

Home & School

Working Together for School Success

CONNECTION®

October 2017

Henrico County Public Schools
Elementary School Counseling Program

SHORT NOTES

Speak clearly

To boost your child's communication skills, let her introduce herself when she meets people rather than doing it for her. Also, encourage her to be clear and specific when asking for help. If she says, "I can't do this," you might respond, "What are you asking for help with?"

Rested and ready

When your youngster wakes up easily and feels ready to start the day, that's a good sign he's getting enough sleep. But if he's too groggy in the morning or he's sleepy in school, try slowly adjusting his bedtime until he feels alert in class. *Note:* Experts recommend 10–11 hours of sleep per night at this age.

DID YOU KNOW?

Repetition helps your child's brain form new connections. Say she wants to improve her soccer dribbling skills. She might practice for a certain number of minutes every day. Or if she'd like to learn origami, she could check out a library book on the topic and work on her favorite designs.

Worth quoting

"The whole world opened to me when I learned to read." *Mary McLeod Bethune*

JUST FOR FUN

Q: Why did the elephant paint himself different colors?



A: So he could hide in the crayon box!

Consequences that work

Matthew was supposed to put away his toys and games, but he didn't. So when his mom tripped over a block, she thought carefully about what an appropriate consequence for him might be. Consider the following ideas to set consequences that encourage your youngster to listen and follow rules.

Make it logical

A consequence should relate to the situation at hand and promote the behavior you want. If your child, like Matthew, doesn't put his things away, you might say he has to store them away for a period of time. Living without them may make cleaning up more important to him.

Keep it reasonable

Take into account your youngster's age and stage of development. A little one may lose screen time for a day if he won't turn off the TV when you ask him to. An older child might have to go



without electronics for a week if you see him posting on a social media site he's not allowed to use.

Allow natural outcomes

Let your youngster learn from what happens naturally. Say he wants to wear his school T-shirt on Spirit Day, but he didn't put it in the hamper. The result? He will need to wear something else. Or if he forgets his trumpet on band day, he won't be able to play his instrument with the rest of the class. ♥

Attention! Attention!

Staying focused during class will help your child do her best work. Here are strategies that can make a difference.

Role play. Pretend you're the teacher, and have your youngster show you what a student who is paying attention looks like. She might sit quietly with her eyes focused on you.

Stretch attention span. Suggest that your child do activities that require concentration. Examples include putting together jigsaw puzzles or building a house of cards.

Remove distractions. Encourage her to keep only what she needs on her desk. For instance, she should put away art supplies during a social studies lesson.

Note: If your youngster has trouble focusing at home, ask her teacher how well she focuses during school. The teacher can share what she notices and offer advice. ♥



Pumpkin power

What's orange and round and full of opportunities to learn? A pumpkin! Your child can try these activities.

Math

Have your youngster estimate how many "stripes" (ridges) are on a pumpkin and count to see how close she came. She could paint each stripe as she counts it, switching colors to create a pattern. The colors will help her keep track of the number of stripes—and she'll have a pretty pumpkin to display!



Writing

Suggest that your child design a brochure for an imaginary pumpkin festival. Encourage her to give her festival a name and describe features, such as mini-pumpkin hunts, pumpkin catapults, or hayrides.

Science

Your youngster may be surprised to discover that pumpkins float. Let her try making boats out of them. She could start with a whole-pumpkin boat (cut off the top and scrape out the insides). Then, help her carve boats of different sizes and shapes, perhaps deep and wide or shallow and narrow. How does the design affect whether they float or sink?♥

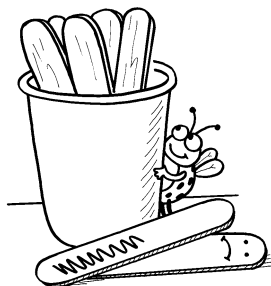
ACTIVITY CORNER

"Sticky" vocabulary

Play this game with your youngster to help him learn vocabulary words.

Materials: marker, craft sticks, cup, dictionary or textbook

Let your child write each vocabulary word (or boldface word from a textbook) on the end of a craft stick. On three



more sticks, he should draw "frowny faces" instead of writing words. When he's finished, have him place all the sticks in a cup, printed ends down.

Take turns pulling out a stick and using the word in a sentence that makes its definition clear. Check the dictionary or textbook—if you're right, keep the stick. If not, return it to the cup. But be careful: Draw a frowny face and you lose all your sticks! (Set each frowny face aside after it's drawn.)

When all sticks have been claimed, the player with the most wins.♥

OUR PURPOSE

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

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a division of CCH Incorporated
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www.rfeonline.com
ISSN 1540-5621

PARENT TO PARENT

Blending together

I recently got remarried, and my children now have a stepbrother and a stepsister. My husband and I want us all to bond, so I reached out to a coworker to see how she had successfully blended her new family.

Nancy recommended that we find pastimes everyone can enjoy together. That way, the children will get to know each other in a more relaxed way. We asked the kids for ideas, and they thought of bowling, skating, and playing board games.

My friend also mentioned the importance of respecting each other's space and belongings. So my husband and I made sure to talk to our kids about knocking before entering each other's rooms and asking for permission before borrowing items.

For now, we're taking one day at a time. Recently, we went bowling and had some good laughs. Feeling like a family may not happen overnight, but at least we're on our way.♥



Q & A Healthy after-school snacks

Q: My daughter is hungry after school, but it's hard to come up with nutritious snacks that she's excited about eating. Any recommendations?

A: Add a fun twist to healthy sandwiches by presenting them in a whole new way. Try a sandwich-on-a-stick, for example. Help your child cut whole-grain bread and cooked turkey into small pieces. Then, she can thread them onto a toothpick or bamboo

skewer along with cheese cubes and cucumber slices.

Or core an apple and slice it into rounds. Let her spread peanut or sunflower butter on one slice, sprinkle with raisins, and place a second apple slice on top for an apple sandwich.

Another idea is to scoop tuna salad onto bread, and your daughter can create a smiley face on top. She might use sliced green olives as eyes, a grape tomato for the nose, and chickpeas for the smile.♥

