

# John Dewey Parent Communication

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### **WELCOME BACK!**

We would like to welcome everyone back from the winter break and hope that all were able to enjoy the time to relax and participate in some memorable activities with family and friends. As we move into the second half of the 2017-2018 school year, we want to welcome any families who are new to John Dewey and trust that you will find yourselves to be part of an outstanding and supportive learning community.

### **Parenting Tips for the New Year**

**Love your child for who they are:** Every child is unique with different temperaments and different interests. Every day they are learning and growing – and the New Year is a perfect time to take a new look at what makes your child special. You can support them as they struggle to master more difficult skills and celebrate their unique successes with them.

**Be a part of playtime:** Play is how young children learn about the world and practice new cognitive, emotional, and social skills. A parent can learn a lot about their child's developing skills and interests by participating in their play. Your questions, ideas, and attention support your child's curiosity and creativity. Play interactions with you can also help them to develop skills to use when they are playing alone or with peers.

**Talk about feelings:** Understanding and managing feelings is one of the hardest skills children under five have to tackle. So respect what they are feeling by recognizing their emotions, listening to their thoughts and helping them to work through their emotions.

**Be an example:** Though your voice, your expressions, your gestures and your actions, your child learns from you how to interact with other people and with the world.

### **MATHEMATICS**

#### **Did you know that every child is a mathematician?**

Mathematicians...

- Give others feedback to help them improve their thinking.
- Look for new ideas in other people's thinking.
- Ask other people to prove their thinking. How do you know?
- Ask genuine questions about different math ideas.
- Support each other.
- Look for more than one way to solve the problem.

#### **How can you encourage your child to be a mathematician at home?**

One way to encourage these characteristics at home is to involve your child in Math Talk while working on homework. This can be done as easily as asking your child to justify their answer. Often a child can get stuck and are not sure where to start with this. Providing a sentence starter for them can relieve any anxiety of explaining their thinking. Some great sentence starters could be:

I agree because ...

I disagree because ...

I think that ...

I'm wondering ...

I'm fuzzy about ...

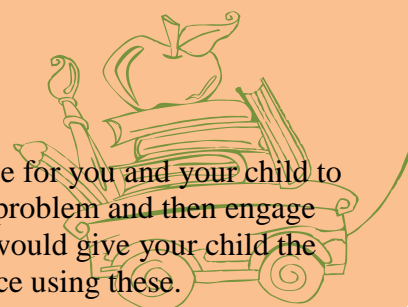
This is my solution / strategy ...

I'm picturing ...

Could you have ...

Why did you...

Another idea could be for you and your child to each solve a similar problem and then engage in Math Talk. This would give your child the opportunity to practice using these.



## School Health

Here are some gentle reminders to help keep your family at their best in 2018.

- Wash your hands often with soap and water.
- Get plenty of rest. Children at this age need at least 10-11 hours of sleep.
- Drink plenty of water and visit Choose My Plate to build healthier diets.  
[www.choosemyplate.gov](http://www.choosemyplate.gov)
- Below is a link with helpful information about Bed Bugs to keep in mind.  
<https://www.epa.gov/bedbugs>

Sleep is a vital component to ensuring your child's academic, emotional, and physical well-being. According to studies, children aged six to 13 need 9-11 hours of sleep each night. Unfortunately, in today's world with TV and video games so popular, this is often not the case. Please ensure your children are getting an adequate amount of sleep every night. Here are some tips:

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

Adapted from: <https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/3>

## BIRTHDAY CELEBRATIONS:

If you would like to bring in a treat for your child's class please following the procedures that have been set for to the school:

- Contact the teacher to make sure it is ok to take place a certain day.
- Treats will not be passed out until 3pm
- Be sure that all food is store bought (we want to be safe when it comes to scholars with allergies and food preparations).



Please pick your child(ren) up by 4:00 P.M. The office staff is not in the position to watch your children after that time. We do understand emergencies do arise.

## Educational Websites for Kids that are Free and Fun:

-[www.PBSKids.org](http://www.PBSKids.org) Try sing-a-long songs, sorting and counting games, watch videos and more.

-<http://www.sesamestreet.org/> Choose from hundreds of the show's video clips and play games that help them learn letters, animal sounds, rhymes, colors and more.

-<https://kids.nationalgeographic.com/> Watch animal cameras, learn interesting tidbits about animals, see and share photos of nature, learn about different countries and try science experiments.

<http://thekidzpage.com/> has more than 5,000 pages of learning games and activities. Online coloring pages, jigsaw puzzles and word games are just a few sections of this massive site.

