage your older son to do the work himself. Check at the end of study time to see if they finished everything on their lists.

It Matters: Motivation

Show your child you think school is important



Taking time to set expectations and goals with your child clearly communicates your interest in helping her to do her best. Build on that by showing your enthusiasm for education in a variety of ways. Here's how:

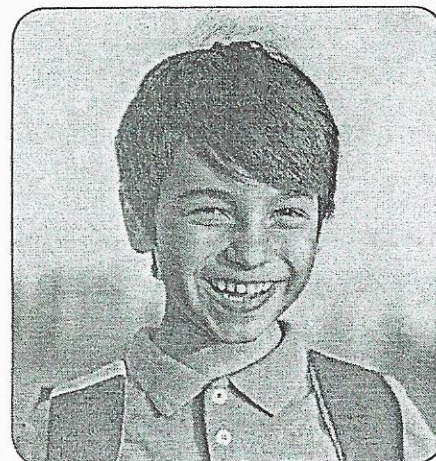
- **Maintain a relationship with your child's teacher.** Keep in touch throughout the year. Share information about how your child is doing. Ask the teacher for suggestions on how to best support your child's learning.
- **Attend school events in person or online** to show your child that school is a priority for you. If your schedule and resources allow, consider volunteering at home and participating in school activities.
- **Maintain a suitable environment for schoolwork.** Make sure your child has a quiet, well-lit place to study. Keep it stocked with the supplies she needs. Look over homework and give suggestions.
- **Keep up with assignments.** Doing schoolwork is your child's responsibility, but you should be aware of what she is studying as well as the status of homework assignments, tests and class projects.
- **Stay positive about school and schoolwork.** Your attitude rubs off on your child. Whenever possible, mention that the latest science unit sounds interesting. Say a good word about your child's teacher, too. "I really like the way Mr. Thomas always gives you a study guide before your tests. I know it helps you to feel more prepared."

Ask three questions to ensure your expectations are realistic

High expectations are linked to high accomplishment. But how can you tell if your expectations for your child are also realistic? After all, you want to motivate him, not set him up for failure.

When setting expectations, ask yourself these questions:

1. **Are they important?** Make sure you choose expectations that focus on the behaviors you want your child to develop. For example, if you want him to be responsible and to succeed in school, set expectations that promote those outcomes.
2. **Are they appropriate?** Take your child's development into consideration. In addition to his age, think about his personality and maturity. Goals shouldn't



be too easy or too difficult for him to reach.

3. **Are they easy to understand?** State your expectations in simple and clear terms. For example, "I expect you to start your reading by 4:00 each day."

Too much praise has a negative effect on students' motivation



Students who receive too much of the wrong kind of praise from their parents may develop traits such as vanity, selfishness and self-centeredness. Experts note that unearned praise also has a negative impact on students' motivation.

While it's important for parents to encourage their children, it's more important to make sure praise is:

- **Detailed.** Highlight behaviors you want your child to repeat. "You studied every day for your test and earned a higher grade than your last one!"

- **Honest.** You want your child to be able to trust what you say. Rather than saying, "You're the best piano player ever!" try, "You are making progress in playing smoothly!"
- **Focused on effort.** Support your child's efforts to try new things. Put special emphasis on things your child works hard to do, even if they aren't a big deal to others. Perseverance is something to acknowledge and reward!
- **Meaningful.** Save compliments for times when your child really deserves them.

Source: E. Brummelman and others, "Origins of narcissism in children," *Proceedings of the National Academy of Sciences*.

Helping Children Learn

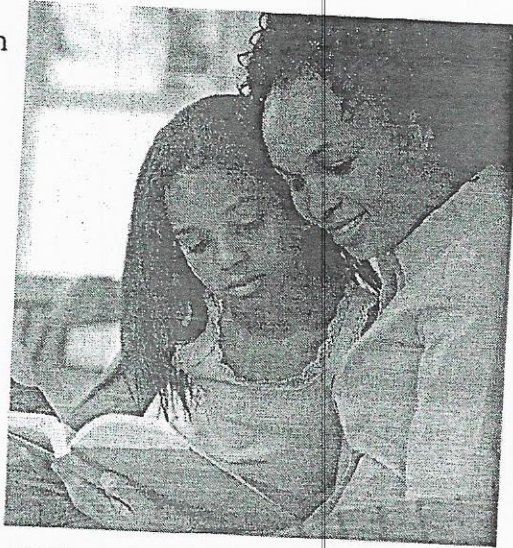
Tips Families Can Use to Help Children Do Better in School



February 2022

Enjoy learning activities that honor notable February figures

February is filled with birthdays of people you and your child can have fun learning about. Here are just a few heroes, writers, inventors and artists to celebrate together:



- **Langston Hughes** (Feb. 1). Read *Dreams*, a poem by the renowned Harlem Renaissance poet. Ask about your child's dreams for the future.
- **Abraham Lincoln** (Feb. 12). Challenge your child to memorize the 16th president's Gettysburg Address.
- **George Washington Gale Ferris, Jr.** (Feb. 14). Have your child write a poem or story about a ride on this engineer's most famous invention: the Ferris wheel.
- **Nina Simone** (Feb. 21). Listen to the singer's music and learn about her life and work.
- **George Washington** (Feb. 22). What would your child want to do if she were President of the United States?
- **Pierre-Auguste Renoir**. (Feb. 25). Look at the Impressionist artist's paintings in a book or online. Ask your child to paint one of her own.

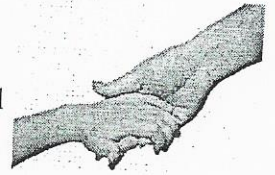
Plan for responsibility

Some children have a hard time taking responsibility for their schoolwork. To help your child become more responsible:

- **Ask her to make a plan.** "What could you do to help you remember ... ?"
- **Let her try out her plan.** If it doesn't work, let her learn from the consequences.
- **Suggest changes** she could make, but let your child put them into action.

Expect your child's best

Expressing realistic, high expectations for your child increases the chances that she'll meet them. To help her along:



- **Don't show surprise** when your child does well. Instead, act like you never doubted that she would.
- **Accept that she'll mess up** sometimes. Show your love when she does.
- **Empower your child** to take action when something goes wrong. Help her think about what she can learn from it to use in the future.



Try techniques that teachers use to improve cooperation and behavior

Teachers share a lot of the same challenges parents do—getting children to pay attention, complete work and respond to requests, etc. And the solutions they use to keep a class full of kids on task also work for families at home.

- Try these teacher-tested strategies:
- **Focus on the tasks** that you want to be routine. Explain step-by-step what you expect your child to do.
 - **Post a schedule.** Knowing what to do when without being told lets your child feel independent.
 - **Prepare your child** for transitions. Let him know how many minutes he has left before he has to stop and do something else.
 - **Use silent signals.** Flick the light off and on to give a five-minute warning before bedtime.
 - **Give your child** meaningful things to do. Ask him to help the family by doing household chores. Put him in charge of making and updating the grocery list.

Encourage your child to think before writing

Thinking and planning are important parts of the writing process. To help your child organize his thoughts when writing:



- **Suggest** that he talk through his ideas with you before he begins to write.
- **Encourage** him to make an outline. This helps him present his points in an order that makes sense.
- **Help him focus** on what he wants to say when he writes his rough draft. He can correct spelling and grammar later.

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL

February 2022



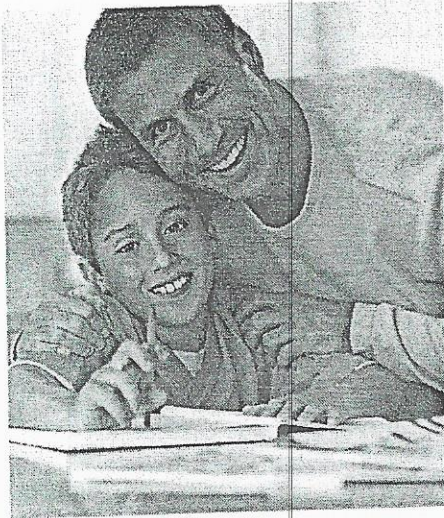
My child believes that faster is better. What should I do?

Q: My son loves to race, in sports and in school. He rushes through his work and doesn't take time to be neat or check his answers. How can I convince him to slow down and work carefully?

A: Your son seems to view school as a competition. But being first isn't what matters when it comes to schoolwork. Accuracy is far more important.

To help your elementary schooler learn to take more care:

- **Consult his teacher.** Say that you would like to work together on a plan to help your child focus on quality work, not speedy work.
- **Talk to your child.** Since he likes competitive sports, you might compare schoolwork to shooting free throws in basketball. It's not speed that matters—it's whether the ball goes in the basket.
- **Review your child's completed assignments.** Let him know you are going to check for neatness and accuracy. If his work is not up to a reasonable standard, you'll ask him to redo it, since he is responsible for the quality of his work. He'll soon figure out that by slowing down, he can do the work right the first time—and that takes less time in the long run.



Parent Quiz

Are you using report cards effectively?

Your child's report card should be a conversation starter. Whether she does well or worse than you feared, do you talk with your child about what's working, what's not, and how to move forward? Answer *yes* or *no* below:

1. Do you show that you take report cards seriously by making time to discuss them?
2. Do you ask if your child thinks her grades reflect her effort and progress, and why or why not?
3. Do you stay calm and focus your talk on what your child can learn from her grades, rather than criticizing?
4. Do you help your child plan steps to maintain good grades and improve poor ones?

5. Do you bring up questions or concerns with the teacher?

How well are you doing?

More yes answers mean you are using report cards as learning tools. For each no, try that idea from the quiz.

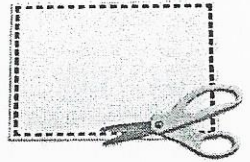
"Excellence is the gradual result of always trying to do better."

—Pat Riley

Share household math tasks

Involving your child in everyday math activities helps him understand just how useful math skills can be. Together you can:

- **Start a family project.** Planning to paint a bedroom? Have your child help you measure and figure out how much paint you'll need.
- **Clip coupons.** "If we use this coupon, will the item cost less than the other brands?"
- **Save for a goal.** Help your child choose an item to save for, such as a toy he wants. How much will he need to save each week for how long? Keep track on a chart.



Think about how you talk to your elementary schooler

Whether you are encouraging or correcting your child, the way you speak can affect her response. Consider your:

- **Words.** Be specific.
- **Tone.** Aim to sound confident, rather than stern or unsure.
- **Expression.** A relaxed look encourages cooperation better than an angry one.
- **Body language.** If possible, get on your child's level and face her eye-to-eye.

To encourage skill-building practice, 'gamify' it

Children love games. Making a learning activity into a game is a great way to keep your child interested. After reading together, for example, you could challenge your child to summarize the story using only three sentences. Or take turns making up a new story, sentence by sentence, using the same the characters as the story you read.

Source: M. Sailor and L. Homner, "The Gamification of Learning: A Meta-analysis," *Educational Psychology Review*, Springer.

Helping Children Learn®

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