

APPLETON VILLAGE SCHOOL

Wildcat News



First Grade
Page 7



Fourth Grade
Page 10

FOR YOUR CALENDAR

2/10 Basketball Busline League Championships,
Wiscasset Middle School

2/16 Early Dismissal, 11:30

2/16 HAL 7th and 8th Grade Dance, 5:00-7:00pm

2/19-2/23 February Vacation

2/26 School Committee Meeting, 5:00pm

2/27 8th Grade NAEP Test

2/28 Community Visioning Meeting, AVS Gym,
5:00-7:00pm

PLEASE NOTE:

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

ATTENTION: Talent Show change, see page 2

Wanted: Incoming Pre-K and Kindergarten Students for This Fall

If you have a child who will be **four years old** on or before October 15, 2024, they are eligible to join our **Pre-K class**. Please note, the Pre-K class is limited in size. Reserve your spot.

If you have a child who will be **five years old** on or before October 15, 2024, and is not currently enrolled in our Pre-K, they are eligible to join our **Kindergarten class**.

Please contact the school at 785-4504 to place your child's name on our lists. We need full name, date of birth, parent names, address, phone, email, and any special concerns – health or otherwise.

Registration papers will be mailed out in the spring. Thank you for helping spread the word throughout Appleton.

Health

Hello from the AVS Health Office!

I want to thank everyone who donated a bag of cough drops. They are flying out of the Health Office! I appreciate the donations! Mr. Bernardo and I recently visited Pre-K during guidance to talk about the importance of washing hands. Mr. Bernardo read the book *Germ* to the class. My Pre-K friends were able to practice handwashing with glow germs and a glow light. They all did a great job!



*****Attention Parents of Talent Show Students*****

Due to scheduling conflicts, talent show practices have been switched to Mondays. After February vacation, starting Feb. 26th, students who have signed up for the talent show will now be staying after school every **Monday from 3:00-4:30** until the show in May.



*What is your vision for the new AVS
Principal? We want your ideas!*



You are invited to attend a meeting and give us your ideas about what is important to look for in a school principal! With Mrs. Stilwell's impending retirement, we want to make sure that we hear from families, staff, teachers and community members as we search for our new principal. This meeting will be conducted with the sole purpose of gathering a list of attributes the community deems important to find in a new principal. These attributes will contribute to the overall decision-making process as the search goes forward. ***Come share your VISION with us!***

What: AVS Principal Vision

When: February 28, 5-7 PM

Where: Gym @ AVS

Who: any AVS community member or Appleton resident interested in participating!

How: School Committee Chair, Emily Garrigan and Superintendent Kate Clark will facilitate a series of small group discussions. From those discussions, we will develop a list of attributes as identified by the participants of this meeting. *This information will be used in part to guide the Search Committee as they choose and interview principal candidates.*

Dear Appleton Community,
February 5, 2024

At the School Committee meeting held on Tuesday, January 23rd, Principal Susan Stilwell shared her plan to retire at the end of this school year. With gratitude, the School Committee accepted her resignation. After 10 years at the helm, Susan will be sorely missed by the AVS community. The good news is, we still have months to celebrate before her departure becomes a reality.

By telling us early, Susan has given us the opportunity to begin the process right away. This will allow us to advertise for the next 4 weeks, and hopefully have the process completed by early April (see tentative schedule below). The process will include the following:

Visioning Meeting: All AVS community members and Appleton residents are invited to attend a meeting at Appleton Village School on **February, 28 2024 at 5:00 pm** to collaborate and create a list of attributes the community is seeking in our new principal. This list of attributes will help to guide the search committee in deciding which potential candidates to interview.

Search Committee: The Search Committee will be no more than 5 people, consisting of a wide range of stakeholders, for example: a School Committee member, a staff member, a parent, an SU 69 administrator and another interested community member. If you are interested in serving on the Search Committee, please contact Kate Clark at kate.clark@fivetowns.net or 763-3818. If we have too many interested parties, members of the committee will be randomly selected from the categories listed above. *All Search Committee members must attend the Candidate Review and all interviews.*

Candidate Review: The Search Committee will review all of the potential candidates and decide on 4-5 candidates to interview. **March 6, 2024, 3:30-5 pm** at AVS.

Interviews: All interviews will be held between **9 am and 5 pm on Friday, March 15th.**

Finalists: The Search Committee will recommend at least two finalists to the Superintendent. The Superintendent will then check references, hold further interviews and recommend a final candidate to the School Committee.

Appointment: The goal is to have a final candidate approved at the April 29th School Committee meeting.

Principal Search Activity Schedule *(these dates are aspirational and subject to change given extenuating circumstances).*

Date	Activity	Who is Involved	Next Step
January 30, 2024	Job is posted in Serving Schools	Central Office	
February 15, 2024	Job is posted in Village Soup	Central Office	Posting closes on February 26, 2024
Ongoing	Search Committee is formed	Kate Clark	Visioning Meeting
February 28, 2024 5 pm @ AVS	Visioning Meeting	All interested AVS community members, families, staff, stakeholders are welcome to attend.	Orientation; Candidate Reviews
March 6, 2024 3:30-5 pm	Orientation and Candidate Reviews	Search Committee Kate Clark	Interviews
March 7-13	Interviews set	Central Office	
March 15, 9am-5pm	Interviews and recommendation decisions	Search Committee Kate Clark	Recommendations
March 18-29	Final interviews, reference checks, focus groups, contract negotiations	Kate Clark	Final Recommendation to School Committee
April 29, 2024	Appointment at School Committee Meeting	Kate Clark School Committee	New Principal is introduced to the community!

Keep in mind that throughout this process, we will need to be flexible and open minded. Susan is irreplaceable, so we will not be searching for her replacement, but rather a new school leader! A leader who will honor the values and accomplishments of the AVS community in the past and share his/her knowledge and expertise with us to foster continued excellence, collaboration, and community spirit which has served the Appleton community so well for so long.

I am looking forward to hearing from you,

Kate

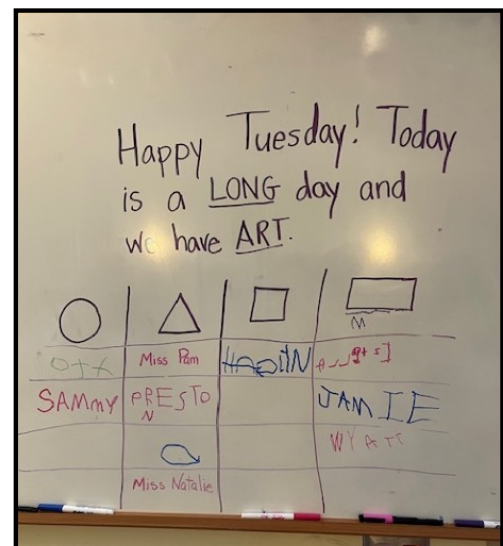
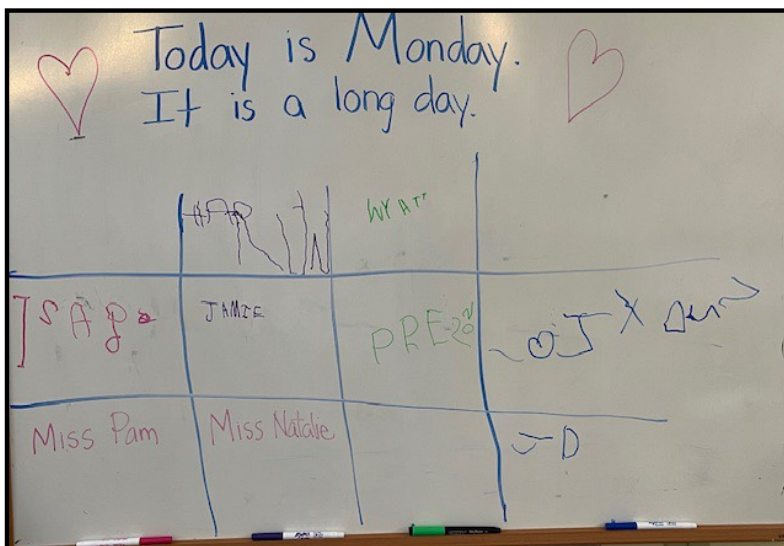
Pre-K News

Each morning when the children come in, a simple message awaits them on our board. The children are always most curious about what Special class they have that day and whether it is a "LONG" day (i.e. a longer rest when we have mat toys) or a "SHORT" day (when we go home early.) Sometimes they see a question written and now know, if they see a question mark, that there is a "mystery" to solve!

Each message also provides the children practice in writing their names, seeing letters in meaningful print and learning to read not only their names but those of their peers. Often, sound/letter awareness emerges spontaneously, such as when a child sees that they share some of the same sounds/letters in their names as those of their friends.

On other days, we may have a math activity tied into our message, as you see in the Tuesday message. The children signed in under their favorite shape. This was followed by a shape grab bag game and a scavenger hunt for shapes within the room. Once the children brought the shapes back, we matched them, talked about their attributes and then referred to the board to discuss which shapes had more votes and less votes (we found this information not only by observing the columns but by counting names together!)

There is such rich learning when it is accomplished through the language of a child...PLAY!



First Grade

6th grade science students visited 1st graders last week to teach them about the Middle School turtle, Madonna. Madonna is a Red-Eared slider turtle, and she was quite the showstopper!



Spring Picture Day

Strawbridge Studios will be here on Wednesday morning, April 3 for Spring Photo Day. All students will be photographed. A proof or portrait package will be sent home for ordering purposes shortly after Picture Day.



Fifth Grade News ~Mrs. King

Fifth graders rearranged the entire classroom library. We now have a new system. Way to go! On Thursday we will be playing the "PRICE IS RIGHT" in math class. Next week our Valentine's Day party will be on Wednesday. Please remember your valentines. A class list was sent home on Friday.



Frosty Bubbles

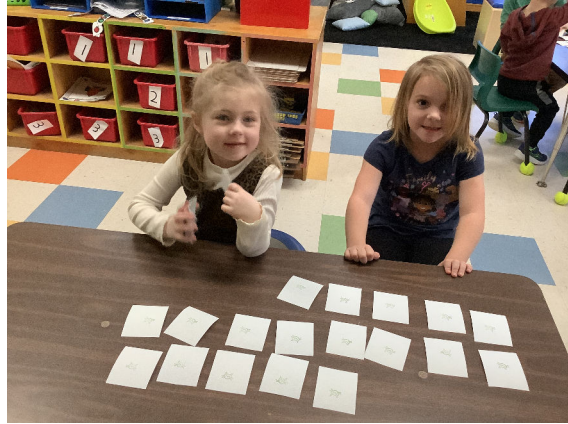
Third graders experimented with freezing temperatures and bubbles...check out our results!



What do you think the best temperature is for freezing bubbles??

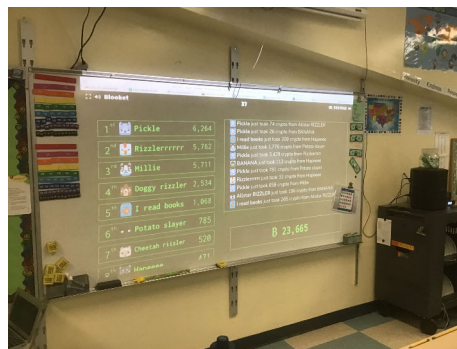
Kindergarten

Kindergarten has been having a lot of fun with our hands-on math lessons and games. We have been learning to compare numbers and weight, as well as matching numbers to quantities. We love math and learning!



Grade Four

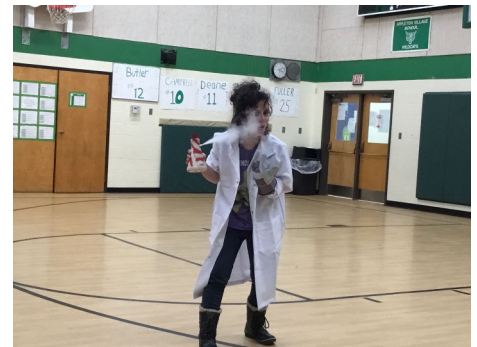
Fourth graders were treated to a couple of unique opportunities last week. First, we want to thank Ms. Scott and Mr. Porter for facilitating a LEGO class that encouraged collaboration and problem solving. Students were excited, engaged, and successful. Fun was had by all! Second, we want to extend our gratitude to Mr. Kelley who surprised us last Friday and facilitated a Blooket game online. This game combined knowledge and luck to score (and steal) points. It was fun, funny, and intense all at the same time.



SIMPLY SECOND

It was an exciting morning at AVS!! Miss Molly, "the molecule" scientist introduced us to a fun Mad Science experience. Did you know that dry ice is made of frozen carbon dioxide? If you touch it, make sure you wear protective gloves! Did you know reindeers have a favorite treat? It is peppermint soda!! It is made of dry ice, candy canes and seltzer! We had fun tasting the treat! We learned about fuel for fires and static electricity! The bubble making machine was made of dry ice and bubble solution. We were able to take a "shower" with the bubble making machine.

Thank-you to Partners for Enrichment for providing us with this engaging learning experience! We truly appreciate your generosity.







Five Town Little League 2024 Registration is NOW OPEN!



Five Town Little League registration for the 2024 season is now open for all players ages 5 – 12!

Please visit the FTLL website today to sign up for the season, as well as the below indoor clinics and baseball/softball major evaluations at The Pitch in Warren.

Please note that signing up for the clinics or evaluations will NOT register your player for the season, that must be done separately.

REGISTER FOR INDOOR CLINICS, EVALUATIONS AND THE 2024 SEASON TODAY AT:

www.fivetownlittleleague.org

TUESDAY CLINICS (6-7pm for 7-9 year olds and 7-8pm for 10-12 year olds):

2/27 - Baseball
 3/5 - Softball
 3/12 - Baseball
 3/19 - Softball
 3/26 - Baseball

SATURDAY CLINICS (12:30-1:30pm for 7-9 year olds and 1:30-2:30pm for 10-12 year olds):

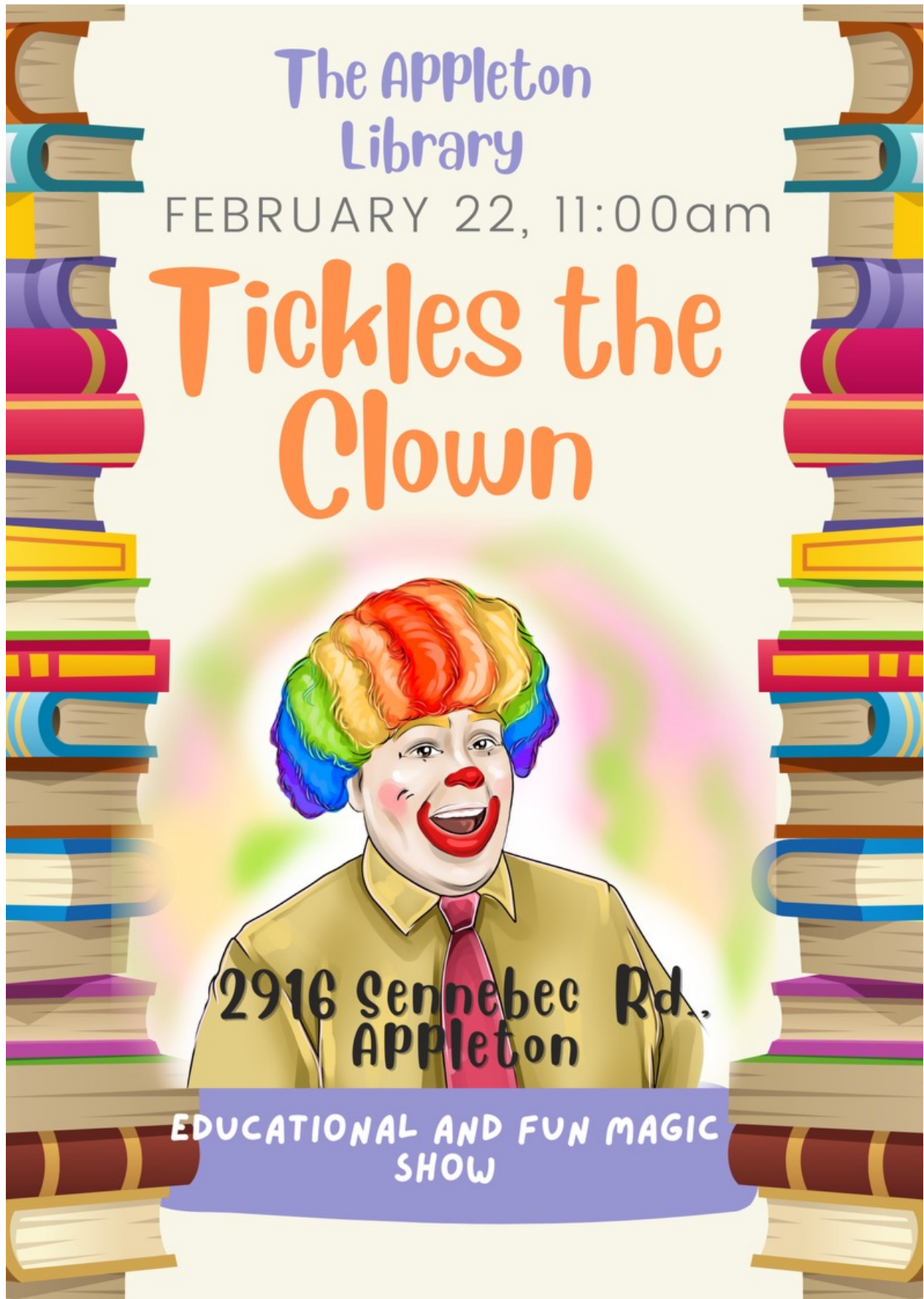
3/2 - Softball
 3/9 - Baseball
 3/16 - Softball
 3/23 - Baseball
 3/30 - Softball

EVALUATIONS (returning Major players do NOT need to attend, this is for NEW players only)

4/6 - 12:30-2:00pm - Softball
 4/6 - 2:00-3:30pm - Baseball

Please email mainefivetownlittleleague@gmail.com with any questions.
 You can also follow us on Facebook at Five Town Little League. Let's play ball!

S



Pen-Bay pick-up lacrosse

At Lincolnville Central School

Feb 4, 11, 18, 25, March 3 & 17.

Boys grades 3, 4 & 5 / 6, 7 & 8

Sundays 1:30-2:30 p.m.

Girls grades 3, 4 & 5 / 6, 7 & 8

Sundays 2:45-3:45 p.m.

High School Girls

Sundays 3:45-5 p.m.

Gear: Sticks, Sneakers and Pinnie



come try lax
sticks will be available

Youth Art Show and Still Life Invitational at Page Gallery

a month of creative activities and events

Camden - What everyday objects would you choose for a painting? Would it include a favorite food, toy, flower, or book? Would your objects be carefully arranged, or a random assortment strewn across a table? Would they hold meaning, make a statement or simply, be interesting shapes or beautiful colors? What stories might your objects tell? These are the questions Page Gallery is inviting children to consider in their call for still life art to adorn the gallery's walls this winter. The exhibition will open on February 1st and will be on display through February 29th.

The gallery is offering free postcards at 23 Bay View Street in Camden and is distributing them through art programs in local schools with a prompt for children of all ages to draw, paint, or collage a still life. Finished postcards can be dropped off or mailed to the gallery for installation in this special exhibition.

In collaboration with the Camden Public Library, children's librarian, Miss Amy, will convene a special storytime from 11:00 am - 12:00 pm on Saturday, February 10th and a Creative Art Afternoon from 4:00 - 5:00 pm on Thursday, February 22nd. Both events will be held at Page Gallery. They are free and all are welcome to attend.

Throughout the month, we have activities on site for visitors of all ages. Younger visitors are invited to participate in creative stations including shadow tracing, weaving on a loom, creating a community collage and paper cutting. Adults are also welcome to draw from an evolving still life set up in the main gallery, where finished still life works may be pinned to the wall and will be on display through February 29.



[image credit: "Pumpkin Pie" by Amelia Surbey, "Sneaker" by Madison Surbey, "Banana" by Violet Prime, and "Mango" by Dakota Surbey]



A SCHOLARSHIP TO SUMMER CAMP. A FREE WEEK OF ADVENTURE.

Sleepaway camp. It's so Maine and yet just a dream for many locals. It's why Oakhurst Dairy is partnering with The Holy Donut® and YMCA Camp of Maine to send a handful of kids to summer sleepaway camp, free* of charge.

It's just one way we can all celebrate Maineness.

To learn more or apply, scan the QR code or visit
OakhurstDairy.com/campscholarships.
This is for children ages 8-15.



*Scholarship is for one week tuition payment to YMCA camp in Winthrop, ME. Recipients are responsible for all other expenses tied to attending camp.

Helping Children Learn®

ELEMENTARY SCHOOL

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



February 2024

Self-regulation skills help your child stay focused and achieve

Research shows that learning to control impulses and work toward goals improves children's success in school. With family support, even young children can learn these key self-regulation skills.

To improve your elementary schooler's ability to self-regulate:

- **Help your child set goals** that are tough but achievable, like reading a whole chapter book or learning to jump rope. Ask your child to picture what it will be like to reach the goal. Then, have your child imagine possible obstacles and ways to overcome them. Your child might ask for help with unfamiliar words in the book or practice jumping rope on grass so tripping and falling won't hurt.
- **Coach your child before heading into situations** where self-control may be a challenge. Say things like, "We have to run errands today. What can you do if you feel frustrated?" Together, brainstorm solutions, like playing I Spy in the grocery store or stacking coins at the laundromat.
- **Praise your child for showing self-control.** Be specific so your student can repeat the behavior in the future. You might say, "I know you really wanted pizza, but you ate your chicken without complaining," or "I noticed you practiced your addition facts every day this week—way to go!"



Source: University of Zurich, "Early self-regulation boosts children's educational success," ScienceDaily.



Take steps to ensure safety online

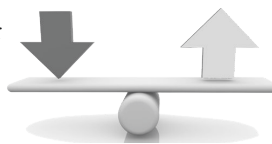
Students' digital safety is a growing concern for elementary school teachers and families. Fortunately, adults can protect children by supervising their online activities and teaching them to make positive choices. At home, you can:

- **Filter out** inappropriate content. Keep devices where you can see them, and use parental controls. Talk with your child regularly about what is and isn't allowed.
- **Keep young children** off social media. More than a quarter of teens report using social media before meeting network age requirements. Insist on waiting until at least the minimum age.
- **Monitor online gaming.** Cyberbullying is on the rise among gamers. Playing only with people your child knows and trusts in real life reduces the risk. Tell your child to report cyberbullying to you.
- **Discuss online privacy.** Teach your child never to share full names, passwords, etc.

Source: F. Martin and others, "Teacher and School Concerns and Actions on Elementary School Children Digital Safety," TechTrends, AECT.

Discuss the pros and cons

Children's experiences with the world are limited, so it's hard for them to imagine the possible results of their actions. So even if your child knows whether an action is right or wrong, consider the pros and cons together. What could happen in the short and long term? After your talk, your child will understand *why* the right choice is right.



Set expectations that fit

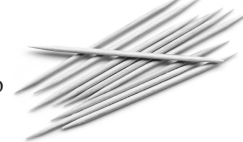
High family expectations for students are linked to high outcomes. But to be motivating, your expectations for your child also need to be realistic. Consider these questions when setting expectations:

- **Are they geared to my child?** Take your child's development, personality and maturity into account.
- **Are they important?** Choose a few expectations that focus on school success behaviors you want your child to develop, such as effort and responsibility.
- **Are they easy to understand?** State your expectations in clear terms.

Source: M. Pinquart & M. Ebeling, M., "Parental educational expectations and academic achievement in children and adolescents—A meta-analysis," Educational Psychology Review.

Play a math strategy game

A box of toothpicks is all you need to play a game that helps your child practice math reasoning. To play Last One Wins, lay 12 toothpicks on the table. Take turns with your child to remove one or two toothpicks. The player who takes the last toothpick wins. (A winning strategy is to try to leave three toothpicks on the table to guarantee a win on your next turn.)



Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL

February 2024

Q&A How can I stop my child from turning into a bully?

Q: Last year, my child was picked on by a group of kids in school and was miserable. So I was shocked when the teacher told me that my fifth grader is now part of a group who is being mean to another child. How can I stop this?



A: Watching your child be mean can be just as painful as watching your child be a target of nastiness.

Unfortunately, your situation is not uncommon, particularly among families of girls at this age. And you are right, it's essential to take action.

Here are some things to do:

- **Make things clear to your child.** Say that you can appreciate that it feels good to be part of a group. However, just as it was wrong for others to be mean to your child last year, it is wrong for your student to do it now. Remind your child how it felt to be teased—and that it is important to take a stand against such behavior.
- **Find out the school's policies** about bullying and review them with your child. Your student may face consequences if this behavior continues.
- **Talk with the teacher.** Ask what the classroom rules are about teasing and exclusion. Explain what you are doing at home, and work together to redirect your child's focus onto learning—and away from mean behavior.

Parent Quiz

Are you positive about math?

Research shows that family attitudes can affect how well students do in math. Kids do better when their families show that math is useful, interesting and fun. Is your math attitude helping your child? Answer *yes* or *no* below:

1. **Do you express** confidence that your child can do well in math?
2. **Do you avoid** saying things like "Math is so hard. I hated it, too"? Instead, say, "This is a challenge, but I know you can figure it out."
3. **Do you play** math games with your child?
4. **Do you talk** with your child about the ways you use math in your daily life?
5. **Do you create** opportunities for your child to use math,

such as looking for bargains at the grocery store?

How well are you doing?

More *yes* answers mean you are showing that you think math is worth learning. For each *no*, try that idea.

"Math is like going to the gym for your brain. It sharpens your mind."

—Danica McKellar

Copyright © 2024, The Parent Institute®, a division of PaperClip Media, Inc. www.parent-institute.com

Reinforce responsibility

So many student success factors—effort, timeliness, diligence, etc.—are tied to responsibility. To raise a responsible student:

- **Assign meaningful tasks**, such as getting up to an alarm, caring for pets or plants, seeing jobs through by tidying up afterwards, etc.
- **Let your child make decisions** and learn from consequences of poor choices.
- **Teach your child about budgeting** and saving, as well as spending.
- **Adjust rules and limits** as your child shows more responsibility.

Encourage practice tests

Studies show that when students practice recalling information, it helps them remember it better. That's why taking practice tests is an effective way to study. Your child can take advantage of this study strategy:

- **In class.** Taking quizzes is an opportunity to practice recalling the material.
- **In groups.** Your child might invite a friend or two over to study and quiz one another. Or you can call out questions.
- **Independently.** Help your child look over notes, reading and handouts and create questions the teacher might ask. Then, your child can answer them.

Send a confidence boost

Give your child's self-confidence a boost this Valentine's Day by sending a Valentine fan letter. Praise your student's efforts in school in a note, poem or silly riddle. Then, send it through the post office or tuck it somewhere your child will be sure to find it. Sign it, "From your biggest fan."



Helping Children Learn®

Published in English and Spanish, September through May.
 Publisher: Doris McLaughlin.
 Publisher Emeritus: John H. Wherry, Ed.D.
 Editor: Alison McLean.
 Translations Editor: Victoria Gaviola.
 Copyright © 2024, The Parent Institute®,
 a division of PaperClip Media, Inc.
 P.O. Box 7474, Fairfax Station, VA 22039-7474
 1-800-756-5525 • www.parent-institute.com

Helping Students Learn[®]

MIDDLE SCHOOL

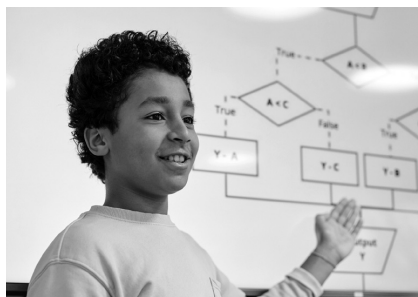
Tips Families Can Use to Help Students Do Better in School
Appleton Village School



February 2024

Teach your child that learning is what really counts in school

Grades matter. But ultimately, it's the learning students do that prepares them for higher-level classes—and life. To help your child understand that the real goal of education is learning, have conversations together about school that go far beyond the grade on the most recent assignment.



Ask your child about:

- **Non-grade accomplishments.** How did your middle schooler handle the challenging question on the science assignment? What was it like to give a presentation in front of the whole class?
- **Ideas and experiences** that have changed your child's way of thinking. Share experiences from your life that have had a similar effect on you.
- **Materials your student is reading.** What questions do the books, articles and texts raise? Can your child relate to the fictional characters? Does any current reading remind your child of previous reading?
- **A recent test.** Did it seem like an effective way to measure what your child has learned about the topic? What else does your student wish had been covered?

Questions like these show that you care what your middle schooler is thinking and learning about, and that education is about much more than test scores and grades.



Revive your child's drive to learn

It's easy for students to lose momentum when they feel like they have been doing the same things forever and summer is still months away. To help your middle schooler get over a mid-year slump:

- **Think short-term.** The last thing your child wants to hear is "It will be June before you know it." Instead, try, "It's Thursday. Just one more quiz and you can relax on the weekend."
- **Remind your child** of previous successes. Say things like, "Yes, this is a demanding class. But you did so well on the last test because of all the study time you put in.

I know you can do that again on the next one."

- **Make an ordinary day** special. "I got the ingredients for your favorite dinner. Finish your schoolwork and then come help me make it."
- **Suggest helping others.** Could your child tutor another student, or set up a study group and recruit several classmates?

Encourage daily exercise

Studies show that students who get regular exercise perform better in school than those who don't. Daily exercise can:

- **Help** your child stay alert.
- **Increase** your child's stamina.
- **Support** your child's well-being.
- **Reinforce** school success skills, such as diligence, self-control and practice.



Source: A. Barbosa and others, "Physical Activity and Academic Achievement: An Umbrella Review," *International Journal of Environmental Research and Public Health*.

Think about what works

Middle schoolers often admire others who seem to succeed without effort. So being praised for working hard may feel like a put down to them. Instead, help your child notice improvement and think about specific things that have led to it. If something goes wrong, help your child brainstorm what can be learned from it.



Rule out substance abuse

To help prevent substance abuse, make it unmistakably clear that it is not OK for your child to use drugs or alcohol. Provide answers to questions kids often have, like:

- **If drinking is so bad,** why do adults do it? Adults can safely consume limited amounts of alcohol. There is no safe amount for a growing brain.
- **Can trying it once** really hurt? Studies show that young brains are especially vulnerable to addiction. And some drugs, like fentanyl, can kill in tiny amounts.
- **Why is it a big deal** as long as no one is driving? Alcohol and drug use is illegal for middle schoolers. Use can lead to an arrest record, suspension or expulsion.

Helping Students Learn

MIDDLE SCHOOL

Tips Families Can Use to Help Students Do Better in School

February 2024

Q&A How can I help with math that I'm not good at?

Q: I never got very far with math when I was in school. Now my middle schooler is struggling with math assignments I don't really understand. How can I help?

A: There are several effective ways to support your child's efforts with math homework—even if you don't know how to solve the problems. Here's are just a few:

- **Model a positive attitude.** Studies show that parents' attitudes about math have a direct effect on their children's achievement in the subject. So instead of saying things like, "I didn't like math, either," try, "That looks tough, but I bet you can figure it out. Then it'll get easier."
- **Ask your child to explain** the steps for solving a type of problem that's proving difficult. While talking, kids often realize they forgot a step.
- **Suggest that your child write** down each step next to the problem (subtracted 3 from both sides of the equation, etc.). Then your child can show the work to the teacher. If the final answer is wrong, the teacher will be able to see and explain where your student went off track.
- **Discuss all the ways you use math** during your day. Whether you are managing your finances, doubling a recipe or doing math on the job, help your child see how necessary math is to life beyond school.



Foster teamwork skills at family meetings

Family meetings are an effective way to help your child learn to communicate, listen, cooperate and solve problems with others. For productive meetings:

- **Meet at the same time** every week and keep meetings brief.
- **Set ground rules**, such as "no devices" and "everyone gets a chance to talk."
- **Highlight family members'** accomplishments and positive news.
- **Brainstorm solutions** to family members' concerns.
- **Discuss expectations** and weekly goals.

After a few meetings, have family members take turns being the meeting leader.

Instill smart digital habits

Adopting several habits will help your child keep the digital world and the real world in balance. Encourage your middle schooler to:

- **Talk to friends** and family face to face.
- **Try to find answers** independently before asking a digital assistant.
- **Wait 24 hours** before responding to a text or post that makes your child mad.
- **Face boring situations** without reaching for a phone.

Source: L. Kolb, "6 Ways to Help Students Manage Their Smartphones," ISTE.

Parent Quiz Are you encouraging concentration?

Is your child easily distracted when doing schoolwork? Maintaining concentration can be a challenge for middle schoolers. Are you helping your child stay focused? Answer *yes* or *no* to the questions below:

1. **Do you say no** to multitasking? Have your child turn off or put away devices and items not needed for schoolwork.
2. **Do you recommend** that your child set goals for each study session?
4. **Do you suggest** that your child jot down distracting thoughts and save them to think about after schoolwork is complete?
5. **Do you avoid** interrupting when your child is working?
5. **Do you praise** your child for persisting and seeing tasks through?

How well are you doing?
More yes answers mean you are helping your student concentrate on learning. For each no, try that idea.

"Focus is a matter of deciding what things you're not going to do."
 —John Carmack

Let yourself be wowed

When learning seems exciting, students are motivated to do more of it. So when your child tells you about what is going on in a class, respond with interest. A fact or concept may not be new to you, but if it's new to your child, be enthusiastic. "Your science teacher froze a rose in liquid nitrogen and then shattered it? How cool!"



Helping Students Learn

Published in English and Spanish, September through May.
 Publisher: Doris McLaughlin.
 Publisher Emeritus: John H. Wherry, Ed.D.
 Editor: Alison McLean.
 Translations Editor: Victoria Gaviola.
 Copyright © 2024, The Parent Institute®, a division of PaperClip Media, Inc.
 P.O. Box 7474, Fairfax Station, VA 22039-7474
 1-800-756-5525 • www.parent-institute.com