

SHAMROCK SHOUT OUT

March 2019



IMPORTANT EVENTS FOR MARCH

2nd ...5th Gr. A & B Bball Tourney @ NLES 5th ...JGSC Board Mtg. 7 PM 12th ...PTO Meeting 3:15 PM 15th ...Shamrock Pride Day Shamrock Grams

18th-22nd...IREAD-3 Testing Window (3rd Gr.) 19th...JGSC Board Mtg. 7 PM 22^{nd...}End of 3rd Nine Weeks 25th-29th...Spring Break

FORMS DUE MARCH 1 - NLES PTO & Student Council Sponsored Shamrock Gram Sale

Shamrock Grams are \$1- one REAL white carnation with a thoughtful note. You may send a completed form & money to the office (form attached). Student Council members will deliver the grams on Friday, March 15 – Shamrock Pride Day! Shamrock Grams can be sent to anyone in any school or office building within JGSC.

SHAMROCK PRIDE DAY

March 15th celebrate being a Shamrock by wearing green, NLES Spirit Wear, or anything shamrock. We are celebrating what it means to be a shamrock and how we make North Liberty Elementary School a "great place to learn, teach, lead and succeed". We show Shamrock Pride in all three areas of our life by taking...

1. Pride in Yourself

2. Pride in Others

3. Pride in Our School

Kindergarten Roundup is March 13 @ 6 PM

Please spread the word and share with as many families, day care providers, and preschools in the area. Parents will be presented with KDG information to preregister while incoming KDG students interact with staff in the classroom, sit on a school bus and get to know their future classmates. Click KDG Link to preregister.

ICAC Youth Educator from IN State Police – Cathie Bledsoe

Cathie has presented to our students for three consecutive years covering topics of Cyber Safety. On March 13, Cathie will present to 3rd-6th grade and share important laws, regulations, and tips to keep your child safe.

School Lunch Balances

JGSC Policy 6151 states that "Significant negative lunch account balances shall not be permitted. A significant negative lunch account balance is any balance owed in excess of \$7.00. If a student has a significant negative lunch account balance, s/he shall be provided an alternate meal, the cost of which shall continue to accrue to his/her negative lunch account balance, and his/her parent(s) shall be contacted to collect the outstanding charges." Notices of negative lunch balances are sent home with students on a daily basis. You may sign up and receive emails when balances are at a specific dollar amount. MySchoolBucks

CALLING ALL OUTSIDE - DISTRICT STUDENT REQUESTS

We ask that all families living outside of the John Glenn School Corporation fill out the 2019-2020 request to attend school for next year. Follow these steps: 1. Go to JGSC and scroll down to the tuition notice and click on link to complete form for 2019-2020 or this form.

NLES 2017 Fun Fair - Candy Land! Message from the PTO Board

Its Go Time!!.... April 12, 2019 is our annual Fun Fair here at North Liberty Elementary!! Our Fun Fair is our schools' BIGGEST fundraiser of the year and the best way for businesses and charitable donors to make a positive impact in our school and community. We are actively searching for donations of all kinds. We have a Raffle and Silent Auction that we use from donations. All donations are greatly appreciated and accepted, please contact our Fun Fair team by email at nlespto@gmail.com or Melinda Frick 574-339-9178 or Angie Harness 574-910-3380. We are now 501c official tax ID number is 33-1091863. We can pick up any donation or you can drop it off at North Liberty Elementary school office. Your sponsorship will be featured on our flyers, social media, and our lobby television. Our Fun Fair event serves as an excellent opportunity to truly make a difference in our community. The funds raised this year will help purchase teacher classroom supplies, promote literacy, expand school libraries and provide advancements in technology as well as many other PTO sponsored student activities. Thanks in advance for your generous donation, we would love to have all donations in by March 22. Your organization will have a great impact on the students at North Liberty Elementary.

SHAMROCK GRAMS

To:_____
Grade:______Teacher:_____

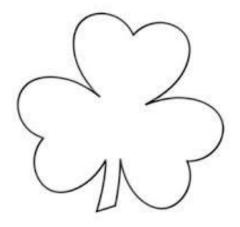


WES_____
Urey____
JGHS____

From:______Message:_____

SHAMROCK GRAMS

To:_____
Grade: Teacher:



WES_____
Urey____
JGHS____

From:______Message:_____

John Glenn School Corporation

Kindergarten Roundup! Wednesday March 13, 2019

At 6PM

Walkerton Elementary School and North Liberty Elementary School

Parents will register online and receive an informational packet describing our program.

Please bring:

Your child

Your child's Birth Certificate
Your child's shot records

PLEASE BRING YOUR KINDERGARTEN CHILD FOR A TOUR OF OUR BUILDING!

North Liberty Elementary School-PTO Fun Fair Theme: Candy Land

We Just Love Spring!! The sun is shining snow is melting and FUN FAIR is right around the Corner!! **APRIL 12,2019**

That means it is Raffle ticket time. Last year was a huge success thanks to all the wonderful students, parents, staff and community members!! With your support and the wonderful prizes for the raffle this year, 2019 will be an even bigger success!

Unfortunately this year will be different in regards to selling raffle tickets, due to State Gambling License requirements. We can no longer send tickets home with the students.

Important change to take notice!

IF parents would like to sell raffle tickets you may come into the office and pick them up or fill out the bottom portion of this sheet. The tickets will be sent home with your child.

SELL—SELL-SELL-SELL-SELL-SELL-SELL

Tickets are \$1 each or 6 tickets for \$5



Prizes include RCA 50" 4k Ultra HDTV, Razor Power core 90 Electric Power Scooter, Fire Stick with Alexa, and the Echo Dot 2nd Generation, and of course Cash Prizes

Proceeds from the sale of Raffle Tickets and FUN FAIR goes back to the school, students and classrooms in various ways. We support literacy projects, summer reading, blessing in a backpack, and many other PTO sponsored events. If you have any questions, please email us at nlespto@gmail.com

PARENT TICKET REQUEST	
Parent Name	
NAME OF STUDENT	
HOMEROOM TEACHER	
How Many Sets (Set of 24 Tickets=\$20)	

ENROLL YOUR CHILD IN HEAD START/INSCRIBA A SU NIÑO/A EN HEAD START



ELKHART & ST. JOSEPH COUNTIES HEAD START CONSORTIUM

245 N. Lombardy Drive - South Bend, IN 46619 574-283-8127 or 866-440-8843

This institution is an equal opportunity provider

March 27, April 24, May 15

FREE Federally Funded Preschool Program for Qualifying Families Programa Pre-escolar Gratis con fondos Federales, para las Familias que califiquen

Elkhart Administration Building,

Likitai t Aaiiiiiiisti atioii ballallig,	march 27, April 24, may 15	
2720 California Rd, Elkhart	9am-2:30pm	
Housing Authority Community Room,	May 2, June 5	
1396 Benham Ave, Elkhart	9am-1:30pm	
Mary Beck Elementary,	March 19, April 25, May 30	
818 McDonald St, Elkhart	5-6:30pm	
Goshen Admin Building,	March 21, April 18, May 16	
613 E Purl St, Goshen	8am-2:30pm	
Jefferson Elementary,	May 9	
18565 CR20, Goshen	3-6:30pm	
York Elementary	April 23	
13549 IN 120E, Bristol	3-6:30pm	
Woodview Elementary,	March 18, April 16, 17	
800 E Woodview Dr	9am-1:30pm	
LaVille Elementary,	March 19, April 25, May 6	
12645 Tyler Rd, Lakeville	9am-12:30pm	
John Glenn Admin Bldg,	March 20, April 22	
101 John Glenn Dr	9am-12:30pm	
Jimtown North	May 8	
30046 CR 16W, Elkhart	9am-1:20pm	
West Side Elementary	March 20, May 22	
230 W Mishawaka Rd, Elkhart	4-6:30pm	
Lafayette Elementary – Gym Door 6	March 21, 26, April 16, 23, May 7, 14	
245 N Lombardy Dr, South Bend	3-6:30pm	
Hay Elementary	Hay Elementary May 23	
19685 Johnson Rd, South Bend	1-6:30pm	
Studebaker	April 17	
724 E Dubail, South Bend	4-6:30pm	
Hums Elementary	April 11	
3208 Harrison Rd, Mishawaka	10am-1:30pm	
Liberty Elementary	April 9	
600 Pregel Dr, Mishawaka	10am-1:30pm	
Elsie Rogers Elementary	April 10	
56129 Currant Rd, Mishawaka	10am-1:30pm	
PHM Admin Building	May 2	
55900 Bittersweet Rd, Mishawaka	9am-2:30pm	

ENROLL YOUR CHILD IN HEAD START/INSCRIBA A SU NIÑO/A EN HEAD START



ELKHART & ST. JOSEPH COUNTIES HEAD START CONSORTIUM

245 N. Lombardy Drive - South Bend, IN 46619 574-283-8127 or 866-440-8843 This institution is an equal opportunity provider

FREE Federally Funded Preschool Program for Qualifying Families Programa Pre-escolar Gratis con fondos Federales, para las Familias que califiquen

Elkhart Administration Building,	March 27, April 24, May 15	
2720 California Rd, Elkhart	9am-2:30pm	
Housing Authority Community Room,	May 2, June 5	
1396 Benham Ave, Elkhart	9am-1:30pm	
Mary Beck Elementary,	March 19, April 25, May 30	
818 McDonald St, Elkhart	5-6:30pm	
Goshen Admin Building,	March 21, April 18, May 16	
613 E Purl St, Goshen	8am-2:30pm	
Jefferson Elementary,	May 9	
18565 CR20, Goshen	3-6:30pm	
York Elementary	April 23	
13549 IN 120E, Bristol	3-6:30pm	
Woodview Elementary,	March 18, April 16, 17	
800 E Woodview Dr	9am-1:30pm	
LaVille Elementary,	March 19, April 25, May 6	
12645 Tyler Rd, Lakeville	9am-12:30pm	
John Glenn Admin Bldg,	March 20, April 22	
101 John Glenn Dr	9am-12:30pm	
Jimtown North	May 8	
30046 CR 16W, Elkhart	9am-1:20pm	
West Side Elementary	March 20, May 22	
230 W Mishawaka Rd, Elkhart	4-6:30pm	
Lafayette Elementary – Gym Door 6	March 21, 26, April 16, 23, May 7, 14	
245 N Lombardy Dr, South Bend	3-6:30pm	
Hay Elementary	May 23	
19685 Johnson Rd, South Bend	1-6:30pm	
Studebaker	April 17	
724 E Dubail, South Bend	4-6:30pm	
Hums Elementary	April 11	
3208 Harrison Rd, Mishawaka	10am-1:30pm	
Liberty Elementary	April 9	
600 Pregel Dr, Mishawaka	10am-1:30pm	
Elsie Rogers Elementary	April 10	
56129 Currant Rd, Mishawaka	10am-1:30pm	
PHM Admin Building	May 2	
55900 Bittersweet Rd, Mishawaka	9am-2:30pm	



Age- Birth to 5 years old/Edad Nacimiento hasta los 5 años de edad Family Income-See list below/ Ingresos de la familia Children with Special Needs may apply/ Niño con necesidades especiales pueden aplicar

TO PROCESS YOUR HEAD START APPLICATION, THE FOLLOWING INFORMATION IS NEEDED/

Para procesar su aplicación, la información siguiente es necesaria:

- Birth Certificate copy is required/*Acta de nacimiento—una copia es requerida*
- Up to Date Physical Exam/ Examen Fisico al dia.
- Immunization Record (if child has not been immunized, please see the doctor first)/Inmunizaciones—copia del record (si su hijo no ha sido vacunado, por favor que lo vea el medico primero)
- Income records from most recent full tax year for each adult in the family (W2, tax return 1040, child support, public assistance)/ingresos economicos del mas reciente ano complete de los tax de cada persona que trabaja en la familia, (W-2, Retorno de los tax 1040, Manutencion para niños, asistencia publica)
- T.A.N.F. (current 12 months printout)/ T.A.N.F. (copia impresa de 12 meses, la cantidad que recibe su familia cada mes).
- Medicaid or Private insurance for your child / Tarjeta de seguro medico privado o Medicaid
- Name, address and phone numbers of Child's medical and dental doctors/Nombre, dirección, y teléfono de médico y dentista del niño
- 3 Emergency Contacts: names, valid & working phone numbers and addresses/3 Contactos de emergencia Nombre, dirección, y teléfono validos.



On My Way Pre-K providers.



Age- Birth to 5 years old/Edad Nacimiento hasta los 5 años de edad Family Income-See list below/ Ingresos de la familia Children with Special Needs may apply/ Niño con necesidades especiales pueden aplicar

TO PROCESS YOUR HEAD START APPLICATION, THE FOLLOWING INFORMATION IS NEEDED/

Para procesar su aplicación, la información siguiente es necesaria:

- Birth Certificate copy is required/Acta de nacimiento—una copia es requerida
- Up to Date Physical Exam/ Examen Fisico al dia.
- Immunization Record (if child has not been immunized, please see the doctor first)/Inmunizaciones—copia del record (si su hijo no ha sido vacunado, por favor que lo vea el medico primero)
- Income records from most recent full tax year for each adult in the family (W2, tax return 1040, child support, public assistance)/ingresos economicos del mas reciente ano complete de los tax de cada persona que trabaja en la familia, (W-2, Retorno de los tax 1040, Manutencion para niños, asistencia publica)
- T.A.N.F. (current 12 months printout)/ T.A.N.F. (copia impresa de 12 meses, la cantidad que recibe su familia cada mes).
- Medicaid or Private insurance for your child /Tarjeta de seguro medico privado o Medicaid
- Name, address and phone numbers of Child's medical and dental doctors/Nombre, dirección, y teléfono de médico y dentista del niño
- 3 Emergency Contacts: names, valid & working phone numbers and addresses/3 Contactos de emergencia Nombre, dirección, y teléfono validos.



On My Way Pre-K providers.





Stephanie Reynold

College & Career Counselor

Urey/NLES/WES

sreynolds02@jgsc.k12.in.us

BELIEVE IN YOUR Selfie

YOU CAN INSPIRE OUR STUDENTS!!

- 1. Take a SELFIE or two where you work.
 - Send/Email your pictures to Mrs.
 Reynolds and a description of what you do.
- 3. Be put into a drawing for a fun gift card!

We will put up a FUN
Bulletin Board with all the
pictures of our families at
work to INSPIRE our
students!

Thank you for your support!!

COLLEGE VISITS COMING UP!!

5th Grade



Tuesday, April 23rd

6th Grade



Friday, April 26th





Thank you to our Career Speakers!!

J.T. Podell
Physical Therapist
NY Mets

Kristine Tolleson

Dental/Administrative

career paths

Jeff Pride/Jerimee Huegel
HVAC Specialists
Great Lakes Heating &
Air Conditioning

Mr. Reese
Superintendent
John Glenn School Corp.

Ways to Help Your Student Prepare for Tests

Encourage consistent homework and study times

Test taking, just like sports, hobbies, and academics, is a skill, which means it requires practice. We need to make sure students do not resort to last minute cramming. To do this, homework and study times must be a consistent activity. If a regular study time is a part of your child's schedule, then preparing for a test would be an everyday task. Try to have your child spend a little bit of time every night reviewing concepts they learned in school that day, along with doing any homework they might have received. This way your child will feel more confident and prepared for their next test!



We want our children to feel empowered and confident everyday. In order for this to happen, we have to be the support system that offers encouragement as they work on homework and tests. One reason why students fear tests is they fear the unknown. We can ease that fear by emphasizing how well they know the concepts and information that will surface on their test, as well as encouraging and rewarding them when they do well on their daily academics.

Activity

A fun way to help your student academically is to let them teach you what they are learning in school. When students teach someone else an academic lesson, it helps reinforce what they have learned, boosting your student's confidence in that subject area.



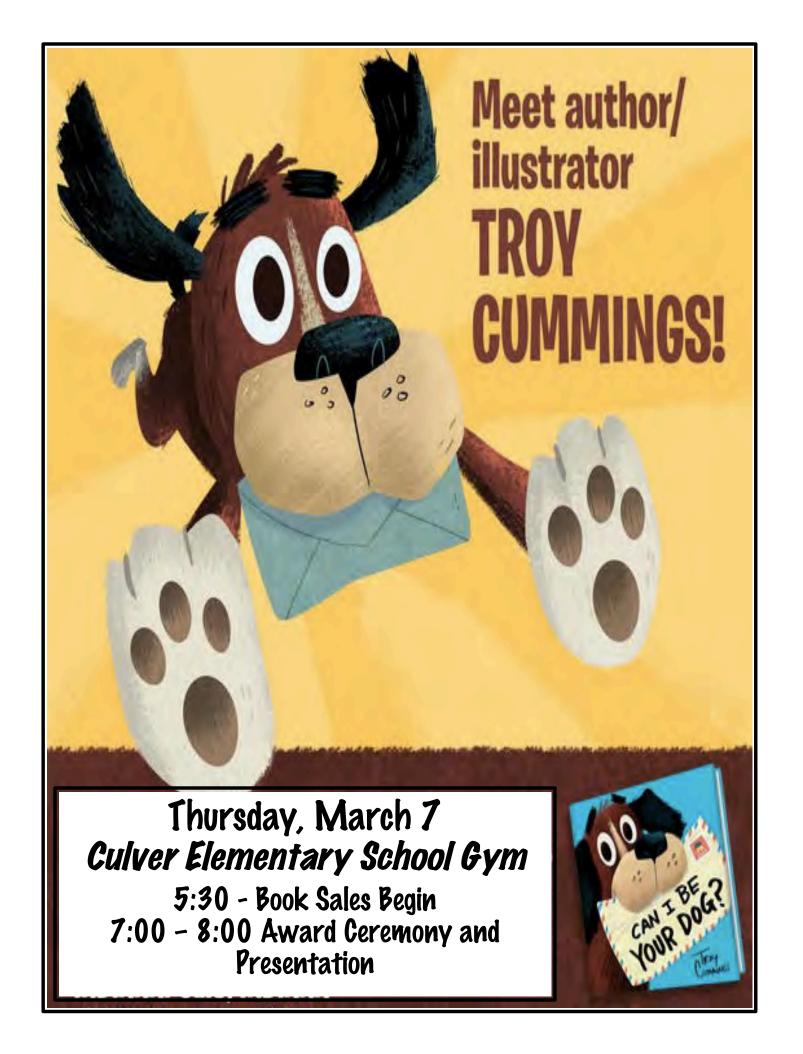
As the academic attendance coach I provide supplemental executive function lessons to 5th and 6th grade students who did not pass the I-STEP the prior school year, as well as meet with students who have frequent unexcused absences

Create Healthy Study Habits

Make sure your child has a consistent study area, with access to supplies and materials. Their study space should be quiet, with few opportunities for distractions. If your child is young, make sure their study space is near you. This will help you keep track of their development.

Although we can't control how our child preforms on a test, we can control what they eat and when they go to sleep, which is crucial to their education. Making sure your child has had enough sleep and enough to eat will allow them to focus on their test.

- Students between the ages of 6-11 should be receiving 9-11 hours of sleep each night.
- Try to avoid sugary foods before a test.



Spring Break Enrichment 2019

Dear parents,

3-25

3-26

Registration for the new Spring Break Enrichment is just beginning. Spring Enrichment will be held at Walkerton Elementary from March 25th thru March 29th . Our program will be open from 6:00am until 6:00pm. The cost of the program will be \$20 a day. Payments are to be made by March 15th to guarantee a spot in the enrichment.

A field trip is in the works but not set yet more details will be given closer to Spring Break.

Please fill in the schedule of days your child will be attending. Lunch count and the activities need an accurate head count. We are looking forward to a fun filled week of activities and learning.

Sincerely Charman Dreessen		
Please fill out the bottom portion and return	n to the B&A staff ASAP	
Childs name:		
Age Grade		
Parents name:		
Address:		
Phone:		
Cell Phone:		
Work Phone:		
Emergency Contact:		
Emergency Phone:		
ALLAllergies		
Dentisit:	Phone	
Doctor		

3-27

3-28

3-29

North Liberty Youth League 2019

Coed T-Ball: 6 and under

8U Baseball: 8 and under **8U Softball:** 8 and under

10U Baseball: 10 and under **10U Softball:** 10 and under

12U Baseball: 12 and under **12U Softball:** 12 and under

14U Baseball: 14 and under **14U Softball:** 14 and under

\$50 Registration fee Registration @ the VFW 1954 March 2nd and 23rd 10am-2pm

Request a registration form

northlibertyyouthleague@hotmail.com

President Andy Tropp 574-377-3557

Vice President Rob Jackson 574-314-0285

Games hegin in May

Games begin in May June 2rd Picture Day



Can you escape this room and save the world in the process? Help the Avengers retrieve the Infinity stones. You'll have 30 minutes to figure out where the stones are and get out before Thanos returns! Knowledge of the Avengers' story is not necessary to play.

For all ages. Children under 12 must be accompanied by an adult. Please call to register your team (max. 6 people).

ALL DAY, MARCH 1,2,4, & 5

North Liberty Branch Library 105. E Market St., North Liberty 574.656.3664





MARCH 2019

North Liberty Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	1 Macaroni & Cheese Dinner Roll Baby Carrots* Broccoli* Diced Pears* Orange*
4 "Breakfast for Lunch" Scrambled Eggs Confetti Pancakes Potato Smiles Peas* Applesauce*	Soft Shell Taco (meat is gf)* Refried Beans* Corn* Diced Peaches*	Pepperoni Calzone Marinara Sauce* Garden Bar* Green Beans* Mixed Fruit* Apple*	Popcorn Chicken Honey Corn Biscuit Crinkle Cut Fries Baby Carrots* W/ Ranch* Pineapple Tidbits* Strawberries*	Personal Pizza Broccoli* Cauliflower* Diced Pears* Orange*
11 Grilled Cheese Sandwich Vegetable Soup Green Beans* Applesauce*	Chicken Patty W/ WG Bun Mixed Veggies* Garden Bar* Diced Peaches* Apple*	Pasta W/ Meat Sauce Garlic Toast Broccoli* Mixed Fruit* Gelatin Cup*	Philly Cheesesteak* On WG Sub Bun Potato Wedges Capri Blend Veggies* Pineapple Tidbits* Orange*	Mini Corn Dogs Celery Sticks* Peanut Butter* Roasted Baby Carrots* Diced Pears* St Patty's Ice Cream Cup
"Breakfast for Lunch" French Toast Sticks Turkey Sausage Links* Tater Tots Applesauce*	Chicken Fingers Garlic Twist Breadstick Broccoli* Corn* Diced Peaches*	Sloppy Joe W/WG Bun Baked Beans* Garden Bar* Mixed Fruit* Apple*	Chicken Nuggets Sidewinder Fries Celery Sticks* Peanut Butter* Pineapple Tidbits* Orange*	Deli Trio Sub* W/ WG Sub Bun Baby Carrots* W/ Ranch* Cucumber* Diced Pears* Sun Chips
25 Spring Break	26 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break

News

Reduced price \$0.40 Full Price \$2.10

All meals come with choice of low fat or fat free 8-ounce milk

Each student must take at least 3 items and at least 1 must be a fruit or vegetable.

Any item marked with an * indicates that it is gluten free.

Parents please check your myschoolbucks.com account and add your email address if it is not there. There are MANY that did not roll over this year.

MARCH 2019

Walkerton, North Liberty & John Glenn Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	1 Mini Chocolate or Powdered Sugar Donuts Cheese Stick Fruit Fruit Juice
Pancake Wrap Fruit Juice Fruit	Scrambled Eggs Toast w/ butter Fruit Juice Fruit	Assorted Muffins Cheese Stick Fruit Juice Fruit	Chocolate Chip Mini Pancakes Yogurt Fruit Juice Fruit	Yeast Donut String Cheese Fruit Juice Fruit
Cheese Omelet Toast w/ butter Fruit Juice Fruit	Cinnamon Sugar Bosco Sticks Fruit Juice Fruit	13 Chocolate Filled Crescent Fruit Juice Fruit	French Toast Sticks Syrup Fruit Juice Fruit	15 Ultimate Breakfast Round Fruit Juice Fruit
Dutch Waffle Yogurt Fruit Juice Fruit	Breakfast Pizza Fruit Juice Fruit	Cinnamon Blueberry Stick Fruit Juice Fruit	21 Egg & Cheese Muffin Fruit Juice Fruit	22 Mini Chocolate or Powdered Sugar Donuts Cheese Stick Fruit Fruit Juice
25 Spring Break	26 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break

News

Reduced Price \$.30 Full Price \$1.30

Each meal comes with choice of 8ounce fat free or low fat milk

All students must take at least 3 items and at least 1 must be fruit

Assorted cereal is also available daily

Parents please check your myschoolbucks.com account and add your email address if it is not there. There are MANY that did not roll over this year.

Home&Sch **CONNECTION®**

Working Together for School Success

March 2019



North Liberty Elementary Melanie Heiser, Counselor

Display schoolwork

Saving work your youngster brings home is one way to show her that school is important to you. Consider creating a hallway gallery of framed papers and artwork, or store her work in a coffee-table binder. Tip: Take photos of her sculptures, dioramas, and other 3-D projects. Display the photos, or add them to her binder.

A list-making habit

Get your child in the routine of making checklists in a student planner or notebook. Suggest that he write down tasks in the order he needs to complete them. Encourage him to check off each item as he tackles it-he will enjoy a sense of satisfaction as his list grows shorter.

Promote a work ethic

A good work ethic, or a belief in the value of hard work, will make your youngster better at any job she undertakes. Develop this trait by giving her regular chores like taking out the recycling or sweeping the floor. Then, let her know how her contribution makes a difference. ("The kitchen looks nice and tidy thanks to you!")

Worth quoting

Why fit in when you were born to stand out?" Dr. Seuss

JUST FOR

Q: "I pass before the sun but make no shadow. What am I?"

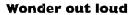


A: The wind.





With science, technology, engineering, and math jobs in demand, STEM is a hot topic these days. Being a curious, critical, creative thinker who can solve problems will help your child do well in STEMand in every area of life. Try these ideas.



Bring out your youngster's natural curiosity by discussing what you're curious about. ("I wonder why rainbows are curved and not straight.") Then, he could experiment to find out. Perhaps he'll create his own rainbows using a flashlight, a mirror, and a pan of water.

Make a "tinker box"

Your child will use critical thinking skills by tinkering with natural objects and loose parts. In a shoebox, let him collect items like pebbles, acoms, seeds, straws, rubber bands, and clothespins.

He could add new objects as he finds them. Maybe he'll design a "claw machine" that picks up small objects or examine an acorn under a magnifying glass.

Promote problem solving

Treat everyday problems as learning opportunities. Say the TV remote won't work, even though you just replaced the batteries. Have your youngster think of solutions and test them. He might check that the batteries are inserted correctly, try batteries he's sure are fresh, or turn the TV off and on again.♥

Parent-child chats

· Regular conversations with your youngster keep the two of you close—and build her language skills. Here are suggestions for making chats more meaningful.

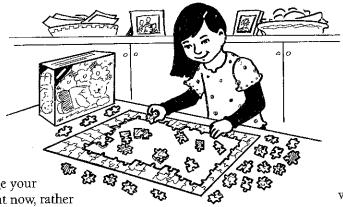
- Phrase questions thoughtfully. Questions that require more than a one-word answer will lead to more informative answers. Try "What made you laugh today?" rather than "Did you have a good day?"
- Show you're paying attention. It's easy for busy parents to respond out of habit without focusing on what youngsters are really saying. Instead, look your child in the eye, and stop to consider her words. She'll know that what she has to say matters to you.♥



Learning to be patient

Patience is a skill that can be learned. Kids who develop it tend to have greater self-control and even do better in school. Foster patience in your youngster with these tips.

Live in the moment. Encourage your child to enjoy what's going on right now, rather than looking forward to what will happen next. For example, she could look out the window at the sunset while she waits for you to get off the phone. Or if she's having trouble falling



asleep because she can't wait to visit her friend tomorrow, she might focus on how warm and cozy she feels in her bed now.

Enjoy the payoff. Have your youngster think of something that took her a while to master, such as learning to read music. Then, remind her of how good she felt when she succeeded. Share an example from your life, too. *Idea*:

Let her take on an activity or a project that requires patience, like growing a plant or putting together a jigsaw puzzle.♥

Top tips for standardized tests

How can you help your child do well on standardized tests? Consider this advice from teachers:

• "Emphasize effort rather than scores. Your youngster will feel more confident and relaxed on test day if he knows that doing his best is what counts the most."

- "Have your child do any practice tests or packets that the teacher sends home. Ask him about the material, and look over the work to be sure it's complete."
- "Make sure he gets enough sleep, at least 9–11 hours, each night. He'll be more alert and focused during the test."
- "Give your youngster a balanced breakfast on test day so he has energy and isn't distracted by a growling stomach. Whole-wheat toast, fruit, and yogurt make a brain-boosting combination."♥

OUR PURPOSE

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

a division of CCH Incorporated 128 N. Royal Avenue • Front Royal, VA 22630 800-394-5052 • rfecustomer@wolterskluwer.com www.rfeonline.com

ISSN 1540-5621

Autism: Support for parents

Q: My daughter has autism, and although she's making good progress, she has some behavioral challenges. I'm a working sin-

gle parent—how can I handle the demands?

A: To take the best care of your daughter, you need to also take care of yourself. If possible, try getting up before she does.

Take a warm shower, and enjoy a cup of tea. You'll feel calmer and ready to start the day on a positive note, which can help her behave better.

Also, look for people who will stay with your child while you recharge. You might run errands or try a new hobby. Ask friends, family, and neighbors if they're able to help or know anyone who can.

Finally, consider joining an autism support group. Connecting with other parents who face similar challenges will make you feel less alone, and you'll get information and advice for helping your daughter. Check online, or ask your child's doctor for referrals.

ACTIVITY CORNER

Pump up your memory

A good working memory lets your

youngster switch back and forth between tasks and do work that involves more than one step. Sharpen his memory with these activities.

Story chain

Build a "repeating story" by remembering what everyone before you has said. One person starts with a sentence like "I'm riding a

______to the _____," filling in the blanks. ("I'm riding a kite to the moon.") The next person repeats the sentence and adds his own sentence. Continue until someone

skips a sentence, says them out of order, or can't remember one.

The last time I...

When was the last time you used a ruler or saw frost on a window? This game strengthens your child's power of recall. Take turns calling out a question, such as "When did you last eat an egg?" To answer, everyone needs to think about

details and context.

("We had tacos in school on Monday.
So it must have been Tuesday, when the standard in the school of the s

been Tuesday, when I got the salad bar and put hardboiled egg slices on my lettuce.")♥

