

ELEMENTARY SCHOOL Parents®

Roanoke County Public Schools
Herman L. Horn Elementary

May 2003
Vol. 14, No. 7

make the difference!

Discipline

Use Strategies to Cope With Your High Energy Child



Is it hard for your child to sit still and stay focused? Is she impulsive? Strong-willed and difficult to direct?

You'll be less frustrated and more successful at managing your child's behavior if you:

- **Be more curious** than furious. When your child misbehaves, try to find out why. Then respond thoughtfully.
- **Set clear rules** and reasonable consequences for breaking rules. It's difficult for high energy children to manage their own behavior. Rules help guide them.
- **Plan ahead.** Think of activities to entertain your child on long trips or as you wait in a restaurant. Try simple math or word games.
- **Schedule one-on-one time** with your child. She'll do better when she feels close to you.
- **Give clear instructions.** Break tasks down into steps. Have your child repeat these back to you.
- **Limit distractions.** TV and video computer games make it difficult for your child to focus and hear your requests.

Source: Rita and John Sommers-Flanagan, *Problem Child or Quirky Kid?* 2002 (Free Spirit Publishing, 217 Fifth Ave. N., Suite 200, Minneapolis, MN 55401, 1-800-735-7323), ISBN: 1-57542-121-6, paperback, 208 pp., \$15.95.

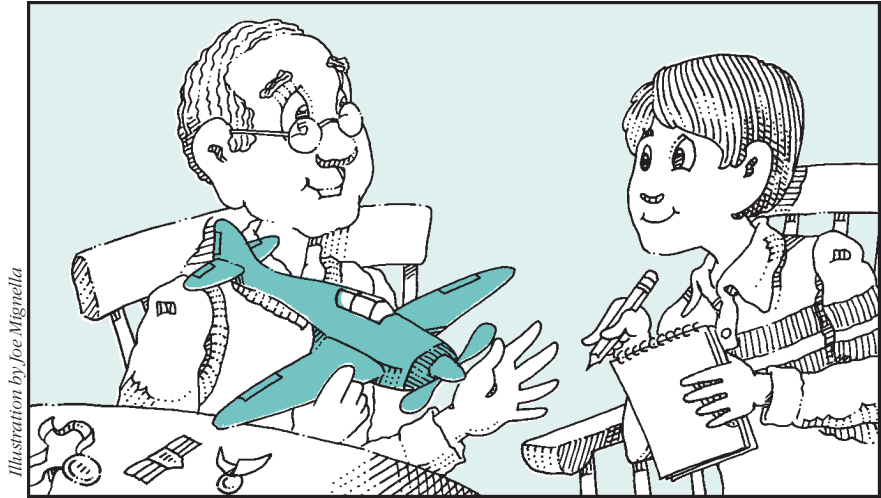


Illustration by Joe Mignella

Promote Informal Learning During Summer Vacation Days

Studies show that many students suffer from what is called summer learning loss. When they return to school in September, they have forgotten many of the things they worked so hard to learn last year.

It's not hard to see why. Athletes and musicians who don't practice can't play as well as those who keep their skills sharp. Neither can students.

Summer learning can be fun for the whole family. Here are some informal ways to help your child keep learning over the summer:

- **Read with your child** every day. Read aloud. Have your child read to you.
- **Visit the library regularly.** Look for special summer reading programs for kids.
- **Plant a garden.** See how seeds develop into plants.

- **Start a neighborhood** newsletter. Or have your child interview older family members and write a family history.
- **Read newspapers together.** Talk about what's going on in your town or in the world.
- **Look for everyday ways** you use math. Ask your child to figure out how much your grocery order should cost. Get him to keep track of how many miles your car runs on a gallon of gas.
- **Read maps** and make maps of your own. Have your child make a map of your neighborhood.
- **Try an ethnic restaurant.** Visit new countries on the Internet.

Source: Matthew Boulay and Ronald Fairchild, "Making the Most of Summer Vacation for Elementary School Children," ERIC Parent Guide, ERIC Clearinghouse on Urban Education, <http://eric-web.tc.columbia.edu/pg/pg21.asp>.

Working With Your School

Test Scores Can Help Your Child Succeed in School



Your child's standardized test scores arrived today, and they surprised you. Perhaps she had low scores in reading, but she's always earned A's in school.

Test scores can be a way for parents and schools to learn more about children. Sometimes test scores raise questions. For example:

- **Test scores are high**, but grades are low. Your child may not be working up to her ability. Find out why your child is not doing her best. Does she need more challenge? More structure? Does she do homework?
- **Test scores are very low**, but grades are high. Your child may have had a bad testing day (it happens). Or the test might have covered

material that your child had not yet studied.

- **Test scores and grades** are low. Your child may not be mastering the basic skills she'll need in later years. Talk with the school and look at her progress over the last few years. Make a plan to get your child on track before she gets to middle or high school.

Remember, no single test score can ever show everything about a child. If you are concerned about your child's scores, talk with the school. Ask questions about how your child is doing. See what you can do together to help your child do her best.

Source: "Testing: About Your Child's Scores," Schoolwise Press, <http://www.schoolwisepress.com/smart/browse/test/test2.html#2>.



Parent Quiz

How Do You Respond to Your Child's Report Card?

Here's a quiz to see if you're making the most of report card talks.

Give yourself five points for something you usually do, zero points for something you never do—or any score in between.

___ **1. I always ask my child** how he thinks he did.

___ **2. I ask my child to tell me** if he thinks he deserves each grade and why.

___ **3. I try to "listen** with my eyes." Sometimes kids' actions tell much more than their words.

___ **4. I don't make my child** feel worse if he's already disappointed.

___ **5. I help my child** figure out a plan to improve grades for the next report card.

How did you score?

Above 20 is great. A score of 15 to 19 is average. If your score is below 15, you may need to try some new ways to reduce stress and promote communication at report card time.

Building Math Skills

Reinforce Math Skills With Treats



At the **McHugh** house in **Mastic Beach, New York**, learning math is a real treat.

Once a week after dinner, the family has a "Math Night." They solve math problems using various treats.

One night they might use chocolate chips for counting, adding and subtracting. Another night they might use Gummy Bears[®] or m&m's[®].

The family also has used measuring spoons and cups for mixing chocolate milk and making smoothies.



Practical Ideas for Parents to Help Their Children ISSN: 1523-1275

For subscription information call or write: The Parent Institute, 1-800-756-5525, P.O. Box 7474, Fairfax Station, VA 22039-7474. Fax: 1-800-216-3667. Or, visit our Web site: www.parent-institute.com.

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Publisher: *John H. Wherry, Ed.D.* Senior Editor: *Jeff Peters.* Senior Writer: *Kristen Amundson.* Contributing Writer: *Luann Fulbright.* Editor: *Pat Hodgdon.* Head of Translations: *Michelle Beal.* Staff Editors: *Betsie Millar & Rebecca Miyares.* Editorial Assistant: *Pat Carter.* Illustrator: *Joe Mignella.* Staff Translators: *Kelly Maldonado & Dolores Quintela.* Marketing Director: *Laura Bono.* Business Manager: *Sally Bert.* Subscription Manager: *Barbara Peters.* Subscription Associates: *Peggy Costello, Catalina Lalande & Pam Beltz.* Business Assistant: *Donna Ross.* Marketing Assistant: *Joyce Gben.* Circulation Associates: *Marsba Phillips & Kay Brownell.*

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Have an Idea To Share?



Do you have an idea for parents that should be in this newsletter? The editors of **Parents make the difference!** are looking for practical ideas about how parents can help their children.

Parents make the difference! pays \$25 for each original idea published, and you will receive credit in the article. Please send your ideas written in English.

Send ideas to **Parents make the difference!**, Editorial Department, P.O. Box 7474, Fairfax Station, VA 22039-7474. Materials sent cannot be returned. You can also submit your idea online at www.parent-institute.com/ideas/pmd.htm.

Parent & Child Summer Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Visit the library with your child. Sign up for the summer reading program.	2 Make a list of 10 things your child learned in school this year. Put it on the refrigerator.	3 Have your child write a list of things you hope to do this summer.	4 Have your child decorate a box for keepsakes this summer. In August, use them to make a scrapbook.	5 Take a walk with your child and use all five senses to observe the world around you.	6 Have your child close her eyes and make a list of everything she hears.	7 Have your child hold his nose while he eats. Does it affect the taste of the food?
8 Does your child have a summer reading list? Post it in a special place. Check off books she has read.	9 Make an alphabet out of different textures. Then have your child "read" the letters with his fingers.	10 Squeeze lemons to make lemonade. Talk about the saying, "When life gives you lemons, make lemonade."	11 Sponsor a summer-long contest. Who can read the most books?	12 Celebrate National Fresh Fruit and Vegetable Month by trying a new fruit and a new vegetable.	13 Can your child swim? Check local agencies and sign your child up for classes.	14 Go on a picnic with your child today. After eating, stretch out on a blanket and read.
15 On this day in 1215, King John signed the Magna Carta. Visit the library to learn more about what it said.	16 Let your child clean some dirty pennies with cat-sup. Explain that this is a chemical reaction.	17 Schedules are important during the summer, too. Set aside a special time each day for family reading.	18 Look at family photos together. How many relatives can your child name?	19 Read the weather section of the newspaper with your child today.	20 Serve your child a new flavor of ice cream. Then have him write and act out his own commercial for it.	21 It's the longest day of the year. Camp outside with your child tonight.
22 Visit a local museum or historic site with your child today.	23 Ask your child to add up all the change in your pocket or purse. Help her practice making change.	24 Give your child a paper bag, some markers and scraps of paper. Challenge him to make a puppet.	25 Freeze fruit juices in ice cube trays to make popsicles. Enjoy them with your child.	26 At the library, check out a book on tape to listen to with your child.	27 Put out 10 items. Let your child look at them for two minutes. Cover them. How many can she remember?	28 Teach your child to take his pulse. Then have him jump up and down 50 times and take it again.
29 Lie outside and look at the clouds. Make up stories about the shapes you see.	30 Give your child a bucket of water and a paint brush. Encourage her to "paint on the sidewalk."	<h2>June 2003</h2>				

July

1 Look in the paper for information about fourth of July festivities. Plan to attend one with your child.	2 Create a costume box for your child. Add yard sale treasures such as gloves, hats and shoes.	3 For five minutes both you and your child write a story. Then switch and finish each other's story.	4 Talk about the word "independence" with your child today. What does it mean?	5 Play a game with your child today. It can be an active outdoor game or a quiet board game.
6 Books that win the Caldecott medal have great illustrations. Help your child find one at the library.	7 Does your child spend too much time watching TV? Plan a TV schedule with your child for this week.	8 Going out to dinner? Let your child help estimate the tip.	9 Put three items in a bag. Have your child and a friend use them as props for a five-minute skit.	10 Does your child use the Internet? Monitor which sites she is visiting. Be aware of online predators.
11 Are you planning a trip? Give your child a map and let him plan the route you'll take.	12 Visit a zoo or park. Observe some animals. Ask your child to walk like they do.	13 Even young children can help others. Let your child help you sort clothes to give to a charity.	14 Make your own rain. Turn on the sprinkler and run through it with your child.	15 Let your child help you make a family chore chart. Everyone can check off jobs as they are finished.
16 Look in the newspaper for interesting words. Help your child look them up in a dictionary.	17 Help your child put together a jigsaw puzzle today.	18 Give your child a spiral notebook for a journal. Ask her to write in it for ten minutes each day.	19 Visit a farmer's market with your child. Buy fresh fruits and vegetables for dinner tonight.	20 Does your child use the Internet? Monitor which sites she is visiting. Be aware of online predators.
21 Give every letter of the alphabet a monetary value. A = 1¢, B = 2¢, etc. Which words are most valuable?	22 Bake cookies with your child today. Let him figure out how to double the recipe.	23 Encourage your child to put on a talent show or puppet show. You provide the popcorn and the applause.	24 Review math facts tonight. Make flash cards so your child's math skills don't slip over the summer.	25 Camp out in your living room. Read books by flashlight.
26 Have a geography challenge. Name a state or province. Who can name the capital?	27 Visit an art museum or look at works of art online or in books today. Does your child have a favorite artist?	28 Look at a photo in the paper today with your child. Talk about it. Then read the article together.	29 Can your child name her grandparents and great-grandparents? Talk about family history today.	30 Does your child ride a bike? Review the rules of bicycle safety today.
31 Ask the librarian to teach your child how to find a book in the library today.	<h2>2003</h2>			

Parent & Child Summer Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>August 2003</h2>					<p>1 Plan to get some exercise with your child every day this month.</p>	<p>2 Have your child look for "buried treasure." Make a map that leads to a small treasure.</p>
<p>3 Look through the "Help Wanted" section of the paper with your child. What job would he want?</p>	<p>4 How would your child handle an emergency? Teach her how to call 911. What should she say?</p>	<p>5 Does your child's school have a Web site? See if you can find it today.</p>	<p>6 Are you taking a car trip? Don't forget to take books on tape.</p>	<p>7 Does your child need new books? Try a neighborhood book swap.</p>	<p>8 Is your child turning into a summer couch potato? Limit TV time and encourage outdoor play.</p>	<p>9 Have a 20 minute D.E.A.R. time (Drop Everything And Read).</p>
<p>10 Give your child some sidewalk chalk. Do math problems outside together.</p>	<p>11 Help your child check out a book on insects. Together find and identify some in your backyard.</p>	<p>12 Look in the paper for a TV program on science or history. Watch it with your child.</p>	<p>13 Will your child need a back-to-school physical or immunizations? Make an appointment now.</p>	<p>14 Fall activities will be starting soon. Don't let your child get overscheduled. Schoolwork comes first.</p>	<p>15 Help your child set up a play store. It's a good way to practice math skills.</p>	<p>16 Include your child in preparing a healthy meal.</p>
<p>17 Help your child check out back-to-school sales in the paper. Look for the best buys.</p>	<p>18 Does your child have a special reading and study spot? Stock it with paper, pencils and a dictionary.</p>	<p>19 Talk to your child about peer group pressure. Talk about ways to say no to drugs and alcohol.</p>	<p>20 Does your child's school send home a calendar for the year? Post it in a prominent spot.</p>	<p>21 What has your child learned this summer? Compliment him on his progress.</p>	<p>22 Encourage your child to write a letter today to a distant relative or friend.</p>	<p>23 Take your child grocery shopping with you today. Stock up on nutritious snack items.</p>
<p>24 Give your child a hug today. Help your child write her address. 31</p>	<p>25 Have your child start going to bed and getting up on a school schedule this week.</p>	<p>26 Have each family member write a funny sentence. Put them together to make a story.</p>	<p>27 Do you know your child's friends? Have your child help you make a list of their names and phone numbers.</p>	<p>28 Let your child read the paper and report on a news story at dinner tonight.</p>	<p>29 Explore the magazine section of the library with your child today.</p>	<p>30 Take your child out to breakfast today. Talk about goals for the new school year.</p>

Building Responsibility

Make Chores Fun For All the Family



Start a new tradition this summer. You'll inspire a love of writing while learning about interesting places.

When you visit a new city, museum or monument, get a postcard.

Have your child print or write a message and mail it to a friend, grandparent or favorite relative.

If your child can't write, let him dictate his message to you. Or have him copy the message on the card from your paper.

Also show your child how to address cards, sign his name, and apply postage stamps.

Congratulate your child on how his writing has progressed.

Reading With Your Child

Use Newbery Award Books To Motivate Young Readers



Award-winning books can often make even the most reluctant reader excited about reading. Here are some great books to check out on your next trip to the library:

- ***A Long Way From Chicago*** and ***A Year Down Yonder***, Richard Peck (Dial Books for Young Readers). The first book was a 1999 Newbery Honor Award winner and the second won the Newbery Award in 2001. They tell the story of two Chicago children who spent depression-era summers with their remarkable grandmother.

- ***Bud, Not Buddy***, Christopher Paul Curtis (Delacorte). This 2000 Newbery Award winner tells the story of ten-year-old Bud Caldwell. He runs away from a foster home to search for his father. Along the way, he learns lessons about families, jazz and belonging.
- ***Carver: A Life in Poems***, Marilyn Nelson, (Front Street Press) This 2002 Newbery Honor Award winner tells the story of George Washington Carver. Children will find out more about this famous scientist, often only known for his research on peanuts.