

# APPLETON VILLAGE SCHOOL

## Wildcat News



Student Leaders – Food Drive  
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### FOR YOUR CALENDAR

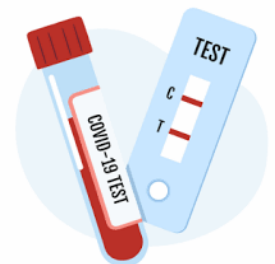
- 1/15 Martin Luther King Jr. Day – No School
- 1/15 Basketball vs Vinalhaven
- 1/17 Basketball @ Islesboro, boys only
- 1/18 Grade 4 to the Snow Bowl
- 1/22 Basketball @ St. George
- 1/23 School Committee Meeting 5pm
- 1/25 Grade 4 to Snow Bowl

**PLEASE NOTE:**

No students are to be dropped off before 8:10, unless prior arrangements have been made.

### Free COVID Test Kits

MaineCare members and parents of children covered by CubCare can obtain free at-home COVID test kits at retail pharmacies that accept MaineCare. To use MaineCare benefits you must check out at the pharmacy counter with proof of MaineCare or CubCare coverage.



## Health

Happy New Year!

We are seeing a wide variety of illnesses in the school right now. To determine if your child should stay home, use these guidelines.

- Fever of 100.4 degrees F or more: Keep your child home for a minimum of 24 hours after their temperature returns to normal (98.6 F), without the use of fever-reducing medication.
- Vomiting or diarrhea: Keep your child home for a minimum of 24 hours since the last episode.
- Rash: if the cause is unknown, please check with your child's pediatrician before sending your child to school.
- Runny noses (in grades Pre-K -2): if your child is not able to properly blow their nose and wash their hands, they should stay home until the runny nose has stopped. This will decrease sickness in the classroom.
- Based on your child's demeanor, ask "Is my child able to learn?"

I am running low on cough drops in the Health Office. If there are any parents who are willing to donate a bag to the Health Office for our students, I would really appreciate it!

Thank you ~ Nurse Sandy



**Preparing Your Child for Winter: The Importance of Proper Gear**

Winter is upon us, and with it comes the need for extra care in ensuring our children are prepared for the colder weather as they head to school. This is more than a matter of comfort—it's crucial for their well-being.

**Dressing for Success: Layering is Key**

The key to keeping warm in winter is layers. Dressing your child in multiple thin layers allows for better insulation and warmth. Start with a base layer, preferably one that wicks away moisture, followed by an insulating layer, and finally, a weather-resistant outer layer.

**Don't Forget the Accessories**

Winter accessories are crucial in protecting your child from the elements. Hats, gloves, scarves, and warm socks are all important. You might consider investing in thermal versions of these items for added warmth.

**Footwear Matters**

Choose winter boots that are waterproof and insulated. These will keep your child's feet dry and warm, even in snow and slush. Look for boots with non-slip soles to prevent slips and falls on icy surfaces.

**The Importance of Proper Winter Gear**

Dressing your child appropriately for winter weather is about more than just keeping them comfortable. It can also impact their health and their ability to focus in school. Cold, wet, or uncomfortable students are not conducive to learning.

**Tips for Success**

Here are a few tips to ensure your child is well-prepared for the winter weather:

- Check the forecast daily. The weather can change quickly in winter. Make it a habit to check the forecast each morning before dressing your child for school.
- Involve your child in the process. Teach them about the importance of dressing appropriately for the weather and involve them in picking out their winter gear. This can help instill good habits and ensure they're more likely to wear their gear.
- Have backup gear. It's a good idea to have a spare set of winter gear at school in case something gets wet or lost.

Let's work together to ensure our students are warm, safe, and ready to learn this winter. Your cooperation is greatly appreciated!



### Pre-K News

Pre-K has begun participating in learning activities and explorations of all things Winter. We are learning about snowflakes; for example, their characteristics, where they come from and how they are formed. We are also learning about local animals and how they manage the winter season. Thus far, we have learned that some forage for food, like deer and birds. In the coming weeks, we will also look at migration and hibernation.

We wanted to share a favorite song with you as well as a recipe to make your own snow at home!

(To the tune of London Bridge)  
Snow is falling, snow is falling  
All around, all around  
Soft and fluffy snowflakes, soft and fluffy snowflakes  
On the ground, on the ground.

### Pretend Snow

2 cups cornstarch, 1 cup inexpensive hair conditioner, food coloring/glitter (optional)

If using, add food coloring and glitter to the conditioner and mix in a large bowl.

Slowly add the cornstarch, stirring and mixing until the consistency is similar to play dough. If it seems too wet, add a little cornstarch; if too dry, add a little conditioner.

Once dough is well mixed it is ready to use. Perhaps place it on a cookie sheet to contain the play and add in some buttons, small twigs, google eyes-this could provoke creation of snowmen or other snow creatures. Add small vehicles that could drive in the snow and clear it away!


### Third Grade News

We enjoyed some fun in the snow before it was gone!



Third grade had a reading challenge over the break. They were informed that they would receive a raffle ticket for every 15 minutes of reading, or "Do Anytime Math Activities" during the holiday break. It was communicated to students and their families that the challenge was completely optional.

Third graders crushed my expectations and read or practiced math facts for 2,832 minutes!! We converted that to hours, through division models in math class, and they discovered that it equated to over 47 hours of reading and math collectively!!

Way to go third graders and third grade families!! They will redeem their raffle prizes later this week. 

Notes From ~Mrs. King

Fifth graders shared their opinion essays with fellow students before break. I was so proud of their speeches. I told students to.... "Go home and practice in front of a parent, mirror or pet." Check out the dedicated student and helpful pet! We finished our unit 3 assessment in math and now we are moving on to all things decimals. What a great class!



Food Drive Success!

Thank you, Appleton community, for your help and support with our "Gift of Giving" food drive to benefit the Come Spring Food Pantry. Hundreds of items were donated to those in need.

AVS Student Leaders

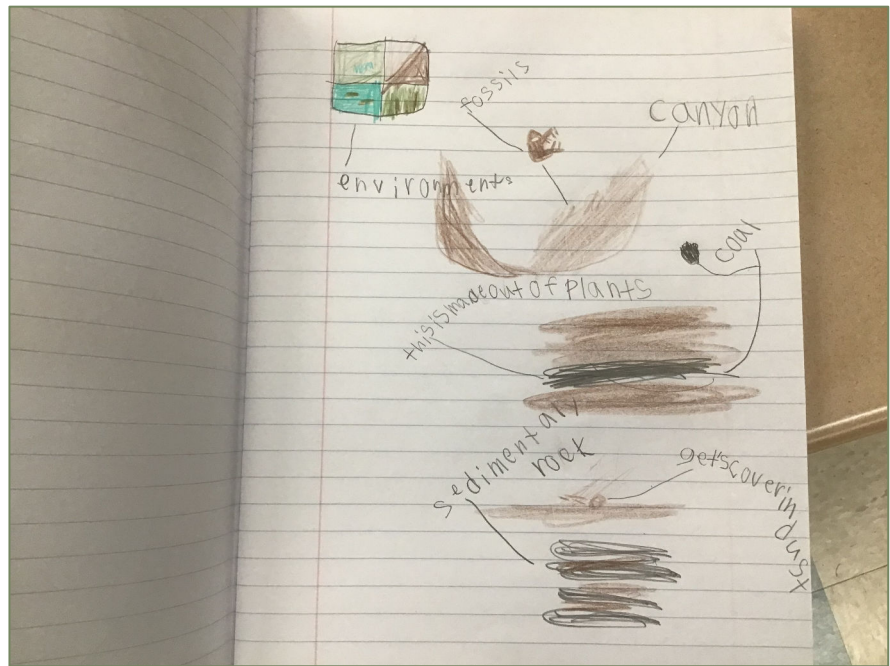
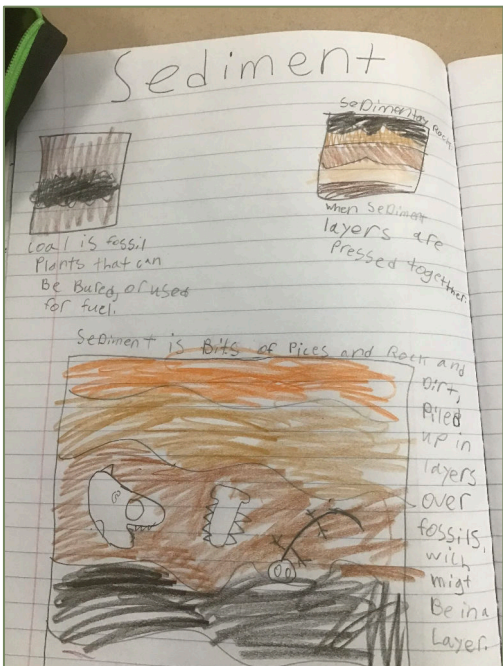
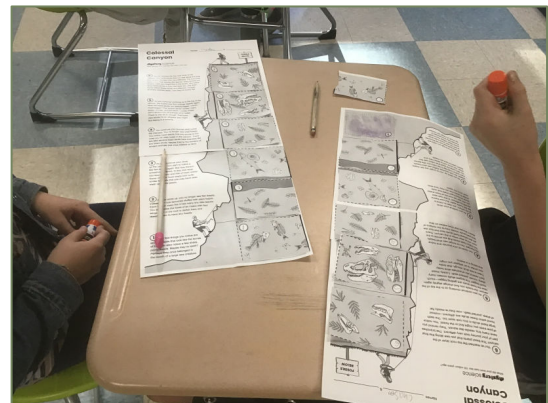
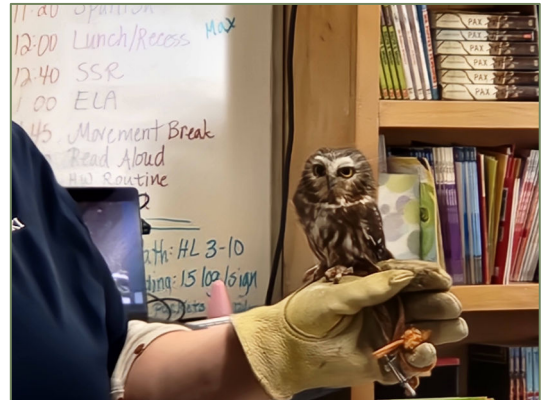


### 4th Grade News

Happy New Year to all!

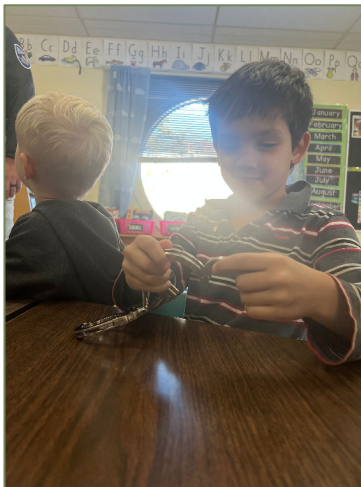
Before the holiday break, 4th graders joined grades three and five and enjoyed an exciting and informative presentation by Chewonki. Students also completed a science unit on fossils.

Please enjoy the photos that capture both experiences!



Kindergarten

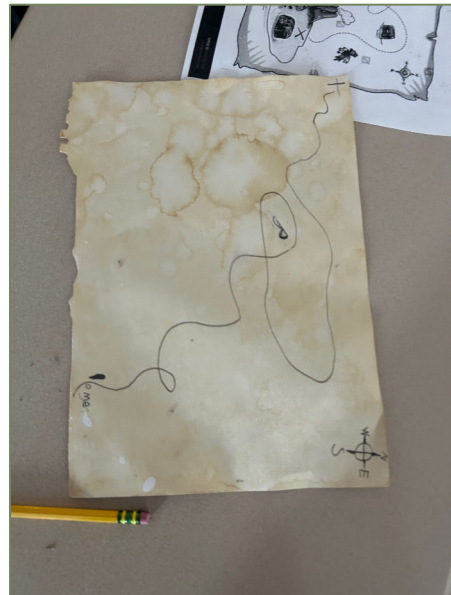
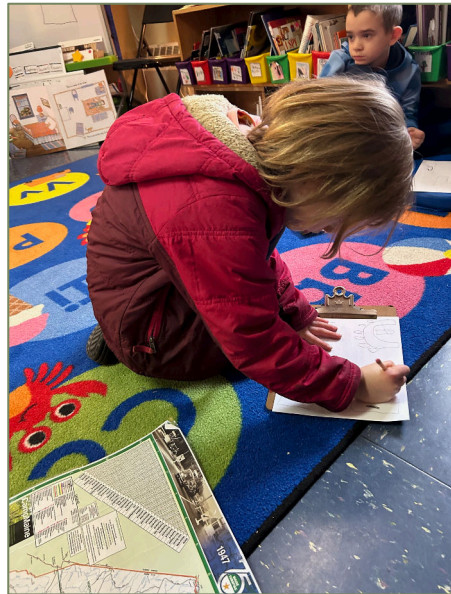
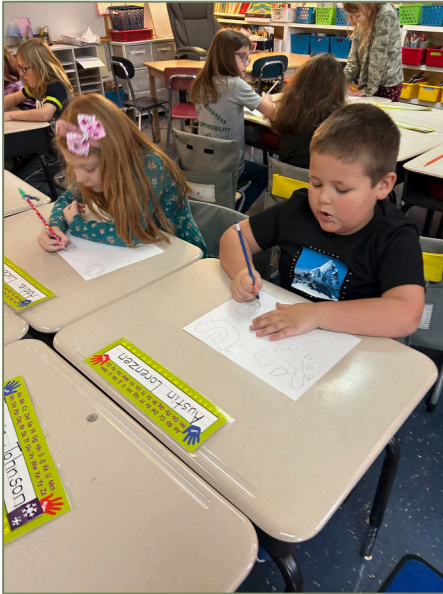
Kindergarten has been learning about jobs, tools, and uniforms. To celebrate all we have learned, we had 2 special guests! Officer Davis and K9 Merek came and did a presentation. It was so much fun! Thank you to both of them!





First Grade

First graders had fun exploring and learning about maps last week. We looked at maps of Appleton, Maine, the USA and the whole world. As a treat, we made maps of our classroom and pretend treasure maps on Friday.



### SIMPLY SECOND

The second graders work on GRIT throughout the school year. Each month we choose a different GRIT to work on because we are a GRITTY CLASSROOM. This month we are sharing our experiences of perseverance. It is a joy and honor to listen to the second graders sharing their various experiences.

ENJOY:

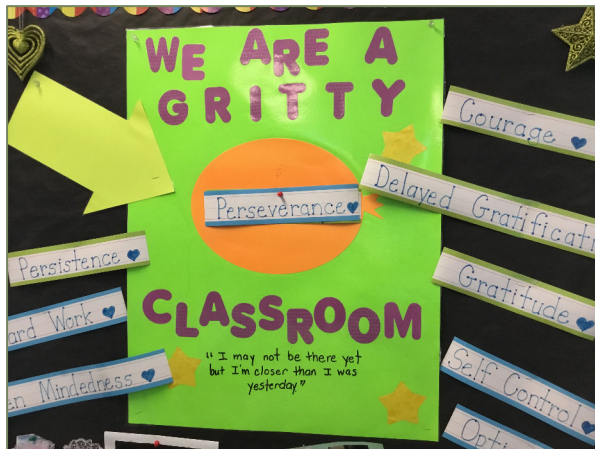
"I experienced perseverance when I was learning to roller skate. I didn't give up and I practiced every day and now I can roller skate all around my house!"

"I experienced perseverance when I was learning to snowboard. I keep on practicing even though it is hard. Now I can snowboard on the hill in my yard."

"I experienced perseverance when I went hunting. I am patient and I never give up. It is fun to hunt with my dad."

"I experience perseverance when I am horseback riding. I keep on practicing with my horse even when my horse doesn't listen to me."

WAY TO GO SIMPLY SECOND!



### Recess Fun

Who says you can't make a snowman with powdery snow!



## Middle School News

### **An AVS Tradition Continues with Buddy Building Gingerbread Houses**

The holidays may be over, however the activities and fun from before the holidays will stay with us throughout the year. Following a long-standing tradition, 7th and 8th graders paired up with their 1st and 2nd grade buddies to create architectural masterpieces. On Monday, December 18th, 1st and 2nd graders were trained in the art of Gingerbread House construction. They then practiced their skills by creating their own Gingerbread Houses. The following day, 1st and 2nd graders paired with their 7th and 8th-grade buddies to demonstrate their newfound knowledge. There are certainly many budding architects and landscape designers in this bunch of creative students!

### **Middle School Travels During the Holidays**

Students in the 6th, 7th, and 8th grades took virtual field trips to various countries across the globe before the holiday break. Each middle school member chose a country of interest and completed a mini-research project to learn a little more about it. On top of this, students then researched the holiday traditions celebrated in their country in comparison to the traditions that were highly anticipated over the holiday break.

It was a great opportunity to look at the similarities and differences shared between many of the cultures across the globe and realize that we may have more in common with the world around us than many of the middle schoolers might have previously believed. For other countries, it was interesting to see how their religious beliefs shaped their traditions and holiday celebrations.

### **Middle School Moves Forward into the New Year**

Welcome to 2024! Students in the middle school, 6th, 7th, and 8th eased back into the learning by reflecting on the New Year. We read about several countries (Spain, Romania, and Scotland) that have very different, yet similar New Year's celebration traditions to our own here in the U.S. Then, the 6th grade learned facts and information about New Year's Celebrations in the United States by completing a classroom-based scavenger hunt. 7th and 8th grade reflected on the holidays and the goals they are hoping to accomplish for this year in a reflection activity. For 7th grade, they completed a New Year's Ball Drop activity and 8th grade completed a "Snow Globe" activity page.

### **Moving Forward in Middle School ELA**

**6th Grade:** What better way to look into literary elements, especially characterization and how authors develop different types of characters than create their own? 6th-grade students learned about the various types of characters featured in literature and then were tasked to use their ingenuity and creativity, along with tinfoil and masking tape, to create their own superhero or supervillain. This fun arts-based project will lead to students developing their character into the protagonist or antagonist of an action-packed narrative story.

During this unit, students will also be exploring how authors of their free-choice novels develop the various characters. Will they be inspired by their author when developing their own story? We will certainly see. No matter what, this group of individuals will demonstrate their unique personalities in their upcoming written pieces.

**7th & 8th Grade:** Gearing back into reading, students completed a literary Clue activity, by putting their reading skills to the test. To determine who the culprit was in the case of "Who Stole the Missing Mascot?" students read through a variety of materials and "evidence". They then used their understanding of the explicitly stated information and the inferences they gathered to determine who was guilty and what their motivations were for committing the crime.

**7th Grade:** What better way to delve into a narrative writing unit for 7th grade than to look to the much-loved myths passed down from one culture to the next? Students are exploring various cultures and some of their more famous myths to develop their understanding of literary elements. Students will then, as inspired by the work of Rick Riordan and his series Percy Jackson: *The Lightning Thief*, bring their mythological characters into the modern world. In their narratives, students will soon come to realize the impact that setting has on character actions and plot elements.

During this unit, students will also be exploring how authors of their free-choice novels use various settings to impact the choices of their characters or how the plot elements fall into place. Knowing this group of individuals, their modern take on the myths of old will be something to enjoy.

**8th Grade:** In this unit of study, students will be reviewing various literary elements as they read a variety of classic short stories. With each story, they will focus on how each author implements various writing approaches to create a fictional piece that has stood the test of time.

Throughout this unit, students will also be learning more about Rhetorical Devices used to persuade people one way or another in the decision-making process. These skills, developed through a mini-debate unit will lead to skills implemented later on in the year during their Leadership of Change speeches. Plus, who doesn't want to hone a teenager's persuasive skills?

New Year Reflections, by the 6<sup>th</sup> and 7<sup>th</sup> Grades



Middle School Travels

Eighth Grade Snow Globes



8th Grade Fundraising Updates

8th graders are selling Bixby chocolate that will be ready in time for Valentine's Day. If you want to order some please see an 8th grader for more information. Or you can email [jessica.davis@fivetowns.net](mailto:jessica.davis@fivetowns.net).

The 8th graders are selling concessions at the home basketball games. The next home game is on Monday, January 15th starting at 11:30 am. Come out to support the basketball team and 8th graders at the same time.

**Wildcat Basketball**

We are well over halfway through the basketball season. It has been a challenging season for our wildcat athletes however the teams have put their best foot forward to bring home a few wins. The boys' record is 2 wins, 3 losses and 4 games left to play. The girls' record is 3 wins, 4 losses and 3 games left to play. Both teams will still make the playoffs. On Monday, January 15th there will be a home game vs. Vinalhaven. The girls' game starts at 11:30am and the boys' game will start at 1pm. Come out and support our athletes for their last regular season home game!



**Remaining Schedule**

Monday- 1/15- Appleton vs. Vinalhaven (**11:30am & 1pm games**)  
 Wednesday - 1/17- Appleton @ Islesboro (**boys only**)  
 Monday - 1/22 -Appleton @ St.George

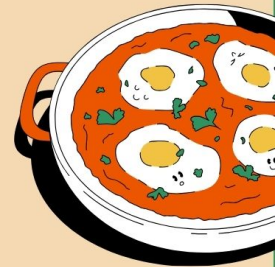
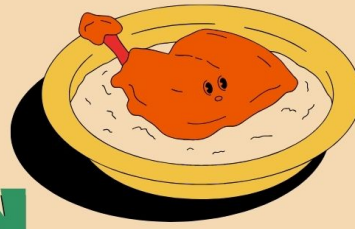
Wednesday-1/31-Quarterfinals  
 Wednesday 2/7- North Division Championships  
 Saturday 2/10- Busline League Championships

The first game starts at 3:45 and the second game starts at 5pm. Girls play first.



YOU ARE INVITED TO

# APPLETON LIBRARY'S ANNUAL



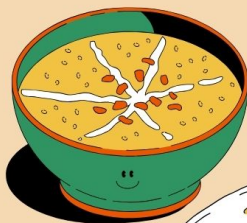
# SOUPER SUPPER & CAKE AUCTION WITH ROSEY GERRY

SATURDAY, JANUARY 27 5-7PM  
HELD AT THE APPLETON VILLAGE SCHOOL



**SUPPER PRICES:**

ADULTS (13 & UP) : \$10  
CHILDREN (12 & UNDER) : \$5  
FAMILY CAP: \$25



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**FIVE TOWN FOOTBALL WINTER FLAG SESSION**

**ANNOUNCING OUR ANNUAL  
WINTER FLAG FOOTBALL !!**

**WHERE: THE PITCH IN WARREN**

**WHEN: MONDAYS 5-6PM X 6 WEEKS**

**FEBRUARY 26-APRIL 1, 2024**

**WHO: CURRENT 3rd-8th GRADERS**

**HOW: REGISTER AT [FIVETOWNFOOTBALL.COM](http://FIVETOWNFOOTBALL.COM)**





# We want YOU!

To join the defending 2X  
Regional Championship  
CRMS Wrestling Team!



Wrestling is open to all students grades 5-8 at in the Fivetowns area (including HAL schools!). The season is between basketball and spring sports and competitions don't start until mid-February, so you still have plenty of time to ski as well!

Wrestling is a safe sport (fewer serious injuries per participant than soccer or basketball) that kids of all shapes and sizes can be successful in. Please come and give it a try!

Our first practice will be on Tuesday, January 16<sup>th</sup> at the High School 6:15 to 7:30. We will practice at the High School Tuesday and Thursday at these times through February 9. Practices will then be five days a week in the gym at CRMS Mon-Fri 4:00 to 5:30. The season ends on March 23<sup>rd</sup> with the league championship meet.

Sign up at: [https://crms.fivetowns.net/athletics/sports\\_enrollment](https://crms.fivetowns.net/athletics/sports_enrollment)

Contact: Aaron Henderson [aaron.henderson@fivetowns.net](mailto:aaron.henderson@fivetowns.net) (207) 522-5252



# Helping Children Learn<sup>®</sup>

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School  
Appleton Village School



January 2024

## Reinforce learning and academic skills in six simple ways at home

Incorporating learning into your child's time at home is one of the most important ways you can support success in school. Here are six easy ways:

- 1. Expose your child** to new things. Every meaningful experience your child has—from observing a construction site to visiting a museum—has an impact on learning. On your next outing together, discuss how some of the things you are seeing relate to what your child is learning in school.
- 2. Have conversations** about what your child is doing in classes. Show enthusiasm and interest. Find out what your child thinks about school.
- 3. Ask your child to teach you.** Have your child show you how to solve that math problem on today's worksheet, or tell you about a historic event the class is learning about.
- 4. Talk together about all sorts of topics.** Really listen to what your child says, and ask follow-up questions to keep the conversation going.
- 5. Encourage deeper thinking.** Discuss similarities and differences between things. Ask your child to give reasons for opinions.
- 6. Put your child's abilities into action.** Let your elementary schooler use knowledge and skills to help you around the house. Ask for your child's advice when you are making a decision or solving a problem.



## Breakfast is a smart start

Studies show that eating breakfast improves students' focus, alertness, comprehension and memory. Whether your child eats it at home or at school, breakfast provides essential fuel for learning. If time is an issue, offer grab-and-go options like an apple and a piece of cheese.



## Why handwriting matters

Writing by hand helps children learn reading skills faster than typing on a keyboard. Seeing and feeling the letter shapes reinforces letter knowledge. To boost handwriting skills:



- **Make sure your child's feet** rest on the floor. Place a box under them if necessary. This anchor makes writing easier.
- **Help your child** find the right amount of pressure. Pushing too hard tires out hand muscles. Experiment with different tools, like gel pens that glide smoothly.
- **Offer chances to write.** Together, write letters to relatives. Dictate your grocery list for your child to write down.

Sources: R. Wiley and B. Rapp, "Handwriting beats typing and watching videos for learning to read," Johns Hopkins University; L. Brukner, "Tips to help students with their handwriting," Edutopia.



## Addition facts can be child's play

Memorizing addition facts frees up brainpower so your child can focus on solving multi-step problems and word problems efficiently. To strengthen your elementary schooler's addition fluency in fun ways:

- **Play board games** with two dice. At first, your child may need to count every dot on each die. With practice, your child will immediately recognize the number of dots on one die (say, 3), then count the dots on the second die (say, 5) on from 3 ("4, 5, 6, 7, 8") to find the total number of spaces to move. Soon, your child will simply recall that  $3 + 5 = 8$ .
- **Build with blocks** to practice making 10. Help your child learn number combinations that equal 10 by building two-color block towers (1 blue block + 9 red blocks = 10, 2 blue + 8 red = 10, etc.). Later, your child can use this knowledge to learn "neighboring facts." (" $5 + 5 = 10$ . So  $5 + 4$  must equal 9, since 4 is one less than 5 and 9 is 1 less than 10.")

## Encourage organization

Elementary schoolers are just developing the organizational skills they need to think ahead. Help your child learn to:

- **Use a calendar** to track assignments, test dates and activities.
- **Break big projects down** into parts to complete over several days.
- **Tidy up after study time** so supplies will be easy to find when next needed.

# Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



January 2024

## Q&A My child's clowning is a serious issue. What can I do?

**Q: My first grader is a real class clown. The teacher says this behavior is disruptive. At home, my child also uses laughs to get out of doing things. But how am I supposed to impose discipline when I am laughing myself?**

**A:** Children often make jokes and behave like clowns to gain status with peers—and it works. Or they are rebelling against adults or rules, but in such a way that adults react to the humor instead of the misbehavior.



To put an end to your child's antics, change your response:

- **Don't use labels** like "the class clown" or talk about how funny your child is to others—it will only reinforce the silliness.
- **Ignore your child's efforts at humor** when they are inappropriate. Leave the room if you can't avoid laughing. Clowns need an audience in order to continue their performance.
- **Establish rules and consequences in advance**, and apply them consistently. If your child is clowning to avoid a responsibility, enforce the consequence for shirking. If your child is trying to manipulate you into a *yes* when your answer is *no*, stick to your *no*.
- **Talk with your child** about better ways to make friends. Smiling and showing interest in others is a great way to start.

## Parent Quiz Are you teaching your child new words?

Communication skills improve when your child can use just the right word to express an idea. Are you helping your child build a large vocabulary that supports academic success? Answer *yes* or *no* to the questions below:

1. **Do you discuss** unfamiliar words and their meanings when you and your child read together?
2. **Do you introduce** new words for familiar ideas? "Let's use big blocks at the bottom so the tower will be *sturdy* and won't fall down."
3. **Do you choose** word games often when playing games as a family?
4. **Do you help** your child make and add to a personal dictionary of new words?
5. **Do you post** a new word each day that family members try to use in conversation?

### How well are you doing?

More *yes* answers mean you are adding to your child's word power. For each *no*, try that idea.

"A child needs a forest of words to wander through, a sea of words to splash in."  
—Frank Bruni

## Keep on reading aloud

No matter how old students are or how well they can read to themselves, family read-aloud times are effective and fun ways to build reading skills. For the best results:

- **Choose a regular time.** Reading aloud with your child daily demonstrates that reading is too important to miss.
- **Read books you like.** Your enjoyment can increase your child's enjoyment.
- **Emphasize the first line** to grab your child's attention.
- **Use distinct voices** and expressions for each character to bring them alive.
- **Stop reading** for the day at a point where your child is eager to hear what happens next.

## Offer reasons to persevere

Learning isn't always easy, which is why it's so important for students to develop persistence. To encourage your child to persist:

- **Offer reminders** of times persistence has helped your child master a skill.
- **Offer encouragement.** Say things like, "You are making progress. Keep at it, you'll get it."
- **Discuss the rewards.** It feels great to be able to go into a test with confidence, knowing you've studied hard. Even better, it feels great to learn and get smarter!

## Unlock cooperation secrets

Give your student two keys to working well with others in the classroom:



1. **Controlling others** is impossible, but your child *can* control personal actions and reactions.
2. **Responsibilities** are like promises. They are things that must be done, especially when others are counting on your child.

### Helping Children Learn®

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# Helping Students Learn<sup>®</sup>

MIDDLE SCHOOL

Tips Families Can Use to Help Students Do Better in School  
 Appleton Village School



January 2024

## Refocus attention on respect for a positive effect on learning

By the middle of the school year, students are usually feeling more comfortable and relaxed in their classes. That's great! Unfortunately, however, a "relaxed" attitude toward respectful behavior often goes along with this.

In a class of many people, each student's actions affect the others. It's difficult for teachers to create a productive learning environment in the absence of respect.

Talk with your child about the importance of being respectful to others in school. Expect your student to:

- **Practice self-respect.** Explain that this means acting in ways that make your child feel proud of doing what's right.
- **Be on time.** Promptness shows respect for other people's time.
- **Listen and speak courteously.** This means hearing others out, and using civil language to express ideas and opinions.
- **Use polite body language.** Raising hands, sitting properly on furniture, and smiling, nodding and making eye-contact with others shows respect.
- **Take learning seriously.** Your child should pay attention in class and participate.
- **Understand that it is possible** to learn something from almost everyone—even while disagreeing with them.



## Foster traits that boost school success

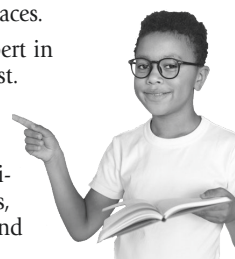
Academic skills aren't the only things that lead to achievement in school. Students who develop certain personal characteristics and apply them to their studies do better than those who don't. Encourage your child to be:

- **Curious.** Nothing drives learning like wanting to know things. To stoke curiosity, expose your middle schooler to new ideas and experiences.
- **Confident.** Show your love, and make it clear you believe your child is capable of working hard, learning and succeeding.
- **Organized.** Give your child folders and calendars to help keep track of schoolwork and time. Schedule weekly time for organizing together.
- **Persistent.** When successful students face learning challenges, they keep trying. They look for different approaches.
- **Resilient.** Setbacks happen. Teach your child to take responsibility for actions, and to create a plan for improvement.

## Discuss rewards of reading

If your child doesn't read for pleasure often, explain the advantages. Reading for fun is a great way for your middle schooler to:

- **Visit** exciting places.
- **Become** an expert in an area of interest.
- **Have** a laugh.
- **Encounter** people with similar characteristics, interests, ideas and problems.



## Consistency gets results

Discipline works best when it is consistent. So while you may adapt some rules as your child grows, maintain a consistent approach. Keep these guidelines in mind:

- **Wait until you are calm.** Regain control of your emotions before addressing misbehavior with your child. If your child is upset, help calm things down before imposing a consequence.
- **Listen to your child.** Don't let your middle schooler talk you out of imposing a consequence. But hear your child out even as you enforce the rule.
- **Hold firm** in non-negotiable areas, such as rules about safety and substance use.

## Attendance always counts

Some families think that poor attendance doesn't matter if their child earns good grades. This isn't true! Absent students miss activities and demonstrations that make classes interesting. They fall behind and have increasing difficulty catching up. Some lose interest in school altogether. Making attendance a priority is a critical way to ensure that your child continues on the path to academic achievement.



# Helping Students Learn

MIDDLE SCHOOL

Tips Families Can Use to Help Students Do Better in School

January 2024

## Q&A How can I prevent problems if my child chooses wrong?

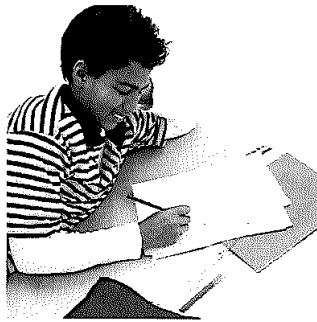
**Q: How can families help middle schoolers learn to make good choices without letting them make bad ones? What should I do?**

**A:** Learning to make good decisions—and learning lessons from the poor ones, is part of growing up. When you allow your child make a poor choice, you create a situation your child can learn from.

Balance is the key. There are areas when you must make the decisions. These include things like safety, school attendance and drug and alcohol use. But in other areas, you can set boundaries and let your child make choices within them.

Here are three:

- 1. Schoolwork.** Doing assignments is non-negotiable. But you can let your child decide how to do them—sprawled on the floor, sitting at a table, before dinner, after dinner, etc. Your middle schooler's grades will reveal whether the decisions are working, or need to be reconsidered.
- 2. Sleep.** If you've insisted on the same bedtime and wake time for years, ask what times your child thinks are reasonable. If they allow your middle schooler to get at least nine hours of sleep every 24 hours, try it.
- 3. Bedroom space.** Your child may choose to be OK with a messy room. As long as it is sanitary, don't argue. If your child can't find a needed item when it's time to leave for school, experiencing the consequences may be the lesson your student needs to make a better choice next time.



## Parent Quiz Do you encourage working with teachers?

Your child may not like every teacher. That's normal. But it is important for students to learn to work productively with all teachers. Are you helping your child establish effective working relationships? Answer *yes* or *no* below:

- 1. Do you make** it your child's responsibility to be polite to teachers?
- 2. Do you remind** your child that it isn't necessary to like a teacher in order to learn in that class?
- 3. Do you help** identify likely causes if your student is having an issue in a class?
- 4. Do you urge** your child to talk to teachers and work with them to resolve issues?
- 5. Do you contact** teachers if your child is unable to work

through an issue with them and ask for a parent-teacher-student conference?

### How well are you doing?

More yes answers mean you are helping your student interact with teachers in positive ways. For each no, try that idea.

"I'm not telling you it's going to be easy. I'm telling you it's going to be worth it."  
—Art Williams

## Which math option would your child rather have?

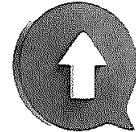
Boost your child's interest in math with a game that makes it personal. Ask your middle schooler to choose between two options, and justify the choice with math. For example, would your student rather:

- **Have 23 hundred-dollar bills**, 48 ten-dollar bills and 9 one-dollar bills, or 26 hundreds, 17 tens and 22 ones?
- **Have 500 pounds** of pennies or 40 pounds of quarters? (Help your child check the coins' weights at [www.usmint.gov/learn/coin-and-medal-programs/coin-specifications](http://www.usmint.gov/learn/coin-and-medal-programs/coin-specifications)).

Source: J. Stevens, Would You Rather Math.

## Jump-start motivation by recognizing progress

It may not thrill you if your child brings home a low C on a history quiz. But if the previous quiz grade was a D, your child is making progress. Recognizing the improvement can motivate your student to keep up the momentum. "You brought your grade up. You have what it takes!" Avoid adding a negative spin—this isn't the time to say that your child still has a long way to go.



## Talk about accountability

Being talented or smart only goes so far. For success in school and beyond, students must also be able to be counted on. Explain to your child that *accountability* involves:

- **Living up to commitments.** Your child should turn work in on time and do a fair share on group projects.
- **Working cheerfully**, rather than being so unpleasant about it that no one will want to work with your child again.
- **Correcting errors** and apologizing if your student has let someone down.

### Helping Students Learn®

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