

Home & School CONNECTION[®]

Working Together for School Success

February 2018



Henrico County Public Schools
Elementary School Counseling Program

SHORT NOTES

I love you because...

Family members can share what they love about each other with this writing activity. Have your youngster cut out paper hearts. Write love notes on them and hide for others to find. For example, maybe your child will put one under her sister's placemat that says, "I love you because you make me laugh."

On the road again

Carpooling with other parents is a great way to save time and money—and to get to know your youngster's classmates. When you drive, you'll probably hear them discuss school, sports, and friends. *Note:* Ask parents about booster seats—if a child uses one in his parents' car, he'll need one in yours, too.

Indoor "recess"—at home

When winter weather keeps your family inside, ask your child to show you what she does during indoor recess at school. She could teach you games, crafts, or songs she enjoys. Then, encourage her to come up with new ideas to try at home or in class.

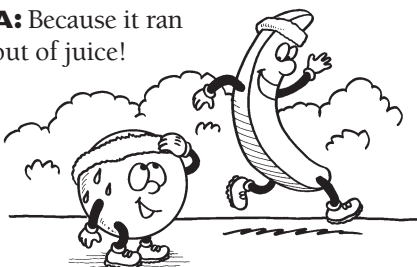
Worth quoting

"Life itself is the most wonderful fairy tale." *Hans Christian Andersen*

JUST FOR FUN

Q: Why did the orange lose the race?

A: Because it ran out of juice!



Olympic-sized learning

While the 2018 Winter Olympic Games are taking place thousands of miles away, your child can earn a "medal" in learning at home. Turn Olympic magic into educational gold with these suggestions.

Reading

Speed skating, ski jumping, luge...which Winter Olympics sports does your youngster enjoy watching? Head to the library together to pick out books about their history, the rules, and how the athletes train. *Idea:* Hold a "reading Olympics." Let family members count the books they read in February. At the end of the month, everyone can award medals to their three favorites.

Math

Your child will practice gathering, recording, and calculating data to find out which of his favorite countries wins the most medals. Encourage him to divide poster board into four columns: "Country," "Gold," "Silver," "Bronze." In column one, he can list teams he'd like



to follow. Every day, have him check a newspaper or olympic.org and add tally marks for each country's medals. After the Olympics end, he can total them up to see who got the most in each category.

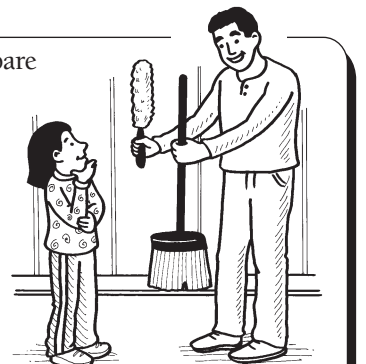
Social studies

Where in the world do the Olympic athletes come from? To explore geography, help your youngster use a map to find countries represented in the Olympics. He might put star stickers on the countries on a wall map. Or let him print out a world map and make a dot on each competing country.♥

Decisions, decisions

Learning to make smaller decisions now will prepare your youngster to make bigger ones later. Here are ways to build her decision-making skills:

- Hearing you think through your choices gives your child an example to follow. You might say, "I'd like to visit Aunt Sue tonight, but then I might not finish this proposal for work. I'll go Saturday instead."
- When possible, give your youngster two to three specific options. That way, she can make a decision without feeling overwhelmed. *Example:* "Do you want to sweep or dust?" rather than "Which chore would you prefer to do?"♥



An anti-bullying attitude

Having a positive attitude toward others can help to keep your youngster from participating in bullying. With these ideas, she'll be more apt to be kind to others and want them to feel included.

1. Watch your words. Let your youngster know you expect her to speak kindly. Before she says something she's unsure about, she could ask herself if she would want *you* to hear it. If she overhears another



student calling a classmate names or gossiping, she could counter the unkind words with nice ones. (“I hear you’re really good at gymnastics.”)

2. Accept everyone.

Leaving people out on purpose is a form of bullying. Suggest that your child look for chances to make others feel that they belong. For example, she might ask to

join someone who normally sits alone on the bus. Or she could invite a new student to her birthday party. She'll see how good it feels to make someone's day—and perhaps she'll even gain a friend!♥

ACTIVITY CORNER

Inspired by art

Art unleashes your child's imagination and lets him practice fine-motor skills. Try these tips to encourage him to experiment.



Use natural supplies

Challenge your youngster to find free art materials right in your backyard! For instance, he might use sticks or feathers as paintbrushes. Or he could draw on rocks with colored chalk.

Try new formats

Suggest that your child arrange objects (toys, fruits) on a table and sketch a *still life*. Or go outdoors where he can paint a *landscape* of natural scenery like trees or a pond. If he wants to draw a *portrait*, he could ask a family member to pose—or look in a mirror and create a self-portrait.♥

PARENT TO PARENT

Safe to make mistakes

My third grader, Mark, gets discouraged when he can't do something correctly right away. While he was practicing his typing skills, he said, “Forget it, I'm no good at this,” and walked away from the computer.

I told Mark that mistakes are part of learning. I admitted that when I was his age, I wanted to quit the violin because I couldn't get the notes right on my favorite piece. Luckily, the school music teacher encouraged me to continue, and Mark knows that I enjoy playing the violin to this day.

To show Mark his mistakes were “stepping-stones,” I drew circles across a sheet of paper. Each time he made a mistake while typing, I suggested he cross out a stepping-stone and start the sentence again. I knew that if he kept trying, he'd type an error-free sentence before he got to the last stone—and I was right.

Now Mark has a way to track his progress with typing and other things that require persistence.♥



OUR PURPOSE

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

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Q & A

Study with a pencil in hand

Q: When my daughter studies for a test, she simply reads through her notes or textbook chapter once and announces she's finished. How can I help her study more effectively?

A: Reading is an important part of studying. But writing and drawing can help cement the information in her mind—in fun and interesting ways.

For example, if she's studying a textbook chapter, she could write answers to

the end-of-chapter questions or even design her own quiz. When she studies with a classmate, they might write questions on index cards and play “quiz show.”

Sketching pictures is another good study strategy. To prepare for a test on planets, she can draw and label the solar system. Or she could draw pizzas and write fractions on the slices while studying for a math test.♥

