

# APPLETON VILLAGE SCHOOL

## Wildcat News



Simply Second  
Page 4



Third Grade  
Page 6

### FOR YOUR CALENDAR

- 9/25 School Committee Meeting 5pm
- 9/25 Soccer vs Hope
- 9/26 Grade 6 to Challenger
- 9/27 Soccer @ Camden
- 9/28 XC @ Troy Howard
- 9/29 Grades 3 and 5 to Colby Art Museum
- 10/3-8 Maine Through the Year state testing
- 10/9 No School – Indigenous People’s Day
- 10/11 Bus evacuation drill
- 10/12 Fire Prevention Day at AVS
- 10/13 Fall Photo Day

FULL SOCCER & CROSS-COUNTRY  
SCHEDULES ON P.10

### GO WILDCATS!

Our sports teams are off to a great start. The soccer team is 5-0. The scores are as follows:

AVS vs. Hope 5-1, AVS vs. Islesboro 4-2, AVS vs. Lincolnville 2-1, AVS vs. Camden 14-3 and AVS vs. St. George 9-0. The soccer team still has five regular season games to go. Go Wildcats!

X-C had their first meet last week, both the boys and girls team placed fourth overall. Great job Wildcat runners! See page 10 for more details.



## Health

I recently visited the third-grade classroom with my glow germs to demonstrate proper hand washing. They did a fabulous job washing their hands!



### Nurse Sandy

We are experiencing many different types of illnesses in our school community. Ask yourself, is my child too sick to go to school? To determine if your child should stay home, use these guidelines.

- Fever of 100.4 degrees F or more: Keep your child home for a minimum of 24 hours after their temperature returns to normal (98.6 F), without the use of fever-reducing medication.
- Vomiting: Keep your child home for a minimum of 24 hours since the last episode.
- Diarrhea: If your child has 2 or more episodes of diarrhea in a 24 hour period, keep them home until 24 hours after the last episode of diarrhea.
- Rash: if the cause is unknown, please check with your child's pediatrician before sending your child to school.
- Based on your child's demeanor, ask "Is my child able to learn?"

### From the Maine DOE:

COVID-19 protocols are the same as last year. We point to the [US CDC guidelines](#) which say:

When you have COVID-19, isolation is counted in days, as follows:

#### If you had no symptoms:

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

#### If you had symptoms:

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
- Day 1 is the first full day after the day your [symptoms](#) started

Maine DOE is no longer providing COVID-19 tests for schools.

Kindergarten

The school year is off to a great start for kindergarten. We have been working on learning routines and expectations, representing numbers, identifying letters, learning sight words, reading, and having fun!



## SIMPLY SECOND

"Pop! Out of the egg hatched a tiny and very hungry caterpillar." For the past two weeks we have been observing our monarch caterpillar slowly eat a milkweed plant and weave itself into a chrysalis. Monday morning, we walked into our classroom and a beautiful monarch butterfly was sitting in our butterfly garden. Although we were unable to observe the butterfly break the seal of the chrysalis and wiggle out, we were very excited to free the butterfly into our school garden. We happily waved goodbye to our butterfly!



## 8th Grade Fundraising

The 8th grade is fundraising for their 8th grade class trip on the Schooner Mary Day in June. Currently they have a Rada cutlery sale going on. Here is the link to order from that.

<https://radafundraising.com?rfsn=4712666.fo81bb>

They are also selling Little Caesar's pizza kits. Need a last-minute meal with a busy school night? Buy a Little Caesar's pizza kit to make your life a little easier! Here is the link to purchase. The sale is going on from now until October 17th. Order away!

<https://fundraising.littlecaesars.com/products?support=6f9ff6b4-2a16-4c4c-862a-bb764297366e>

We have a bottle bin outside by the dumpsters that you can drop your bottles off that will directly benefit the 8th grade OR you can drop your bottles off directly at the Union Redemption Center with a tag saying "AVS 8th Grade". If you would like labels, please let me know.

Any questions, please email [jessica.davis@fivetowns.net](mailto:jessica.davis@fivetowns.net) .Please stay tuned for upcoming fundraisers!

### Middle School Math

Students in 6th, 7th, and 8th grade Mathematics at AVS have begun the school year working to develop math practices that challenge them to be persistent problem solvers, collaborative workers, and creative thinkers.

In 6th grade, students are applying and extending their understanding of fractions to explore and understand ratios and ratio reasoning. Using bar diagrams, double number lines, and ratio tables, students are finding and representing equivalent ratios.

Mathematicians in 7th grade are studying unit rates, working to solve problems that include complex fractions. Students are exploring a variety of real-world problems that involve situations with "dollars per pound", "miles per hour", and "beats per minute".

8th grade students are applying their prior knowledge of exponents to develop understanding of the properties of exponents and scientific notation. Students are currently writing and evaluating expressions with bases and exponents.

Classwork for Mr. Todd's 6th, 7th, and 8th grade students is submitted online and both students and their families can keep track of grades daily on "Reveal Math".

Every student can achieve at high levels in mathematics. The most important predictor of future success in school and in life is grit and students are always encouraged to seek help during flex time. Most assignments can be revised for full credit.



### Fifth Grade News ~Mrs. King

Wonderful to see so many of you at Open House. We had fun setting up the stuffed animals into learning mode! Next week we will be taking a field trip to the Colby Art Museum. Please have your child return the field trip permission slip. Last week we learned about volume during a math lab. Check out the photos!



### Third Grade News

Third grade started reading groups this week, followed by a movement break outside!



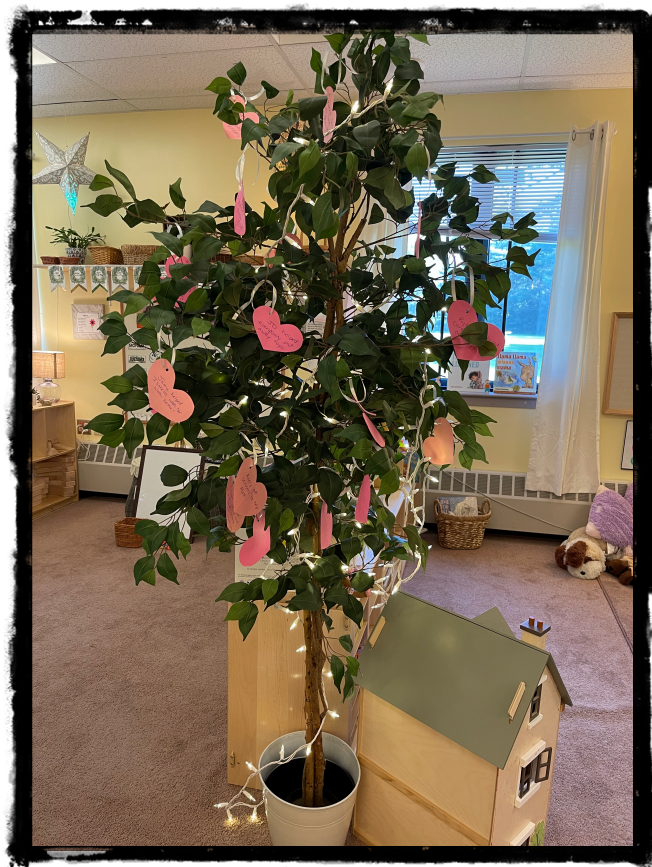
### Pre-K News

You will see below our beloved Tree of Kindness. Our tree begins the year unadorned, just leaves and white lights.

This doesn't last very long...

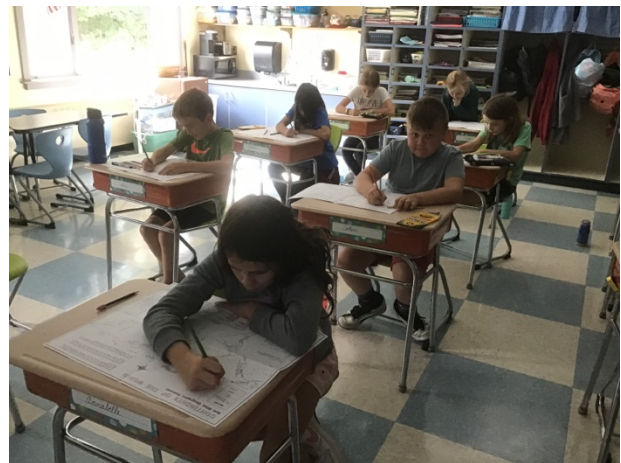
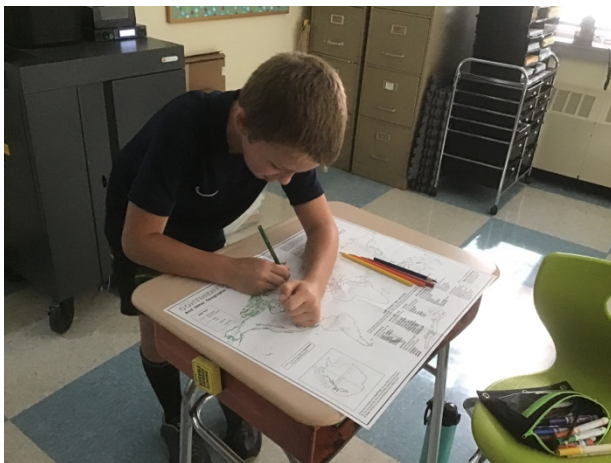
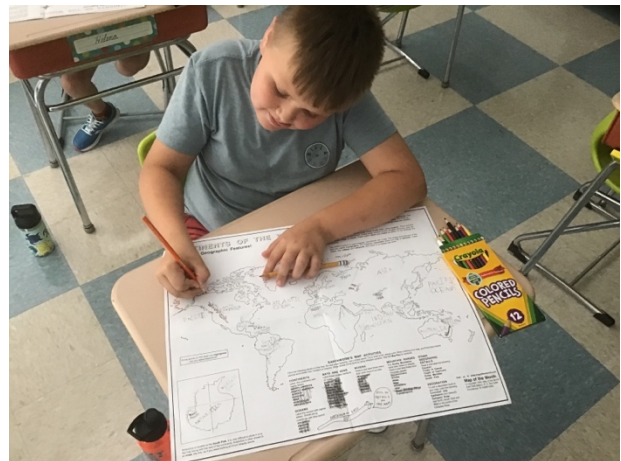
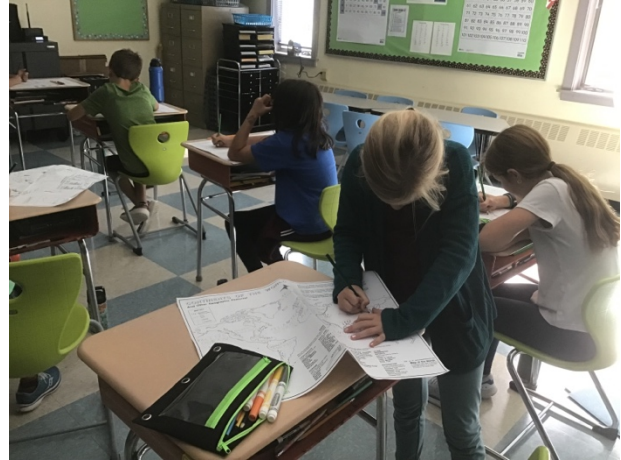
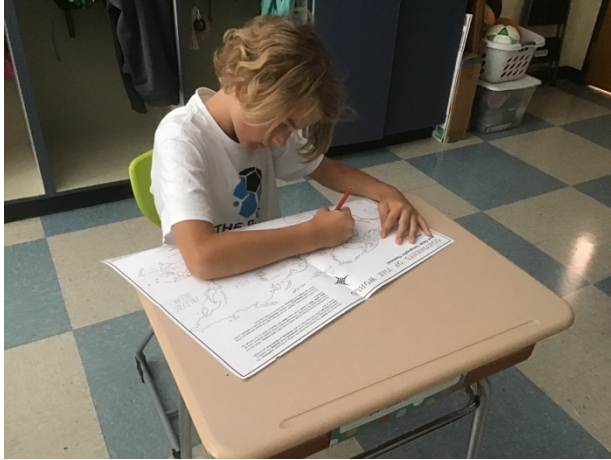
As I see children sharing acts of kindness with one another, with myself and Miss Natalie, with other school community members and even with our materials, I write their kindness on a heart. The children then head to the tree to find just the right spot for their heart to hang. By the end of the year, the tree is covered in so many hearts that the green hardly shows.

Kindness, compassion, community and caring. This is the early work of our class and work that lives on through the year in all that we do.



### 4th Grade News

Fourth graders have been using atlases and working hard to create neat and organized maps labeled with continents, oceans, bays, seas, rivers, and mountain ranges. Students focused on handwriting, spacing, map symbols, and coloring. The maps are looking great!





## SPEAKING SPANISH


National Hispanic Heritage month is September 15-October 15th. Why does it kick off in the middle of a month? Because independence day is celebrated for 7 Spanish speaking countries during that first week:

Sept. 15: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua

Sept. 16: Mexico

Sept 18: Chile

Want to learn more about this month that has been recognized in the United States since President Reagan declared it a month-long celebration in 1988, but 1st began with a week in 1968? This [fun website](#) contains lots of facts, great games for all ages, recipes and more. Did you know...?



Spanish is the  
official language in  
21 countries.

...and the USA is the 2nd largest Spanish speaking country in the world, after Mexico!

With 485 million native speakers, Spanish is the 2nd most Spoken language in the world by native speakers! (Ethnologue, 2023).

And learning any language in addition to your native one has many benefits, even if you never plan to travel or use that language outside of school. This is even more true for the developing brains of children. For more info, read [this article](#) from Parents magazine.

Happy National Hispanic Heritage month!

(Remember to check Seesaw for specific info on what your child is learning in Spanish class and what questions to ask to pry that information out of them!)

### AVS XC Team

The XC Wildcats traveled to the first meet of the season and raced against the biggest teams too!

Wildcats crushed running times over last year's times. Ily Darling finished 6th out of 75 girls, first for AVS. While Jeremiah Sinclair finished 17th out of 62 boys, first for AVS.

All runners did an outstanding job!

Go Wildcats!!



### X-C Schedule

Here is the cross country schedule.  
Cross country meets start at 4 pm.

9/21- at Great Salt Bay

9/28- at Troy Howard

10/5- at Searsport

10/12- at Boothbay

10/21-Championships at Great Salt Bay

### Wildcat Soccer Game Schedule

Here is a list of the remaining games for the season. All games start at 3:45 pm unless otherwise noted.

9/25- vs Hope

9/27- at Camden

10/2- vs Lincolnville

10/4- at Islesboro

10/11- vs St. George

Please come out and support our Wildcat teams!

# Halloween


# LOLLIPOP GRAMS

Appleton Village School 8th grade class is doing a Halloween Gram fundraiser! To purchase, send \$2 for each gram in the envelope and fill out your message by October 20th. You can purchase as many as you want to.

Each gram will include a lollipop

Halloween Grams will be delivered to the classrooms on October 30th.





**NO TRICKS,  
JUST  
TREATS!**  
Happy Halloween

To: \_\_\_\_\_  
From: \_\_\_\_\_  
Teacher/Gr.: \_\_\_\_\_  
Message: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_




**NO TRICKS,  
JUST  
TREATS!**  
Happy Halloween

To: \_\_\_\_\_  
From: \_\_\_\_\_  
Teacher/Gr.: \_\_\_\_\_  
Message: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**NO TRICKS,  
JUST  
TREATS!**  
Happy Halloween

To: \_\_\_\_\_  
From: \_\_\_\_\_  
Teacher/Gr.: \_\_\_\_\_  
Message: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**NO TRICKS,  
JUST  
TREATS!**  
Happy Halloween

To: \_\_\_\_\_  
From: \_\_\_\_\_  
Teacher/Gr.: \_\_\_\_\_  
Message: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Maine Coast Storm Hockey

**Ages 8-18, Travel and House Teams**

Maine Coast Storm is committed to providing children of all ages and skill levels the opportunity to play hockey. Scholarships available.




## Why Join A Team?

- ✓ Make New Friends!
- ✓ Be Physically Active!
- ✓ Develop Life Skills!
- ✓ Have Fun!

## Registration Open

 [www.maine coast storm.org](http://www.maine coast storm.org)

## Ice Rink Location

 Midcoast Recreation Center  
535 West St. Rockport, ME 04856

Contact Us:

[maine coast storminfo@gmail.com](mailto:maine coast storminfo@gmail.com), P.O. Box 1166 Rockport, ME 04856

# Registration for MRC Fall & Winter programs available!

MRC is committed to the promotion of healthy living in our community through sports and fitness programs. We aim to keep sports affordable for all families in the Midcoast area.

## Arena Programs

MRC offers both *Learn to Skate* classes, for kids ages 3-18, and *Learn to Play Hockey* programs, for kids ages 3-14! These programs are perfect for any child who enjoys skating or playing hockey, regardless of their skill level.



Additionally, MRC offers advanced Figure Skating programs and in-house Hockey teams for kids already experienced with skating!

## Tennis Programs

MRC offers tennis programs for kids ages 4-18 with our Tiny Tots program, Red, Green, and Orange programs, and High School program. All skills levels are welcome, whether your child is just starting or has been playing for a few years!

Additionally, MRC offers Academy and Junior Academy for kids with more tennis experience. Contact Seth Meyer at [seth@midcoastrec.org](mailto:seth@midcoastrec.org) for more info BEFORE registering for these!

*Financial aid is available!*

Visit [www.midcoastrec.org/forms](http://www.midcoastrec.org/forms), or stop by MRC's front desk for an application.

## Community Appreciation Day

Join us Saturday, September 30th, for our Community Appreciation Day at MRC! Admission is **FREE**, and the event will include fun activities in all MRC programs and more! Visit our Facebook page for more info [Facebook.com/midcoastrecreation](https://Facebook.com/midcoastrecreation)

## Public Skate



Scan this QR code to visit our Public Skate Page for the full Public Skate schedule!

MRC has Public Skate available all year round, with ice skating in the winter and roller skating in the summer, and skate rentals available in a wide range of sizes for both types of skating!

**Skate passes: \$7**  
**Skate rentals: \$5**

For complete details on all our Fall & Winter programs, visit [www.midcoastrec.org](http://www.midcoastrec.org)

535 West St. Rockport, ME 04856 [www.midcoastrec.org](http://www.midcoastrec.org) (207) 236-9400



OCT 2023

# PBCHP SCHOOL NEWSLETTER

## FALL INTO BALANCED HABITS THIS AUTUMN



### NUTRITION TIPS FOR AUTUMN

Autumn offers tasty, nutritious foods and wellness opportunities:

- **Seasonal Produce:** Enjoy a bountiful harvest of farmers market fall favorites like apples, squash, and sweet potatoes, which are packed with essential vitamins and minerals.
- **Warm Soups:** Beat the chill with homemade seasonal veggie soups like butternut squash or pumpkin. Add whole grains for fiber.
- **Outdoor Fun:** Get outdoors before the cold. Walk, hike, or kayak to boost mood and energy.
- **Healthy Snacking:** Swap candy for nuts, roasted pumpkin seeds, or apple slices with peanut butter or yogurt.
- **Stay Hydrated:** Opt for warm herbal teas or lemon-infused hot water to stay hydrated.
- **Mindful Eating:** Savor holiday treats mindfully by listening to hunger and enjoying each bite.
- **Balanced Feasts:** For holidays, include colorful veggies, lean proteins, and whole grains.

Embrace autumn's harvest. Let's make it a time for wellness, warmth, and wonderful experiences!

Happy fall!



### SAFELY STORE CANNABIS PRODUCTS AND MEDICATIONS

Make sure that all cannabis products and medications, especially ones that look like candy, food items, or drinks, are safely stored away from other food or kitchen items. Avoid children or pets getting sick by keeping cannabis edibles stored in sealed containers up and out of sight.

### ATTEND THE MONSTER MASH OPEN HOUSE AT THE PENOBSCOT BAY YMCA FOR FREE SPOOKY FAMILY GAMES AND TREATS!



**SAT Oct 21,  
1 - 4pm**

# Helping Children Learn®

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



ELEMENTARY SCHOOL

September 2023

## Add to your child's vocabulary while reading together

Reading together at home every day is one of the best ways to help your child learn. Reading exposes your child to new ideas and concepts—and especially to new words. And that word power will make it easier for your child to read and understand other reading material in the future!



When you read together, use these four strategies to build your child's working vocabulary:

- 1. Share a wide variety of books.** In addition to stories, read books about nature or that explain how things work. At the library, check out a book about a sport or activity your child enjoys. Or, read a biography about a person your elementary schooler admires.
- 2. Stop and discuss words** your child might not be familiar with as you read. "It says here that peacocks are known for their *plumage*. Do you know what that means? Let's look it up."
- 3. Look at a thesaurus.** Help your child find synonyms for words that appear often in reading material and conversation. "That *beautiful* peacock is also *stunning*, *gorgeous* and *exquisite*."
- 4. Help your child create** a personal dictionary. Give your elementary schooler a notebook with a page for each letter of the alphabet. After discovering a new word in a book, have your child write the word and its definition in the notebook. Review a few pages from time to time.



## School success starts with attendance

Chronic absence is a widespread problem that affects almost one in three children in the United States. It negatively affects the learning of the absent students *and* their classmates. Poor attendance makes a young child less likely

to read well by third grade, and an older one less likely to graduate.

Your child's most fundamental school responsibility is to be in class on time every day. To instill strong attendance habits:

- **Maintain a schedule.** Establish evening habits that make mornings easier. Select outfits and pack up needed school items at night.

- **Plan ahead.** Make medical and other appointments during non-school hours whenever possible.
- **Seek help if needed.** Many factors contribute to missing school. If your family struggles with health, transportation or other issues, ask school staff for help connecting with resources.

Source: "Chronic Absence: 10 Facts About School Attendance," Attendance Works.

## Make a learning difference

Being involved with your child's education is important—in any language! Even if English is not your first language, there are many things you can do. Here are just a few:



- **Attend conferences** and events for families. Request interpreting help or translated documents.
- **Support your student** at home. Ask your child about school. Talk about why it matters. Encourage your child to read.
- **Connect with other families.** Share information. Discuss ways to help the school meet the needs of all students.

## Give study skills a boost

To support effective learning from day one:

- **Set** a regular study time when your child is most alert. Create a study spot with few distractions.
- **Teach** your child to make daily to-do lists and cross off completed items.
- **Ask your child** to explain concepts. Putting material into their own words helps students reinforce it in their minds.



## Set the tone for respect

When students have respect for teachers and classmates, they help create the positive academic environment children need to learn well. To promote respectful behavior:

- **Talk about why it matters.** How does your child think it feels to be treated with respect or disrespect?
- **Notice when your child** is respectful. "You listened when the other kids were joking around. I was impressed."
- **Correct disrespectful behavior** privately. Explain what to do instead.



# Helping Children Learn

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL

September 2023

## Q&A My child's gaming is out of control. What can I do?

**Q:** My elementary schooler started playing more digital games during the pandemic. But now that's all my child wants to do! Schoolwork gets rushed, and I'm worried about the effects. What can I do?

**A:** Your child is not the only one! Research shows that children's recreational screen time rose during the pandemic and hasn't come back down. Some educational screen activities can be beneficial, but too much time on the wrong activities can have a negative impact on health and learning.



Game designers know how to create games that keep players hooked. So you must help your child find some balance and make time for learning, exercising and spending time with family. Here's how:

- **Make it clear** that improving in school is more important than leveling up in a game. Say that you will be setting limits on game time to allow plenty of time for learning activities.
- **Establish screen-free times**, such as during schoolwork time, meal time and family time.
- **Provide alternative fun.** Plan daily activities such as reading aloud, playing outdoors and playing board games.

Source: M.M. Hedderson and others, "Trends in Screen Time Use Among Children During the COVID-19 Pandemic, July 2019 Through August 2021." JAMA Network Open.

## Parent Quiz

### Are you building resilience skills?

Few children get through school without facing obstacles. Resilient students react to them in positive ways. Are you helping your child develop the ability to handle challenges with resilience? Answer *yes* or *no* to the questions below:

1. **Do you point out** your child's strengths and ways to apply them to challenges?
2. **Do you discuss** ways your child has successfully handled tough situations in the past?
3. **Do you encourage** your child to talk through problems? Do you ask questions rather than provide solutions?
4. **Do you tell** your child about the strategies you use to solve problems? "I'm going to look online for directions on how to fix this."

5. **Do you offer** chances for your child to practice making decisions?

#### How well are you doing?

More yes answers mean you are preparing your child to be resilient. For each no, try that idea.

"Every strike brings me closer to the next home run."  
—Babe Ruth

## Teach three Ps for learning

Students who take active responsibility for their learning get more out of it. Help your child remember to practice three Ps:

1. **Prepare** for learning. That means getting enough sleep, eating a healthy breakfast and arriving in class with pencils, paper and a positive attitude.
2. **Participate** in class. Asking questions and exchanging ideas with others strengthens your child's understanding of the material.
3. **Persist.** Let your child know that effort pays off!



## Effective communication encourages cooperation

No parent likes to keep repeating directions to a child who isn't listening. Instead, to help your child focus and comply:

- **Replace requests with routines.** Routines help your child know what to do when.
- **Move close** to your child and speak at a normal volume.
- **Stick to essential words.** "Jack, backpack in the car now, please."

## Let your child lend a hand

It's easy to get caught up in meeting your child's needs. But it's also important to ask your child to do something for you sometimes. Just pick an age-appropriate task and explain the steps. Kids develop traits like self-reliance when they do things for others. They feel competent. These feelings are motivating, at home and at school.

So whether you need a hand unpacking groceries or measuring for a new shelf, ask your elementary schooler to help!

### Helping Children Learn®

Published in English and Spanish, September through May.  
 Publisher: Doris McLaughlin.  
 Publisher Emerita: John H. Wherry Ed.D.  
 Editor: Alison McLean.  
 Translations Editor: Victoria Gwizda.  
 Copyright © 2023, 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<sup>®</sup>

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

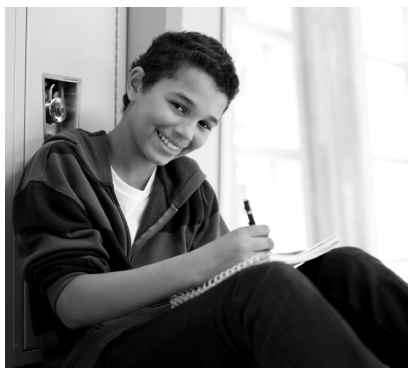


MIDDLE SCHOOL

September 2023

## Help your middle schooler get a new year off to a strong start

The start of the school year is a time for new beginnings. Express confidence in your child's ability to make this the best year yet. Then, to spark motivation, have your student set goals in areas that support success, such as:



- **Schoolwork.** Your child might aim for turning all assignments in complete and on time. Establishing a daily study time is a smart first step.
- **Reading.** If your child doesn't read often for pleasure, suggest making that a goal. Start small. Perhaps your child can read for 15 minutes each evening before bedtime.
- **Writing.** If writing assignments are a source of stress, frequent practice will help your child strengthen skills and get more comfortable. Your child could set a goal of keeping a daily journal.
- **Projects.** If your child typically puts off long-term assignments until the last moment, changing that habit is a worthy goal. The next time a project or paper looms, help your child break it into small parts and write down deadlines for each step.
- **Extracurricular activities.** Joining school-based activities helps students find friends and feel a stronger connection with school. Encourage your child to explore the options and find an activity of interest.



### Bolster school skills in everyday ways

Your child spends much more time at home than at school. And with your help, that time can have a positive impact on learning. To reinforce academic skills, make these activities a regular part of your time together:

- **Ask what your student** is doing in classes. Discuss similarities and differences between them.
- **Have your child** teach you about topics and concepts from recent classes. Explaining them will reinforce the information in your child's mind.
- **Assign responsibilities** that are meaningful and allow your child to contribute to the family.
- **Respect your child's abilities.** Ask your middle schooler to use knowledge and skills to help you.
- **Have conversations** with your child about everything. Ask what your child thinks. Listen and ask follow-up questions.
- **Expose your child** to new ideas and experiences. Discuss how they relate to things your child is learning in school.

## Share a reading process

Reading academic material is different from reading for pleasure. Your child needs to understand and retain the material. Share these steps for *reading to learn*:



1. **Scan the text.** Your child should look at graphics, headings and bold-face text to get an idea of key points.
2. **Read carefully,** and take notes.
3. **Take a self-quiz.** Can your child recall themes and supporting facts from the text?

## Money is real world math

Boost your middle schooler's interest in math by showing how vital it is to managing money. Have your child:

- **Track all money** received and spent.
- **Create a savings goal** and plans for reaching it.

Demonstrate what budgeting decisions look like. "I'd love to order pizza, but there's not enough money left in this week's budget."

## Absences affect outcomes

Frequent absences make it more likely that a student will repeat a grade, get expelled or drop out of school. To help ensure your child attends every class:



- **Be firm.** A vague complaint shouldn't be a ticket to a day off. Follow school protocols for suspected illness.
- **Be understanding.** Acknowledge that school isn't always fun.
- **Be proactive.** If your child is avoiding school, consult a school counselor.

Source: P.W. Jordan and R. Miller, *Who's In: Chronic Absenteeism under the Every Student Succeeds Act*, FutureEd.

# Helping Students Learn

MIDDLE SCHOOL

Tips Families Can Use to Help Students Do Better in School

September 2023

## Q&A How can I make it easier for my child to get enough rest?

**Q:** My middle schooler has a regular bedtime, but still wakes up cranky and exhausted every morning. I don't want lack of sleep to affect school performance, but what else can I do?

**A:** Too little sleep can have a big effect on attitude and attention in school. At a time when children's natural inclination is to shut the bedroom door and stay up later, lost sleep really begins to add up. To make sure your middle schooler gets adequate sleep:

- **Do the math on bedtime.** Middle schoolers need eight to 10 hours of sleep to function at their best in class. Count backward from your child's wake-up time and make bedtime 20 minutes earlier than the time your child must be asleep.
- **Set a digital curfew.** Turn digital devices off an hour before bedtime. Help your child find other ways to unwind: reading, playing board games, taking a warm shower, etc. Charge devices outside your child's room.
- **Limit naps and caffeine.** If your student is sleepy in the afternoon, keep naps to under 40 minutes. Consuming caffeine within six hours of bedtime can also interfere with sleep.
- **Offer a listening ear.** Could worry be keeping your child awake? Stop by for a quiet bedtime chat and let your middle schooler unload. Finish by bringing up something your child did well that day.



## Parent Quiz Are you encouraging kind behavior?

Kindness and respectful behavior help create the positive school climate that students need to learn well. Are you encouraging your middle schooler to treat others kindly? Answer yes or no to the questions below:

1. **Do you talk** with your child about the fact that it doesn't always show when people are having a bad day, so it is always best to be kind?
  2. **Do you teach** your child never to post anything on social media that your student wouldn't say in person?
  3. **Do you urge** empathy by saying things like, "Remember how you felt when ..."?
  4. **Do you encourage** your child to befriend a variety of students beyond a single friend group, even if other friends don't?
  5. **Do you offer** praise when you see your child being kind?
- How well are you doing?**  
*More yes answers mean you are helping your child spread kindness in and out of school. For each no, try that idea.*
- "No act of kindness, no matter how small, is ever wasted."* —Aesop

## Offer tools for organization

Multiple teachers and multiple classes mean organization is an essential study skill for middle school students. Encourage your child to use these tools:

- **A planner.** Writing down all assignments, due dates and test dates in one place helps your child stay on track.
- **To-do lists.** Have your child list tasks to complete that day, week, month, etc. and cross each task off when finished.
- **Sticky notes.** Your child can use them to tag items needed for assignments, or to mark a stopping place in a book with a summary of the plot so far.

## Foster a sense of well-being

Self-doubt is a common issue in the middle school years, and it can make students more likely to give in to peer pressure or attempt to fit in at all costs. To support your child:

- **Spend time together.** Take an interest in the things that interest your child.
- **Encourage healthy friendships** and get to know your child's friends.
- **Discuss physical changes** your child can expect, and that it is normal for them happen to kids at different times.

## Give your child three keys for school success this year

Middle schoolers are expected to take an active role in their learning. Explain that this means it's important for your child to:



1. **Participate** in class.
2. **Think** about the material. How does one topic relate to another?
3. **Get help** at the first sign of a problem. Your child should ask the teacher to explain or suggest ways to find help.

### 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 Gwizda.  
 Copyright © 2023, 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

Middle School

# Daily Learning Planner

Ideas families can use to help students  
do well in school

**Appleton Village School**



**THE PARENT INSTITUTE**

## September 2023

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

- 1. Explain that school is your child's job. School and schoolwork takes priority over sports, hobbies and social media.
- 2. Ask your child, "What do you think is the best job in the whole world?"
- 3. Help your child start a study routine. Encourage your student to pick a regular time and place to work.
- 4. What activities does your middle schooler most enjoy doing with family? Get your child's feedback and make plans to do some.
- 5. Find out how students' families can volunteer to help the school. Ask about things you can do at school and at home.
- 6. Some middle schoolers are embarrassed by public affection. But they still like hugs at home!
- 7. Discuss the importance of attending every class with your child.
- 8. Students who take part in extracurricular activities feel a stronger connection to school. Help your child find a school activity of interest.
- 9. Ask your child to tell you about one of this year's teachers.
- 10. It's Grandparents Day! Help your child do something nice for a grandparent or another older person.
- 11. As a family, create a routine that will make mornings run smoothly.
- 12. Encourage your child to write all assignments down in a planner. This helps students see everything in one place.
- 13. After study time, put on a favorite song and get everyone moving!
- 14. Challenge your child to imagine life 150 years ago. How about 150 years in the future?
- 15. Ask your child, "What is one thing that makes you feel really excited?"
- 16. Is your child's room messy? Set the timer for a 15-minute pick-up blitz before moving on to a fun activity.
- 17. Look at family photos with your middle schooler. Ask your child to organize them.
- 18. Ask who your child's role models are, and why.
- 19. Play Math Catch together. Call out a problem—such as  $60 \div 12$ —as you toss a ball. See if your child can say the answer before catching it.
- 20. Discuss honesty and why it matters in school. Point out people who demonstrate honesty.
- 21. Ask about something your child is reading for school. What is it about? What are the characters like?
- 22. Boost your child's financial literacy. Have your child keep a record of all money earned or received, and all money spent.
- 23. Take advantage of opportunities to talk with your child while doing chores or errands.
- 24. Middle schoolers like to make a difference. Help your child think of ways to help others.
- 25. Find a new word in the dictionary. Can each member of your family use it three times today?
- 26. Learn the names of your child's teachers and make sure you have contact information for them so you can stay in touch.
- 27. Suggest that your child start a book club with friends from school.
- 28. Go for a walk with your child and look for signs of fall.
- 29. Ask your child for suggestions of nutritious after-school snacks to keep on hand.
- 30. Make Sundays Backpack Clear Out Day. Your child will start the week organized.

Copyright © 2023 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by Parents *do* make the difference!® and Helping Students Learn® newsletters • 1-800-756-5525