



WELCOME FALL!

Superintendent's News

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*Two special meals
this month:
Invite a Veteran &
Thanksgiving Dinner!*



As we complete our fifth year of our school improvement cycle our external visitation team will be reporting back to us this afternoon. I would like to thank staff, students, patrons and parents who played a role in making this process a success. School improvement is and must be a continuous process in which you really never arrive, because as we strive to improve educational learning opportunities for our students we continually look for areas in our educational process where we can improve. It is with this in mind that I will again remind all of you of the mission, vision and goal statement of Hay Springs Public School.

Mission Statement

The Mission of Hay Springs Schools in cooperation with families and community, is to empower students within an emotionally supportive and physically safe environment with the academic, social, physical and technological skills to achieve success as responsible, self-disciplined citizens of a global society.

Vision Statement

"Empower Students to Achieve Lifelong Success."

Hay Springs Goal

All students will demonstrate an increase in math proficiency across the curriculum.

As I write my November note I am reminded of the saying that "Time flies when you are having fun." Wow, we have completed the first academic quarter, our volleyball team is competing in sub-districts and the Football team has advanced to the semi-finals game to be held in Hay Springs on Friday afternoon. I have continued to get to know the staff members better as I have had the opportunity to attend educational workshops with several staff members over the past few weeks. In doing so, I have been so impressed with the dedication, care and concern the staff of Hay Springs school have for the students attending our community's educational system. We are blessed to have a very hard working dedicated staff that spend endless hours preparing and delivering a quality education to our students. As we look for ways to continue to improve the academic success of our students we are considering the addition of an "After School Program" for our preschool through sixth grade students. This program will provide additional instructional support for struggling students to complete homework, test preparation, additional reading time as well as some educational based student activities while

Superintendent's News

(continued from page 1)

under the supervision of school personnel. If you believe your child would benefit from this program, please contact the school office and voice your interest so we have community input in our decision making process. Also if you would have an interest in helping provide adult supervision for these students please let us know that as well.

As I listened to the exit report of our school improvement visitation team yesterday it made me feel proud to lead such a caring and dedicated staff. I just want to thank each of our staff members for all they do for our students. I truly believe, what they do for students on a daily basis is what ultimately impressed our external visitation team members. Their exit report was very positive with some recommendation for school improvement in the future. They were very complimentary towards our continuous improvement process, our website information and the progress made towards achieving our goals. A special thank you goes to those members of the staff, board of education and the community who dedicated extra time and effort to serve on the School Improvement Committee over the past five years. My appreciation also goes to Mrs. Marx and Mrs. Julie Downing for their leadership efforts in this process. Thanks also to those staff members who serve as committee chairpersons and serve on other committees in our educational system for your efforts.

Providing a quality education is truly a cooperative effort and the cooperation of staff, students, parents, Board of Education, patrons and the community is alive and well in Hay Springs. Don Loseke the team leaders' comment at the conclusion of the report about Hay Springs being a school he would want his grandchildren to attend was powerful to me. As a Grandparent or a parent

you want nothing less than the best education possible for your children and grandchildren. Through continued cooperative efforts within our educational system we will continue to provide high quality education and learning opportunities for our Hay Springs students.

Thanks to all, Happy Halloween, and "GO HAWKS"!

Veteran's Day Program

By Mr. Bounous

I would like to cordially invite the surrounding community to attend the 2017 Veteran's Day Program. It will be held on Thursday, November 9th, 2017 at 10:30 am in the Hay Springs High School Auditorium. Our guest speaker will be Hay Springs resident and Air Force Airman Chris McDonald. Many of our elementary students', along with the Hay Springs band and choir, being led by Mrs. Raime Varvel, will provide patriotic music. Veterans are invited to lunch following the program. Please RSVP with the office by calling 638-4434.



EducationQuest Foundation College Planning Bulletin

A monthly college planning guide for Nebraska high school students

Seniors...a reminder of what to do this fall

There's A LOT going on right now with the financial aid and college admission processes, but don't get overwhelmed! Here's a recap of tasks you should complete this fall to stay on track to college.

Complete the Free Application for Federal Student Aid ([FAFSA](#))

- First, create an FSA ID for you and one for a parent at [fsaid.ed.gov](#). You'll need it to access and sign the FAFSA. [Here's a video](#) with instructions.
- Review our [FAFSA Checklist](#) so you'll know what documents to gather before you start the form.
- Find free [FAFSA Tools](#) at EducationQuest.org to help you through the process.

Apply to your top college choices

If you attend one of nearly 200 Nebraska high schools holding *Apply2College events this fall*, you'll get help (or already have) with your applications. If not, [here are steps](#) you should take to apply. You'll also find a [college application checklist](#) listing everything you need.

Retake the ACT and/or SAT. Colleges use your best scores for college admission and scholarships.

Get serious about applying for scholarships. See [ScholarshipQuest](#) at EducationQuest.org for Nebraska-based scholarships and a list of national search sites.

Juniors...start researching colleges

- If you narrow your college choices by the end of your junior year, your senior year will be less stressful. Here's how to get started:
- **Meet with college representatives** who visit your school, and then visit the websites of the colleges that interest you to learn more about the schools.
- **Once you've narrowed your choices**, [schedule campus visits](#). Try to visit in the spring of your junior year while colleges are still in session.

**DAYLIGHT SAVING TIME
ENDS AT 2:00 AM
NOVEMBER 5TH, 2017**



HAPPY THANKSGIVING

NO SCHOOL

November 22 & 23



Getting Involved—Around the Community



Junior Hawk Basketball: We are excited to announce that we will once again be participating with Chadron Recreation with Hay Springs Girls and Boys basketball in grades 3-6. Practices will be held in Hay Springs probably starting in Mid November and will happen every Tuesday/Thursday after High School practices are finished. Our first game will be on December 2nd and occur each weekend through January except through the Holidays. Sign-ups are happening now so if your son/daughter is interested please call Jim Varvel at (308)320-4445. If you are interested in helping with this program don't hesitate to contact me at the number above. Go Junior Hawks!

4H Fun

by Melissa Mracek

Second Baking Basics Workshop in November



The second session of the Baking Basics workshop will be held on Friday, November 10th at the Hay Springs School. The youth will have the opportunity to compare different types of breads during this workshop. Sewing will again start following the baking workshop. Please plan on having the youth bring a sack lunch, the bread will be our snack. The cost for this workshop is \$5. Please register by November 7th by contacting the Nebraska Extension Sheridan County office at 308-327-2312 or emailing Melissa Mracek at mmracek2@unl.edu.

Next Chapter to help youth get College and Career Ready

The University of Nebraska –Lincoln has teamed up with Nebraska Extension to offer a program to help get students college and career ready. This program is currently being offered to the freshmen and sophomore students. We will start with the 8th grade class each following year to help build the program. During the seven sessions, students will have the opportunity to develop skills to help them become college and career ready such as note taking skills, resume building, learning more about careers, and goal setting. Any 4-H member in grades 8th through 10th have the opportunity to be a part of this program and will automatically be accepted to the University of Nebraska-Lincoln, if they have completed their required courses. Youth can sign up for 4-H to just be a part of this Next Chapter program. Please contact the Nebraska Extension – Sheridan County office at (308) 327-2312 for more information.

Big Thank you to all of the community members, staff, and students that participated in the Connecting the Dots Career Fair!!

The next Junior Robotics meeting will be on November 9th right after school in the Distance Learning room.

The next Clover Bud meeting will be on November 27th in the Kindergarten Room right after school. Snacks will be provided.



Music Notes

By Raime Varvel



CALLING ALL LOCAL SINGERS! We will once again be having a community choir for the Nights, the Lights and Music concert. Rehearsals began on Sunday, October 22nd from 6:30-8:00pm in the music room. Mrs. Jungck is our fearless leader! Spread the word and bring a friend!

- 1st, 2nd & 3rd grade students Christmas Concert will be on **Monday, Dec. 18th at 7pm**
- 7th & 8th grade and High School concerts: Nights the Lights and Music Concert-**Friday, December 8th at 7:30 pm** after the Santa Soup Cook-off



Make sure to mark these dates on your calendar:

- ⇒ Community choir rehearsals Sunday's 10/22-12/3 6:30-8pm Music room
- ⇒ Nights, the Lights & Music Friday, Dec. 8th 7:30pm Auditorium
- ⇒ 1st-3rd Grade Christmas Concert Monday, Dec. 18th 7pm Auditorium

Weather can change quickly and winter is fast approaching!

Please keep a close eye on the weather and make sure your child has a hat, gloves, and coat with them each day! Please make sure you are signed up for the Parent/Student Notices on Remind!



ONE ACT PREVIEW

By Coach Mr. Bounous

The Hay Springs High School One-Act team will be performing the comedy "We Loathe Our Customers" by Bradley Walton. Even if you have never worked in retail; this quirky comedy will lighten up your day. The play features Bailey and Campbell-two slackers, whose favorite past-time is to torment their customers. In fact, it is the reason they come to work each day. However, when news reaches them that the district manager is making the rounds, they realize their fun might be coming to an end. We encourage family, friends and the community to come see the shenanigans that come as Bailey and Campbell must actually try to be nice to their customers!



There will be two public performances: Thursday, November 16 at 3:00 PM and Monday, November 20th at 7:00 PM.

The Hawks will also be competing at the PANCO competition that will take place on Friday, November 17, at Sioux County High School in Harrison. The D2-6 District completion will be held on Tuesday, November 28th. It will be hosted by Potter-Dix, but will be held at Bridgeport High School. Hay Springs will perform at 10:30.

JUNIOR HIGH WRESTLING PREVIEW

By Coach Chuck McCance

We have five wrestlers out this year. They are Ashton Dane 7th grader, Aydon McDonald 7th grader, Harvey Wesley 7th grader, Toby Scherbarth 7th grader and R.J. Riggs our only 8 grader. They are a hard working set of young men that are eager to learn. At our 1st tournament we showed a load of potential with everybody getting a win, with two wrestlers, Ashton and Aydon remaining undefeated. The five will compete at Rushville on Thursday.

11/2/17	@ Gordon Rushville	1pm
11/4/17	@ Scottsbluff	10 am
11/9/17	@ Hemingford	12 pm
11/11/17	@ Chadron	9 am
11/18/17	@ Alliance	9 am
11/28/17	@ Bayard	9 am
11/30/17	@ Bennett County	4 pm



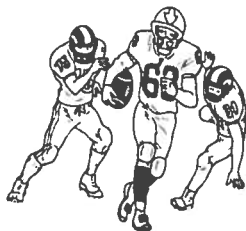


Hawks

We are
proud of you!!

JUNIOR HIGH FOOTBALL WRAP-UP

By Coach Ehrman



Another season is in the books after it seems like it just got started. The Hay Springs Junior High football team went 2-4 after a hard-fought season, but there's more to a season than just the record. The team was able to lay some necessary building blocks in order to get the 8th graders ready for high school. Coach Becker and I are very proud of the way the boys held their heads high, never gave up, and left it all on the field.

Six-man football is a very new thing to Hay Springs, and the kids are handling it very well. The goal is to get them ready for the next level when they join Coach Borm and Coach Hughes, and after this season I am confident that they will transition nicely. I am already looking forward to next year where we will get back our 7th graders and get a new group of kids from 6th grade. Coach Becker and I want to wish the best of luck to our 8th graders moving on, and want to thank all the fans and parents for their support throughout the season.

Jr. High Volleyball Wrap-up

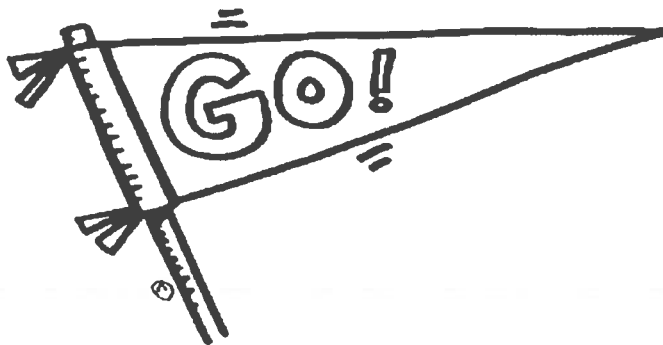
By Coach Marx



We may not have had a winning record this season, but I am beyond proud of these girls and everything that they accomplished! Every game our stats improved for passing as well as attacking the ball at our opponents. There were also a few games where they fought hard from behind and were able to take the game into a 3rd set. We even had a game where we missed zero sets! That is definitely nothing to complain about, when our average serving was right around 80% throughout the season.

Throughout the season one of my favorite things to notice as a coach is the confidence and excitement in the girls. It is so much fun to watch them when they finally get something that they may have struggled with in the beginning of the season! I also enjoyed watching the girls develop into leaders as they encouraged their teammates both in practices and games.

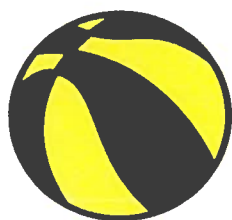
As the season drew to a close the 8th graders all asked me what I would do without them and every year the answer is a little difficult. Just like every year I will be sad to see them leave me, but am so proud of everything that they have accomplished in the years I've worked with them. I am excited that I will have one last opportunity to coach them in March at team camp, but will also enjoy watching them next year as Freshman!



Junior High Girls Basketball Preview

By Coach Kudrna

The Junior High Girls Basketball team will consist of ten girls from grades sixth through eighth. They are very excited about the season and we have been working hard on fundamentals. I am expecting great leadership out of my eighth graders! We are looking forward to our first game on Saturday, November 4th.



**GO BIG
GREEN!**



Seniors be sure to get your FAFSA filled out. Be sure to check your email and the Scholarship Tab regularly for Scholarship updates.

Café'teria News

By Ms. Wendy

Invite a veteran to lunch on Thursday, November 9th, 2017.

Lunch begins at 11:30 a.m. Please contact the Office at 638-4434 and let them know that you are coming by November 6th, 2017.

Thanksgiving Dinner November 16, 2017: Lunch is served at 11:30 a.m.

Our Turkey dinner is tender and delicious. We usually feed an additional 100 people for this meal. It is very important that you call the school by November 9th, 2017 to let us know you are eating with us. Once the desserts and Turkey are made there is no way I can make more if we run out.

Special meal dates that guests are invited to eat lunch with us:

November 9th – Veterans Day
November 16- Thanksgiving Dinner
December 21 – Christmas Dinner
January 31 – Super Bowl
February 14 – Valentines Day
March 14 – St Patrick's Day
April 19 – Fathers Day
May 8 – Mothers Day



Library News

Mrs. Matthews

NPPD Mobile MakerSpace

The NPPD Mobile MakerSpace is here and will be through next week. The MakerSpace is part of the Nebraska Public Power District's Pathways to a Technical Future program and has been on loan to schools around the state for two years. Chad Johnson, Senior Education Specialist for NPPD, was here on Monday to give orientation tours to students and teachers.

The Lab includes four types of stations: Make it You, Make it New, Make it Do, and Make an Impact.

Make it DO stations includes a Robotics Innovation Lab, MakeyMakey and Rasberry PI Lab, and an Electronics Lab. What can you DO with the equipment at each station. Ideas involve logic, programming, and creation.

Make it NEW stations include Afinia H800 3D printer, Carvey 3D CNC machine, Engineering Workshop. Students can create new item or adapt designs from other sources.

Make an IMPACT stations include a Sensor Station and Smart Home Internet of Things. Students have experimented with a temperature sensor and a camera-IPad that creates pictures based on temperature.

Make it YOU includes a Cameo cutting machine and a Virtual Reality setup. Students have been making vinyl cutouts to decorate various items. After viewing several VR videos students can use the 360 degree camera to create their own VR video.

The MakerSpace is aimed at Middle and High Schoolers. However, upper elementary students are having the opportunity to interact with some of the stations. Parents will have the opportunity to check out the MakerSpace during Parent-Teacher conferences on Thursday, October 26th.

Book Fair

The Fall Book Fair will be held November 8 - 17. Books will be on display in the library and students will get the chance to browse the books during their Library classes.

Purchases can be made at the school or online. The

online fair <https://goo.gl/EJqUsp> opens on November 3rd. It has a larger selection of books for all ages. Any purchases made through the online fair benefit the school.

The books will be delivered at no cost to the school. This is a great way to purchase books for Christmas gifts without your student knowing. Just send me an email at carole.matthews@hshawks.com letting me know the books are a gift and I will hold them for you to pick up. Anyone can order from the online store.

Join us at the Library on Thursday, November 9 for Cookies and Cocoa. Special guests will read some of the book fair selections. This is also an opportunity to check out and purchase books early in the sale.



THANK YOU!!

Thank you Bev Lee for making the corsages & boutineers for coronation & the Senior Night

And

To everyone who helped make our Pink Out nights successful.

NOVEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Menus are subject to change without notice.			1 Breakfast: Scrambles Eggs Lunch: Taco Burgers/Tacos, Corn	2 Sliders/Mini Egg Sandwich Lunch: Lasagna, Garlic Toast	3	4	
	5 Breakfasts include cereals and cereal bars, yogurt, cheese sticks, fruits 100% Juice and Milk	6 Breakfast: French Toast Sticks, Lunch: Corn Dogs/Hot Dogs/French Fries	7 Breakfast: Waffles, Milk Lunch: Sloppy Joes/BBQ Pork Sandwich, Baked Beans	8 Breakfast: Pancake on a stick, Lunch: Chicken Alfredo, Garlic Bread Sticks	9 Breakfast: Breakfast Pizza, Lunch: Variety of Soups, Bread Sticks, Veterans day Lunch	10	11
	12 Fruit and Veggie bar is available each school day	13 Breakfast: Egg Omelettes, Lunch: Cavibini, Garlic Bread	14 Breakfast: Sausage Biscuits, Lunch: Hamburgers or Chix Patty, Baked Beans	15 Breakfast: Lunch Hot Roast Beef Sandwich, Mashed Potatoes Gravy	16 Breakfast: Assorted Muffins, Milk, Lunch: Turkey, Mashed Potato, Pumpkin Dessert	17	18
	19	20 Breakfast: Biscuits n Gravy, Lunch: Chicken Sandwich or Chix Nuggets, Green Beans	21 Breakfast: Pancakes, 100% Juice, Milk, Lunch: Mandarin Chicken/Mini Corn Dogs	22 OUT OF SCHOOL	23 OUT OF SCHOOL	24	25
	26	27 Breakfast: Scones/Danish Lunch: Burritos or Quesadilla, Baked Beans	28 Breakfast: Breakfast Pizza, Lunch: Spaghetti, Garlic Toast	29 Breakfast: French Toast Stix, Lunch: Ham, Rolls, Au gratin Potatoes	30 Breakfast: Biscuit N Gravy, Lunch: Fried Chicken or Chicken Strips, Mashed Potatoes/Gravy		
Lunch menu choices available each day is: PBJ/Box Meal/Pizza		NOTES: All meals are served with milk					

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Hay Springs School Cafeteria

- * Breakfast menus
- * PK - 12 Lunch Menus
- * All menus are served with milk. Water is available in the lunchroom area.
- * Salad Bar is offered daily unless posted.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Pep Rally – 3:15 pm JH WR @ Gordon/Rush 1pm	*HS FB Semi Finals home vs Riverside 2:30 pm Teacher In-service	*JH G/BB vs. Sioux County 10 am JH WR @ Scottsbluff 10 am
Community Choir Practice 6:30 – 8 pm				1	2	3
Daylight Saving Time ends	5	6	7	Book Fair – Nov. 17th	8	9
			"Hawk Talk"	Veteran's Program 10:30 am JH WR @ Hemingford 12 pm Cookies and Cocoa Book Social 6-7:30 pm Thanksgiving Dinner JH G/BB @ Gordon/Rush 4pm One Act – Performance	HS FB STATE @ Kearney Baking Basics and Sewing Club 9-3 pm One Act Play PANCO @ Sioux County 5 th grade Wonder Movie	Veterans Day *JH G/BB vs. Hemingford 10 am JH WR @ Chadron 9am
Community Choir Practice 6:30 – 8 pm	12	13	14	15	16	18
	Start of Winter Practice	Picture Re – Take Day	Health Professions Club - Alliance			JH WR @ Alliance 9 am
Community Choir Practice 6:30 – 8 pm	19	20	21	22	23	25
	JH G/BB @ St. Agnes 4pm One Act – Performance 7pm	Scrub Club (Prek-KG) JH WR @ Bayard 9 am One Act Districts @ Bridgeport 10:30 am	NO SCHOOL Thanksgiving Break	NO SCHOOL Thanksgiving Break		
Community Choir Practice 6:30 – 8 pm	26	27	28	29	30	
	Clover Bud meeting			JH WR @ Bennett County 4 pm		

NOVEMBER



NOTES:

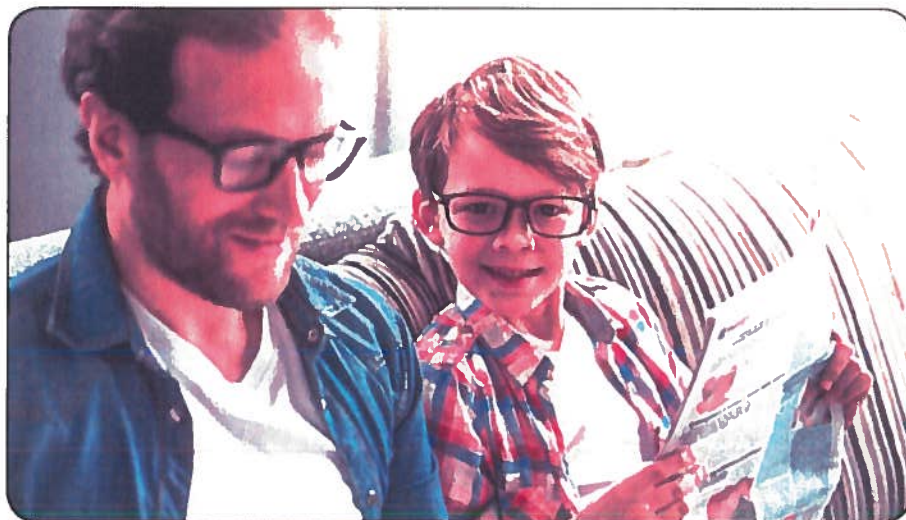
Red Ribbon Week Kicks off Oct. 30th - Nov. 2nd.

- **BOLD** = Home Games

Elementary School Parents[®]

Hay Springs Public Schools

make the difference!



Your child's vision plays a vital role in school success

You and your child may not always see eye-to-eye about school, but have you ever thought about how well he sees at school? According to research, kids with vision problems may struggle more than their peers. If your child can't see the board—or what's on a worksheet—he's likely to fall behind. And that means his grades can suffer.

Unfortunately, kids don't always know that they can't see well. They simply rub their eyes, squint and try their best to see. So get your child's eyes examined yearly.

To protect his eyesight overall:

- **Provide good light.** Be sure his reading lamp is bright enough. If it's too dim, he'll strain to see the page.
- **Build in breaks.** If your child spends long stretches in front of a screen, have him take frequent 10-minute

breaks. Experts believe too much screen time leads to blurry vision and problems with focusing.

- **Provide sunglasses.** Bright sunlight can damage kids' eyes. Your child may not think to wear sunglasses, so remind him to put them on.
- **Commit to safety.** Does your child play sports? Make sure he wears the proper protective eye wear, such as safety glasses or swim goggles.
- **Serve healthy foods.** Good vision starts with good nutrition, so feed your child a variety of healthy foods. From leafy greens to fortified milk, nutritious foods are proven to support strong minds, bodies and eyes.

Source: S.L.J. White and others, "Vision screening outcomes of Grade 3 children in Australia: Differences in academic achievement," *International Journal of Educational Research*, nismc.com/elem_vision.

Experts share ways to reduce screen time



The time kids spend staring at screens—watching TV, playing video games, going online—can affect

their grades. As a matter of fact, research shows that kids who use these media the most tend to be the poorest readers.

The American Academy of Pediatrics recommends that parents of children ages six and older place consistent limits on the amount of time their kids spend with digital media. However, many kids say there are no rules about screen time in their homes.

Experts advise parents to:

- **Establish screen-free areas,** such as in kids' bedrooms.
- **Designate screen-free times,** such as during meals and while in the car.
- **Offer alternatives.** Go biking together. Play cards. Learn a new craft. Show your child that there are plenty of ways to have fun—and engage her brain—without sitting in front of a screen.

Source: "American Academy of Pediatrics Announces New Recommendations for Children's Media Use," American Academy of Pediatrics, nismc.com/elem_screens.

Boost writing skills and express thanks with illustrated stories



The children's book *The Secret of Saying Thanks* ends with this thought: "We don't give thanks because we're

happy. We are happy because we give thanks."

November is the perfect month to focus on giving thanks. As your child thinks about the reasons he is thankful, have him put his thoughts in writing. Here's how:

1. Brainstorm with your child.

Ask him to name one thing he is thankful for. He might say, "I am thankful for our dog."

2. Have your child write that statement at the top of a piece of paper. Underneath it, he should write down all the reasons he is thankful for his dog. For example,

he may love the fact that the dog sleeps on his bed. He may like the dog's curly tail. He may love to take the dog on walks.

3. Have your child draw a picture at the bottom of the page.

During the month, repeat this activity with everyone in the family. Post these illustrated stories for the whole family to read.

Source: R. Fletcher and J. Portalupi, *Craft Lessons: Teaching Writing K-8*, Stenhouse Publishers.

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

Are you helping your child have great attendance?



Being in school every day—and on time—will help your child have a successful school year.

Are you reinforcing strong attendance habits? Answer *yes* or *no* to the questions below to find out:

___ 1. Have you told your child that you expect her to go to school every day? If you tell her it's important to you, it will become important to her.

___ 2. Do you ignore weak excuses? Not feeling like getting out of bed isn't an acceptable reason to stay home.

___ 3. Do you keep your child home when she's sick? Reducing the spread of illness helps others avoid missing school.

___ 4. Do you try to make medical and dental appointments outside of school hours? Vacations should be scheduled outside of school hours, too.

___ 5. Do you help your child set the alarm clock earlier if she has trouble getting to school on time?

How well are you doing?

Each *yes* means you are supporting your child's attendance. For each *no* answer, try that idea.

Elementary School
Parents
make the difference!

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Simple strategies can make reading exciting for your child



Strong reading skills are beneficial in every school subject. But experts say that to build reading abilities, children must

want to read. Unfortunately, many children just aren't interested.

To show your child that reading is enjoyable and rewarding:

- **Listen to audiobooks.** This is a great way to show a reluctant reader how interesting books can be. Young children may enjoy recordings made by parents. They can follow along with the book while listening.
- **Sign your child up for a pen pal.** Kids love receiving mail and learning about life in other countries. Ask your child's teacher or a librarian about how to get involved.

- **Take a field trip.** Challenge your child to research attractions in your area, such as museums and parks. Then ask her to be your tour guide as she shares with you what she's learned.
- **Follow current events.** Is there a developing news story that interests your child? Read the latest reports in the paper or online together each night.
- **Give reading coupons.** Show your child that you think reading is special by giving her reading coupons. Some might be for 30 minutes of reading with you. Others might be good for a trip to the bookstore or an extra trip to the library to select a book. Reading coupons also make great rewards for good behavior.

Habits at home can help your child thrive in school and life



Every family—and every child—is different, but there are ways all families can set their children up for success. Studies show

that kids are more likely to achieve in elementary school and beyond when their parents give them the tools to succeed. To help your child:

- **Assign chores.** Kids who have responsibilities around the house learn how to be responsible. Give your child a list of weekly tasks to complete. He may grumble, but don't give in.
- **Teach social skills.** Your child's success in life hinges on more than grades; it centers on his ability to get along with others. Model good behavior—like cooperation and courtesy.
- **Set the bar high.** Expect your child to do well, and he'll rise to the

occasion. Don't demand perfect grades, but do insist he work to the best of his ability. And praise him when he tries hard—even if he falls short. When you show him you believe in him, he'll believe in himself.

- **Nurture your relationship.** You are your child's parent, not his friend. But you're also his ally. So, make time to have fun together! Share a hobby. Play catch in the yard. Never let your child forget you're on the same team.
- **Take care of yourself.** If you're always stressed, your child will be, too. Carve out time to relax, exercise, or curl up with a good book. A calm, peaceful home starts with you.

Source: R. Gillett and Y. Han, "Parents of successful kids have these 12 things in common," *Business Insider*, nswc.com/elem_habits.

Q: My child reads the chapter before test time—but he can't always recall the facts! How can I help him improve his memory?

Questions & Answers

A: There are many memorization tricks that may help your child remember facts. Here are a few:

- **Acronyms.** Your child can make a word out of the first letter of terms to be memorized, such as HOMES for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior).
- **Sentences.** Help your child use the first letter of each word to make a silly sentence, such as "My very educated mother just served us noodles" for the planets in order of their distance from the sun: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune.
- **Grouping.** Have your child group things into manageable chunks. Instead of memorizing the capitals of every state or province in the country, he should divide them into geographic regions and memorize each region.
- **Recitation.** Have your child repeat facts out loud and focus on the meaning of what he is saying.
- **Rhymes.** Have your child think of rhymes about facts, such as "In 1492, Columbus sailed the ocean blue."
- **Images.** Your child can draw or imagine a picture of what he's studying. Then he can recall that image during the test.
- **Personalization.** Have your child relate the information to his own life. An important date in history might also be a relative's birthday.
- **Singing.** Your child can replace words in a familiar song with facts he needs to remember.

Parents must encourage their children to develop self-respect



Children who are disrespectful often lack something they desperately need: self-respect. If they don't value

themselves, they will find it hard to value and respect other people. They will also have trouble following rules.

But how can you encourage self-respect and how does it develop? Self-respect comes from:

- **Competence.** It feels great to be good at things. Give your child opportunities to learn and practice new skills—everything from reading to playing sports to doing chores.
- **Accomplishments.** Notice and compliment your child's progress. "You've read three books this week. I'm impressed!"
- **Confidence.** It helps to have parents who stay positive through challenges. Display a "You can do it" attitude. Help your child see mistakes as opportunities to learn.
- **Freedom.** Give your child some independence. Let her make age-appropriate choices, too. For example, "Would you like to organize your closet today or tomorrow?"
- **Support.** Show that you accept, appreciate and love your child for who she is and what she believes. Ask about her day. Listen to her answers. Help her solve problems.
- **Imitation.** If you have self-respect, your child is more likely to have it as well. Be kind to yourself and believe in your worth.

It Matters: Homework

Help your child make homework time effective



Don't let your elementary schooler's homework cause headaches! To take the hassle out of homework:

- **Make school the top priority.** If your child can't finish all of his homework because of his piano lessons or soccer practice, there is a problem—and it isn't the homework. Adjust his schedule so that schoolwork comes first.
- **Don't do your child's work.** Not only is it wrong to do his homework for him, it may make him feel dumb. "Dad doesn't think I can handle my math homework. I must not be very good at math."
- **Remember what it's all about.** Homework helps your child practice what he's learning. His assignments and projects don't need to be perfect.
- **Expect some frustration.** Your child shouldn't melt down over every assignment, but a little homework-related complaining is normal. Take it in stride. Even cries of "I hate school!" will pass.
- **Show interest.** Don't hover while your child works, but let him know you care about what he's doing. If he's writing a history report, for example, show some enthusiasm. "You sure know a lot about the Civil War. How fascinating!"
- **Expect your child to help himself.** Encourage him to call a classmate if he has a question about an assignment. This shifts the responsibility away from you and onto him—where it belongs.

Understand the four reasons teachers assign homework

Understanding the goal behind a homework assignment can make the assignment more rewarding—for students and parents. Teachers usually give homework for one of four reasons:

1. **Preparation.** Some assignments get your child ready for upcoming topics. If the teacher plans a lesson about the Civil War for instance, your child may be asked to read a chapter in her social studies textbook beforehand. Preparation homework typically requires reading or research.
2. **Practice.** Doing the same kind of work repeatedly—writing spelling words or solving similar math problems—reinforces your child's skills. This may sometimes seem tedious, but it works.
3. **Demonstration.** It's challenging for kids to use different skills to show what they've learned. Projects such as preparing an oral report, building a model,



writing a paper or putting on a play encourage creativity and let students demonstrate their understanding of concepts.

4. **Extension.** This type of work involves applying knowledge to a new situation. Your child might be asked to compare and contrast two historic events, do a science experiment or solve a real-life problem.

Teach your child to pay close attention to textbook graphics



Many students pay little or no attention to the images in their textbooks. However, photos, maps, graphs and illustrations can give students a clearer idea of what a chapter is about.

Before your child reads a chapter, have him look at the visuals and answer these questions:

- **What does the graphic show?** He should explain in his own words.
- **What details do you see?**
- **What do you think this chapter is about based on this illustration?**
- **Why do you think the authors included this graphic?**

Once your child has studied the images, have him read the chapter. He is likely to understand more and remember more of what he reads.