



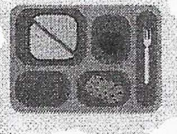
TLJA TIMES

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

March 2023



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



Breakfast & Lunch

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

Dear TLJA Family,

I have to say we have an amazing group of parents. Thank you to each of you for being so flexible. It is only making us better. Thank you so much for working with us. Please be sure we have the most up to date contact information in case we need to get in touch with you.

We sent home an Intent to Return application with students. Please fill it out and send back to save your child's spot for next year. We are already planning for the 2023-2024 school year and want you to reserve your child's place in the next grade. We have had a waiting list this year, so please let us know your plans before we fill spots with students from the waiting list. Thank you for all your support!!

Dawn Starks, TLJA Superintendent /School Leader

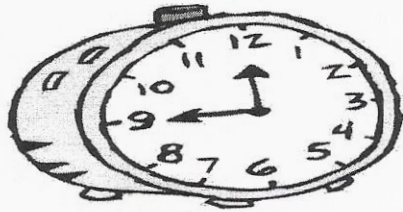
Spring
Break
will
start
March 31st
and
will end
April 9th.

We are offering Summer School from June 5th-June 30th. Meals and transportation will be provided. Call us today to register you scholar.

Please be sure your child is getting enough rest in the evenings and ready to come and do their best at school.



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



"SPRING FORWARD FALL BACK"

This is a reminder to set your clocks forward one hour on Sunday, March 12th. We will be starting the spring Daylight Savings Time schedule.

Daylight saving time (DST), also referred to as daylight savings time or daylight time (United States, Canada, and Australia), or summer time (United Kingdom, European Union, and others), is the practice of advancing clocks (typically by one hour) during warmer months so that darkness falls at a later clock time. The typical implementation of DST is to set clocks forward by one hour in the spring ("spring forward"), and to set clocks back by one hour in the fall ("fall back") to return to standard time. As a result, there is one 23-hour day in early spring and one 25-hour day in the middle of autumn.

THANK YOU

What a wonderful surprise elementary school students received on Thursday, March 2nd, as Dr. Seuss' "Cat in the Hat" look-alike showed up at TLJA. Mrs. Toni Murray, a TLJA volunteer, came to school for the day to read various Dr. Seuss books to classes.

It is always a pleasant day when Mrs. Murray comes to our school. She brings with her sunshine and a world of fun stories for our students.

READ WITH YOUR CHILD

Parents, especially during Spring Break, are encouraged to take time to read to their children or to have their children read to them. If a child reads twenty minutes per day, their focus understanding of words is greatly enhanced.

MARK YOUR CALENDAR

MARCH

- 3/6-10 IRead Testing
Grade 3
- 3/13-20 Middle School Soccer
Tryouts
- 3/31 eLearning Day

APRIL

- 4/3-7 Spring Break-
No School
OFFICE CLOSED
- 4/17-28 ILearn Testing
Grades 3-8



IT'S SOCCER TIME

Soccer is the world's most popular team sport. In most parts of the world the game is called football or association football. Both men and women play soccer in schools, clubs, and on national and professional teams.

Springtime Soccer is coming for TLJ Middle School students. Athletic Director, Mrs. Jennifer Linnemeier, has set Monday, March 13th through Monday, March 20th Middle School soccer practice and tryouts for the 22-23 season.

Students are reminded that if planning to participate in an athletic program at TLJ, they must have an IHSA physical form turned in. They will not be allowed to participate unless a physical form has been submitted.

MARCH HEALTH NEWS March is National Nutrition Month

Info from the NIH We Can! (Ways to Enhance Children's Activity & Nutrition) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods.

Learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family.

What is a "healthy" diet?

- A healthy eating plan is one that:
 - *Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products
 - *Includes lean meats, poultry, fish, beans, eggs and nuts
 - *Is low in saturated fats, trans fats, cholesterol, sodium/salt and added sugars
 - *Stays within your calorie needs.

Focus on Healthy Food Choices – Choose the **GO, SLOW, and WHOA** Foods:

GO FOODS – are the lowest in fats and added sugar. They are *nutrient dense* with a better source, of vitamins, minerals, and other nutrients important to health. Examples of **GO** foods are fruits, vegetables, whole grains, fat-free and low-fat milk products, lean meats, poultry,, fish, beans, egg whites, or egg substitute.

SLOW FOODS – are higher in fats and added sugar. **SLOW** foods include vegetables with added fat, white refined bread flour, low-fat mayonnaise, 2% low fat milk products peanut butter, pizza, baked chips

WHOA FOODS – are the highest in fat and sugar. They are *calorie dense* foods and low in vitamins, minerals, and other needed nutrients. Examples of **WHOA** foods are whole milk products, fried foods, bakery sweets, candy, soda, chips, sugary cereals, and creamy salad dressings.

MARCH 20 23

MENU SUBJECT TO CHANGE WITHOUT NOTICE
 (8 oz. milk provided with all meals)

Adult Breakfast: \$2.50

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | 1 CEREAL TRIX CRACKERS ORANGES JUICE,MILK | 2 LUCKY CHARMS GOLDFISH PEARS JUICE,MILK | 3 APPLE CINNAMON BAR CRACKERS PEACHES JIUCE,MILK |
| 6 Cereal Honey Graham Crackers Peaches Juice & Milk | 7 Cereal Cinnamon Graham Crackers Fruit Cocktail Juice & Milk | 8 Cereal Honey Graham Crackers Applesauce Juice & Milk | 9 Honey Graham Crackers Pineapple CRACKER JUICE,MILK | 10 Apple Cinnamon Bar Mandarin Oranges Juice & Milk |
| 13 Cereal Honey Graham Crackers Peaches Juice & Milk | 14 Banana Chocolate Chunk Bar Fruit Cocktail Juice & Milk | 15 Cereal Cinnamon Graham Crackers Applesauce Juice & Milk | 16 UBR Bar Pineapple Juice & Milk | 17 Cereal Goldfish Graham Crackers Mandarin Oranges Juice & Milk |
| 20 Cereal Honey Graham Crackers Peaches Juice & Milk | 21 Cereal Cinnamon Graham Crackers Fruit Cocktail Juice & Milk | 22 Cereal Honey Graham Crackers Applesauce Juice & Milk | 23 Cinnamon Pop tart Honey Graham Crackers Pineapple Juice & Milk | 24 Apple Cinnamon Bar Mandarin Oranges Juice & Milk |
| 27 Cereal Honey Graham Crackers Peaches Juice & Milk | 28 Banana Chocolate Chunk Bar Fruit Cocktail Juice & Milk | 29 CEREAL GOLDFISH CRACKER PINEAPPLE JUICE,MILK | 30CHEERIOS CRACKER FRIUT COCKTAIL JUICE,MILK | 31 NO SCHOOL |
| | | | | |

MARCH 2023

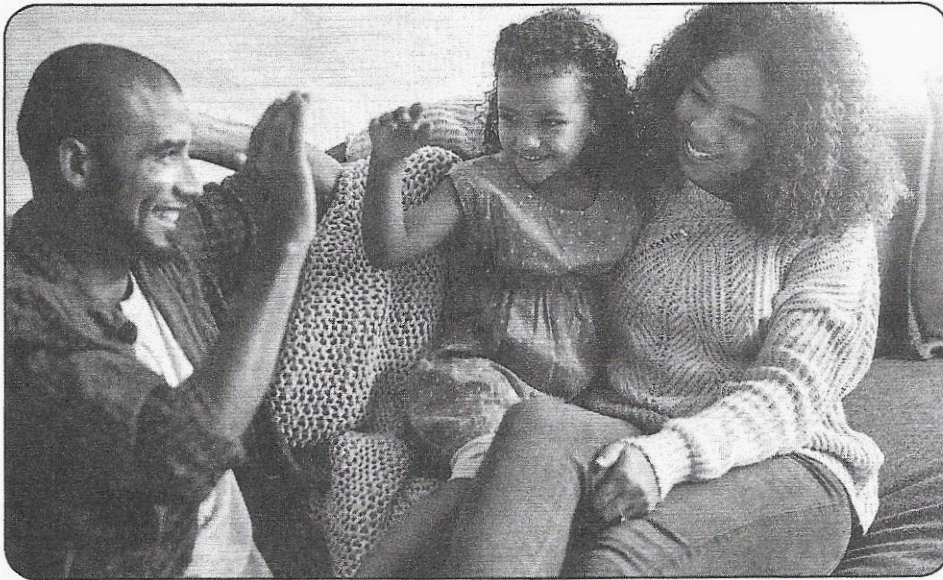
Lunch Menu

Timothy L. Johnson Academy

MENU SUBJECT TO CHANGE WITHOUT NOTICE

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | |
|--|--|---|--|---|--|--|--|--|--|
| | | 1 Chicken Sandwich ALT Fish Patty Baked Beans Apple Milk | 2 Egg, Sausage, and Cheese ALT Egg and Cheese Broccoli Orange English Muffin Milk | 3 Meatball Sub ALT Cheese Pizza Carrots Veg Dip Banana Tortilla Milk | | | | | |
| 6 Walking Taco Cheese Taco Confetti Bean Salad Tropical fruit Tortilla Chips Milk | 7 Cheese Ravioli Romaine Lettuce Applesauce Italian Dressing Dinner Roll/Butter Milk | 8 Sloppy Joe ALT Fish Patty Corn Orange Hamburger Bun Milk | 9 Mac and Cheese Green Beans Apple Milk | 10 Turkey Sandwich ALT Cheese Wrap Carrots Veg Dip Banana Tortilla Milk | | | | | |
| 13 Chicken Nuggets ALT Fish Patty Green Beans Pears Tartar Sauce Milk | 14 Salisbury Steak Mashed Potatoes Peaches Dinner Roll Milk | 15 Chicken Taco ALT Cheese Taco Black Bean Banana Tortilla Salsa Milk | 16 Chef Salad Egg Diced Chicken Shredded Cheese Romaine Lettuce Apple Milk | 17 Cheese Pizza Carrots Veg Dip Orange Milk | | | | | |
| 20 Hamburger ALT Fish Patty Romaine Lettuce Pineapple Hamburger Bun Milk | 21 Spaghetti ALT Burrito Carrots Peaches Dinner Roll Milk | 22 Chicken Leg ALT Quesadilla Baked Beans Banana Dinner Roll Milk | 23 Sausage Patty ALT Egg Omelette Green Beans Orange W.G. FR TST Bites Milk | 24 Chicken Corn Dog ALT Cheese Pizza Corn Applesauce Milk <table border="1" style="width: 100%; height: 20px; margin-top: 5px;"> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table> | | | | | |
| | | | | | | | | | |
| 27 Hot Dog ALT Quesadilla Green Beans Tropical Fruit Hot Dog Bun Milk | 28 Salisbury Steak ALT Bean and Cheese Burrito Mashed Potatoes Peaches Dinner Roll Milk | 29 GR. Chicken Sandwich ALT Fish Patty Baked Beans Apple Hamburger bun BBQ Sauce Milk | 30 Egg, Sausage, and Cheese ALT Egg and Cheese Broccoli Veg Dip Orange W.G. English Muffin Milk | 31 Meatball Sub ALT Cheese Pizza Carrots Veg Dip Banana Milk | | | | | |

Elementary School Parents[®] make the difference!



Three fun ways to celebrate your child's achievements

There is no better motivator for a child than setting a goal and reaching it. But sometimes, a major accomplishment also calls for a celebration.

Perhaps your child earned a higher grade in a class this grading period. Or, maybe your child finally finished reading that book series. Whenever your child sets and reaches a challenging goal, try one of these fun ideas:

1. **Take a picture** of your child reaching the goal—holding up a report card or a finished book series, for example. You could also ask your child to draw a picture of the accomplishment.

Frame the picture and place it by your child's bed. When children regularly see images of themselves

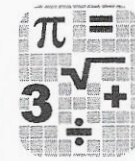
being successful, they will start to see themselves as achievers.

2. **Plan a special surprise.** On one side of a piece of paper, write down a goal your child wants to achieve. On the other side, write down a small reward—such as having a friend over for a sleepover.

Roll up the paper, put it into a balloon, and then blow up the balloon. Once the goal is reached, have your child pop the balloon to find out what the reward is.

3. **Host a family victory dinner** to celebrate your child's success. Set a "fancy" table and serve some of your child's favorite foods. During dinner, ask your child to say a few words about how great it feels to reach a goal.

Look for lines of symmetry in nature



If you fold a picture of a butterfly in half, you'll notice that the two halves match exactly. That's

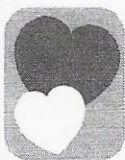
because butterflies, like many things in nature, are *symmetrical*.

Showing your child how to look for lines of symmetry is a great way to practice recognizing patterns. It is also a fun family activity that can give your child a new way of looking at nature.

To get started:

- **Look for natural objects** that are symmetrical and take photos of them. Flowers, leaves, spider webs and shells may all have these lines.
- **Have your child predict** where the line of symmetry will be. Then fold along that line to see if the two sides match up exactly.
- **Find lines of symmetry** in other places, such as in the pages of a magazine or book. Remember that lines of symmetry can be vertical (as in the letter A) or horizontal (as in the letter B). They can even be diagonal. Sometimes, things may have more than one line of symmetry.

Regular family meetings build skills and make life a bit easier



Weekly meetings can make family life run more smoothly—and help children learn about cooperation and leadership. To hold productive family meetings:

- **Establish a schedule.** Meet at the same time every week and keep meetings brief. Fifteen minutes is often long enough.
- **Set ground rules.** No devices or other distractions.
- **Plan an agenda.** During the week, let family members jot down issues they'd like to address.
- **Encourage participation.** Give each family member a chance to talk uninterrupted.
- **Brainstorm solutions** for concerns raised during the meeting. Consider everyone's ideas.

- **Discuss expectations** for the upcoming week and review goals.
- **Coordinate schedules.** Review your family calendar and discuss who is doing what this week.
- **End with a team-building activity.** Play a quick game, or make up a story or sing a song.

After a few meetings, let family members take turns being the meeting leader.

“Unity is strength ... when there is teamwork and collaboration, wonderful things can be achieved.”

—Mattie Stepanek

Women's History Month is a great time to read a biography



March is Women's History Month—the perfect time for your child to read a biography of a famous woman.

To find a biography your child will enjoy, talk about interests. If your child likes:

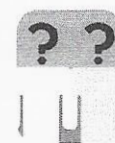
- **Sports,** consider reading about Wilma Rudolph, a three-time Olympic gold medal winner.
- **Politics,** read about Victoria Woodhull, who in 1870 became the first woman to run for president. Or, look for a book about Sandra Day O'Connor, the first woman appointed to the United States Supreme Court.
- **Fashion,** find a biography about Jacqueline Kennedy Onassis, who

was considered a cultural and fashion icon in the 1960s.

- **Science,** read about Marie Curie, the only person to win a Nobel Prize in two different sciences—chemistry and physics.
- **Helping others,** learn more about Mother Teresa, who dedicated her life to serving the poor and disadvantaged.
- **Space,** read about Sally Ride who was the first American woman in space. Upon her return, she dedicated her life to helping girls excel in STEM fields.

Read the book together or let your child read it independently, but don't stop there. Encourage your child to do some additional research on the person online.

How well are you listening to your child?



Communication between parents and children is important for developing a positive relationship. You want your child to know that you are always available to talk about any school problems or difficult situations. But when your child talks, are you really listening? Answer *yes* or *no* to the questions below to find out:

- ___ **1. Do you give your child some uninterrupted listening time every day, like after school or at bedtime?**
- ___ **2. Do you avoid interrupting when your child is speaking to you?**
- ___ **3. Do you say that you want to hear what your child has to say—and if you're not able to listen, set a time when you can give your full attention?**
- ___ **4. Do you ask questions if you don't understand what your child is saying?**
- ___ **5. Do you sometimes rephrase what your child has said to confirm that you understood?**

How well are you doing?

If most of your answers are *yes*, you are promoting effective communication with your child by demonstrating strong listening skills. For *no* answers, try those ideas.

Elementary School
Parents
make the difference!

Practical Ideas for Parents
to Help Their Children.

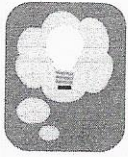
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March weather activities can teach your child science skills



According to the old saying, March comes in like a lion and goes out like a lamb. Is this true where you live?

In many parts of the country, March brings changeable weather—which makes it a great time to enjoy science and other weather-related activities. With your child:

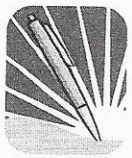
- **Keep a temperature graph.** Have your child record and graph the temperature each day for a month. Or, use the online weather report for your area. Record whether the day was sunny, cloudy or rainy.
- **Measure the rain.** You'll need a plastic jar with straight sides and a flat bottom, a ruler and a marker. On the outside of the jar, use the ruler and marker to mark off each quarter inch. Have your child keep track of the amount of rainfall.

- **Make wind chimes.** You'll need four clean, empty cans, some string and a coat hanger. Make sure the edges of the cans are not sharp. Help your child punch a hole in the bottom of each can. Tie a knot in one end of the string and thread the string through a can. Then tie the other end to your hanger. Repeat with each can. Each time the wind blows, the cans will make music!

You and your child can also go online to learn more about weather. Check out these fun, age-appropriate websites:

- **Weather Wiz Kids**, www.weatherwizkids.com.
- **The Old Farmer's Almanac for Kids**, www.almanac4kids.com/weather.
- **NASA's Climate Kids**, climatekids.nasa.gov/menu/weather-and-climate.

Offer support when your child has a writing assignment



A writing assignment can seem like a tough challenge for many students. Good writing involves everything from understanding a subject to knowing how to organize thoughts to checking spelling and punctuation.

To support your child:

- **Suggest that your child "talk through"** some ideas before starting to write. Clear writing starts with clear thinking.
- **Encourage your child** to take notes and make an outline before starting to write. Organized thoughts will make the writing clearer.
- **Remind your child** that first drafts aren't supposed to be perfect.

Students should focus on what to say first—and edit the paper for spelling and grammar later.

- **Offer plenty of praise** to motivate your child to keep working. Be as specific as you can: "I really like the way you've described what led up to this event. I understand it much better now."
- **Don't over criticize.** It's helpful to point out errors now and then, but if you are always looking for what's wrong, your child will be less likely to ask for help in the future.
- **Be patient.** Good writing takes time. Your patience and support can help your child develop into a clear thinker and skilled writer.

Q: My fourth-grader does well on tests and quizzes, but doesn't always complete daily assignments. How can I get my child to take schoolwork more seriously?

Questions & Answers

A: It's critical that your child learn to take schoolwork seriously. Although quizzes and tests may have a larger impact on overall grades, it's regular assignments that reinforce knowledge on a daily basis.

To help your elementary schooler become a more responsible student:

- **Explain how you feel.** If you haven't spelled it out yet, do so now. "I've noticed that you blow off your assignments quite a bit. That's not OK, so let's figure out how to change the situation."
- **Enforce a daily work time.** Brainstorm with your child to find a time that works best—and make sure your child sticks to it. "Study time starts at five o'clock. No arguments." If there are no assignments, your child can use the time to review class notes, get started on a long-term project or read.
- **Tie schoolwork to privileges.** "After you have finished your assignment, you may go outside and play basketball." To show your child you're serious, be sure to check that the work was really completed.
- **Follow up at school.** If your home strategies don't work, get the teachers involved. Let your child know that you'll be checking with them each week to see whether your student is turning in completed assignments. Set appropriate consequences for not doing so.

It Matters: Mental Health

Boost emotional well-being with family meals



Eating together as a family can boost your child's mental wellness. Regular family meals strengthen relationships,

giving your child a sense of security and connection.

Here's how to get the most out of meals with your child:

- **Make eating together a priority.** It doesn't always have to be dinner. If you work in the evening, have breakfast with your child or plan a weekend picnic or brunch.
- **Involve your child in planning and preparing nutritious meals.** Ask your child to choose the vegetable, toast bread for sandwiches or toss a salad. Having a say in what you eat and helping to get it on the table will give your child a more positive attitude toward family meals and teamwork.
- **Enjoy pleasant conversations.** Mealtime is a great time to check in by asking about your child's day. Sharing something about your own day first may inspire your child to speak up.

You can also spark conversations by asking a "question of the day." The question can be silly or serious. Go around the table and have each person answer. Have family members take turns coming up with future questions.

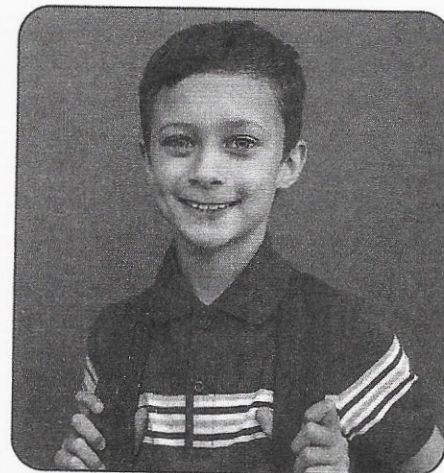
- **Eliminate distractions.** Turn off the TV and put away those mobile devices. You'll be fully present and able to focus your attention on one another.

Source: "Increasing Family Meal Consumption to Boost Mental Health," The Food Industry Association.

Teach your child how to recognize and manage feelings

All children feel worried or upset sometimes. Being aware of these feelings and thoughts is the first step toward managing them in healthy ways. Here's how:

- **Talk about thoughts.** When your child seems sad or anxious, ask, "What are you thinking about right now?" Your child might say, for example, "I'm worried no one will sit with me in the cafeteria at lunch tomorrow."
- **Show understanding.** Put your child's feelings into words. "I know you're worried about finding someone to eat with at lunch tomorrow."
- **"Flip" thinking.** Tell your child to make negative thoughts do a "flip" so they're more positive or helpful. Your child might think, "I can ask my reading buddy to have lunch



with me" or "I can tell my teacher I'm worried about sitting alone."

If your child often seems worried or upset, talk to your child's teacher, school counselor or pediatrician.

Source: "Catch, Check, and Change Your Thoughts," National Academies of Sciences, Engineering and Medicine.

Did you know that playtime is a proven stress reliever?



When children have fun, their brains release chemicals that cause happiness and reduce stress—which leads to improved mental health.

To get the most from playtime:

- **Make time for active play.** Your child needs at least one hour of daily exercise for good physical and mental wellness. Active play (jumping rope, playing tag, etc.) counts toward that hour. Have your child keep a physical activity diary for a week—does it total at least seven hours?

- **Limit recreational screen time.** Hands-on, real-life play stimulates your child's brain better than passively looking at a screen. Together, make a list of screen-free playtime activities. When your child wants to play a video game, point to the list.
- **Play with your child.** Parent-child play is great for strengthening bonds. Have a family board game night, build something together or ask to join in your child's pretend play.

Source: S. Wang, Ph.D. and S. Aamodt, Ph.D., "Play, Stress, and the Learning Brain," *Cerebrum*, National Library of Medicine.

Helping Children Learn[®]

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School



March 2023

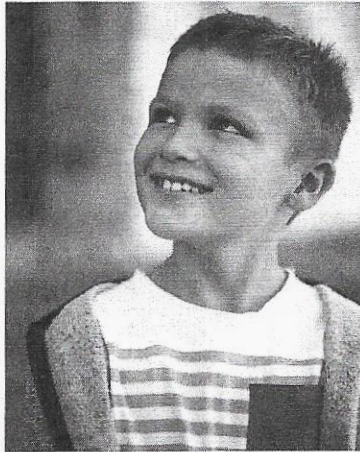
Teach your child four strategies for achieving learning goals

Setting goals gives students something to work toward, and visualizing them can keep kids motivated when the going gets tough. You have probably helped your child set learning goals. But does your child know what to do after setting a goal to make it easier to reach?

Help your elementary schooler put these four strategies into action:

- 1. Define the goal in writing.** Make sure that your child's goal is specific, and can be accomplished in a short time frame: "I will learn my multiplication facts by the end of the month" rather than "I will do better in math." Post the written goal in a visible place.
- 2. Decide on steps to take.** What work is your child willing to do to achieve the goal? Together, make a step-by-step plan.
- 3. Share the goal and plan with others.** Making goals public builds commitment. Encourage your child to discuss the plan with the teacher.
- 4. Carry out the plan,** one step at a time. If problems crop up, brainstorm possible solutions together. For example, if your child is too tired to review flash cards in the evenings, reviewing over breakfast might work.

As your child works toward the goal, offer encouragement and support. Praise effort and progress. And when your child achieves the goal, celebrate!



Help your elementary schooler go into tests with confidence

Test anxiety is often caused by self-doubt, and it can keep students from achieving the results they are capable of. Poor performance then reinforces that self-doubt. To help your child break the test-anxiety cycle:

- **Take the pressure off.** Tell your child that tests simply show the teacher what students have learned so far, and what they need help with. Make it clear that you love your child no matter what—and a test score won't change that.
- **Schedule time to review.** Preparation is the best cure for test-anxiety. It's best to study a little each day for several days before the test. Help your child focus first on not-yet-mastered material.
- **Teach your child to use positive self-talk,** such as "I have studied and I am prepared to be successful."
- **Encourage your child** to visualize doing well. You might say, "Close your eyes and picture yourself knowing the answers."

Play an observation game

Scientists notice and remember details. To encourage this, ask your child to describe the front of a familiar building from memory. How many stories is it? What color is the front door? Together, check the reality against the details your child remembered.

Source: S. Berman, *Thinking Strategies for Science*, Corwin Press.

Stir up interest in exercise

Research shows that regular exercise improves children's health and performance in school. To increase your child's physical activity level:



- **Set an example.** Seeing you stay fit can motivate your child.
- **Link screens to movement.** Build fitness breaks into your child's screen time.
- **Play active games,** such as catch, tag and Simon Says.

Source: A. McPherson and others, "Physical activity, cognition and academic performance," *BMC Public Health*.

Encourage critical thinking

Critical thinking helps students analyze information and understand how it relates to a bigger picture. To help your elementary schooler develop this skill:



- **Allow time** for your child to try to solve problems independently. Ask questions like "How could you figure that out?"
- **Encourage reflection.** Ask how your child thinks a completed project or task went. "Did you plan enough time to finish? What did you learn from doing it?"
- **Consider current events.** Have your child read an article and express an opinion on an issue. Then ask, "Why might other people might think differently?"



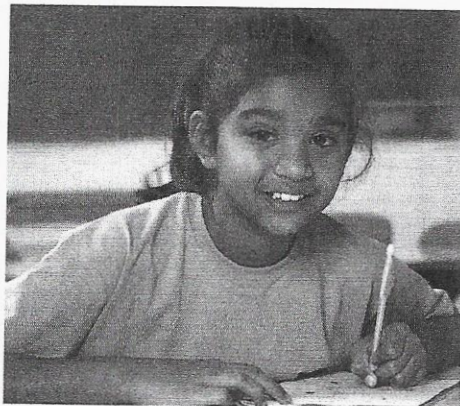
Q&A How can I make writing less painful for my child?

Q: My fifth grader hates to write. When there's a writing assignment, my child just stares at the blank piece of paper. What can I do to help?

A: Many elementary schoolers freeze up at the thought of writing. They worry that what they write won't be any good.

To help your student beat writer's block and learn to communicate effectively in writing:

- **Ask what your child is feeling.** Listen, and allow your child to express frustration. Explain that professional writers have difficulty writing sometimes, too.
- **Encourage your child to make a list** of as many ideas as possible, without worrying about grammar or spelling. Editing for those things can come later.
- **Discuss the ideas with your child.** Ask questions to help your child think them through. After your conversation, it may be easier for your child to write the first draft.
- **Provide positive feedback.** When reviewing written work, focus on what your child is trying to say, not just the rules of writing. Praise what you like. Don't fix your child's mistakes—this sends the message that you don't think your child is capable of fixing them.



Parent Quiz

Are you teaching your child to be civil?

In school and in life, children must cooperate and learn from other people. Civil behavior smooths the way. Are you showing your child how to interact respectfully with others? Answer *yes* or *no* to the questions below:

- ___ **1. Do you set** an example by being kind and honest with your child and others?
- ___ **2. Do you encourage** your child to admit mistakes and try to make amends?
- ___ **3. Do you show** your child healthy ways to vent anger instead of taking it out on other people?
- ___ **4. Do you model** attentive listening by making eye contact with your child and restating what you hear?

- ___ **5. Do you uphold** rules and consequences fairly and consistently?

How well are you doing?

More yes answers mean you are demonstrating respectful actions and attitudes. For each no, try that idea.

"Respect is how to treat everyone, not just those you want to impress."

—Richard Branson

Foster 'conscientiousness'

Conscientious students work hard, think through choices and fulfill responsibilities. To encourage conscientiousness at home:

- **Teach** your child to take the time to work carefully—even when another activity seems more exciting.
- **Encourage** your child to keep trying—even when work is challenging.
- **Have** your child double-check work.

Boost an interest in history

The best historical fiction gives your child a vivid view of the human side of history's facts, dates and statistics.



To bring history to life through reading:

- **Ask a teacher or librarian** to recommend titles that present history accurately and avoid myths or stereotypes.
- **Choose books** with illustrations.
- **Read books aloud** that are a little above your child's reading level.
- **Have your child** read more than one book about the same era to get different perspectives.

Source: E. Codell, *How to Get Your Child to Love Reading*, Algonquin Books of Chapel Hill.

Chores build school skills

Children who do chores at home can develop skills and attitudes that help in school. Assign chores that help your child learn to:

- **Follow directions.** Completing multi-step chores correctly is good practice for taking tests.
- **Plan and manage time.** Figuring out when to do chores to meet a deadline helps your child learn to prioritize time.
- **Consider others' needs.** This is an important part of teamwork.

Helping Children Learn®

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