



Dear Parents,

Each day your child enters John Dewey Elementary School with the desire to be a little smarter by the end of the day. Teachers are working hard to provide opportunities and experiences for our scholars to learn the skills needed to be successful in life.

Parents, talk with your child about the importance of participating in the activities in class. Encourage your child to take full advantage of the opportunities to get the knowledge they need to improve. Also, be a good role model. Make sure your child is at school and on time every day. Show them the importance of preparation and punctuality.

Encourage your child to raise their hand and ask a question. There is no shame to say, "I don't understand. Could you go over that again?" It lets teachers know that your child is engaged. Teachers need this feedback to decide if they need to slow down, to start over, to try a different approach, or to forge ahead.

Learning, just as life, requires "doing" - doing classwork, doing homework, doing projects and doing reading assignments.

When your child gets home each day, ask what they did in school today. Hold them accountable for their daily work by showing you what they completed in class.

As always, please don't hesitate to contact me if you have any questions, concerns, or suggestions. You can reach me at the school office or you can email me at Adrienne.Clotman@whcsd.org

Remember: Students + Parents + Teachers = SUCCESS!

Educationally Yours,

Adrienne Clotman

Assistant Principal, John Dewey

"One Team, One Vision, One Goal"

Media Use in School-Aged Children

Parents face challenges in monitoring their children's and their own media use and in serving as positive role models. In this new era, evidence regarding healthy media use does not support a one-size-fits-all approach. Parents and pediatricians can work together to develop a Family Media Use Plan using tools from www.healthychildren.org/MediaUsePlan that considers their children's developmental stages to individualize an appropriate balance for media time and consistent rules about media use; to mentor their children, to set boundaries for accessing content and displaying personal information, and to implement open family communication about media. Today's generation of children and adolescents are growing up immersed in media which makes it increasingly important that families make informed decisions about their children's technology use.

HELP KEEP JOHN DEWEY ELEMENTARY SCHOOL HEALTHY!

SPREAD THE WORD . . . NOT THE GERMS
HENRY THE HAND'S 4 PRINCIPLES OF HAND AWARENESS :

1. WASH YOUR HANDS WHEN THEY ARE DIRTY AND BEFORE EATING.
2. DO NOT COUGH INTO YOUR HANDS.
3. DO NOT SNEEZE INTO YOUR HANDS.
4. ABOVE ALL, DO NOT PUT YOUR FINGERS INTO YOUR EYES, NOSE OR MOUTH.



Sweet February: No Added Sugar Necessary

When you think about February, what comes to mind? Valentine's Day? Friendship? Love? Candy and sweet treats? We all love sugar and look forward to a sweet treat. But since added sugar is hiding in all kinds of foods, we may be loving it way too much.

Most of us know what sugar does to our teeth and our waistline, but here's something many of us may not know: **Growing scientific evidence shows that eating too much added sugar is linked to health problems, including diabetes and heart disease.**

There are things we really need to know about sugar.

During February, we will be sharing some surprising facts about sugar. Students can go to www.SugarScience.org to learn more.

Let's consider that February can be sweet without adding too much sugar!

JUMP ROPE FOR HEART

February is American Heart Month and to highlight this for our school, students participated in an assembly and heart healthy activities. The Jump Rope for Heart is our annual fundraiser for the American Heart Association and its fight against heart disease and stroke. The funds that were raised are donated to the Heart Association and are used for research, heart education and training programs.

Compassion is more than simply a nice idea, it's a concept that reminds us to treat others with kindness and empathy. Compassion is about listening, understanding and treating others as we wish to be treated ourselves. Compassion means thinking about your actions and how they will affect others, to not be mean or hurtful and to become caring people by doing caring things. *"Compassion is a muscle that gets stronger with use"* - Mahatma Gandhi.

Find some fun ways for your family to share compassion with yourselves and others.



Clinic News

According to the Ohio Department of Health, there has been an increase in influenza (flu)-like illnesses. Flu season generally lasts October through May with a peak in flu cases from December to February.

The best prevention is getting the flu shot and good hand washing in addition to proper nutrition and a good night's sleep.

Please keep your child home from school if he/she exhibits any of the following symptoms:

- Fever
- Muscle aches
- Loss of appetite
- Cough
- Runny nose
- Weakness
- Diarrhea
- Chills
- Dizziness
- Tiredness
- Sore throat
- Nausea or vomiting
- Ear pain

Math News

Did you know research shows that an emphasis on memorization, rote procedures and speed comprise what is known as procedural fluency in mathematics education? Procedural fluency improves learning and achievement. You can read more in this article from [Scientific American](#).

To increase learning and student achievement we now know that we must support conceptual understanding of mathematics.

