

The Road to School Success



Your child's school career is a journey that will take her from ABCs and 123s to complex novels and challenging math problems. Here are helpful ways to fuel her journey with focus, organization, motivation, and curiosity.

Focus

Like a driver or a pedestrian, a good student must pay attention. Consider this advice for helping your youngster concentrate, whether she's in class or studying at home.

Play "attention games"

Enjoy games that train your child's brain to focus, such as Simon Says, Mother May I?, and Red Light, Green Light.



Another game she may like that requires close attention is Cup Swap. Place three cups upside down in a row. While your youngster watches carefully, put a coin or token under one cup, and quickly move

the cups around so they swap places repeatedly. When you stop, can she tell you which cup has the coin beneath it? Now let her do a cup swap for you!

Practice healthy habits

Help your child develop habits that boost concentration. A good night's sleep (9–11 hours) and a nutritious breakfast get him ready to focus in school because he won't be distracted by

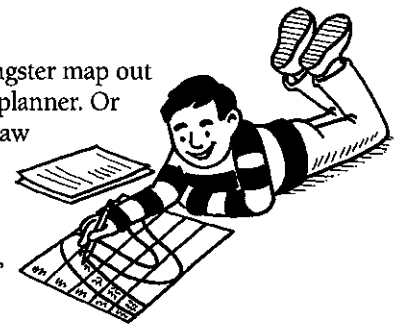
fatigue or a growling stomach. Before he does homework, he could eat a healthy snack (string cheese and whole-grain crackers or carrot sticks and hummus, for example) and "get the wiggles out" by dancing to music or taking a walk with you. Finally, make sure your youngster works in a distraction-free zone—away from noisy siblings and with electronics turned off.

Organization

A journey that is well planned is more likely to be successful. Try these ideas to help your child manage his time and materials.

Create a "road map"

Suggest that your youngster map out his week using a student planner. Or try this idea: Have him draw a path on construction paper that begins at one corner and winds to the opposite corner. Next, he should add lines to divide the sheet into five columns and label each with a weekday (Monday, Tuesday, Wednesday, Thursday, Friday). He could write homework assignments and other obligations in each space. *Examples:* "Study spelling words." "Make diorama for social studies." Every day after school, review his planner or his map together, and talk about when he'll do each task. He can check off each item as he completes it or color in that day's spaces on his road map.



Manage papers and supplies

Encourage your child to keep her backpack and her homework area organized. By carrying only what she needs in her bag, she's less likely to lose important papers. Suggest that she clean it out every Friday after school, discarding scrap paper, hanging up artwork, and filing old quizzes. Also, have her keep homework supplies in one spot so she's not sidetracked by searching for something like a ruler or colored pencils. *Idea:* Let her fill a basket or box with paper, pencils, a calculator, erasers, and other supplies. She could store her "homework tote" on her desk or carry it to the kitchen table when she does homework.

Motivation

The best motivation is *self*-motivation. Your youngster can keep chugging along during his journey through school with these suggestions.

Make decisions

Children tend to be more motivated if they feel like they have a say in what they do or when they do it. Try to give your youngster choices about when to work or what to read at bedtime. You could ask, "Which subject will you study first, science or history?" or "Which book should we read tonight?" If he gets to pick the topic for a report

or project, encourage him to choose one that he will find motivating, perhaps something related to a hobby or a sport he loves. Point out that he can even make choices when he takes a test—perhaps which questions to answer first or how to approach a math problem.

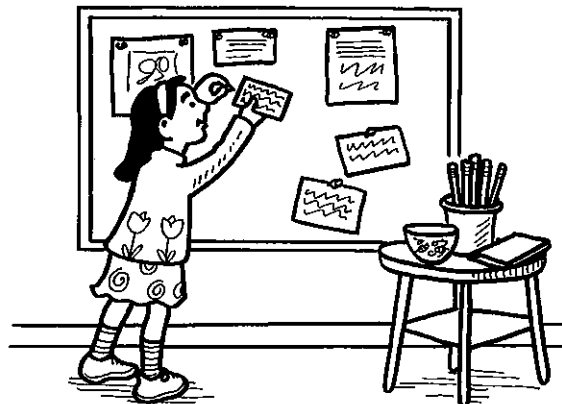
Work hard

Focusing on your child's efforts rather than on her intelligence or grades shows that she is in the "driver's seat" and in control of her performance. Maybe she studies hard and does well on a geography test. You might say, "Quizzing yourself a little each day really helped you learn the material!" You'll tell her exactly what she did that led to success—and inspire her to repeat the behavior next time.



Curiosity

Sparking your youngster's curiosity puts her on the road to lifelong learning. Consider these tips for inspiring a sense of wonder.



Share discoveries

Create a "Curiosity Zone" to show your child that you can be curious and learn at any age. Hang up a bulletin board or blank poster board, and place index cards, pushpins, and a pencil nearby. Encourage family members to post interesting facts they discover, such as "Lightning is hotter than the sun" or "It's impossible to divide zero by zero." Your youngster will be excited to add new facts and to stop by the zone to see what others added. Also, post questions. If someone knows the answer, she can write it on the card. Otherwise, suggest that your child research the topic online, in books, or by asking someone who might know the answer.

Explore further

Look for ways to build on what your youngster is studying in school. Visit a history museum when he studies Colonial times. Check out library books on science topics he's exploring like plants or magnets. If he learns about landmarks around the world, suggest that he draw pictures of them or use blocks to build models. He'll add to his background knowledge—and see that chances to learn are all around!



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Operation Respect

Your child's mission: to be respectful. Why? It makes the world a better place for others—and for him. How can he accomplish this important mission? The ideas in this guide will help.

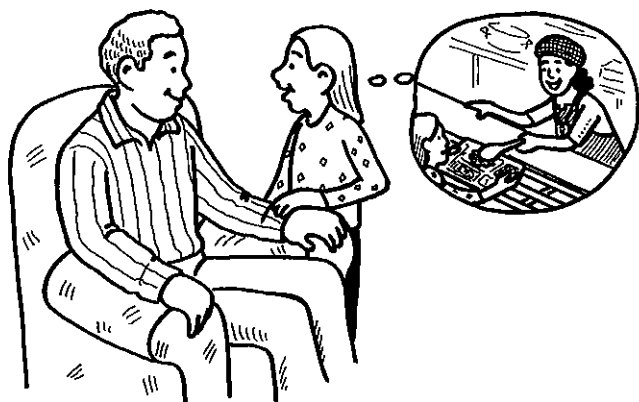


Start a campaign

What is respect? Filming a commercial is a fun way to help your youngster understand what respect looks like and sounds like. Suggest that he record friends or family members acting out scenarios that demonstrate respect. For instance, he might record one person turning off the TV while another is doing homework. In a voice-over, he can explain that being quiet is respectful of someone who is concentrating on an important task. When his commercial is finished, let him hold a screening for your family.

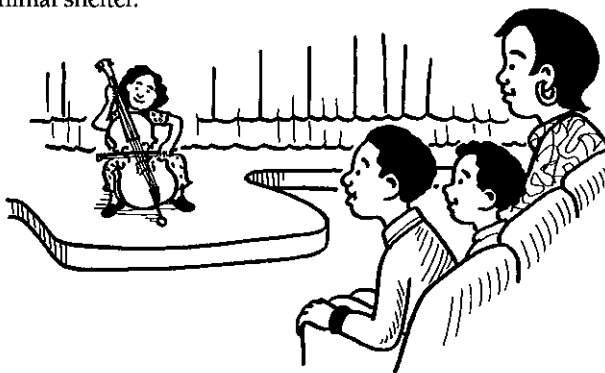
What I respect about you

Who deserves your child's respect? Everyone. Take turns naming specific reasons you respect family members, friends, adults at school, coworkers, or people in your community. For example, maybe your youngster respects her grandfather for serving in the military or the school cafeteria workers for serving healthy foods. When it's your turn, try to pick a variety of people—from your company's CEO to the custodian who cleans your building. You'll teach your child that a person doesn't have to be in charge or well known to be worthy of respect.



Treat siblings well

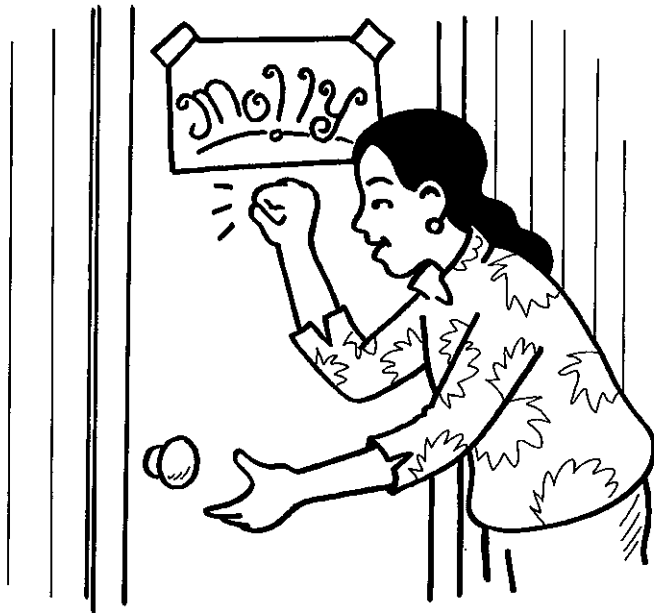
Help your youngsters develop mutual respect by encouraging them to share special parts of their lives. Attending his older sister's talent show will help your younger child have respect for his sister's hard work. Also, doing activities together lets them enjoy each other's company, which can strengthen their relationship and motivate them to treat each other more respectfully. Suggest that your children cooperate in activities they both like, such as making up dances or volunteering at an animal shelter.



Respect others' time

Encourage your child to recognize that everyone's time is valuable. Talk about why it's disrespectful to be late. You can explain that walking into class after the bell rings distracts everyone and wastes learning (and teaching) time. And your child may say that being on time for sports practices and games is respectful toward her teammates and coach, who might not be able to start without the full team. With your youngster, create a plan for being on time. For instance, she could lay out her uniform the night before so she's not searching for her jersey when it's time to leave.

continued



Lead by example

Treating your child with respect helps her understand how good it feels to be respected. For example, knock on her door before entering her room to respect her privacy. Also, let her have a say in family decisions when possible, perhaps about what to do next weekend, to let her see that you respect her opinion. Finally, try not to discipline your youngster in front of others. If she misbehaves at a relative's home or in the grocery store, you could quietly walk outside with her or wait until you're in the car to talk to her about it.

Show respect for nature

A walk outdoors is the perfect time to talk about ways to respect the natural world. For instance, if your child wants to pick flowers, you might say, "They're pretty, but we need to leave them there so they can live and others can appreciate them."



At home, put him in charge of sorting recycled items. Point out that putting fewer items in the trash helps to keep the world cleaner and to conserve natural resources that everyone needs.

Use electronics thoughtfully

Set guidelines for screen use that show respect for others. You might have a no-screen policy at the dinner table or talk to each other in the car rather than letting your youngster play a video game. Explain that it's respectful to pay attention to the people you're with rather than to your screen. Also, discuss ways to communicate respectfully when your child is on a device. *Examples:* Don't type in all capital letters, since that's like shouting. Consider your audience—for instance, avoid acronyms like BRB ("Be right back") or IKR ("I know, right?") with her grandparents who might not know them.

Respect property

Take turns naming objects that people share, such as a library book, a family computer, or classroom supplies. Together, think of ways to demonstrate respect for the property and for those who use it. For example, returning library books on time shows respect for others who want to read them, too. And putting caps on markers and glue sticks is respectful of the teacher or school that purchased them and of classmates who need to use them.



Value diversity






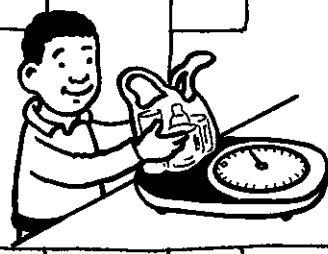
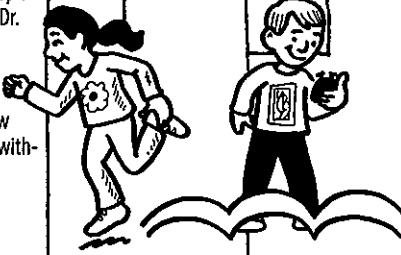
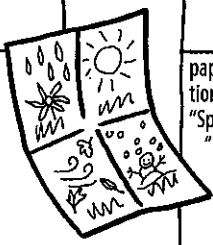


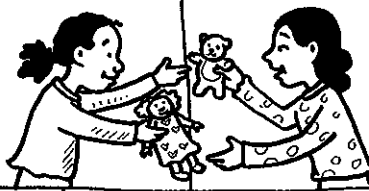





Children are naturally curious about differences, and understanding them can help your youngster respect people who look, speak, or act differently than he does. Read books with characters from a variety of backgrounds to raise his awareness. When you're out, if he notices someone speaking with an unfamiliar accent, use it as a teaching moment. Instead of thinking the person "talks funny," he could realize this means the person speaks more than one language—and you have to be pretty smart to do that! That can lead him to think about the knowledge that people of different backgrounds have and how we can share with and learn from each other.

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Note to parents: Post this calendar on your refrigerator, and encourage your child to do an activity a day to strengthen reading, writing, math, science, and social studies skills.

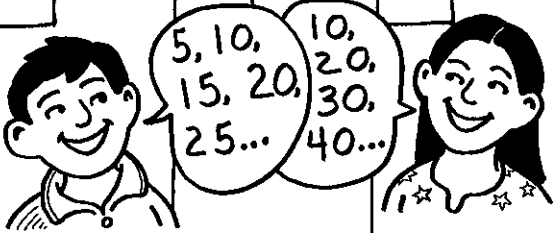





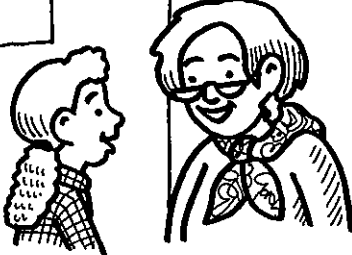


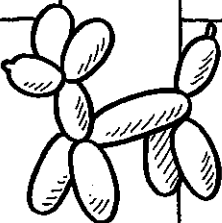
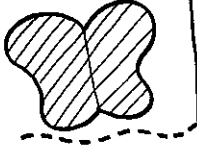



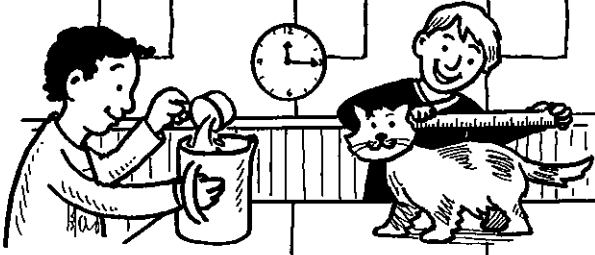
An Activity a Day

MONTH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|--|--|
| <p>Read your favorite book. When you finish, draw illustrations for it. Use your drawings to retell the story to a parent.</p>  | | | <p>Sort a handful of buttons, and ask someone to guess your sorting rule. Was it by size, shape, color, or number of holes?</p>  | <p>Write down your goals for the next month. <i>Examples:</i> "Read three books." "Learn to skateboard." Put a star next to the goals you accomplish.</p> | <p>Bite into an apple, and chew it. Think about why you bite with your front teeth and chew with your back ones. <i>Hint:</i> Notice the shapes and sizes of different teeth.</p> | <p>Act out a nursery rhyme. Have family members guess which one it is. For "Hey Diddle Diddle," you might jump, laugh, and run away.</p>  |
| <p>Play "Block Tower." Each player rolls a die and places that number of blocks on his tower. Continue until a tower topples over.</p>  | <p>Draw a picture of you having fun with a friend. Write a sentence about what you're doing. ("We're building a fort in the backyard.")</p> | <p>Look at a United States map. Find your city or region, and locate the closest river. Is the river north, south, east, or west of your town?</p>  | <p>Make a bookmark about a character in a story. On a strip of paper, write three facts about the character, and draw a portrait.</p> |  | <p>Fill a bag with items from your pantry. Estimate how much the bag weighs, and check the weight on your bathroom scale. Try again with new items.</p> | |
| <p>Read <i>Hop on Pop</i> by Dr. Seuss. Then, hop on one foot. Have someone time how long you can hop without stopping.</p>  | | | <p>Write a favorite poem on a sheet of paper, and carry it with you in your pocket. Share it with a friend or family member.</p> |  | <p>Divide a piece of construction paper into four sections, and label them "Spring," "Summer," "Fall," and "Winter." Draw the weather for each.</p> | <p>Draw a pizza, divide it into equal pieces, and put a different topping on each part. Write a fraction addition problem ($\frac{1}{3}$ pepperoni + $\frac{1}{3}$ mushroom + $\frac{1}{3}$ onion = 1 pizza).</p>  |
|  | <p>Make an alphabet book about animals. On each page, write a letter, A-Z, and the name of an animal beginning with that letter (<i>Alligator, Baboon</i>).</p> |  | | <p>Learn about economics by having a "barter day" with your friends. With your parents' permission, bring toys you no longer use, and trade with each other.</p> | <p>Number slips of paper 1-25. Have someone mix them up and put all except one on the table. How fast can you identify the missing number?</p>  | <p>Design a poster of fun activities that encourage kids to exercise. Label your ideas ("Jump rope," "Play catch").</p> |
| <p>List materials your family recycles. <i>Examples:</i> plastic (bottles), paper (newspaper), metal (cans), glass (jars).</p>  | <p>Before taking a bath, write a "secret" message on the bathroom mirror with liquid soap. Read it afterward—the soap keeps that part of the mirror from fogging up, so the message appears.</p> | <p>At the gas station, note what one gallon of gas costs. Calculate how much five gallons would cost ($\\$2.31 \times 5 = \\11.55).</p>  | <p>Write a story about a first in your life, describing what you did and how it made you feel. <i>Example:</i> "The first time I hit a home run, I felt proud."</p> |  | | <p>What's your favorite color? List things that are that color. For red, you might include <i>strawberry, roses, and fire truck</i>.</p>  |

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An Activity a Day

| MONTH | | | | | | |
|---|--|---|--|--|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  <p>5, 10, 15, 20, 25...</p> <p>10, 20, 30, 40...</p> | | | <p>Count out loud to 100. Then, count to 100 by 5s and by 10s. Try other ways, too, such as by 2s, 4s, or 20s.</p>  | <p>Look in books or online to find out which Native American tribes lived in your area. Draw pictures of the shelters they built (wigwam, longhouse).</p> | <p>Read cook-books with a parent, and find foods you like. Pick out something to prepare. Together, follow the recipe—and enjoy!</p> | <p>How many ways can you make \$1.25 with coins? For instance, you might use 5 quarters or 4 quarters, 2 dimes, and 5 pennies. Which way uses the most coins? The fewest?</p>  |
| <p>Cut out pictures of things you hear, see, taste, smell, and touch. Glue them on poster board, and write the senses you use under each one (flower: smell, see, touch).</p> | <p>Look for things that begin with the same letters that spell <i>mom</i> and <i>dad</i>. List the words (<i>markers, oven, macaroni</i>).</p>  | | <p>Write four words (<i>the, good, you, and because</i>). Use each word to write a sentence. Then, write a sentence containing all four words. Repeat with four new words.</p>  | <p>Create personalized bookplates. On address labels, write "This book belongs to" and your name. Stick the bookplates inside the covers of your books.</p> | <p>Search for solid shapes in your kitchen. Find a sphere (orange), a cylinder (soup can), and a rectangular prism (cereal box). Can you locate at least three of each shape?</p>  | <p>Read the definition of <i>waterproof</i>. Think of animals that have waterproof coverings (ducks) and things you use that are waterproof (raincoats).</p> |
|  | | <p>Have a grandparent and an aunt tell you about life when they were your age. Ask what games they played or what they learned in school.</p> | <p>Read a non-fiction book about a favorite topic like robots. Use facts you learn to write trivia questions, and quiz a parent.</p> | <p>Let someone measure your smile with a ruler. Then, draw your smile the correct length on a card, and add a friendly note. ("Your singing makes me smile.") Give the note to a friend or relative.</p>  | <p>On separate index cards, write each step for making a turkey, cheese, and tomato sandwich. Number the cards, and follow them to make a sandwich.</p> | <p>Think of five ways to save energy at home, such as unplugging unused appliances or turning off lights. Count how many times you do each one today.</p>  |
|  | <p>Write a compliment for each family member on a separate slip of paper. ("Dad, you make great balloon animals.") Put the slips in a basket, and read them at dinner.</p> |  | <p>Fold a piece of paper in half. Draw the outline of half a butterfly along the fold. Cut out the shape, and open it. Both halves will be <i>symmetrical</i>, or mirror images of each other.</p>  | <p>Write your state's name vertically down a piece of paper, one letter per line. Use each letter to begin a fact about it. Hawaii's first fact might be "Honolulu is the capital."</p> |  | <p>For a healthy diet, you need 5–9 servings of fruits and vegetables a day. Make a graph showing how many of each you eat every day this week.</p> |
| <p>Find five rocks. Sketch them, and add words that describe their shapes, colors, or textures (round, gray, smooth).</p>  | <p>Write down things around the house that are used for measuring. How many can you find? <i>Examples:</i> cups, rulers, thermometers, clocks, calendars.</p> |  | | <p>Organize your books, deciding how to group them. You could put them in ABC order by title or author or divide them into fiction and nonfiction.</p> | | |

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