

# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

December 2017



Allegheny Intermediate Unit  
School Counseling

## SHORT NOTES

### “I heard that!”

Good listening skills will help your child do well in every subject. Here’s an active way to practice. Choose a common word (*also*, *because*), and read a newspaper or magazine article aloud to her. She has to listen closely for the word—and do a jumping jack each time she hears it.

### The importance of loyalty

It may seem easier for your youngster to stay quiet when others say unkind things about a friend. But explain that speaking up shows loyalty, and it’s the right thing to do. Help him brainstorm what to say, such as “That would really hurt his feelings” or “You’d be upset if someone said that about you.”

### Let’s wash our hands

Hand washing is one of the best ways for your child to stay healthy—and to avoid spreading germs. She could make a poster by writing and illustrating the steps: 1. Wet. 2. Lather. 3. Rub 30 seconds. 4. Rinse. 5. Dry. Have her hang her poster in the bathroom to remind herself, and other family members, to wash properly.

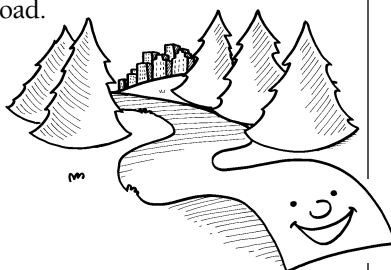
### Worth quoting

“A problem is a chance for you to do your best.” Duke Ellington

## JUST FOR FUN

**Q:** What goes through towns and over hills but doesn’t move?

**A:** A road.



## Winter reading

Does your youngster prefer to read alone, with family members, or in the company of friends? With these ideas, he can do all three this winter.

### Choose themes

Encourage your child to read more by coming up with wintry themes for choosing books. For example, he might name “ice-skating” or “penguins” and pick out a biography of an Olympic skater or an adventure tale set in Antarctica. After he finishes each book, he can write the title on a paper snowflake and tape it to a wall. How many snowflakes can he hang up?

### Discuss poetry

On a snowy day—or any day—read winter poetry together. Get a volume like *It’s Snowing! It’s Snowing!* (Jack Prelutsky) or *Winter Bees & Other Poems of the Cold* (Joyce Sidman). Boost your youngster’s reading comprehension by talking about the poets’ word choices.



Why did Prelutsky write “the air is a silvery blur”? What did Sidman mean by “the sun’s pale wafer”?

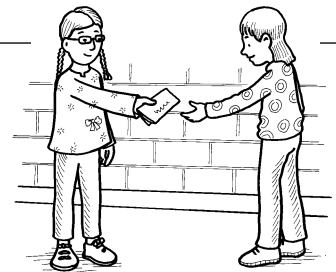
### Read with friends

Your child can see friends over winter break and practice reading at the same time by forming a book club. They might pick a chapter book to read, then meet to discuss it and enjoy a related snack, craft, or game. Or they could each bring a different picture book and take turns reading aloud. *Idea:* Suggest that they keep their club going all year long!♥

## Coping with stress

Whether your child is stressed about a test or worried about a disagreement with a friend, try these strategies for helping her cope.

- **Name it.** Have her say what, specifically, is making her feel stressed. Maybe she’s afraid she’ll forget everything she studied or she doesn’t know what to say to her friend.
- **Focus on solutions.** Help your youngster think of ways she could relieve some pressure. She might review her study guide one last time the morning of the test or write a note to her friend saying she misses her and wants to play.
- **Think positive.** Remind your child of tests she did well on or ways she resolved problems with friends in the past. Suggest inspiring phrases she could say to herself, such as, “I know I can do it!”♥



# Independent me

The end goal of parenting is to work your way out of a job. You want to teach your youngster to spread her wings and eventually take care of herself. Consider this advice.

**Let her try.** Out of habit, you might do tasks that your child could do for herself. If you've always done her laundry, for instance, you may not realize she's able to do it on her own. Show her the steps, and see how she does with it for a week. If she isn't quite



ready, work alongside her a few more times until she can handle it herself.

**Resist “fixing” it.**

Your youngster probably won't make her sandwich or pack her overnight bag exactly the way you would. But she will feel more independent if she does it her way. If she struggles, offer gentle support. Say she's trying to put a big batch

of leftovers into a small container. You could set out a bigger one, and suggest that she try again.♥

**PARENT TO PARENT**



## Sticky-note math

My sons love games, but it's hard to find ones they can play together that aren't too easy for my older one or too hard for his little brother. At a recent school math night, I discovered a game that's just right for both boys.

First, I wrote 10 addition problems on yellow sticky notes for my younger son and 10 multiplication problems on green sticky notes for my older one. Then, I stuck the notes around the house.



To play, the boys race around to grab one sticky note at a time, show it to me, and say the answer. If they answer correctly, they keep the note. If not, I hold onto it for more practice later. The player with the most notes at the end wins.

My little one was happy that having different problems gave him a fair chance to win—and both boys got a chance to work on the math they're learning.♥

**Q & A**

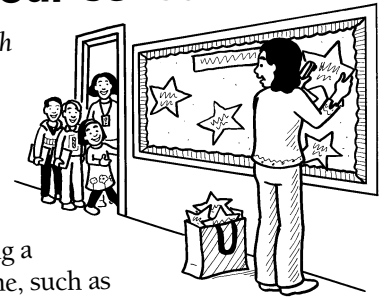
## Fit volunteering into your schedule

**Q:** I work odd hours, but I still want to pitch in at my daughter's school. What are some options?

**A:** Any time you spend volunteering will help the school and show your child that her education counts.

Get in touch with her teacher about becoming a volunteer. She may have jobs you can do at home, such as stapling together student-made books, or tasks that could be done during the school day like decorating bulletin boards. Don't forget to check with her “specials” teachers, too. A PE teacher may appreciate a hand organizing equipment after school, while a music teacher may love assistance making props for the school musical.

Finally, touch base with the school office and the PTA for other possibilities. They're sure to have ways you can help when your schedule permits.♥



**ACTIVITY CORNER**

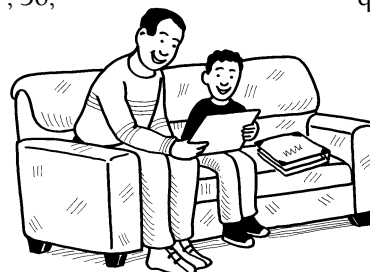
## What a memory!

Your child's memory is like a muscle—the more he uses it, the stronger it will be! Here are two fun ways to strengthen his memory of what he hears and sees.

**1. Recall numbers.** Randomly name four numbers, such as 17, 36, 54, and 98. Can your youngster repeat the numbers back to you? Try again with five numbers, then six, and then seven. Talk about what strategies he uses to remember. Maybe he

recites them in his head or relates them to numbers in his life—perhaps your house number is 54 or your phone number ends in 98.

**2. Remember details.** Together, look at a photograph for one minute. Put it away, and take turns asking each other questions about it. *Examples:* “How many trees are there?” or “Who is wearing a striped shirt?” Try again with a new photo—your child is likely to look more closely this time and recall more specifics.♥



**OUR PURPOSE**

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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