



The Home to School
Connection:
10 Ways Parents Can Help
Their Children Succeed at School



Key Areas Where Students Need Support



Organization



Academics and Learning



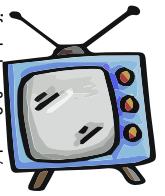
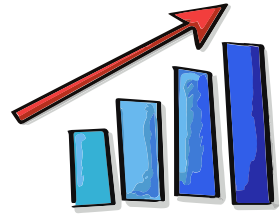
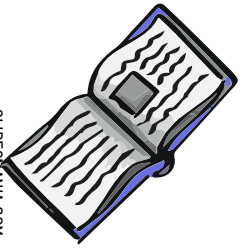
Social and Emotional Dynamics



Navigating School Systems



Organization



Tip 1: Setting Your Student Up for Success at Home

Have a Dedicated Workspace

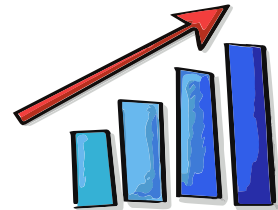
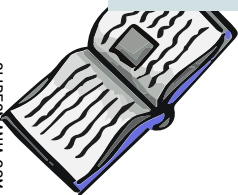
- A specific area at home for completing homework/studying
- Clean and free of other items
- Comfortable, quiet & well-lit
- Access to supplies such as pencils, paper, books & other helpful school materials

Ensure a Specific Schedule

- Determine the best homework/study time with your child (i.e. after playing and snack; after dinner, etc.)
- Stick to this schedule
- Take time for a 15 break every hour
- Support your child in breaking work up into manageable chunks

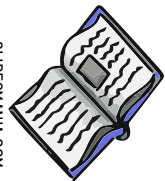
Motivate & Monitor

- Ask about assignments, quizzes & tests
- Praise their work and efforts
- Check completed homework
- Be available for questions, concerns and feedback
- Make sure students do their own work

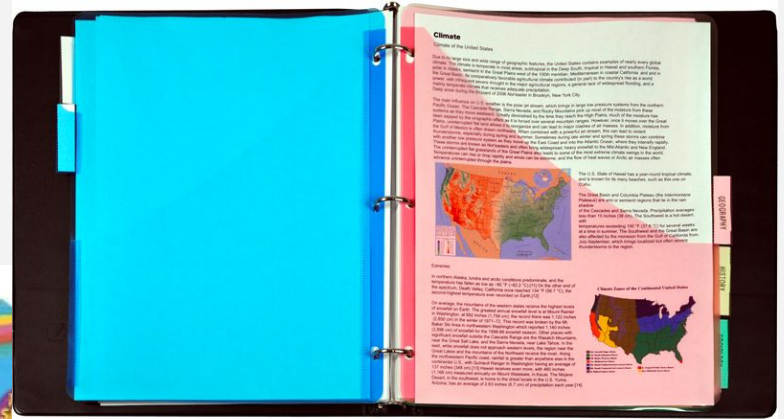
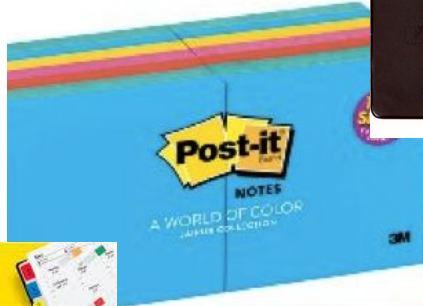


Tip 2: Routines!

- This helps them know what to expect.
- Helps build time management skills.
- Helps students with focus and organizational issues

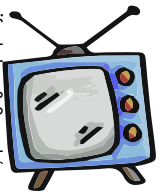
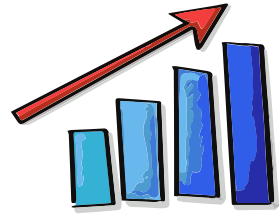
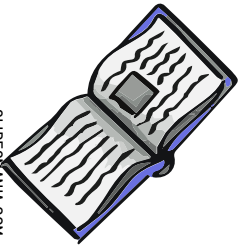


Tip 3: Backpack/Binder Cleanout



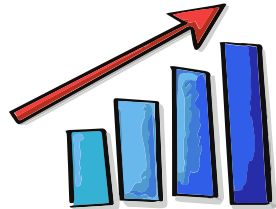
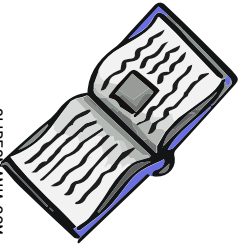


Academics



Tip 4: Foster a Culture of Reading

- Family reading time/ Family book clubs
- Library/Bookstore outings
- Letter and sound games (Bingo, Go Fish, Hopscotch, Relays)
- Rhyming games
- Audio books
- Create a print-rich home environment

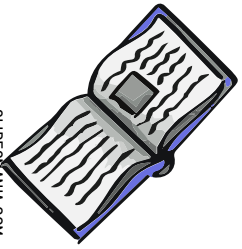




Beginning Reading Strategies



Help reinforce reading strategies that your children are learning at school.



Instead of telling your child a difficult word, help them move through different ways to figure it out.

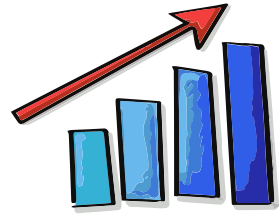


Look for known words. **the** **my** **odn**

Stretch the sounds. **d-o-g**

Chunk the known parts. **cat**

Read it again.



Questions to Ask Your Child When Reading at Home

Before reading...

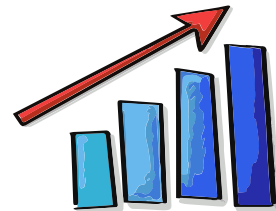
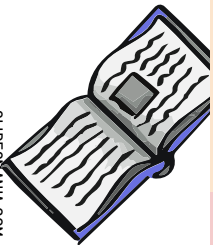
- Why did you select this book?
- What do you predict will happen?
- Does this book remind you of anything you've already read or seen?

During reading...

- Will you catch me up on the story? What happened so far?
- Where does the story take place?
- If you were that character, what would you have done differently in that situation?
- What does the place look like in your head as you're reading?
- What are some new words or facts that you learned so far?

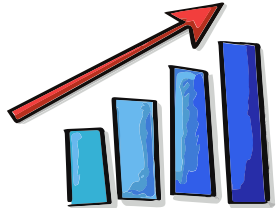
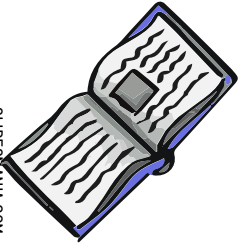
After reading...

- What was your favorite part of the story? Why?
- Who was your favorite character? Why?
- What was the most interesting thing you learned from the book?
- Why do you think the author wrote this book?
- Did the problem of the book's plot get solved? How?



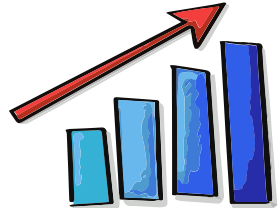
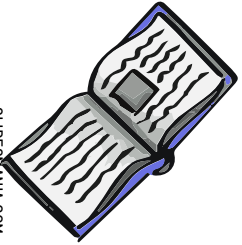
Tip 5: Math is in the world around us!

- Count, count, count (anything - toys, fruit, trees)
- Sort (household items - laundry, toys, food)
- Number recognition games (Go Fish, Memory, Bingo)
- Physical games - mix it up!
 - Hopscotch (letters, sounds, numbers)
 - Relays (letters, sounds, numbers)
- Create number stories with your children



Tip 6: Connect your child to resources

- Field trips
- Research topics together
- Safe media exploration
- Experts in the field
- Community programs





Social



Emotional Dynamics



Tip 7: Create a Zen Transition Between Home & School



DO:

- Greet your child with a smile and a huge
- Ask about a highlight of the day or a happy moment (non-academic)
- Allow for quiet moments so your child can recharge/
- Have snacks/fuel ready to go
- Provide a transition between the school world and home life
- Create a joyful ritual

DON'T

- Ask “What did you do in school today?” or “What did you learn?” or “What’s your homework?” immediately after school.
- Overschedule your child into activities/extracurriculars

Tip 8

Teach Your Children to Think for Themselves

1. Start early!
2. Model for your child. He/she will see and understand your path to making/solving an independent decision or problem.
3. Take a step back and allow your child to solve a problem. It's okay if they struggle. They will learn that sometimes things won't turn out the way they want. This will help your child be emotionally prepared to face challenges in the future.
4. Listen to your child instead of forcing a decision on him/her. This is how they grow to be confident and learn to make decisions and solve problems on their own .
5. Remind them that it is OK to make mistakes. Mistakes allow them to make better decisions as they move forward in life.
6. Ask lots of questions and encourage them to ask questions, for example, asking why they they might do something in a certain way. This way, you can help them work through the process..



Food for Thought:

Taking a step back and allowing your kids to think for themselves might be tough for some parents, but allowing children the space to make mistakes and gain confidence in their decision-making skills should start early on. It can be hard to let your kid sit with discomfort as they navigate the world on their own. That discomfort doesn't mean you're not there to help, it just means you're allowing them the space to grow, and think, on their own.

-Parents, February 5, 2021



Encourage Your Child to Advocate for Themselves at School

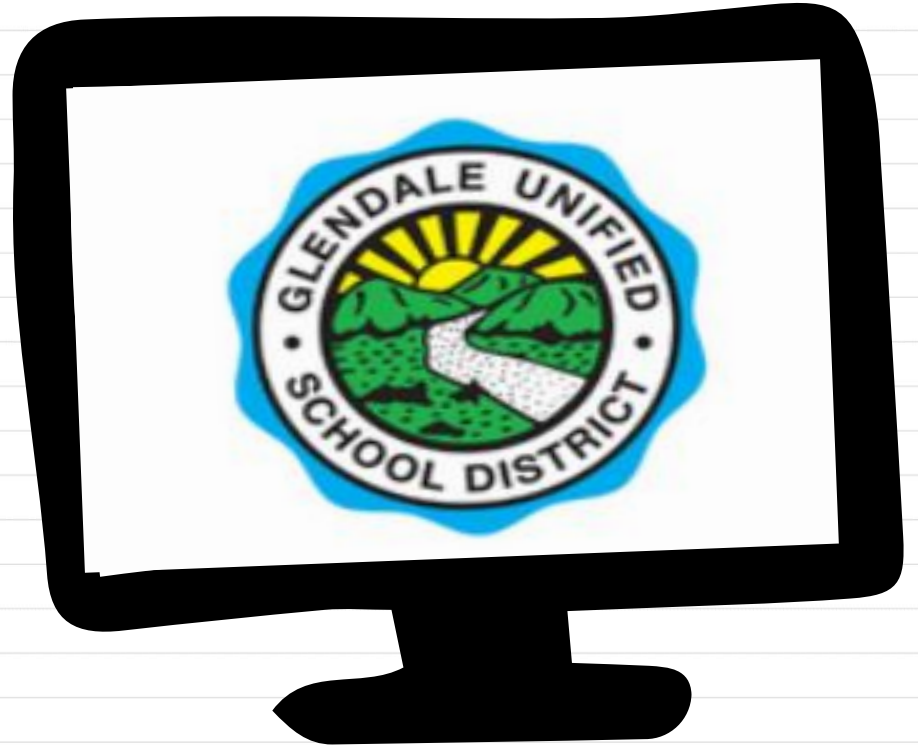
- Participate in class
- Ask clarifying questions
- Keep track of own HW and grades
- Know your teacher's procedures and policies
- Follow up with missing/absent work
- As age appropriate, find a study buddy
- Talk to a trusted adult about social situations

Tip 9: Support and Strengthen Peer Relationships

- Know your child's friends
- Listen and guide your child with peer issues
- Talk about what it means to be a good friend
- Practice conflict resolution
- Keep tabs on social media
- Educate yourself about adolescent developmental stages

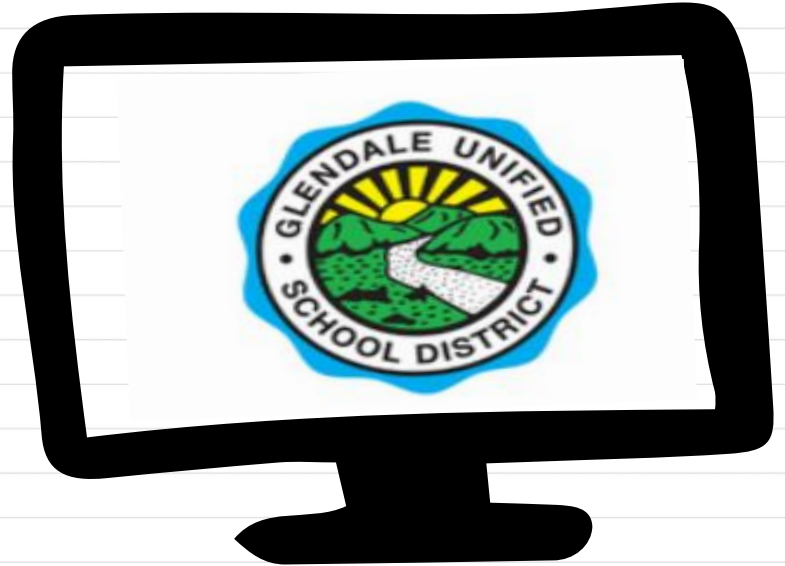


Navigating School Systems



Tip 10 Become Familiar with the 'Tech Side' of School

- District/School Website
- Teacher's Google Classroom or Seesaw
- Electronic Gradebook
- E-mail
- Parent Square



Thank you!

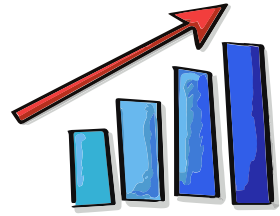
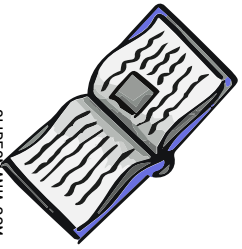


GUSD Teaching and Learning Team





Bonus Goodie



How can parents help?

- Always tell your children the **PLAN!!**
- Be willing to negotiate, keeping in mind the things that motivate teens. (Pick your battles.)
- Keep your eye on the prize—building goal-directed persistence. (*The best way to do this is to model this yourself.*)
- Teach organizational skills
- Allow flexibility
- Assign household chores
- Use a visual timer



Color Coding

- “Color”- Makes our brain pay attention
- “Coding” – Helps us plan and prioritize
- Develops important habits that reinforce systems



- Visual Reminders



- 1 The standard Lorem Ipsum passage, used since the 1500s
- 2 "Lorem ipsum dolor sit amet, consectetur adipisicing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum."
- 3 Section 1.10.32 of "de Finibus Bonorum et Malorum", written by Cicero in 45 BC
- 4 "Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam, eaque ipsa quae ab illo inventore veritatis et quasi architecto beatae vitae dicta sunt explicabo. Nemo enim ipsam voluptatem quia voluptas sit aspernatur aut odit aut fugit, sed quia consequuntur magni dolores eos qui ratione voluptatem sequi nesciunt. Neque porro quisquam est, qui dolorem ipsum quia dolor sit amet, consectetur, adipisci velit, sed quia non numquam eius modi tempora incidunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim ad minima veniam, quis nostrum exercitationem ullam corporis suscipit laboriosam, nisi ut aliquid ex ea commodi consequatur? Quis autem vel eum iure reprehenderit qui in ea voluptate velit esse quam nihil molestiae consequatur, vel illum qui dolorem eum fugiat quo voluptas nulla pariatur?"

Students with focus issues often have difficulty conceptualizing time.

- ✓ Anticipating how long it takes to do something is a skill that needs to be developed.
- ✓ Use a Visual Timer to help with what “10 minutes” feels like.
- ✓ Ask them to predict and reflect before and after a time frame is given.




3 questions...



- What do I have to do?
- When do I have to do it?
- How long will it take me?

Checklists have a variety of uses!

- ✓ Homework - English
- ✓ Homework - Math
- ✓ Binder
- ✓ Lunch
- ✓ PE Shirt
- ✓ PE Shorts
- ✓ Running Shoes



Behavior Checklist

Name: _____

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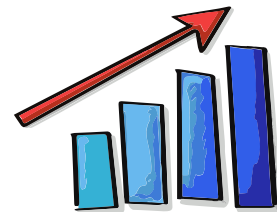
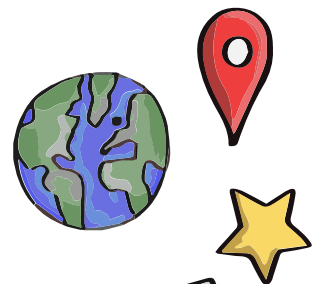
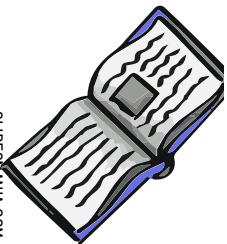
Finished homework/ Quietly read book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did not talk during homework time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participated in MindWorks/Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Threw snack trash away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walked quietly in the hallways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pushed chairs in and straightened desks before leaving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Setting Home Expectations

If your child is in a school that uses PBIS, the school will have a chart with desired behaviors, including a description of how those behaviors will look like in each setting. You can create a similar matrix for expectations at Home.

Home Example

	Virtual Classroom	Mealtime	Bedtime
Be Respectful	Keep background noise to a minimum when engaged in lesson	Be kind to family members during conversation Put your dishes in the sink	Be polite when reminded about bedtime
Be Responsible	Do your best work Turn in your homework when it is due	Wash your hands before helping with meal preparation and/or eating	Go to bed on time
Be Safe	Keep open drink away from computer keyboard	Keep feet on the floor	Wash your hands before brushing your teeth



	Be Respectful <i>Example: Kind Language</i>	Be Responsible <i>Example: Do Your Best Work</i>	Be Safe <i>Example: Wash Hands</i>
Teach	Describe what kind language does (and does not) sound like in your home. Demonstrate kind language and ask children to practice kind language with you.	Describe what “doing your best” means in your home. Examples might include focusing on your work, reading/listening to all instructions before beginning, asking for help when needed, and sticking with it until done. Discuss what this looks like (and does not look like) across the types of learning activities.	Describe and demonstrate how to wash hands (using various posters available from CDC). To ensure your children wash their hands for 20-30 seconds, have them pick a portion of a favorite song to sing.
Remind	At the start of the day and each new activity where kind language is expected, remind kids to be kind. For example, “Playing games together is fun, and let’s remember to be kind with our words.”	At the start of the day and at the beginning of new or difficult activities, remind children to “do their best work.”	Before meal preparation, before eating, after using the bathroom, or after touching their face, remind children to wash their hands.
Reward with Positive Feedback	When your child is kind, provide specific praise. For example, “Thank you for being kind when your sibling was having a hard time.”	When you see your child doing their best, provide specific praise. “It’s great to see you doing your best! I think you’ll be proud of your work!”	When you see your child washing their hands, provide specific praise—for example, “Awesome handwashing! Thanks for keeping our family safe.”

