

Home & School

Working Together for School Success

CONNECTION®

October 2018



Henrico County Public Schools
Elementary School Counseling Program

SHORT NOTES

Exercise your brain

Your child's brain is like a muscle—the more he uses it, the stronger it will become. Suggest that he give his brain a workout with activities like using his nondominant hand to throw a ball or to color. Learning to speak a foreign language or play a musical instrument are also known brain boosters.

DID YOU KNOW?

If your youngster qualifies for free or reduced-price meals, your family may also be eligible for low-cost internet. Contact local internet providers to find out. In addition, most libraries have computers with internet access. Your child can use them to do research for school or to look up topics she's curious about.

Family talent show

Stage a talent show to help family members appreciate one another's skills. Each person can choose something he likes to do (singing, juggling). Encourage practice time, and choose a night for your event.

Worth quoting

"The world is round so that friendship may encircle it." *Pierre Teilhard de Chardin*

JUST FOR FUN

Teacher: Jill, name four members of the bear family.

Jill: Mom, dad, sister, and brother!



Super homework support

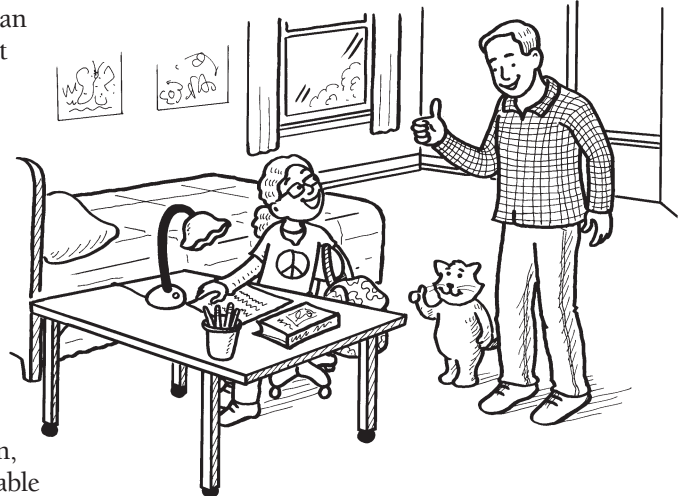
Making homework an important part of life at home will show your youngster that her education matters. Letting her work independently will also send the message that you believe in her. Consider these strategies.

Provide backup

Allow your youngster to work on her own, but tell her you're available if she needs you. Say she's confused about the directions for an assignment. You could encourage her to reread them slowly or maybe read them aloud to her. If she's not sure how to approach a math problem, you might look at similar problems together in her textbook.

Give feedback

Point out to your child what she's doing well—you'll inspire her to repeat the behavior in the future. For instance, if you notice she started a long-term project the day it was assigned, you could say,



"Nice move! Now you have plenty of time to come up with good ideas and do your best."

Show interest

Glance over finished homework so you know it's done and your youngster knows you care. Also, look at returned assignments. She might proudly share a nice comment her teacher wrote on her essay. Or if a paper has spelling errors, ask how she can avoid the same problem next time, perhaps by looking up unfamiliar words in a dictionary.♥

Organization made easy

Good organizational skills will help your child find what he needs—and save time. Try these tips:

- Encourage your youngster to help with jobs that teach organization. For instance, have him organize your toolbox. Let him try his ideas, such as grouping together same-size screws or arranging wrenches from shortest to longest.

- Point out that *staying* organized is easier than *getting* organized. If he cleans out his school desk and his backpack every Friday, those tasks won't be overwhelming. *Idea:* He could put sticky notes on his desk and bag that say "Please clean me on Friday!"♥

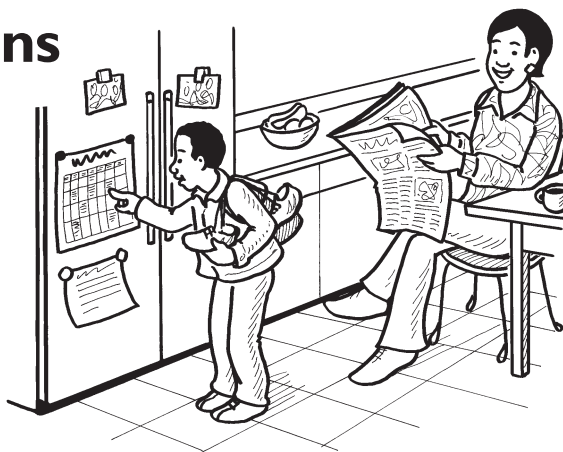


Setting expectations

Andrew always wears his sneakers to PE class and returns his books on library day. Robert sometimes forgets his sneakers and misses out on PE, or he leaves his library books at home and can't check out new ones.

What's the difference? Andrew's parents expect him to keep track of his schedule. Here's how to set expectations for your youngster.

Discuss in advance. Be clear about what you expect, and remind your child regularly. For example, if you want him to manage his schedule,



score goals, but you could expect him to attend every practice, show good sportsmanship, and try his best. ♥

you might post it on the refrigerator and tell him that it's his job to check it each day. Or if you're getting a pet, explain what he'll need to do to care for it. ("You'll be in charge of filling the food bowl every evening.")

Be reasonable. Set expectations that your youngster can live up to. If he plays soccer, for instance, you might not expect him to

ACTIVITY CORNER

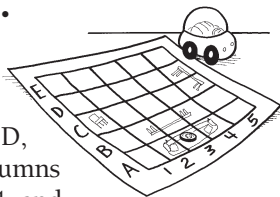


Build map skills

This version of hide-and-seek lets your youngster practice finding places on a grid. She'll have fun working on map skills and spatial reasoning.

1. Draw a grid.

Have your child make a grid with 5 rows (labeled A, B, C, D, and E) and 5 columns (labeled 1, 2, 3, 4, and 5). Her grid will represent a room in your home.



2. Add pictures. Next, your youngster should draw furniture or other items in the boxes to indicate their locations in the room. Say your couch is centered along the front wall of the living room. She could draw a couch on her grid across boxes A2, A3, and A4.

3. Hide an object. Take turns closing your eyes while the other person hides something (perhaps a toy car) in the actual room. Then, place a penny on the grid to show where you hid the item. If you put the penny on A3, your child might figure out that the toy is under the center of the couch. ♥

PARENT TO PARENT

After-school activities: Find a balance

My fifth grader, Alicia, was already in Girl Scouts and the school science club when I agreed to sign her up for martial arts. Before long, she started coming home too tired to do homework, and she had little time to play.

Alicia and I realized she needed to cut back on her extracurricular activities. She wasn't thrilled, but I explained that school comes first—and that she would enjoy each activity more if she weren't juggling so many. We talked about what to drop. She wanted to stick with her friends in Girl Scouts, and she loves the experiments she does in science club. In the end, she decided martial arts would be the one to go.

Alicia has more time for homework and play now. And maybe she can try martial arts next summer when school is out. ♥



Q & A How to talk about lockdown drills

Q: My son came home anxious about a lockdown drill they did in school. How should I discuss this with him?

A: Lockdown drills help students know what to do in an emergency that requires them to shelter inside the school.

Explain to your son that his teacher and principal want to keep him and his classmates safe. That's why the school holds drills to prepare the children for

situations like intruders, fires, tornadoes, or earthquakes. Although it's scary to think about emergencies, having a plan can make him feel more in control.

Ask your son to name other ways we stay safe, such as wearing a seat belt in the car, looking both ways before crossing the street, or going indoors during a thunderstorm. He'll realize that he knows how to do a lot of things that help to protect him.

Note: If he continues to feel anxious, contact the school counselor for advice. ♥



OUR PURPOSE

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

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