

Home & School CONNECTION[®]

Working Together for School Success

September 2020

Lake Washington School District

Elementary Counselors

SHORT NOTES



My handwashing poster

Ask your child to design a poster that reminds family members to frequently wash their hands. She could include a clever slogan (“Wanted: Clean hands!”) and write and illustrate instructions for washing properly. *Examples:* “Scrub for at least 20 seconds.”

“Wash fronts and backs of hands, between fingers, and under nails.”

Natural rewards

Show your youngster that good behavior has its own rewards. For instance, point out that there’s time to play a board game because he put away his toys the first time you asked. He’ll be more apt to repeat the behavior next time.

Sort the foods

Sorting items into categories boosts your child’s thinking skills. After you make a grocery list, have her rewrite it in a way that will help you shop more efficiently. She could organize items by the aisle where they’re located (produce, frozen foods). Then, she could think of other ways to sort for fun, maybe by color or food group.

Worth quoting

“Use your smile to change the world; don’t let the world change your smile.” *Chinese proverb*

JUST FOR FUN

Q: You can see me in water, but I never get wet. What am I?



A: A reflection.

Confident about school

School may look different this year, but one thing is the same: Parents and teachers want to keep children safe and help them learn. Here are answers to questions you may have as the new school year gets underway.

Q: *My child thinks school will be too hard this year since he hasn’t been in class for so long. What can I do?*

A: Many students had a longer-than-normal summer break, and teachers are ready to help them catch up. So let your youngster know he’s not alone. If you discover he is struggling (say, stumbling over sight words or math facts he knew last year), contact his teacher so you can work as a team to get him on track.

Q: *With all the changes COVID-19 has brought, my son seems anxious. Any ideas for making him feel better?*

A: Youngsters feel less anxious when they know what to expect. If he’s adjusting to a new school schedule, post it on the refrigerator. At home, try to keep



things as much the same as possible. Eat meals together regularly, and plan weekend activities he can look forward to like hiking or playing backyard games.

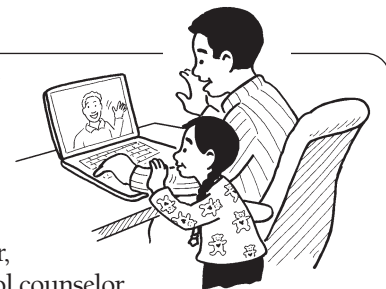
Q: *When my child works online, how much should I be involved?*

A: Your youngster’s work is his responsibility, but you can offer support. To help him stay on task, make sure he has a quiet place to learn and the materials he needs. You might sit nearby and do your own work, or simply be available in case he has a question or a technical problem (like a dropped internet connection). Consider keeping a notepad handy so he can write his questions if you’re busy.♥

Get to know teachers

Now’s the time to open the lines of communication with your youngster’s teachers and set the stage for a successful year. Consider this advice:

- Attend events like back-to-school night and PTA or PTO meetings, whether they’re held virtually or in person. Introduce yourself to your child’s teacher, and try to meet specialists, too. The librarian, school counselor, and art, music, and PE teachers all play important roles in your youngster’s education.
- Send a note or an email to find out how teachers prefer to be contacted. Also, include a personal detail or two about your child, perhaps how she’s coping with the pandemic or a hobby she enjoys. You might also ask the teacher how he’s been doing during this time—he’ll appreciate your recognizing that it has been hard on everyone.♥



Reading adds up

Did you know that children who read for pleasure at least 20 minutes each day do better in school? Use these tips to fit more reading into your youngster's day.

Keep it front and center.

Your child will be more likely to read during her free time if materials are easily available. Stash kid-friendly magazines in the living room, and leave comics



on the breakfast table. When you know you might need to wait, such as at the dentist or vet, take books along or download e-books from the library to your phone or tablet.

Add it to other activities.

Bedtime is a natural opportunity to read. But so is playtime—and even chore time. If your youngster wants to pitch a tent in the backyard, suggest that she fill it with books and magazines to read while she hangs out inside. Also, audiobooks can

make reading hands-free, so you could listen to a story together while you do yard work or fold laundry.♥

ACTIVITY CORNER

Create a family yearbook

Encourage your child to preserve family memories, and practice writing, by starting this fun project he can work on all year long.

Together, look through old school yearbooks—his and yours—to find out what they contain. Your youngster will see individual and group portraits as well as pages dedicated to activities and special events. What will his homemade book include? He might create a binder with sections for birthdays, holidays, and accomplishments, for example.



Now your child can write up yearbook entries and take photos to go along with them. Maybe he'll begin with a page about himself learning to play the guitar and another dedicated to his sister's fall art exhibit. Have him add each page to the matching section in his binder, and keep his work-in-progress on the coffee table for everyone to leaf through.♥

PARENT TO PARENT

We're a cleaning team

When I stepped up our household cleaning routine because of the pandemic, I decided to get my sons involved. I told Nate and Seth that we're in this together and that we need to share responsibility for keeping the house clean—and keeping germs at bay.

Our boys came up with a great idea. They decided to make a "chore spinner." They divided a paper plate into sections labeled with chores like sweeping, mopping, vacuuming, and dusting. I added emptying trash cans and wiping down surfaces we touch a lot, such as doorknobs, TV remotes, banisters, and counters.

Now when it's chore time, Nate and Seth spin the wheel to see who does what. They're showing more responsibility for their chores than before—and they've even started calling themselves "The Clean Team."♥



Q & A

Screen time: Find a balance

Q: My daughter has had more screen time than usual in recent months. How can I help her cut back?

A: For many children, technology has been a valuable tool for learning and for staying in touch with friends and loved ones lately. So the amount of time spent in front of a screen isn't necessarily a problem—what matters is how your daughter uses technology.

Have your daughter make a chart with three columns labeled "Screen-free time," "Quality screen time," and "Other screen time."

The first column can include things like family meals, physical activity, and playing with toys. In column two, she might list schoolwork, video-chats with relatives, and educational videos. And the last column is for purely fun screen time like (parent-approved) video games and apps.

Explain that the goal is to spend most of her time on activities in columns one and two. For column-three items, set a time limit that works for your family.♥



OUR PURPOSE

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

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www.rfeonline.com
ISSN 1540-5621