

# APPLETON VILLAGE SCHOOL

## Wildcat News



After School STEM Program  
Page 8



Third Grade  
Page 5

### For Your Calendar

April 12 6, 7 and 8 Girls to Hardy Girls;  
Boys on a hike

April 14 Pi Day Rescheduled 9:30-10:45

April 14 11:30 Dismissal

April 17-21 Spring Break

April 24 School Comm. Mtg. 5pm

April 25-28 Grade 8 to Kieve

### Softball and Baseball Schedule

See the current schedule on page 9.  
Schedule is subject to change.

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

If you have a child who will be **five years old** on or before October 15, 2023, they are eligible to join our **Kindergarten class**. If you have a child who will be **four years old** on or before October 15, 2023, they are eligible to join our **Pre-K class**. Please note, the Pre-K class is limited in size.

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, contact info, and any special concerns – health or otherwise. Reserve your spot.

Registration will take place in the spring. Thank you for helping spread the word throughout Appleton.

April is National Youth Sports Safety Month. Please visit [National Youth Sports Safety Month — Prevent Child Injury](#) for more information.

# 1.35 Million

Number of children seen in emergency departments with sports-related injuries in 2012

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## Common Injuries

- Head 14%
- Face 7%
- Finger 12%
- Knee 9%
- Ankle 15%

## 8

Girls are eight times more likely to have an ACL injury than boys.

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## 3

Every 3 minutes, a child is seen in an ED for a sports-related concussion.

## 47%

Almost half of youth sports-related concussions occur in children ages 12 to 15 years old.<sup>2</sup> Younger children take longer to recover from concussions than older children.

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## Common Diagnoses

Most common diagnoses seen in emergency departments for sports-related injuries

- Strains and sprains  
451,480
- Fractures  
249,500
- Contusions and abrasions  
210,640
- Concussions  
163,670

## Injuries by Sport

For athletes ages 12 to 17 years, 2011<sup>1 2</sup>

Sport	Number of players	Number of injuries	% of injuries that are concussions
Basketball	6,268,000	249,650	7%
Soccer	3,780,000	104,190	13%
Football	3,246,000	275,050	13%
Volleyball	3,246,000	31,460	6%
Baseball	2,620,000	61,510	11%
Softball	2,163,000	39,070	11%
Cheerleading	1,176,000	28,890	12%
Wrestling	657,000	33,790	14%
Ice hockey	480,000	9,540	31%

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To learn more about youth sports safety, visit [www.safekids.org](http://www.safekids.org)

Founding Sponsor  
**Johnson & Johnson**

Pesos For Pets to Benefit the Knox County Humane Society

Thank you AVS community for supporting our fundraising efforts! We raised \$434.20 and with matching funds from the Sherman Medical Fund, we donated \$868.40. Wow! Also, over 200 items were donated to be used at the shelter. Thank you, Appleton!!! Also, excellent job Student Leaders!

Congratulations to our first-grade class who raised the most money for "Pesos for Pets". They raised...\$66.78. Each student will get to choose an item from the school store.



Fifth Graders did a fun game called "Play A Card" as part of social and emotional learning.



4th Grade News

We would like to thank Mr. Porter for coming to 4th grade and teaching us how to use Keynote to create an “Infographic.” Once we had a chance to experiment with using Keynote and its fun features, students were assigned a planet to research. They represented the information in an infographic and presented their work to the class! The presentations were impressive!!

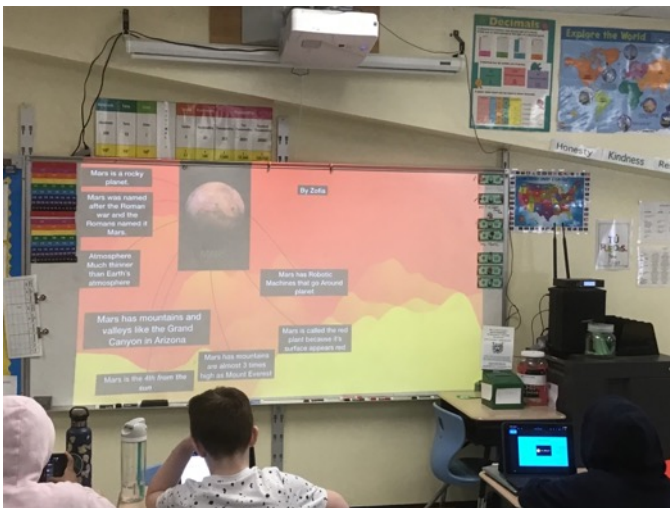
**Dictionary**

Definitions from Oxford Languages · [Learn more](#)

**in·fo·graph·ic**

*Noun*

*a visual image such as a chart or diagram used to represent information or data.*

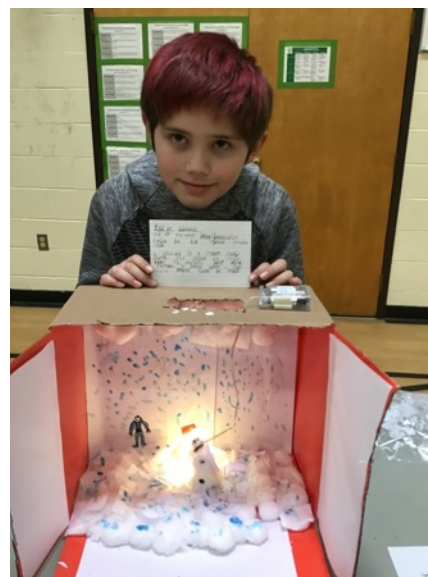
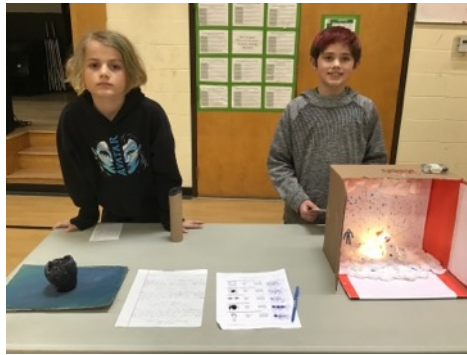


### Third Grade News

#### Annual Weather Fair



Third Graders worked exceptionally hard to research and publish an informational essay on an extreme weather topic. They also planned for and designed a project related to that topic; followed by presenting on their topic with their project at our annual school community weather fair!

Special Thanks to all the AVS staff, students, and families for making time in their schedule to visit!



## Pre-K Thoughts to Ponder

POSITIVE WORDS  
THAT CAN CHANGE  
HOW YOU SEE  
YOUR CHILD

	
STRONG WILLED	SPIRITED
STUBBORN	PERSISTENT
WILD	ENERGETIC
EMOTIONAL	CARING
DRAMATIC	EXPRESSIVE
UNPREDICTABLE	SPONTANEOUS
QUIET	A THINKER
FORCEFUL	DETERMINED
CLINGY	LOVING
BOSSY	A LEADER
LOUD	EXPRESSIVE
DREAMY	IMAGINATIVE
HYPER-SENSITIVE	RESPONSIVE
SHY	REFLECTIVE
FUSSY	SELECTIVE
SERIOUS	CONTEMPLATIVE
RESTLESS	ACTIVE

**“Look for the essence of your child. Who they really are! Separate their behavior (stress response) from who they are inside. The behavior is simply age-appropriate communication of unmet needs, unheard feelings or unmastered skills.”**

First Grade

On Friday, first grade used teamwork to complete a kindness chain with Mr. Kelley. We are always working on our AVS Core Values and love to spread our kindness throughout the school!



AVS Family Math Event

Appleton Village School is hosting a K-8 Family Math event for students and their families on Friday, April 14<sup>th</sup>. There will be a variety of fun and engaging math activities offered for all students. Grades will rotate through a variety of fun math centers, showcasing what we do at AVS from 9:30am-10:45am. Parents are invited to attend. Please join us for an hour of fun! We hope to see everyone there!



## Owls Head Transportation Museum After School STEM Program

Students in grades 3-5 had another opportunity to test their engineering skills building "nets" to carry an undetermined payload via drone!



### WE NEED YOUR #2 PLASTICS

We need your clean #2 plastic milk, juice and water jugs for a PFE art project. Please give donations to Mrs. King.







### 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.

- May 1st**-HAL @ CRMS
- May 2nd**-Searsport @ HAL
- May 4th**-Troy Howard @ HAL
- May 9th**-Medomak @ HAL
- May 11th**-HAL @ St. George
- May 13th**-HAL @ Oceanside (doubleheader time TBA)
- May 16th**-HAL @ Troy Howard
- May 17th**- CRMS @ HAL
- May 22nd**- St.George @ HAL
- May 23rd**- HAL @ Searsport
- May 30th**- HAL @ Medomak

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





**Five Town CSD** *Celebrating over 50 years of adult*

**ADULT and COMMUNITY EDUCATION** *and community education!*  
enriching lives... strengthening community... since 1969

Five Town CSD Adult & Community Education provides workforce training, high school completion, college support, and enrichment classes to Maine’s midcoast area all throughout the year, with hundreds of classes featured in our fall and winter-spring brochures. This includes a few classes in the summer, too!

NEW this summer are two summer Sewing Camps for Kids. These four-day morning camps are perfect for the child aged 10-13 who’d like to learn to sew.

College bound soon? We offer a wide array of support including math, writing, and study skills. We also continue to offer a wide range of workforce classes which can be taken from home on a flexible schedule.

Visit our website at [www.fivetowns.maineadulted.org](http://www.fivetowns.maineadulted.org) or give us a call at 236-7803.

Stay Connected

“The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low-income households pay for broadband service and internet connected devices.”

If students currently qualify for Free or Reduced lunch, they are also able to apply for a \$30/month discount on their internet. For more information, visit the website below.

<https://www.affordableconnectivity.gov/>

Hannaford Helps Schools

The Hannaford Helps Schools program for spring of 2023 has started and runs through May 27. More than 800 products are marked “Hannaford Helps Schools”. When you check out, the cashier will hand you School Dollars. You may deposit them in the collection tower (Camden store only) or send them to the AVS office. Thank you for your help in raising FREE money for our school.

From Girls Scouts of Maine

Spring is coming soon, bringing exciting news for girls entering Kindergarten in the fall of 2023. Beginning in April, we invite girls in Pre-K to begin their Girl Scout experience early and make new friends as they start their journey to kindergarten this fall. Families who would like to learn more about our program opportunities are invited to attend one of our Explore Girl Scouts events in their community in April-June. Event dates and locations can be found on our website: [www.girlscoutsofmaine.org/newmembersignupevents](http://www.girlscoutsofmaine.org/newmembersignupevents)



## Tai Chi for Wellness

Tai Chi is a low-impact exercise that is easy on the joints and good for your whole body. Join instructor Adrienne Gallant, certified in Tai Chi for Arthritis and Fall Prevention, for this six-session beginner-level class to increase your strength, flexibility, balance and overall sense of well-being. No previous Tai Chi experience required. Registration is required.

**LOCATION:**  
Rockland Public Library,  
Community Room

**DATES:** Tuesdays,  
April 4 - May 9

**TIME:** 2 - 3 p.m.

**COST:** FREE

**REGISTRATION:**  
journeytohealth.coursestorm.com  
or call 301-3950

Journey to Health



Pen Bay Medical Center | Waldo County General Hospital



## Eating Healthier on a Budget

**STARTING DATE:** Thursday, April 20  
**TIME:** Noon to 1:00 p.m.

**LOCATION:** Spectrum Generations, 18 Merriam Road, Belfast  
**COST:** FREE

Join Maine SNAP-Ed Nutrition Educators from Waldo County for this class that will give you the skills to support healthy eating and to shop and cook nutrient dense foods while stretching your dollars and staying within your grocery budget. The dates of the four sessions are: April 20, May 18, June 15, and July 20. There will be recipe demonstrations and engaging activities at each class. All participants will receive a colorful cookbook with 24 healthy, low-cost recipes and nutrition tips!

**REGISTER BY:** Tuesday, April 18 at [journeytohealth.coursestorm.com](http://journeytohealth.coursestorm.com) or 301-3950

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Office for Family Independence (OFI) at the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates families experiencing low income on low-cost healthy eating and active lifestyles. Contact [mainesnapp-ed@une.edu](mailto:mainesnapp-ed@une.edu) or 207-221-4560 for more information.

Journey to Health



Pen Bay Medical Center | Waldo County General Hospital

## YOUTH ARTS ART SWAP

Your art in storage is another's Picasso.

Join us for the First Annual Youth Arts Art Swap & help support art in schools.

Donate or consign artwork from your collection.  
Purchase new pieces to adorn your walls.

April 29th, 9 AM - 3 PM  
Atlantic Academy  
10 Knowlton Street (the former Teen Center)  
Camden

DONATION DROP OFF ON FRIDAY BETWEEN  
3:00 PM AND 7:00 PM  
ON APRIL 28TH, ATLANTIC ACADEMY

Find out more: [www.youthartsmaine.org/artswap](http://www.youthartsmaine.org/artswap)

## Rock Climbing Summer Camps

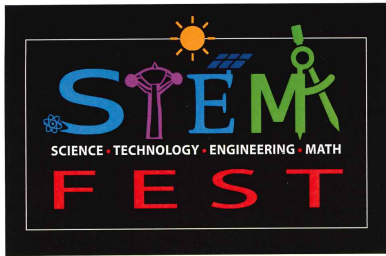
Equinox Guiding Service is excited to announce that our Rock Climbing Summer Camps are open for enrollment! Now offering full-day sessions for kids ages 10 to 15 years old, space is limited so be sure to reserve your spot today!

Rock Climbing is a fun and exhilarating sport that continues to grow in popularity. The many benefits it offers both physically and mentally, make it the perfect summer activity to get your kids off the couch and outside for some fresh air!

**The Benefits of Rock Climbing for Kids**  
The movement of climbing can feel surprisingly natural, especially for kids. It engages the arms, legs, and core muscles while improving balance and flexibility, making it an excellent form of exercise. The wide range of climbing routes to choose from at Camden Hills provides a variety of challenges suitable for everyone, regardless of their athletic abilities.

Reach New Heights With Our Rock Summer Camps

EquinoxClimbing.com  
Equinox Guiding Service  
+1 (207) 619-3957



APRIL  
29  
2023  
10AM-2PM

FREE  
MUSEUM  
DAY

Spend a day at the museum and meet STEM professionals + interact with unique STEM activities involving air pressure, drone cages, green screens and robotics!

**Participating STEM professionals:**

- FAA STEM/AVSEED
- Children's Museum and Theatre of Maine
- Douglas Dynamics
- Strand Theater
- Fire/EMS Department of Rockland
- Reenactment of WW1 Technology
- St. George School
- Girl Scouts of Maine
- Oceans Wide
- OHTM Demonstrations



OFFICIAL EVENT SPONSOR



**Owls Head Transportation Museum**  
117 Museum Street, Owls Head, ME 04854

OWLSHEAD.ORG



Join us at the museum during school vacation for these exciting education camps which allow children to experience innovation, engineering, and work with alternate forms of energy.

Register Today!



owlshead.org

OHTM's Education Department will lead camps designed for ages 4-12, all of which utilize STEM (science, technology, engineering and mathematics) teaching tools to inspire future transportation pioneers!



117 Museum Street, Owls Head, ME 04854

APRIL SCHOOL BREAK  
**CAMPS**  
Owls Head Transportation Museum



**If You Built a Car**

April 17-18 (2 day camp)

Ages 6-8 | 9am - 3pm

What car is best in show? Campers will explore OHTM's vast car collection and determine the cars expressive personalities! After reading Chris Van Dusen's If I Built A Car, campers will design their own car, picking the speed, color, look, and gadgets to match.

NOTE: Snack provided, parents need to send a lunch with camper.

COST: \$80 (members), \$90 (non-members)



**SCI ART**

April 17-18 (2 day camp)

Ages 4-5 | 9am - 12pm

Ever wondered if there's a connection between art, science, and transportation? Campers will test out physical science properties, and transportation to see how they are connected through art!

NOTE: Snack provided, no lunch.

COST: \$50 (members), \$60 (non-members)



**Racing to OHTM**

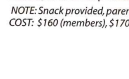
April 19-21 (3 day camp)

Ages 9-12 | 9am - 3pm

Zoom to OHTM to learn all about the history and science of racing! Campers will witness the evolution of racing: taking them from the dirt track to Formula One. Split into three teams, they will compete for the first ever OHTM RACE-A-THON DERBY CUP in games, experiments, and challenges throughout the week. Do they have what it takes to win?

NOTE: Snack provided, parents need to send a lunch with camper.

COST: \$160 (members), \$170 (non-members)



**Red Light, Green Light. ACTION!**

April 19-21 (3 day camp)

Ages 6-8 | 9am - 3pm

Lights, Camera, ACTION! Join OHTM to learn about 3D Claymation and the art behind car model! Campers will learn the history and settings of our collection vehicles, be challenged to create 3D models, then develop a story to be filmed through Stop Motion!

NOTE: Snack provided, parents need to send a lunch with camper.

COST: \$160 (members), \$170 (non-members)



APRIL EDUCATION PROGRAMS



Early Release ArtLab  
Thursday, April 6  
10:00-4:00 | Drop-in | ArtLab | Free and open to all!

Join us and learn how to make small keepsake baskets using cardboard and a variety of materials. Add small keepsakes into your weavings creating various designs and patterns using yarns and other fiber materials!



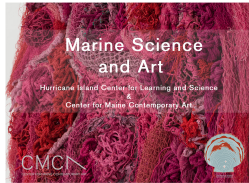
ArtLab for All  
Saturday, April 8  
2:00-4:00 | ArtLab | Drop-in | Free and open to all!

Looking closer at biennial artist Pamela Moulton fiber works and weaving in the round, learn to make small round woven sculptures using a variety of yarns and fibers.



April Vacation Week  
Monday - Thursday, April 17-20  
10:00-12:00 | Drop-in | Free and open to all!

Join our April Vacation ArtLab with Teaching Artist Jan Peppe for one or all four workshops during April vacation week. Participants will explore various ways to use words to create, re-creating various artists featured in the 2023 Biennial. Come see how text and art form and expand content and ideas using new media each day! Youth ages 11+ can be dropped off for this morning art engagement.



April Vacation Week  
Monday - Thursday, April 17-20, 2:00-5:00  
Grades 6 - 8 | Limited to 12 campers  
\$175 CMCJ member households/ \$200 non-member household

We are excited to have you join us in person for Webbing Marine Science and Art, a collaboration between Center for Maine Contemporary Art and Hurricane Island. This camp will include a marine biology component incorporated into an art project inspired by contemporary artists featured in CMCJ's 2023 Biennial. Registration required; closes Friday, April 14.

Five Town Little League  
2023 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 with AA (coach pitch for 7-9 year olds) available for less experienced players and AAA (player pitch for 7-11 year olds) for players who demonstrate moderate skills.

REGISTER FOR THE 2023 SEASON TODAY AT:  
[www.fivetownlittleleague.org](http://www.fivetownlittleleague.org)

\*PLEASE NOTE WE HAVE A NEW WEBSITE!\*



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!

# Helping Children Learn<sup>®</sup>

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



ELEMENTARY SCHOOL

April 2023

## A sense of self-respect gives your child a boost in school and life

Children who have self-respect understand that they can learn, and are more motivated to try. They are also more likely to value and respect other people. And they are less likely to be negatively influenced by peer pressure.

To encourage your child's sense of self-respect, foster the elements that contribute to it. These include:



- **Competence.** It feels great to be good at things. Give your child opportunities to learn and practice new skills—everything from reading to playing sports to doing chores.
- **Confidence.** It helps to have family members who stay positive through challenges. Display a “You can do it” attitude. Encourage your child to learn from mistakes and try new strategies.
- **Independence.** Let your child make age-appropriate choices, such as what to wear or when to do a task.
- **Accomplishment.** Notice and compliment your child's effort and progress. “You've read three books this week. I'm impressed!”
- **Acceptance.** Ask about and listen to your child's opinions and beliefs. Show that you appreciate and love your child unconditionally.



## Act now to make an impact this year

The school year is heading into the home stretch. If you haven't been as involved in your child's education this year as you would have liked, you may be thinking it's too late to start. The truth is, it is *never* too late.

When families and schools team up, the results are clear—academic achievement improves, and so do student attitudes and behavior.

Starting right now, you can:

- **Contact your child's teacher.** Ask, “What are the most important school skills to work on with my child before the end of the year? How can I help my student succeed?”
- **Attend school events** (in person or online), particularly those that involve your child. Participate and connect with staff and other families.
- **Join the parent-teacher group.** If you can't go to meetings, read the minutes to stay informed.
- **Keep talking with your child** about school. Emphasize that your child's education is important.

## Hearing can affect reading

Research shows that hearing loss is often a factor when children struggle to read. In one study, 25 percent of children who had reading issues showed mild to moderate hearing loss their families were unaware of. If you notice signs of reading difficulties, or a drop in participation at school, have your child's hearing screened by a doctor.



Source: Coventry University, “Screen children with reading difficulties for hearing problems,” ScienceDaily.

## Focus on concentration

Wandering attention makes learning difficult. To improve focus, help your child:

- **Remove distractions.**
- **Break down big assignments** into small parts.
- **Take a five-minute break** after 20 minutes of studying.

## Create a cloud viewer

Have fun learning about different types of clouds. Help your child cut the middle out of a piece of cardboard so it looks like a picture frame. Tape it to a craft stick or ruler.

Go outside and have your child use the viewer to frame individual clouds. Talk about their features. Do they match these types?

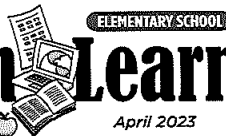
- **Cumulus:** Low, puffy and white, like cotton balls. Usually seen on sunny days.
- **Stratus:** Low and gray, covering much of the sky like blankets. May bring rain.
- **Cumulonimbus:** Tall towers with dark bases. Often bring thunderstorms.



Source: “The Types of Clouds and What They Mean,” NASA.

# Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



April 2023

## Q&A How can I teach my child the value of hard work?

**Q:** My fifth grader knew the big science project was due soon, but kept ignoring the deadline to play. Finally, I made my child stay inside the whole weekend to finish the project. How else can I make it clear that work is a necessary part of life?

**A:** School projects aren't just about researching a topic or writing a paper. They're also about teaching kids to focus on a task and follow through.



To help your child grasp this lesson:

- **Share your own experiences.** Did you ever slack off when you were a child? And did it come back to bite you? Tell your child. "I once waited and waited to do a report. I ran out of time to research and write and had to rush and my report was really weak and sloppy. I was embarrassed when I had to present it to the class."
- **Tackle a big project together.** Choose a time-consuming task—such as planting a garden or painting a room. When you finish, talk about how nice it feels to have accomplished the goal. Remind your child that you couldn't have done it without hours of work.
- **Point to role models.** There are lots of books, movies and articles about people who worked hard, stayed in school and achieved their dreams. Ask a librarian to recommend some that might inspire your child.

## Parent Quiz

### Do you aid recovery after letdowns?

A cancelled event, a lost game, a quarrel with a classmate. All students face disappointments in school from time to time. Are you helping your child learn to rise above them? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Do you discuss** what can and can't be changed? "You can't change the casting, but you can work backstage and be part of the play."
- \_\_\_ **2. Do you help** your child think of positive reactions to unexpected events?
- \_\_\_ **3. Do you encourage** your child to learn from mistakes? "Next time, you can start studying earlier and earn a better grade."
- \_\_\_ **4. Do you allow** your child to express feelings, but not sulk?

- \_\_\_ **5. Do you ask** questions to help your child think of next steps?

#### How well are you doing?

More *yes* answers mean you are helping your child move forward after letdowns. For each *no*, try that idea.

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.'"  
—Mary Anne Radmacher

## Enjoy silly grammar games

Who says grammar has to be boring? Play these word games with your child to have fun building writing fundamentals:

- 1. Make your own mad libs.** Review the different parts of speech (*noun, verb, adjective, etc.*) with your child. Then write a story with missing words. For example, "The cat climbed on the \_\_\_ (*noun*)."  
Take turns filling in the blanks. Silly words add to the fun.
- 2. Play with punctuation.** Write a short story without punctuation. Can your child read it aloud? Can you? It's challenging! Then edit the story together, adding punctuation that makes it easy (or funny) to read. Then it's your child's turn to write a story for you to punctuate.

## Discuss why we need rules

It's easier for children to follow rules when they understand why they are necessary. Ask your child to imagine a world without rules. What would happen if stealing was OK, if people could drive on whichever side of the road they wanted, if children never had to go to bed?



When you make rules at home, explain the reasons for them. When your child obeys, be specific in your praise: "Thanks for getting up on time. Now we can eat a relaxed breakfast together."

## Social skills are school skills

Cooperation is important in school, and social problems can interfere with learning. To reinforce your child's social skills:

- **Role-play interactions** together.
- **Read stories** about friendship.
- **Be a role model.** Let your child see you cooperating and being a good friend.
- **Find opportunities** for your child to spend time with other kids.

### 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



April 2023

## Share strategies that help your middle schooler retain learning

The time students spend learning, in class and at home, is only effective if they can remember and use what they learn. This can be challenging, because the human brain is wired to forget.

To improve recall of learned information, encourage your middle schooler to:

- **Verify understanding.** It's tough to memorize something if you don't know what it means in the first place.
- **Restate the material.** Putting topics into your child's own words can help the concepts stick.
- **Set facts to music.** Suggest that your child make up a tune or simple rhyme to remember names, dates or math formulas.
- **Draw a diagram or picture** about the material.
- **Dive into entertainment media** on the subject. Is your child studying a particular history topic? Suggest submerging in books, movies and songs on the topic. Your child can also search online for videos that explain difficult concepts.
- **Sleep on it.** The brain processes and stores information while people sleep. Suggest that your child review key facts one more time right before going to bed.



Source: L. Gravitz, "The Forgotten Part of Memory," *Nature*.



## Self-respect leads to respect for others

Self-respect is not only vital for students' mental well-being, it also paves the way for respect for others. A self-respecting child feels worthy of fair treatment, and sees that it would be out of character to treat others differently.

To nurture your child's sense of self-respect:

- **Help strengthen resistance** to negative peer pressure. Discuss ways to avoid situations your child knows are not right.
- **Look for the positive.** Everyone experiences setbacks. Reinforce that these are temporary, and that your child can make a fresh start and succeed.
- **Highlight your child's** strengths. Explain that everyone has different strengths and weaknesses. This helps children control feelings of jealousy.
- **Set an example.** Speak positively about yourself, and forgive your mistakes. Be honest and follow through with commitments.

Source: S. Covey, *The 7 Habits of Highly Effective Teens*, Fireside.

## Watch water climb upward

Help your child discover *capillary action* with this colorful science experiment. Together, line up five clear cups, then:

1. **Fill cups 1, 3 and 5** halfway with water, and add a few drops of food dye to each (red in 1, yellow in 3 and blue in 5).
2. **Twist four paper towels** into snakes.
3. **Put one end** of a towel into cup 1, and the other end into cup 2. Repeat with a towel going from cup 2 to 3, and so on.
4. **Wait a day.** What happens?

The empty cups now contain orange and green water! *Capillary action* draws the water molecules up the towels and into the next cup. This is the same process that roots use to draw water up into plants.



Source: "Capillary Action and Water," U.S. Geological Survey.

## Learning math is a process

When middle schoolers are learning something new in math, it can often be hard at first. In those times, talk about the process. Math builds on itself, step by step. Talk about how far your child has come, and how the new skills your child is developing will make the next step make sense.

## Encourage a contest entry

Want to spur your child to develop talents and interests? Suggest entering a contest. Contests can:

- **Motivate excellence.** Competition may drive your child to deliver a "personal best."
- **Boost self-image.** Win or lose, your child will have taken a healthy risk.



To find a suitable contest, ask the school or a librarian. Be sure to research sponsors and rules—you should not have to pay or provide personal financial information.

# Helping Students Learn

Tips Families Can Use to Help Students Do Better in School

MIDDLE SCHOOL

April 2023

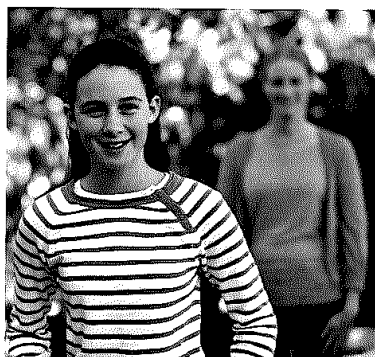
## Q&A How can I enrich my child's stay-at-home spring break?

**Q:** Our budget won't stretch to travel over spring break and my child is disappointed. How can we make the most of the week at home without breaking the bank?

**A:** Don't worry. Travel is only one way to provide interesting learning experiences for your child. You can plan a few entertaining and educational things to do together at home during the break.

Here are some low-cost ideas:

- **Visit local attractions.** What draws visitors to your area? Are there historic sites, state parks or distinctive geographical features nearby? Explore together and help your child see your hometown with fresh eyes.
- **Help your child "shadow"** a person working in a career of interest. See if you can arrange a day when your child can volunteer or observe.
- **Tour a nearby college.** You don't have to schedule anything formal—just walk around campus. Or spend some time looking at college websites to see what courses, locations and sizes appeal to your child.
- **Host a movie night.** If possible, invite a school friend of your child's over for popcorn and a movie based on a book. Then challenge your child to read the book and tell you which was better.



## Parent Quiz Are you on board to reduce absences?

Absences from school contribute to learning gaps, and they increase the chances that students who fall behind will stay behind. Are you doing all you can to ensure regular, on-time attendance? Answer *yes* or *no* below:

- \_\_\_ 1. Do you make school attendance a family priority?
- \_\_\_ 2. Do you have your child take steps that help with timely arrival, such as using an alarm clock?
- \_\_\_ 3. Do you emphasize that you won't tolerate your child skipping classes?
- \_\_\_ 4. Do you schedule appointments and activities for times when school is not in session?
- \_\_\_ 5. Do you work with the school to make sure you are

alerted if your middle schooler is not in class?

### How well are you doing?

More yes answers mean you are reinforcing the importance of attendance all year long. For each no, try that idea.

"Resetting daily attendance habits is essential to recovery."  
—Attendance Works

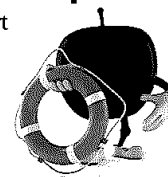
## Help your child move beyond discouragement

Low grades can drain your child's confidence and motivation to keep trying. If your middle schooler is discouraged about grades:

1. **Make it clear** that while grades matter, they don't measure your child's worth.
2. **Help consider causes.** Ask what your child thinks the problem is. Sometimes it's not academic ability, but poor study habits or test anxiety.
3. **Contact teachers** for their views about what's happening.
4. **Set realistic goals** for improvement.

## It's OK to ask for help

School counselors support students' overall well-being—emotional and physical wellness as well as academic needs. You and your child can ask counselor for help:



- **Developing study skills.**
- **Planning an academic path** to prepare for future classes.
- **Strengthening coping skills** for dealing with bullies, grief or other crises.
- **Locating additional professionals** for academic, personal and family support.

## Help your child volunteer

Participating in volunteer and community service activities can improve your child's self-image—and maybe grades, too. Research shows that students who volunteer:

- **Are more likely to** stay in school and perform well.
- **Are more responsible** and feel more connected to their community.
- **Are less likely to** take dangerous risks.

Source: "Civic Engagement: Benefits for Youth," Youth.gov.

### Helping Students 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 2023

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

- 1. Ask your child to write a poem or story about a favorite activity.
- 2. Use a permanent marker to mark off inches on the side of a straight-sided jar. Set the jar outside. See how many inches of rain fall this week.
- 3. Talk together about books you loved when you were your child's age.
- 4. Have your child rank assignments from easiest to hardest. Suggest tackling the hardest one first.
- 5. Have a family rhyming dinner. Invent rhyming names for the foods you serve.
- 6. Ask your child to draw a picture of something that happened in school today. Then talk about it.
- 7. Go on a map search through a printed or online newspaper. How many maps can your child find?
- 8. Have everyone in the family spend a half hour picking up the house. Many hands make light work.
- 9. Change chairs at mealtime. Each person pretend to be the person who usually sits in that chair.
- 10. It's National Poetry Month. Read three poems with your child today.
- 11. Time various tasks you and your child do in a day.
- 12. With your child, learn how to say *please*, *thank you* and *excuse me* in at least three different languages.
- 13. Look through news articles together. What headlines interest your child? Read an article aloud and discuss it.
- 14. Have a Geography Challenge. Name a state, province or country. Who can call out the capital first?
- 15. Brainstorm ways your family could help beautify your neighborhood.
- 16. Encourage your child to set a weekly goal. Write it down. Could you do this, too?
- 17. Have your child draw an upside-down picture today.
- 18. Sing your child's favorite song together.
- 19. Avoid a power struggle by challenging your child to come up with a solution that works for you both.
- 20. Set aside time every day for reading aloud. Sometimes, ask your child to read to you.
- 21. Ask your child, "What is something you have done in your life that makes you proud?"
- 22. Have your child make a list of items your family can reuse, repurpose or recycle.
- 23. Model positive work habits for your child, such as promptness, respect and responsibility.
- 24. Look over your child's schoolwork. Give specific compliments first, and then constructive criticism.
- 25. Ask your child to give you a tour of the school website.
- 26. Encourage your child to look up unfamiliar words in assignments in a dictionary.
- 27. Ask your child to listen for a certain word as you read and say it aloud on hearing it.
- 28. Take a walk with your child tonight. See how many stars you can see.
- 29. Visit the library with the whole family and be sure everyone checks out some books.
- 30. Plan to get some outdoor exercise with your child every day this week.

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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

March • April • May 2023

## March 2023

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

- 1. Talk with your child about the qualities you each look for in a friend.
- 2. If you want your child to get more involved at school, set an example. Join a club or group that interests you.
- 3. Have your child repeat what you say word for word. Then switch roles.
- 4. Encourage your child to combine exercise and learning by listening to an audiobook while walking or working out.
- 5. Don't pay your child for regular chores. All family members should help out around the house.
- 6. Talk about stereotypes with your child. Discuss why they're unfair.
- 7. At a store, practice rounding prices to the nearest dollar with your child.
- 8. If your child gets headaches, squints or holds books too close, schedule a vision check-up.
- 9. Tell your child a joke. Laughing together eases stress.
- 10. Talk with your child about how each of you could improve your listening skills.
- 11. Together, watch a movie based on a book your child has read. Ask, "How are the versions similar or different?"
- 12. Help your child build vocabulary. Do a crossword puzzle together today.
- 13. Put your child in charge of taking photos at a family event.
- 14. Exchange persuasive letters with your child. Try to convince each other of something.
- 15. Establish times when using digital devices is not allowed, such as during mealtimes and right before bedtime.
- 16. When looking at graded work, focus first on what your child has learned in that subject, not on the grade.
- 17. Ask your child to teach you about a concept that will be on an upcoming test.
- 18. Encourage your child to write a nice note to an elderly neighbor or family friend.
- 19. Give your child a math-related household task to do, such as doubling a recipe.
- 20. Remind your child of the long-term benefits of achieving in school.
- 21. Look at pictures together from when your child was young. Tell stories that highlight your child's positive characteristics.
- 22. Your child is likely to remember more from two 20-minute study sessions than from one 40-minute session.
- 23. Make a decision as a family. It builds cooperation and communication.
- 24. Take your child to a high school event, such as a play or sports game. Talk about things to look forward to in high school.
- 25. Ask your child to pretend to be mayor for the day. What three things would make your community a better place?
- 26. Is your child getting enough exercise? Take a brisk walk together today.
- 27. With your child, learn how to count to 10 in three foreign languages.
- 28. Middle schoolers know their shortcomings. They need you to remind them of their strengths.
- 29. With your child, look up things you both want to learn more about in an online encyclopedia.
- 30. Remind your child to consider character rather than popularity when choosing friends.
- 31. Vaping is on the rise again. Learn about the dangers and share them with your child.

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