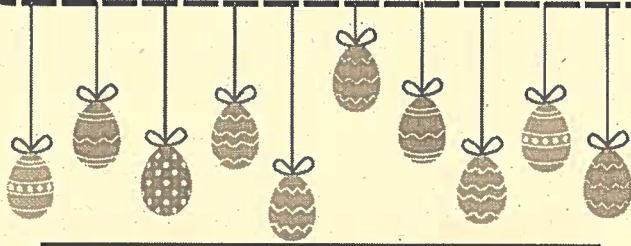


# TITLE TIMES

April 2024

Parent Newsletter of the  
Title I and Intervention Programs

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## Daily Learning Planner

Ideas Families Can Use to Help  
Children Do Well in School

Try a New Idea Every Day!

1. April is Mathematics and Statistics Awareness Month. Take time to talk about math with your child each day this month.
2. Make a "world time" display with several clocks. Have your child set them to times in different countries.
3. Visit the grocery store spice aisle. Have your child calculate the difference in price per pound between the least and most expensive spices.
4. Look at a map together. Ask your child to show you the shortest route between two particular cities.
5. When disagreeing with your child, focus more on solutions than blame.
6. Do a library card "checkup." Does every member of the family have a card? If not, go sign up!
7. If your child gets nervous before tests, a pep talk can help. Say, "You know it. You studied hard. You can do it."
8. Encourage your child to try a sport. Studies show that sports participation has a positive effect on school performance.
9. Do a crossword puzzle with your child.
10. Tell your child why you value education. Talk about your student's long-range goals.
11. Say to your child, "If there's anything you want or need to talk about, I'm always willing to listen."
12. Have your child add two four-digit numbers. Can your middle schooler figure out the sum on paper before you can with a calculator?
13. Have your child list five questions most middle schoolers would like adults to ask them.
14. Sometime today, exchange notes with your child instead of talking. (This also works when things get noisy!)
15. Encourage reading by giving your child a book as a gift. Look for a title on a topic your child is interested in.
16. Experience is a great teacher. As long as it's safe, replace the phrase "It won't work" with "Why not try it?"
17. Find a place in your home to display things your child is proud of, such as awards and improved schoolwork.
18. When your child is studying history, acting out past events can bring lessons to life.
19. Ask to hear about the best dream your child has ever had.
20. Give your child old photos of family members to turn into a collage.
21. Write a letter about an important day in your middle schooler's early years. Send it to your child.
22. Make a list with your child of words that come from other languages. Here's a start: *hummus, accident, alligator*.
23. Go on a nature walk with your child.
24. With your child, learn how to say "I love you" in sign language.
25. Ask what your child thinks it means to be a leader.
26. Check on your student's grades. If necessary, discuss ways to raise them before the school year ends.
27. Does your child study well with others? Suggest forming a study group.
28. Together, look through your cupboards for foods produced in other countries. Have your child find these countries on a map.
29. Encourage your child to write a letter to a company to praise a product or express a concern.
30. Work on a hobby with your child.



## Help Your Middle Schooler Bounce Back From Low Grades



It's natural to be upset if your child brings home a low grade. But showing your frustration and anger won't result in better grades. Instead:

- **Put grades into perspective.** Let your middle schooler know that grades are important, but that they are not a measure of a person's worth or learning potential.
- **Focus on the positive.** Talk about what your child has done well—in an academic subject or another activity. Ask, "What are you most proud of?"
- **Look for possible causes.** Low grades indicate a problem. Ask what your child thinks the problem is. Sometimes it's not academic ability, but poor study habits or test anxiety.
- **Set realistic goals for improvement.** Don't expect all A's if your middle schooler is currently getting all C's. And be specific about the steps your child needs to take in order to meet goals.
- **Contact teachers.** Sometimes students try their best and still fail. Or, they blame teachers for their troubles. Gather more information by asking your child's teachers for their opinion about what's happening.

SOURCE: Middle School Parents Still Make the Difference, April 2024

## Boost Academic Achievement with Exercise

Stress has a negative effect on student achievement. That means that no matter how much students have prepared, if they are stressed-out, they are not fully ready to learn.

One effective way to help your middle schooler decrease stress is to promote daily physical activity. Here's why. Exercise:



- **Helps students feel happier.** The endorphins exercise releases also increase energy levels.
- **Is calming.** When kids are focused on the exercise or sport at hand, they are likely to stop focusing on their worries.
- **Improves memory.** Studies have shown that the increased blood flow to the brain caused by exercise can help students remember more.
- **Increases self-confidence.** When students feel like they have more control over their bodies, they may feel more in control of their studies as well.

No time to exercise? Try to make schedule changes so your child can fit some activity into the day.

SOURCE: "Exercise and stress: Get moving to manage stress," Mayo Foundation for Medical Education and Research.