

Home & School

CONNECTION®

Working Together for School Success

March 2018

Henrico County Public Schools
Elementary School Counseling Program



SHORT NOTES

School events

Show your child that his school is important by asking about and attending events. Encourage him to post notices about plays, award ceremonies, or talent shows on a family bulletin board. You could also put them into your electronic calendar and turn on notifications to remind you.

Musical vocabulary

Enjoying music with your youngster can help her vocabulary grow. Try introducing her to your favorite songs from when you were growing up, and have her share music she likes. Together, listen for new words, and discuss their meanings.

DID YOU KNOW?

More than half of all smokers took their first puff by age 14, so it's not too early to talk to your child about smoking. And with e-cigarette use on the rise, he may think they're a safe alternative. Explain that most e-cigarettes still contain nicotine, which is addictive.

Worth quoting

"We grow great by dreams."
Woodrow Wilson

JUST FOR FUN

Q: What do you get when you cross a rooster and a giraffe?

A: An animal that can wake people on the top floor of a building.



Be "super" respectful

Being respectful is one way your youngster can build strong relationships with teachers, classmates, and family members. Here are tips for helping her understand and show respect.

Imagine your powers!

If your child were a respect "superhero," what would her super-powers be? Let her draw a picture of herself in this role. She might be carrying a backpack full of supplies for writing thank-you notes. Or perhaps she'll be wearing a bracelet with a "grabber" that picks up litter to show respect for the environment.

Roll for respect

Have your youngster number a sheet of paper 1–6. Beside each number, she could list a person (custodian, bus driver, neighbor). Take turns rolling a die and naming a way to show respect for that person. If 2 is for bus driver, she



might say, "Follow bus rules." That demonstrates respect for the job he does.

Write a poem

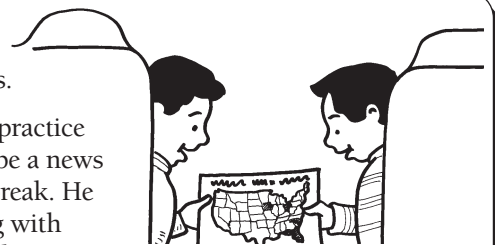
Suggest that your child write the word RESPECT down the left side of a sheet of paper. She can make an *acrostic* poem by writing a way to show respect that begins with each letter in the word. Examples: "Really listen when others speak" for R, "Everyone's equal—treat them that way" for E.♥

Break for learning

During spring break, inspire your child to enjoy learning adventures outside the classroom. Consider these ideas.

● **Live coverage.** Let your youngster practice writing and speaking by pretending to be a news reporter covering your family's spring break. He might write about activities like playing with cousins or making his favorite meal with you. At the end of the week, invite him to read his "broadcast" to the family.

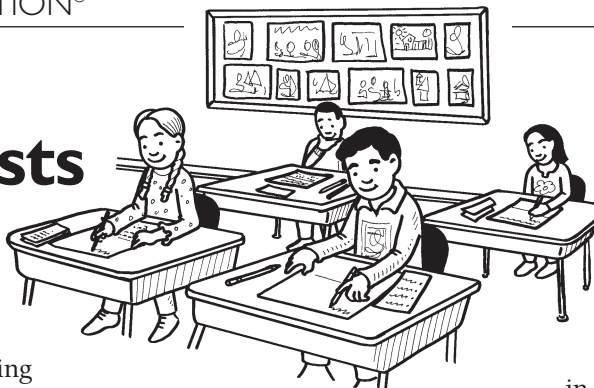
● **Spot the state.** Print out a United States map online, or have your child draw one, and take it in the car. Everyone calls out license plates they see from different states, and your youngster finds and colors each state on his map. How many states will he locate by the end of spring break?♥



Ready for standardized tests

Springtime is state test time for many students. Encourage your child to do his best with this advice.

Be strategic. Suggest that your youngster use strategies that increase his chances of getting the right answer. If he has to answer multiple-choice questions about a passage, he could read the questions first so he knows what to look for in the text. For fill-in-the-blank items, he might read the sentence with each possible answer to see which one makes the most sense.



Plan before writing.

Your child will do better on a short answer or essay section if he takes time to plan what he will write. This may be as simple as listing his main points on scrap paper. Then, he can write about each point in a separate paragraph in his essay. Or he might create

an outline. His essay will be more organized, and he'll be more likely to include all the important information.

Idea: Tell your youngster to stay calm and confident. Remind him that he has been preparing for the test simply by going to school and completing his work. ♥

ACTIVITY CORNER

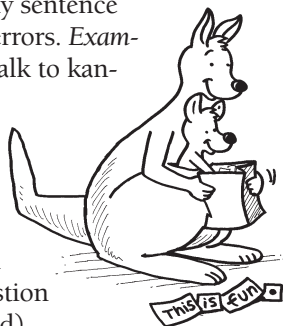
Grammar detective

Using proper grammar, spelling, and punctuation will help your youngster write clearly and effectively. Practice together with these activities:

- Write a funny sentence that contains errors. *Example:* "can you talk to kangaroos." Let your child read it and correct your mistakes (capitalize the C in *can*, put a question mark at the end).

Then, she could write a sentence with errors for you to fix.

- Together, cut out words and punctuation marks from newspaper or magazine headlines. Put them in a bag, and have your youngster pull out one at a time until she can form a sentence using correct grammar and punctuation. ♥



Q & A

Build sibling bonds

Q: I'd like my kids to be close, but they bicker a lot. How can I help them have a better relationship?

A: It's common for siblings to squabble.

What's important is that they form a connection that helps them enjoy each other (at least sometimes) and handle disagreements.

Try giving them tasks that require them to rely on each other. For instance, one might wash dishes and the other dry them, and then they could put them away together. Also, encourage them to spend time doing something they both enjoy, like hitting baseballs or playing with toy dinosaurs.

Finally, use their disagreements to build their conflict-resolution skills. When they argue, let them take turns setting a timer for 1 minute and explaining their side to the other. If they can't come up with a solution, suggest they take a break by going into separate rooms. They can try again when they've both calmed down and had a chance to think. ♥



PARENT TO PARENT

Protecting your child online

My fifth grader, Sadie, likes to watch videos on a kid-friendly website. I worried that she might come across something inappropriate, so I looked at the site's help page.

Luckily, I found several safety features. I marked Sadie's account private and disabled the "comment" option. And I changed her search settings so mature content will be less likely to pop up.

I explained to Sadie that the changes would help keep her safe from strangers and away from videos that may upset or confuse her. But since I know settings aren't foolproof, I told her to come to me if she sees anything that bothers her. I also reminded her not to upload anything without my permission and to never post personal information.

I still keep an eye on Sadie's internet use, but I feel like she's better protected now. Plus, she's learning good habits for the future. ♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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