

Home & School CONNECTION[®]

Working Together for School Success

CONNECTION[®]

December 2019



Cedar Falls Community Schools

Elementary Counselors Newsletter

SHORT NOTES

Spot the object

Finding hidden pictures

is not only fun—it also improves your youngster's attention to detail. Try a book from a series like *Where's Waldo?* (Martin Handford) or *I Spy* (Jean Marzollo). Or search the internet for "hidden pictures." She can print out the pages or play online.

Tell the truth

Show your child that being truthful matters—even in situations where no one would know the difference. For example, if you leave a store without noticing an item under your cart, let him see you return to pay for it. Explain that being honest is the right thing to do and it makes you feel good.

The best gifts

This holiday season, help your youngster brainstorm presents that don't cost a lot of money. For instance, she might make a book of coupons that family members can redeem ("Good for one dog wash"). Or the two of you could bake muffins for teachers and neighbors.

Worth quoting

"Kindness is like snow. It beautifies everything it covers." *Kahlil Gibran*

JUST FOR FUN



Q: Why did the walrus stand on the marshmallow?

A: So she wouldn't fall into the hot cocoa!

We're a family of readers

When families share a love of reading, children develop stronger literacy skills and are more motivated to pick up a book. Here's how some of our readers have made reading a family affair.



After-dinner novel

"We pick a novel all ages can enjoy—often one my wife or I enjoyed as a child—and take turns reading a chapter a night. The kids look forward to it, especially if we stopped at a cliff-hanger the day before. After each chapter, we share our opinions of the book and say what we think will happen tomorrow."

Reading adventures

"Every time we visit the library, we look for books related to someplace we're going soon. Before a visit to the aquarium, we found nonfiction books about sharks and dolphins. And before a trip to my sister's apartment in the city, we read about skyscrapers, subways, and taxis."

Treasure hunts

"When my son first learned to read, he searched for free reading 'treasure.' He'd collect maps from parks and malls, brochures from the vet's office, and even fortunes from cookies. Soon, our whole family was adding to the 'treasure chest.' We've learned a lot, like how dogs communicate and what fun things there are to do at our favorite park." ♥

Clearing out clutter

Try these ideas for decluttering during winter break, and your youngster will start the New Year with organized spaces to work and play:

- Have your child sort through her backpack and study area. She could file old tests and quizzes, save favorite papers and projects, and discard anything she won't need when school starts again.
- Let your youngster start a donation box in her closet for outgrown clothes and toys. Once the box is full, decide together where to donate it—she'll discover the satisfaction that comes from helping others.
- Suggest that your child label separate containers for smaller items like erasers and sticky notes. Putting them into the correct bins gives her practice with sorting and makes school supplies easy to find at homework time. ♥

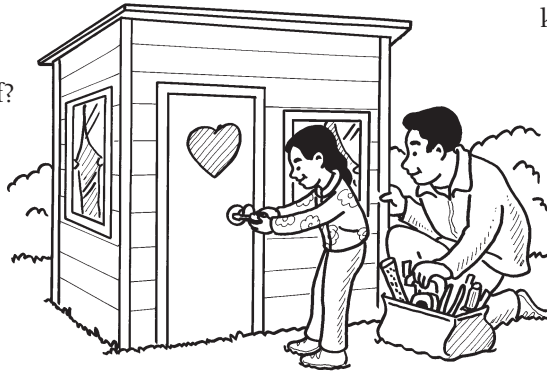


I can handle that!

What is your child capable of doing for herself? Probably more than she realizes. Encourage her to become more responsible with these tips.

Manage a social life. Let your youngster call friends to set up her own get-togethers. She can also RSVP to birthday parties and pick out and wrap gifts. If she's sleeping over at a friend or relative's house, ask her to pack her own overnight bag herself.

Do minor repairs. Teach your child how to use a screwdriver and other tools safely. You can watch as she puts her



know-how to work fixing a younger sibling's toy or tightening a loose doorknob.

Track "inventory." Is your youngster running low on crayons, shampoo, or her favorite cereal? Have her keep a list on the refrigerator.

Cook food. Your child can learn to make sandwiches and salads, mash potatoes, and whisk eggs. With supervision, she could peel and chop vegetables and use the microwave. *Idea:* Encourage her to be creative in the kitchen and come up with her own recipes.♥

ACTIVITY CORNER

Connect with history

Become history "tourists" in your own town. These activities help your child learn about history and make connections to what he's learning in school.

Exhibits

Visit historic sites and museums. Your youngster may learn how people made hand-dipped candles or crafted armor. Encourage him to ask staffers questions about the time period. He might inquire about chores children did, for instance.



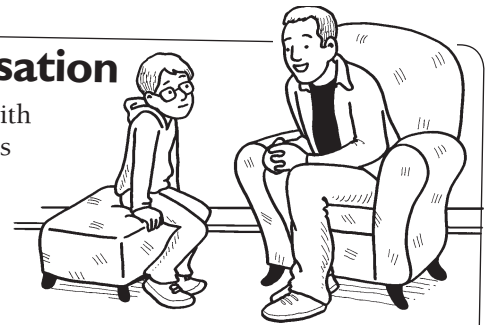
Historical markers

These plaques tell what happened in specific locations. Perhaps a one-room schoolhouse once stood in your town or a famous inventor was born nearby. Stop to read and discuss the markers. *Tip:* Search for markers near you at hmdb.org.♥



Drugs: Start a conversation

It's never too early to discuss drugs with your youngster. In fact, opening the lines of communication now will pave the way for more serious conversations as he gets older. Consider this advice.



- **Begin with questions.** Find out what your child knows about drugs. What has he learned in health class or heard from other kids? Using his knowledge as a starting point will lead to a more meaningful discussion and allow you to correct misconceptions.
- **Discuss safety rules.** When you take medication or give any to your youngster, read the instructions together. Explain that taking more than directed is dangerous and that he's not allowed to take medicine without your permission. *Note:* Be sure to keep your medicine cabinet locked.♥

Q & A Motivated from within

Q: My daughter told me that her friends "all" get rewards for good grades and she wants to get rewards, too. How should I handle this?

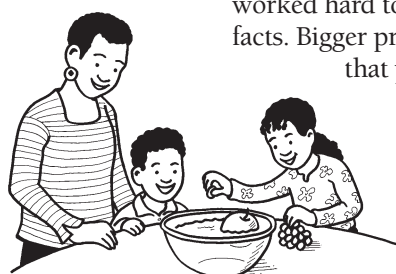
A: Help your child see that doing well is a reward in itself. That way, she won't get in the habit of depending on rewards like money or stickers.

First, encourage her to focus on the excitement of learning rather than just on her grades. Say she aced a science test. Of course you're proud of her and you'll let her know it. But also

ask her to explain a concept or show you an experiment or activity she did in class. ("You answered that an apple floats but a grape sinks—I'd like to see that!")

Also, help her see how her effort leads to natural rewards. If she brings home a good math grade on her report card, you could say, "Great job. I know you worked hard to learn multiplication facts. Bigger problems will be easier now that you've memorized those."

Over time, she'll realize how rewarding it is to learn new things, work hard, and succeed—without rewards from anyone else.♥



OUR PURPOSE

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

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