

# APPLETON VILLAGE SCHOOL

## Wildcat News



Simply Second  
Page 9



Fifth Grade  
Page 6

### FOR YOUR CALENDAR

- 4/12 Early release, 11:30
- 4/13 Family Dance, see page 14
- 4/15 – 4/19 VACATION
- 4/23 – 4/26 Grade 8 to Kieve
- 4/29 School Comm. Mtg. 5:00 pm
- 5/3 Dance, 5<sup>th</sup> – 8<sup>th</sup> grade, 7:00-9:00 pm
- 5/6 Talent Show Dress Rehearsal  
3:00- 4:30 pm
- 5/8 Art Show 5:30 pm
- 5/8 Spring Concert 6:00 pm
- 5/10 Talent Show 6:00 pm

#### PLEASE NOTE:

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

### Spring Photos

Spring photo proofs have been sent home this week. Orders may be placed online, or send payment in to the office by April 29<sup>th</sup>. There will not be a makeup day for Spring photos.

### Lost and Found

There are many items in our Lost and Found. Let us know if you see anything familiar in the picture. Contact us with a description and we will be happy to check for you.



Hello AVS Parents!

We are seeing an increased number of students in our younger grades with conjunctivitis or “pink eye”. Conjunctivitis is an inflammation of the inside of the eyelid (conjunctiva) and the white part of the eyeball. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color. Eye’s don’t always have to be pink to have conjunctivitis.

Please watch your child for the following symptoms. If your child has the symptoms below, you should call your child’s healthcare provider for guidance.

- Redness or swelling of the white of the eye or inside the eyelids
- An increased amount of tears
- Eye discharge which may be clear, yellow, white, or green
- Itchy, irritated, and/or burning eyes
- Gritty feeling in the eye
- Crusting of the eyelids or lashes
- Contact lenses that feel uncomfortable and/or do not stay in place on the eye

There are four main causes of pink eye. Sometimes it is hard to know the exact cause of conjunctivitis because some signs and symptoms may be the same no matter the cause.

- Viruses (like the common cold).
- Bacteria
- Allergens (from pollen, pets, or dust mites)
- Irritants (like swimming pool chlorine)

Treatment depends on the reason for conjunctivitis (bacterial, viral or allergic). It is important to talk with your child’s healthcare provider (doctor, physician’s assistant, or nurse practitioner) so they can tell you if your child may need medicine. **Antibiotics do not help conjunctivitis unless it is caused by bacteria.**

Conjunctivitis is spread from person to person in different ways. It is usually spread through:

- Contact from touching or shaking hands
- The air by coughing and sneezing
- Touching an object or surface with germs on it, then rubbing your eyes before washing your hands.

Washing your hands, covering your mouth when you cough or sneeze, and not sharing food and drinks with others can help control the spread of pink eye.

Nurse Sandy  
[sandy.fuller@fivetowns.net](mailto:sandy.fuller@fivetowns.net)  
(207) 785-4504, ext.103

## Attendance Matters: A Challenge for Students and Staff

Duration: April 22 to June 1, 2024

Total School Days: 29

Criteria for Recognition:

- Achieve at least 90% attendance from April 22 to June 1, 2024. This means you can miss up to 3 school days for any reason.
- Alternatively, maintain 90% attendance for the entire school year by June 1, 2024, missing fewer than 17 days for any reason.

ROAR Award: Regular On-Time Attendance Recognition

Why It Matters: Attendance is currently the biggest challenge facing schools, as highlighted by Edweek. Regular attendance not only fosters academic success but also builds consistent routines that benefit our school community.

<https://www.edweek.org/leadership/opinion-chronic-absenteeism-could-be-the-biggest-problem-facing-schools-right-now/2024/02#:~:text=This%20is%20not%20a%20new,a%20much%20Orosier%20COVID%20picture.>

Recognition Ceremony: Join us on Monday, June 3, 2024, to celebrate all qualifying students and staff. Honorees will receive a special ROAR award as a token of our appreciation for their commitment to regular attendance.

Let's come together to make every day count!

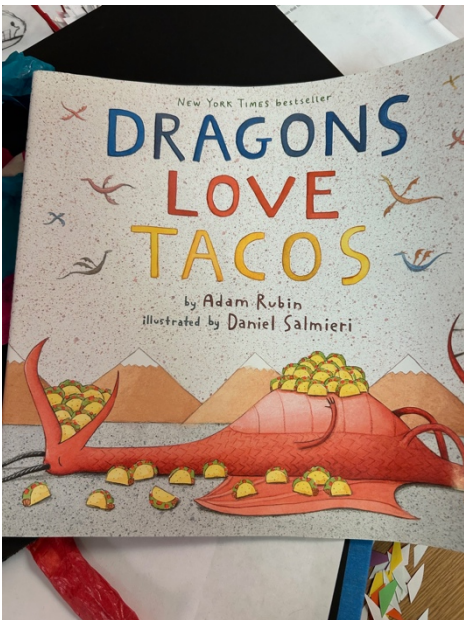
## Lifelong Learners

This past Saturday, April 6th members of Appleton's staff attended an all-day conference in Bangor. It was held at the United Technical Center and sponsored by Maine State DKG. It was a fabulous day. The keynote speaker was Jessica Anderson from CountMEIn. She presented information on school attendance, specifically the consequences of chronic absenteeism. She also shared strategies to combat this issue. Individual teachers participated in the following sessions: Positive Behavior Management, Literacy through Imagination, Women in Gold, Educator's Life with AI, Designing a STEM Project, and Book Banning. Thank you, Mary Hyland, for bringing this wonderful experience to the educators of Appleton Village School.



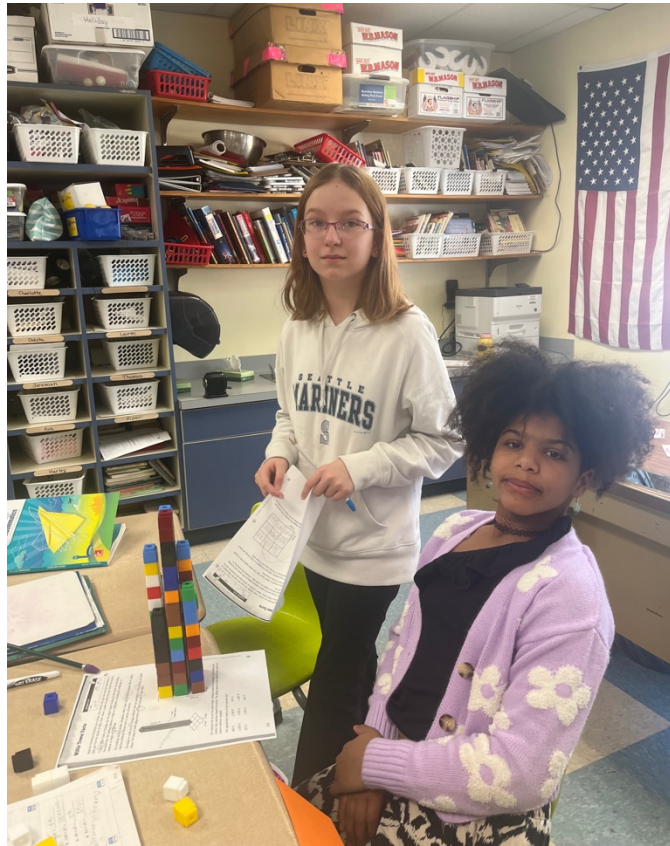
### First Grade

First-graders enjoyed the story, Dragons Love Tacos with their seventh-grade buddies. Big buddies and little buddies constructed paper tacos, working together on coloring, cutting, and assembling.



### Fifth Grade News!

Fifth graders finished their tennis lessons a couple weeks ago. What a great opportunity! Thank you MRC. This week we learned about volume by making a model of the Willis Tower in Chicago. In writing, students are working on their American Revolution research papers. After break we begin....CARS!



### Literacy Event

**Who: Appleton Village School students and families**

**What: K-8 Family Literacy Event**

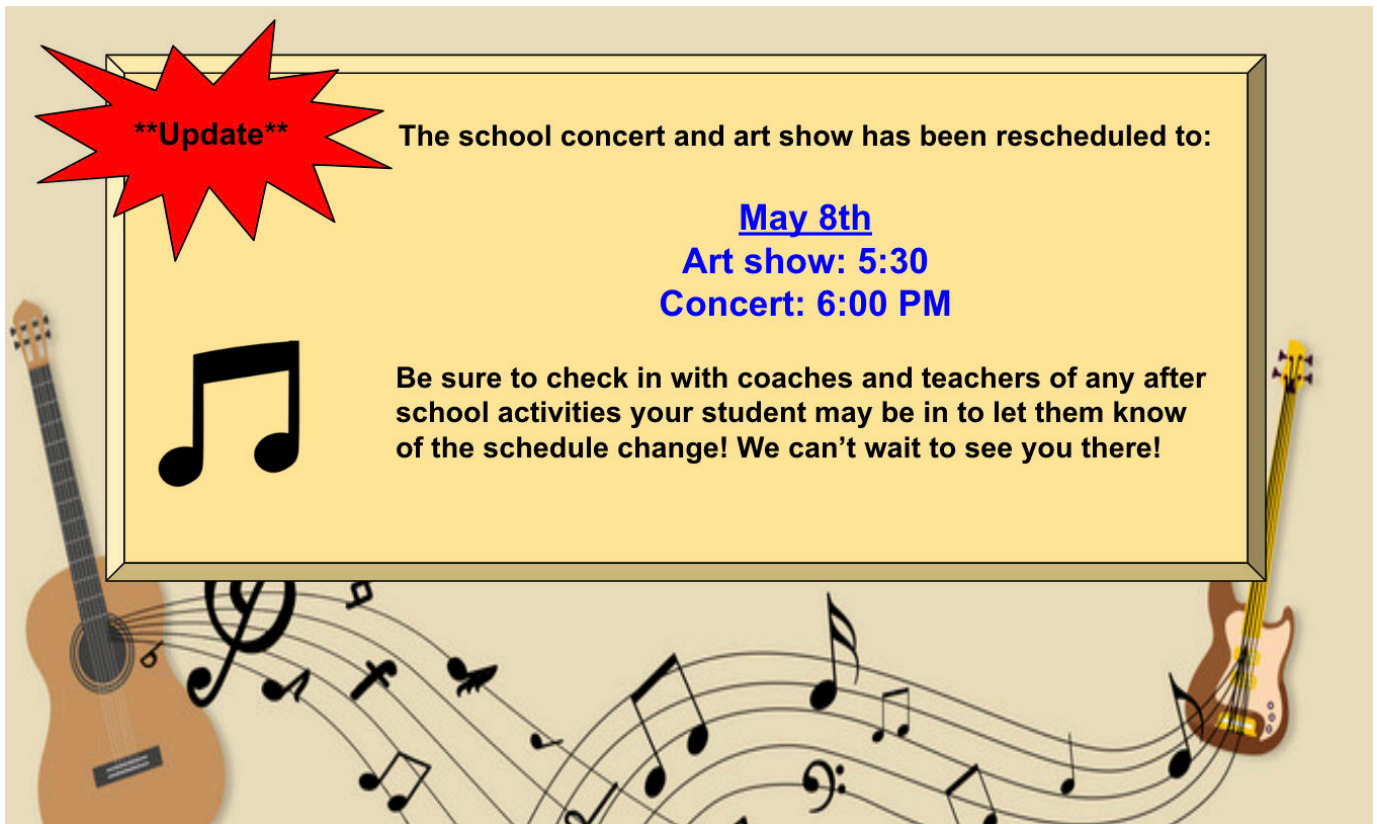
**When: Wednesday, May 1st from 12:40-1:30**

**Where: Appleton Village School**

**Why: Tell families about:**

- \* Grade level Literacy Activities
- \* Handouts for parents






**\*\*Update\*\***

The school concert and art show has been rescheduled to:

**May 8th**  
**Art show: 5:30**  
**Concert: 6:00 PM**



Be sure to check in with coaches and teachers of any after school activities your student may be in to let them know of the schedule change! We can't wait to see you there!

### STUDENT LEADERS

Recently Student Leaders did an activity to spread kindness. They created messages and pictures for Pre-K students and hid them in eggs. Student leaders hid the eggs in the Pre-K playground area for them to find on a Monday morning. What fun!

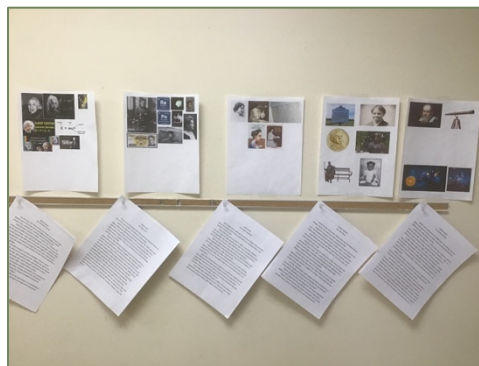
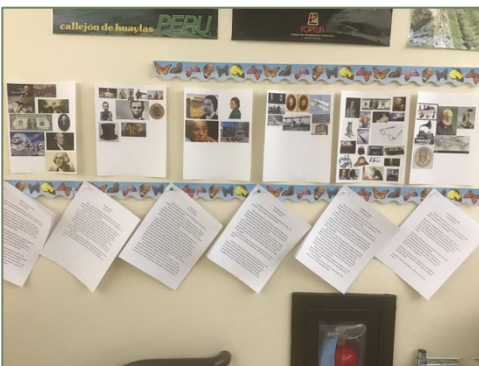


4th Grade

With notes in hand, and images in the background, each 4th grade student stood in front of the class and presented facts from their historical figure research paper. Students identified the most important information they wanted to share about their historical figure, and then created a document with images to support their presentation. Each student did a great job!

Prior to the snowstorm, our class traded in \$100 of Ludwick Loot for free recess; a reward earned for sure!

Also, this week, we had our second round of Legos with Ms. Scott; an experience that never disappoints!!





### SIMPLY SECOND

Lego learning with Ms. Scott! Simply Second Grade had another opportunity to engage in creative lego building together. The students strategically asked questions, followed the plan and protocol, encouraged each other and most of all worked together as a team! The lego creations were fun, innovative, and engaging to build. Teamwork makes the dreamwork!!





### SPANISH

So how many parents have heard of Señor Wooly?? If you have a child in grades 3-8, chances are pretty good you have! "Señor Wooly" is a website created by Jim Woolridge, a middle school teacher in Illinois. He and his team of illustrators, musicians, Spanish teachers, students, and videographers teach Spanish to students using motivating music videos and stories. After lessons in class, students complete "nuggets", or levels consisting of 10 "games" about the videos. (SSSSHHH! The nuggets are really listening, reading, and writing exercises!!) I can set individual levels of proficiency for each student, track progress, assign nuggets, and collect useful data on each student's progress. We all know that when a student WANTS to learn, they LEARN and RETAIN information. Señor Wooly is magic that way. Right now, students have until April 26th to finish "PISTA PICANTE", the annual scavenger hunt on the website which will unlock the new story video for the year. Students are encouraged to collaborate to find the answers. It's tough, but there has been some AMAZING collaboration during class, after school, and even during lunch and recess to solve. It is truly inspiring to see kids SO excited. Plus, they are learning and don't even know it.

Meanwhile, our lower elementary classes are benefitting from some of the fun lesson plans developed by the Wooly team. Ask a 2-4th grader about making choices to write a class story, or playing a game where they can trade cards. PreK-1 is learning at the speed of lightning...parents, check your Seesaw account for a message updating you on progress!

Finally, ask any PreK-8th grader about seeing a presentation from The Strand by an all female band from Veracruz, México. The middle school saw it in person, and PreK-5 had the opportunity to see it livestreamed or by recording.

iHasta luego!  
Señora Karod



### HAL Softball and Baseball Schedule

Here is the baseball and softball schedule. Baseball home games will be played in Lincolnville and softball home games are played in Hope.

- April 29th-CRMS @ HAL**
- April 30th-HAL @ Searsport**
- May 2nd- HAL @ THMS**
- May 7th-HAL @ Medomak**
- May 9th-St. George @HAL**
- May 11th- HAL @ Oceanside (Doubleheader)**
- May 14th- THMS@ HAL**
- May 15th- HAL @ CRMS**
- May 20th- HAL @ St. George**
- May 21st- Searsport @ HAL**
- May 28th- HAL @ Medomak**
- May 30th- Playoffs**
- June 3rd- Playoffs**
- June 5- Playoffs**
- June 8th- Busline League Championships**

**\*\* Games start at 3:45p.m.**



**DANCE**

**MAY 3RD**  
**7-9PM**  
**GRADES 5-8**  
**\$3 ENTRY FEE**  
**NO PHONES**  
**CONCESSIONS AVAILABLE**

*benefits next years eighth grade class*

**FMI: EMAIL JESSICA.DAVIS@FIVETOWNS.NET**



**THE WILDCAT AMBASSADORS  
PRESENT**

**TALENT  
SHOW!**

**FRIDAY, MAY 10, 2024**

**6PM**

**APPLETON VILLAGE SCHOOL**

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Suggested Donation of \$1/per person

Bake Sale + Raffle

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Proceeds to benefit the Appleton Village School

## Five Town Little League 2024 Tee Ball and Minor League Registration

**Is your 5–11 year old interested in baseball or softball?  
Sign them up for Tee Ball or the Minor League today!**



The **Tee Ball** division is an instructional league for **5-7 year olds** where everyone will have equal playing time. Scores and outs are not tracked. Emphasis is on game basics, encouragement of positive self-esteem, good sportsmanship, and fun.

**Minor baseball/softball** is for **7-11 year olds** who have participated in one regular season of Tee Ball with AA (coach pitch for 7-8 year olds) available for less experienced players and AAA (player pitch for 9-11 year olds) for players who demonstrate moderate skills.

**REGISTER FOR THE 2024 SEASON TODAY AT:**

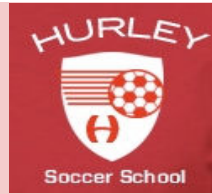
[www.fivetownlittleleague.org](http://www.fivetownlittleleague.org)

**\*Note Minor registration ends 4/16 and  
Tee Ball registration ends 5/1!\***



Please email [mainefivetownlittleleague@gmail.com](mailto:mainefivetownlittleleague@gmail.com) with any questions.  
You can also follow us on Facebook at Five Town Little League.

**Let's play ball!**



# 'Jammer Soccer Camp 2024



**July 15th-19th (Monday-Friday) 2024**  
**@ Camden Hills Regional High School**  
**9 a.m. to Noon Daily - \$95**

*Co-Ed soccer camp for players entering grades 3-8 in the fall of 2024. 'Jammer Soccer Camp is run by Camden Hills Boys' Varsity Coach Ryan Hurley along with current and former Windjammer players.*



<https://sites.google.com/site/hurleysoccerschool/>





 The Wildcat Ambassadors host  
K-6th grade

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# Family Dance

**APRIL  
13TH**



**ENTRY \$2.00 | 5:00pm to 7:00pm at AVS gym**  
**All students MUST be accompanied by an adult**  
**Concessions and photos will be available**  
**(Photos taken on your own devices)**  
**fmi - egrierson1982@gmail.com**

All proceeds benefit Appleton Village School



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# Helping Children Learn<sup>®</sup>

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



April 2024

## Help your elementary schooler move forward after a setback

It's important for students to learn how to recover from setbacks, because they happen to everyone at one time or another.

Your reaction to a failure or setback can help your child move on to academic achievement. To help your elementary schooler bounce back:

- **Praise what you can.** A test grade may be low, but you may still be able to say "Hey, you got more answers right than wrong!"
- **Discuss what your child** can learn from the situation. Brainstorm together about things to do differently in the future.
- **Be realistic.** If your child has been trying, but isn't making progress, try not to seem unhappy. Instead, focus on creating a plan for improvement. Consult with the teacher for guidance.
- **Let your child take** responsibility for making changes. Discuss ways to improve, then let your child put them into action.
- **Set an example.** Try to handle your own mistakes and setbacks in positive ways. "That didn't work. I'm going to look up another way to do it."
- **Look forward.** Don't dwell on the failure or try to get the teacher to change a grade or a decision. Spending too much time talking about setbacks can make it harder to get past them, and children need to learn to respect teachers' decisions.



## Foster your child's interest in reading

Books offer fascinating stories, interesting facts and all kinds of knowledge. But compared to colorful, flashing screens, they may not seem as appealing to your child. To generate an interest in reading:

- **Add a social element.** Have your child read to a younger sibling, grandparent or a favorite stuffed animal.
- **Offer variety.** Perhaps your child would like to read a mystery, a how-to book or a biography. Consider all types of books.
- **Encourage hobby reading.** Does your elementary schooler like baseball, gaming or crafts? Look for titles on topics your child is already interested in.
- **Go beyond books.** Short materials such as articles, comics and recipes count! Your child may also like listening to an audiobook in the car or while doing chores.
- **Find out about events** for children at the library. Ask about other reading-related activities, such as contests or games.

## Enjoy some living history

When your child is learning about a historic person, try this role-play activity. Have your child learn all about the person. Then, you pretend to be a TV reporter, and have your child be the person. Ask questions your child will likely be able to answer: "Mae Jemison, when did you fly your historic mission into space?" Adding life to history makes it more fun!

## Distribute math study time

Research shows that *distributed practice* is key for long-term learning. This means that instead of practicing math for an hour one day a week, your child should break up that time into shorter chunks and practice every day. Try these fun ways to practice together:

- **Play with coins.** Say to your child, "I have three coins. Together they are worth seven cents. What are they?"
- **Pretend** your calculator is broken. Say, "Imagine our calculator has no number 8. What other ways could you represent that number?" Your child could enter  $10 - 2$ , or  $4 + 4$ , or  $24 \div 3$ .



Source: G.M. Donoghue and J. Hattie, "A Meta-Analysis of Ten Learning Techniques," *Frontiers in Education*.

## Put science skills to work

One easy way to support science learning is to encourage your child to use newly learned information in life. After watching a nature program or reading books about nature, for example, go outside together. Ask your child questions like: "That tree has needles instead of flat leaves. What's that type of tree called?" "The flowers we planted last year grew back. Are they *annuals* or *perennials*?" "Look at that fly. Do flies have four wings or two?"





# Helping Children Learn

Tips Families Can Use to Help Children Do Better in School

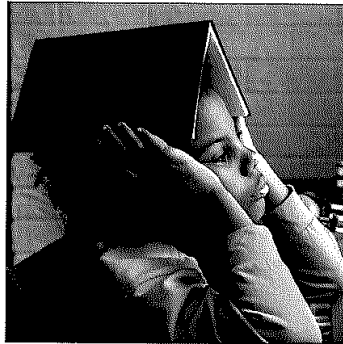
ELEMENTARY SCHOOL

April 2024

## Q&A How can I help my child feel less stressed-out?

**Q:** Lately, my 10-year-old has been bursting into tears and even yelling when something goes wrong. Study time is very stressful. This is not how my child used to be. What can I do?

**A:** Studies show that many children are feeling more stressed than they did a few years ago. They worry about grades, tests, deadlines and fitting in. They worry about events in the world around them. This stress can affect their school-work and their health.



To help de-stress your elementary schooler's life:

- **Stay calm when your child** loses control. Strong emotions from you will only add more stress. Try to take a deep breath, then offer support.
- **Encourage your child to express** feelings and concerns. Don't try to minimize them. Instead, acknowledge the emotions and express confidence in your child's ability to cope with stressful situations.
- **Encourage creative problem solving**—so your child can make the most of opportunities that might arise out of a stressful situation.
- **Help your child set realistic goals**, such as turning work in on time. Keeping up eliminates sudden overwhelming pressure to get things done.
- **Promote good nutrition and exercise.** Also teach your child some relaxation exercises—like concentrating on deep breathing.

## Parent Quiz Are you giving your child needed time?

Frequent, meaningful, undivided attention from the adults in their families helps children thrive in school and life. Are you spending time with your elementary schooler in beneficial ways? Answer *yes* or *no* below:

- \_\_\_ **1. Do you eat** meals together at least once a day? cause separation even when family members are together.
- \_\_\_ **2. Do you make** time for reading, relaxing and talking with your child every day?
- \_\_\_ **3. Do you include** at least five minutes in your child's bed-time routine for talking and listening?
- \_\_\_ **4. Do you schedule** one-on-one time with each of your children each week?
- \_\_\_ **5. Do you make** family time device-free? Digital devices can

### How well are you doing?

More *yes* answers mean you are giving your child quantities of quality time. For each *no*, try that idea.

*"Even taking a child to school can be a time of togetherness where you can talk to each other..."*  
—T. K. Oliver

## Prepare for peer pressure

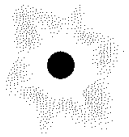
You can help your child fend off pressure from peers to do things that break rules or don't feel right. Teach your child to repeat and remember these statements:

- **I can say** *no* to things that would put me or others in danger.
- **I can make** good choices for myself.
- **I can say**, "You are my friend, but I don't choose to do that."

## Plan some April activities

April is the designated month for many activities that offer learning opportunities. Here are three to recognize with your child:

- 1. Global Astronomy Month.** On April 8, a total solar eclipse will be visible over parts of the United States, Canada and Mexico. Help your child learn more about eclipses.
- 2. National Poetry Month.** Read "The Red Wheelbarrow" by William Carlos Williams. Try to write poems using fewer than 20 words.
- 3. Financial Literacy Month.** Have your child make and keep a spending log.



## Add movement to reading

Did you know that movement can help students get more out of reading? Research shows that it can help children make connections—between letters and the sounds they make, and between printed words and real-life actions. Encourage your child to:

- **Choose a movement** for each letter sound, and move when decoding words.
- **Act out stories** after reading them, using words from the books.

Source: University of Copenhagen, "Whole-body learning can boost children's letter sound recognition—the first step toward reading," Science Daily.

### Helping Children Learn®

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Elementary School

# Daily Learning Planner

*Ideas families can use to help children do well in school*

Appleton Village School



THE PARENT INSTITUTE®

## April 2024

### Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Have a silly supper tonight. Grab a blanket and sit on the floor. Serve finger foods such as fruit, carrot sticks, cheese and popcorn.
- 2. April is Mathematics and Statistics Awareness Month. Take time to talk about math with your child each day this month.
- 3. Correct mistakes in a positive way. "You got everything right except these two questions. I bet you can learn them, too!"
- 4. Have your child fill a container with water, then pour it into a differently shaped container. Does the quantity of water look different?
- 5. Help your child figure out the perimeter and area of a room in your home.
- 6. Listen to a piece of music that has no lyrics. Have your child write lyrics for the song.
- 7. Help your child interview people in various careers that seem interesting. What would a typical day be like?
- 8. Learn the sign language alphabet with your child. Use it to practice spelling words today.
- 9. Have your child think of words that rhyme with *rain*.
- 10. Ask, "What is the most beautiful place you have ever seen?" Have your child describe it.
- 11. Point to a country on a globe or a map. Help your child figure out what time it is there.
- 12. Talk about *honesty* and why it is so important. Point to examples of people who demonstrate honesty.
- 13. Have everyone bring a joke to the dinner table. Laughter is the best dinner music!
- 14. Take an early morning walk with your child. Look for signs of spring.
- 15. Ask your child, "What is the nicest thing you have done for someone in our family?"
- 16. Gather some pictures your child can cut up. Have your child cut out items with 90 degree angles and make a collage of them.
- 17. Help your child see the bright side of a difficult situation. "This line is long, but it gives us time to play a game while we wait."
- 18. Check on your child's grades. If necessary, help your student raise them before the year ends.
- 19. Have your child write math facts on the sidewalk with chalk.
- 20. Have 20 minutes of DEAR time today. This is a time when family members Drop Everything And Read.
- 21. Measure how far your child can jump. Can your student estimate how many jumps it would take to go around your house?
- 22. As a family, discuss steps you can take to conserve natural resources.
- 23. Teach your child about *homographs*—words that are spelled the same but have different meanings, such as *bass* (fish and instrument).
- 24. Find a new way to say "I love you" to your child—for example, in sign language or in secret code.
- 25. Ask your child, "What do you think middle school will be like?"
- 26. Choose a recipe from another country or culture. Prepare it together.
- 27. Help your child measure something with a ruler. Count the inches.
- 28. Ask your child, "What do you think is the best part of being a parent?"
- 29. Together, find out which is the oldest building in your town and visit it.
- 30. Play a game of charades with your child. Use hand gestures and motions to describe your word.

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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



April 2024

## Three strategies can help your child boost long-term memory

Education gives students a body of knowledge they can draw on in the future. That's why the ability to retain and recall information—particularly in the long-term—is so critical to academic success.

To support long-term learning, help your middle schooler:

- 1. Practice recalling information.** The act of retrieving information helps reinforce it in your child's memory. Ask your middle schooler to teach the material to you. Offer to work with flash cards together. Or, challenge your child to write down as much as possible about a topic without referring back to class notes.
- 2. Make topics meaningful.** Research shows that relating information to something meaningful is a more effective way to memorize it than simply repeating it over and over. To memorize vocabulary words, for example, your child could write a story using those words.
- 3. Put concepts into context.** When your child is trying to remember the material in Chapter Four of a text, suggest spending a few minutes looking at the summaries of the surrounding chapters. This can help clarify how Chapter Four relates to the whole unit. Understanding that connection can improve your child's memory of the information in the chapter.



Source: G. DiTullio, "How to Engage Students' Memory Processes to Improve Learning," Edutopia.



## Keep the lines of communication open

Finding out what's going on in the life of a guarded preteen can be trickier than talking to a chatty elementary schooler. Ask one wrong question, and your child may explode or stop talking altogether.

To keep communicating flowing:

- **Ask open-ended questions.** "What are you studying in science this week?" "What has made you feel proud recently?"
- **Take your child's words and feelings seriously.** A problem that seems minor to you is very likely major to your child. If you dismiss it, your child will be even less likely to share next time.
- **Arrange times** when your child knows you are available to talk. Stop what you are doing and listen if your child does open up.
- **Encourage your child** to speak to other trusted adults if you aren't available. Whether it's a teacher, a relative or a friend's parent, your child needs to have someone to discuss school and life with.

## Offer a digital way to read

Today there are more ways than ever for children to enjoy the benefits of reading. Like print books, audiobooks and e-books expose children to story structure, compelling plots and new vocabulary. And listening or scrolling through a digital book may have more appeal for a plugged-in middle schooler. Look for free titles to download on public library websites.



## Is it a reliable source?

Advances in artificial intelligence mean that many websites and social media posts look "authoritative"—even when they aren't. Remind your child to check out sources before using them. An internet search on the source's name can help identify issues or show that other reputable sources cite it.

Source: S. Weinberg, "Students Are Easily Duped Online. We Can Teach Them Better," EducationWeek.

## Explore career possibilities

One goal of education is to prepare students to do productive work as adults. Exploring careers now can help your child make the most of opportunities in school. To help:

- **Ask your child's teachers** or counselor about career exploration and enrichment resources.
- **Help your child** develop strengths and interests. Encourage involvement in extra-curricular activities and volunteering.
- **Learn together.** Read about education and skill requirements and salaries in fields that interest your child in the Occupational Outlook Handbook at [www.bls.gov/ooh/](http://www.bls.gov/ooh/).



# Helping Students Learn

Tips Families Can Use to Help Students Do Better in School



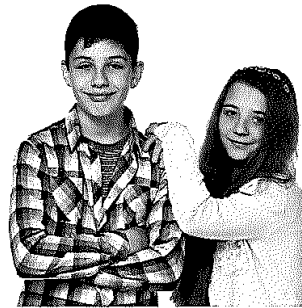
MIDDLE SCHOOL

April 2024

## Q&A How do I get my kids to stop fighting and start solving?

**Q: My children don't get along. Every disagreement they have seems to turn into a fight, and I always get caught in the middle. How can I help them learn to resolve conflicts peacefully?**

**A:** Whether they are facing conflicts with siblings, classmates or eventually, bosses and co-workers, children need to know how to resolve them peacefully and respectfully.



You don't want to referee every squabble between your children, and you shouldn't. Instead, teach them to:

- **Discuss little issues** before they become big ones. When little things are ignored, they can grow into major disputes.
- **Speak in "I-messages."** Encourage your children to talk about their own feelings, rather than the other person's mistakes. Instead of "You always take my charger," your middle schooler could say, "I feel angry when you take something without asking to borrow it first."
- **Listen to the other person.** It is the only way to understand someone else's point of view.
- **Work together on a compromise.** If two people have a conflict, they each have a problem. To solve it, they will probably both need to make changes. Help your children focus on solutions, rather than placing blame.

### Parent Quiz

## Are you helping your middle schooler tackle academic challenges?

It's common for students to find one class more challenging than the rest. The reasons why differ, but the same steps can help to address the situation. Do you know what to do if your child is struggling? Answer *yes* or *no* below:

1. **Do you talk** together about the class, and ask what your student thinks the problem may be?
2. **Do you encourage** your child to talk with the teacher and develop a plan for improving?
3. **Do you have** your child set aside time to study for the class every day?
4. **Do you ask** your child's teacher or counselor about resources for help, such as tutoring?
5. **Do you monitor** your child's work in the class and celebrate every sign of progress?

### How well are you doing?

More *yes* answers mean you are ready to help your child overcome difficulties in a class. For each *no*, try that idea.

*"Life's a climb. But the view is great."*  
—Miley Cyrus

## Prepare to cure test anxiety

Anxiety about tests can make it harder for students to show what they know. In most cases, a few things help ease it. When a test is announced, encourage your child to:

- **Ask questions.** What is the scope of the test? What does a high or low score mean for your child? What will the format be?
- **Prepare appropriately.** Your child can ask the teacher about practice tests and other ways to study.
- **Remember that one test** won't change your student's entire future.
- **Get plenty of sleep,** eat breakfast on test day and dress comfortably in layers.

## Make a plan for discipline

One way to avoid arguments with your child over rules and discipline is to create a written plan. Together, identify your five most important rules and the consequences for breaking them. Allow your child to express opinions about them, but make final decisions yourself. Post the plan prominently.

Now, instead of being drawn into an argument, you can just point to the plan. Review and revise it as your child shows an ability to stay within boundaries.

## Talk about a power shift

A negative attitude toward school often results from feeling helpless. For example, your child probably can't change which classes are required.

Focusing on having to take a disliked subject would leave any student feeling helpless and negative.



Shift the focus to things your child *does* have the power to change. If your child prepares and participates more, classes in the subject will likely become more interesting. A feeling of empowerment can improve attitude—and school success.

### Helping Students Learn®

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Middle School

# Daily Learning Planner

*Ideas families can use to help students do well in school*

Appleton Village School



THE PARENT INSTITUTE®

## April 2024

## Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

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

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