

# COUNSELOR'S CORNER

## John Dewey Elementary

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### Reading Testing Tips for Parents

(Kindergarten/1<sup>st</sup> grade)

Greetings!!! We are 35 days away from end of the year NWEA MAP TESTING. This is the time when our scholars will show us how much they have grown this year. Below are some testing tips for reading for parents.

1. Provide a quiet, comfortable place for completing homework distraction-free from TV or electronic devices.
2. Make sure that your child is well rested on school days and especially the day of a test. Children who are tired struggle to pay attention in class or handle the demands of a test.
3. Give your child a well-rounded diet. A healthy body leads to a healthy, active mind.
4. Select a "word of the week" and encourage your child to use the new word throughout the week.
5. After reading a book together, have your child explain his or her favorite event in the book.
6. Make time for frequent visits to the library, and let your child explore books that interest him or her.
7. Have your scholar complete Iready lessons at home. The lessons are tailored to fit each scholar's individual needs.

### Math Testing Tips for Parents

(Kindergarten/1<sup>st</sup> grade)

1. Spend time with your scholar on simple board games, puzzles, and activities that encourage strong math skills. Check your TV listings for shows that can reinforce math skills in a practical and fun way.
2. Encourage children to solve problems. Provide assistance, but let them figure it out themselves. Problem solving is a lifetime skill.
3. The kitchen is filled with opportunities to teach fractional measurements, such as doubling and dividing cookie ingredients.
4. Point out ways that people use math every day to pay bills, balance their checkbooks, make change, and calculate a tip at restaurants.

### Transitioning from Pre-k to

### Kindergarten

Kindergarten is a magical time. It is full of learning new things, making friends, and creating memories that will last a lifetime. Below are some tips to help make your scholar's transition to kindergarten a smooth one.

1. Read books everyday.
2. Talk to your child about his or her interests.
3. Encourage your child to be curious and ask questions.
4. Point out letters, numbers, and colors when you see them.
5. Help your child develop self control by practicing how and when to express their feelings and needs and when and if to act on impulses. The more self control a scholar has the more successful they will be.
6. Get Social!!! Playing with other children will teach your scholar how to share, take turns, communicate and problem solve.

### PBIS Word of the Month

### Fairness

- Taking turns
- Following the rules
- Being a good sport
- Telling the truth
- Thinking how your actions will affect others
- Taking responsibility for your actions





WARRENSVILLE HEIGHTS  
CITY SCHOOL DISTRICT  
**JOHN DEWEY  
ELEMENTARY SCHOOL**

### March is National Nutrition Month



March is National Nutrition Month, which is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Healthy eating is important no matter how old you are. This National Nutrition Month, *MyPlate* is here to help you “spring” into the new season with a variety of tools and resources to help you find a healthy eating style that works for you at any age. Whether you need to find a *MyPlate* plan that fits your needs or just need some tips to help you on your healthy eating journey, [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) is here to help. Learning how to manage food resources at home will help you “Go Further with Food”, while saving both nutrients and money.

**Key Messages:** Include a variety of healthful foods from all of the food groups on a regular basis. Consider the foods you have on hand before buying more at the store. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week. Be mindful of portion sizes. Eat and drink the amount that’s right for you, as *MyPlate* encourages us to do. Continue to use good food safety practices. Find activities that you enjoy and be physically active most days of the week. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.



## Test-Taking Strategies GENERAL TIPS

### Test Taking Tips for Parents

If you are anxious about your child’s test, it’s ok but try to keep cool around your child, you don’t want them to get anxious about their tests too.

Encourage your child to do well but don’t pressure him/her. You may stress him/her out. It is important for your child to stay relaxed for the test.

Mark down test days on your calendar so you and your child are both aware of testing date.

Make sure that your child gets enough sleep on the night before the test.

Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.

