



Newsletter

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JSS Office 587-1510

Volume 23 No. 3

September 14, 2018

If you wish to have a copy of this letter written in Spanish, French or Arabic, please contact the school department at 587-1315. Si le gustaria esta carta en Espanol, es posible. Llama 413-587-1315. Si vous voulez une copie de cette lettre en Français, veuillez contacter le Département de l'École 587-1315. في 587-1315 ية سردم الة ارادب لاصت الة ي جري، يبرع الة لالاب ةبوت كم ةلاس رلا هذ نم ةخسن يلع لوصح الة ي ب عرت تنك اذا

MESSAGE FROM MS. AGNA

FROM THE OFFICE:

If your child's pickup arrangement will be different from what you have told the teacher, or you are going to be late picking up, PLEASE let the office staff, Ms. Deirdre and Ms. Maria know. Often they have to figure out who is picking up and/or whether students get on buses or not. If students are not picked up at 3PM, teachers bring them to the office so we can contact families for the pick-up information. Please send in a note or call to let us know.

Thank you!

DROP-OFF SPOT AND USING CROSSWALKS

A staff member reported to me that she nearly hit a student who was let out of a car into the entryway to our parking lot. She had pulled in behind the student's car and did not expect the car to stop and let the student out. Needless to say, this is a very dangerous situation. Families PLEASE do not let your children out of cars until you have driven all the way around to the Drop-Off zone that is clearly marked. We know that the line is often long, especially on a rainy day but students cannot be let out of cars into the parking lot traffic.

Thank you.

TOYS AT SCHOOL – AGAIN!

Please help your children remember to leave their own toys AT HOME. If they bring them to school, we will ask them to put them in their backpacks until the end of the day. We cannot have home toys - or electronics, phones, etc. - at school. There is a risk of loss and/or conflict over them. This includes when students are outside before school - no home soccer, basket, and/or wall balls. We will call you if we need your help in establishing this rule.

We see students bringing balls, especially, for play before school. When supervision begins at 8:35AM, we will ask students to put them away for the day. It would be so helpful if you could just make sure they are not brought to school. Thank you for your help with this.

In case you are not aware, thanks to our wonderful PTO, we have a "Loose Parts Shed" for balls of all kinds, jump ropes, sidewalk chalk, cup walkers, colored pencils and paper and digging toys. We encourage students to give us ideas for stocking this shed and welcome your ideas as well!

SAFETY BEFORE SCHOOL

The permission form I wrote about in last week's newsletter is attached to this week's – in English and Spanish. I will attach it to the next 3 newsletters. Please fill it out if you are dropping your child or letting them go on the playground before the adult supervision begins at 8:35AM – and return to school ASAP. We can't possibly oversee the return of the forms to make sure all students have permission – however, if we do see students on the playground, we will check our file to make sure their parent/guardian has signed the permission. We will contact you if we do not have one.

JACKSON UPDATE!

Jackson's presence in our school continues to be extraordinarily wonderful! Now that all students have met him through the classroom visits, we, his "handlers", are developing a schedule with the teachers of regular visits and times that he will be in classes. This week, for instance, Jackson accompanied me to Readers Workshop in a 4th grade class and he attended some grade level Code of Conduct meetings, with Ms. Alessi and me. He has spent several sessions with Ms. Alessi and Ms. B-G in the mindfulness studio with classes. He has

accompanied Mr. Justin, school counselor, in his work. His presence is being “normalized” and integrated in all that we do. We love Jackson!

COUNCIL MEETING!!

OOPS – the date in last week’s newsletter was wrong for our first JSS Council meeting of the year. The meeting will be on TUESDAY, SEPTEMBER 25 from 3:30-5PM. All are invited to attend.

If you are interested in being on the JSS Council, please try to come to the meeting on September 25 – it’s the best way to find out if it’s something you want to do! Stay tuned to next week’s newsletter for information on becoming a member of the council....

How to Support Your Kid at School Without Being a Helicopter Parent -

Parents can help their children most by getting back to the basics and not trying to solve everything.

• BY MARK BERTIN SEPTEMBER 5, 2018

I came across this article and have copied/pasted it at the end of this newsletter. I do so with great respect as well and deep understanding of the challenges of being a parent. My children are ages 34 and 40 and my husband, Tom and I had the typical (of the time) concerns and anxiety. I know that it has gotten harder to parent in these days of hyper attention to everything and pressure to be everything and on top of everything for your children. I hope that you read/take this article in the spirit that I give it – to perhaps reduce your load of stress to be the best parent you can be. This is where a growth mindset comes into play – we are all still working, learning and evolving – and nothing is totally managed, YET.

We wish all who observe Yom Kippur a very peaceful day.

With great respect and affection,

Gwen Agna
Gwen Agna

HOLA NEWS

The Hands On Learning Afterschool program, HOLA, forms went home this Tuesday, and registration forms for classes are due back today, Friday the 14th. Class confirmations will be coming home by the end of next week.

Questions?

Call 587-1510 x3775 or email hola@northampton-k12.us

Thank you,

Ms BG

JSS GARDEN NEWS – Fall 2018

We are in the eleventh year of our school garden program, and the fifth year of “The Outdoor Garden Classroom” project for the four Northampton elementary schools. This project has been funded by two large NEF Endowment Grants, and by the generosity of our elementary schools’ PTOs. The support of the NEF and the PTOs have made possible the professional development and other support needed to run the district-wide school garden program. The purpose of the garden program is to promote environmental learning, authentic science explorations and healthy eating for Northampton public school students and their families. The program is designed to ensure that every student in the Northampton Public Elementary Schools experiences the benefits of an outdoor garden classroom such as our beautiful garden classroom at Jackson Street School!

THE JSS GARDEN IS A CLASSROOM, like the classrooms in the building, but it is outdoors (like the woods classroom). This year we have a bountiful harvest, and teachers have many curriculum plans that include garden activities. Now that the school year has started, we ask that our community, including parents, children and visitors, respect our outdoor garden classroom space and please, do not harvest or pick plants, fruits or vegetables from the garden. (Except the mint—please help yourselves to the mint!). The teachers and children will be harvesting, exploring and utilizing the garden in science lessons, social studies lessons, and more. You are of course welcome to visit, explore and enjoy with your eyes, ears, noses and imagination. Thank you, and spread the word!!

Here is the JSS Garden plan for the fall:

JSS Harvest Week, Oct. 15 – Oct. 19. We will celebrate the fall and harvest season as a school:

- Farmer Day (Tues., Oct. 16)– staff and children dress up as farmers to celebrate the school garden and local farming (hats, bandanas, overalls/blue jeans, etc.).
- “Whole foods for a whole week” - teachers promote healthy snacks in classrooms, and offer snacks from our garden for students.

A big thank you to Pat, Eileen, Sandy and Lynn and Mistelle Hannah, our new Food Service Director, for serving lemon cucumbers grown in the JSS Garden at lunch this week! The cafeteria will also be serving carrots from the garden soon. These tasty garden snacks are available to all students in the cafeteria. They were a big hit with students!

Harvest Festival and Garden Work Day, Thursday Oct. 18, 3:15-6:00 p.m. (rain date Friday Oct. 19th 3:15-6:00 p.m.). We will get the

garden ready for winter from 3:15 to 6:00 while enjoying harvest foods, including soup, salads, breads, drinks and desserts. Classes are invited to make soup, muffins, etc. for the potluck.

Class visits with School Sprouts: Garden outings with Hope Gardenier will continue again this year. Each visit is 40 minutes per class, three times in the fall and four times in the spring!

Thank you summer volunteers! Our summer volunteers took good care of our garden--they watered, weeded and more! This fall students will be harvesting carrots, cucumbers, tomatoes, lettuce, potatoes, squash, and other healthy foods.

Please consider being a part of our community garden, and joining the PTO's Garden Team. Contact Liz Horn, elhorn@mindspring.com, or Katharine Walmsley, kwalmsley@northampton-k12.us.

Thank you to our PTO for their continuing support of our school garden! And a BIG THANK YOU to the Northampton Education Foundation for funding our district-wide Outdoor Garden Classroom program this year!!

The Jackson Street School Garden Committee

NATURE'S CLASSROOM

Nature's Classroom parent meeting for all 5th grade parents - Thursday, Sept. 20 at 5:15 pm in the library

A big highlight of 5th grade is the Nature's Classroom (NC) trip, which is coming up soon - on October 9 - 12. Our children, their teachers and chaperones will go to Becket, MA for a wonderful 3-night experience of science and nature learning, team-building and bonding as a class.

On Thursday, Sept. 20 at 5:15 pm, all parents and guardians are invited to the JSS library for an information session about NC, graciously hosted by our 5th grade teachers. This will be a great opportunity to learn more about the trip and ask any questions.

(This is the same night as Open House at JFK Middle School, so we promise to get folks out by 6:00 so they can be at JFK for the 6:30 Open House).

The day before, Wednesday, Sept. 19, representatives from Nature's Classroom will visit during the school day to talk to all the 5th graders about the NC experience.

Most families returned their NC forms last spring - thank you! If you are new to JSS this year, please ask your child's teacher for the NC forms and we will send them home. And if you have not yet returned your forms, please send them in to your child's teacher ASAP. If you need any help, need replacement forms or have any questions, please reply here or to your child's teacher.

- Liz Horn (parent of Charlotte Shimpach in 212)
elhorn@mindspring.com 646-234-8805

BACK-TO-SCHOOL PACKETS & FORMS TO FILL OUT

In the first few days of school. Your student should have brought home a folder full of forms. Please look through these - there is lots of important information from the school district and the PTO. Some forms need to be filled out and returned, and some are just for your information.

If you do not receive a folder that first week, need another one for a second household, or need help with any of the forms, we are happy to help.

Thank you to so many of you for filling out all those forms - we know it is a lot of paper in these first weeks - thanks for bearing with us!

We are compiling the information and will have an updated school email list and paperless request list ready in the next couple of weeks - and will be getting back to volunteers very soon as well.

We will have a draft of the directory ready at Open House on Oct. 4 for you to double-check for accuracy before we print it.

If you have opted for paperless delivery of the newsletter, you may still receive a paper copy for the next couple of weeks - thanks for your patience!

If you haven't yet submitted your forms, please do so ASAP - we want to make sure you don't miss any communications or information! If you need another copy of any form, just let me know.

Please get in all forms by Monday, Sept. 17.

Thank you!

- Liz Horn, Volunteer Coordinator ELHORN@mindspring.com

FIRST COFFEE & TEA ORDERS OF THE YEAR!

Please get in any orders for delicious JSS coffee, tea or hot chocolate by Monday, Sept. 17 at 9:00 am. You can submit an order form in the office or email your order.

You should have received an order form in your back-to-school packet - if you need one, there are forms in the office or I am happy to email you one.

All coffee is fair-trade, organic and locally-roasted - and every purchase benefits JSS!

You can order any month or place a standing monthly order.

Many of you have already placed an order - thank you! Orders will be delivered to your child's classroom on Friday, Sept. 21.

If you have any questions, to get an order form or to place an order, please contact Liz Horn at ELHORN@mindspring.com or 646-234-8805.

Thank you for supporting JSS!

COFFEE HOUR IN THE FAMILY CENTER - WEDNESDAY, SEPT. 19 from 9:00 to 10:00 am

All parents, guardians and staff are warmly welcome at our bi-weekly Family Center coffee hour. Free coffee, tea and treats, a nice chance to catch up with other parents/guardians, and usually a visit from Ms. Agna. Younger children always welcome, too!

This year, for consistency, we are trying to have our bi-weekly coffee hour on the FIRST and THIRD Wednesdays of the month. Our next one after this week is Wed., Oct. 3.

Red Bag Farm Shares Available

Choose from a variety of Crimson & Clover Farm vegetables, plus fruits from other local farms, right from Jackson Street School every Wednesday from 3:00 - 4:00.

Subsidized shares are still available! For families with Free and Reduced Lunch, the price is \$30 for a small share and \$60 for a large share for 10 weeks. Families with SNAP will earn Healthy Incentive Program (HIP) benefits, meaning that 100% of your payment will be reimbursed!

Come visit our table on Wednesday from 3:00 - 4:00 pm to sign up or email Ms. Cowhey (mcowhey@northampton-k12.us) to learn more. Thanks to JSS PTO for their support!

Programa Bolsa Roja: espacios disponibles

Elija entre una variedad de verduras de Crimson & Clover Farm, además de frutas de otras granjas locales, directamente desde Jackson Street School todos los miércoles de 3:00 a 4:00.

¡Las acciones subsidiadas todavía están disponibles! Para las familias con SNAP o almuerzo gratis y reducido, el precio es de \$30 por una pequeña parte y \$60 por una parte grande por 10 semanas. Las familias con SNAP obtendrán beneficios del Programa de Incentivos Saludables (HIP), lo que significa que se reembolsará el 100% de su pago.

Venga a visitar nuestra mesa el miércoles de 3:00 a 4:00 pm para inscribirse o envíe un correo electrónico a la Sra. Cowhey (mcowhey@northampton-k12.us) para obtener más información. ¡Gracias a JSS PTO por su apoyo!

OFFICE VOLUNTEER NEEDED ON FRIDAY MORNINGS

We are looking for people to help in the office on Friday mornings, photocopying the newsletter and other papers that go home in backpacks on Fridays

If you can help out for about an hour and a half or so on Friday mornings (starting around 9:30 am), please email Liz below or let Ms. Deirdre Johnson or Ms. Maria Vega in the office know.

If you can commit to regular Fridays, that would be wonderful, but if you can do an occasional Friday, that would be very helpful, too.

Thank you!

- Liz Horn, Volunteer Coordinator elhorn@mindspring.com

JSS WALKING PROGRAM!

The JSS Walking Program is about to start up for the new school year!

This is a wonderful program that takes place during recess - students (1st through 5th grade) can choose to walk (or hop, skip, etc.) a course during their outdoor recess time, and each student receives a card to mark their progress. As the miles build up, students may receive special trinkets - and even a shout-out over the morning announcements! Some students participate regularly, some occasionally, but all are welcome, and many students find it fun, relaxing and good exercise.

We rely on our great parent volunteers to make this program run. If you are interested in helping, please email Liz below to let us know what day(s) you are available - we will show you everything you need to do. This is so much fun, and such a great part of our school - please consider helping, even if you can't do every week.

Thank you!

- Liz Horn, Volunteer Coordinator elhorn@mindspring.com

Grocery Card & Coffee Orders-Due 9/17

Just a reminder to get your grocery card & coffee orders in by Monday, September 17th. This fundraiser will repeat every month all year long!


Questions: ashleyandkeith@yahoo.com

We can't wait to welcome you and grow our amazing community together!

Questions? Alana Kaczmarek, PTO Chair: Alana.Kaczmarek@gmail.com, or Liz Horn, PTO Volunteer Coordinator: elhorn@mindspring.com

Thank you for supporting JSS!

IN THE NEWS

 **Toren Grosso-Siebecker**, in Ms. Raymer's 4th grade class, participated in the Therapeutic Equestrian Center's annual horse show on Saturday, 9/8/18, and won first place in his division! He has been taking horse riding lessons there since the spring, so this is a big achievement for him - CONGRATS Toren!

COMMUNITY NEWS

COMMUNITY CARNIVAL!!

Please join all six Northampton public schools' parent teacher organizations and School Local Northampton for a community carnival celebrating our public schools! The carnival will be held Sunday, Sept. 23 from 12 pm - 4 pm at John F. Kennedy Middle School (100 Bridge Road, Florence). There is a free bus loop available throughout the day (see schedule below).

The carnival, which originated at Jackson Street School, will feature 24 handmade, midway-style games, inflatable obstacle courses, bounce houses, poetry on demand and life advice from El Oso Azul (Attack Bear Press), delicious food for sale, and oh-so-many prizes to be won!

The event is free to enter. Tickets for the games/attractions are \$.25 each or 100 tickets for \$20.00. Special pre-event ticket packs will be available for purchase- \$20.00 for 100 tickets plus a bonus coupon for five extra

prize points. That's a \$7.50 savings! Pre-event ticket packs are only available until 9/22. If you would like to purchase a pack but can't make the PTO meeting, email Summer at summercable@gmail.com.

Bus Schedule

Pick up - 11:45 (approximate)

Leeds School, Ryan Road School, Florence Heights

Drop off at JFK

Pick up - 12:30 (approximate)

Bridge Street School, Jackson Street School, Meadowbrook Apartments

Drop off at JFK

Pick up - 1:00 (approximate)

Leeds School, Ryan Road School, Florence Heights

Drop off at JFK

Pick up - 1:30 (approximate)

Bridge Street School, Jackson Street School, Meadowbrook Apartments

Drop off at JFK

Depart JFK - 2:15

Stops at: Leeds School, Ryan Road School, Florence Heights

Depart JFK - 3:00

Stops at: Meadowbrook Apartments, Jackson Street School, and Bridge Street School

Depart JFK - 3:45 for all stops - this is the last bus of the day.

LOCAL CHORUS

Nerissa Niels, mom of Johnny Niels-Duffy, has been leading children's choruses since 2015. She now has two. Local Chorus is for kids aged 5-13 whose repertoire includes folk, pop, rock and classical songs. Our mission is to bring joy to the community through music and performance. Starting September 25 at the Montessori School of Northampton. We meet for 10-week sessions, skipping holidays and vacations. Each session will include at least one performance. We have performed with Sarah Lee Guthrie and Johnny Irion, The Niels, and served as the musical welcome for Senator Ed Markey's 2017 Town Hall in Northampton.

Meeting Tuesdays 4-4:45, cost is \$150.

For older kids (10-14), she offers Focus Chorus, which meets on Tuesdays 7-8pm out of her Little Blue Studio in Northampton. This group is more advanced, singing close harmonies and almost always 3 parts. Cost for Focus Chorus is \$175.

Sibling discount and scholarship available.

For more information, or to sign up, email Nerissand@gmail.com. Space is limited to 25 kids per chorus.

NEF FUNDRAISER

Building Better Brains: A NEF Fundraiser with Dr. Sharon Saline on Wed., Sept. 26 at 7:00pm in the Little Theatre at Northampton High School

In this workshop for parents and educators, Dr. Sharon Saline will help you understand what executive functioning skills are and why nurturing them contributes to academic success and happier home lives. Using current research on the developing brain and examples from students themselves, Dr. Saline will show you how and why executive functioning skills are critical to the learning process. With a deeper understanding of these skills, you'll be able to create more effective strategies that nurture cognitive strengths and overcome daily challenges. You'll walk away with practical tools for improving organization, planning and follow through. Donations to benefit NEF (Northampton Education Foundation).

SCI-TECH CAFÉ

It's that time of year again and we are excited to kick off this season's SciTech Cafe series on September 24th with Dr. Jennifer Ross of UMass.

Event location: Union Station, 125A Pleasant Street, Northampton MA. Light appetizers are available while supplies last, and food is available to order.

Time: 6:00pm

Save The Dates / Upcoming Speakers!

9/24/18: "Futuristic Materials From Biological Fundamentals" presented by Prof. Jennifer Ross, UMass Amherst

10/22/18: Megan Dobro, Hampshire College (Biology)

12/3/18: Ken Colodner, Mount Holyoke College (Neuroscience)

1/28/19: Katie Mack, NC State University (Astrophysics)

2/25/19: Kaca Bradonjic, Hampshire College (Physics)

3/25/19: Jesse Mager, UMass Amherst (Vet Science)

4/22/19: Bosiljka Glumac, Smith College (Geology)

6/3/19: TBA

MARK YOUR CALENDAR - We're always adding new dates so keep checking. PLEASE check the Northampton Public Schools website for district calendar updates.

Parents Hour in the Family Center every other Wed. from 9-10AM, beginning Wed. Sept. 6.

Walking School Bus – Ms. Agna alternates on Fridays around 8:10AM between the bike path (starting behind Stop and Shop) and Hampshire Heights, starting at the bottom of the hill near the CVS plaza.

- TODAY, FRIDAY, SEPTEMBER 14** Ms. Agna walks through Hampshire Heights on the Walking School Bus – Jackson walks with her. 8:10AM at the bottom of the hill!
- Wed. Sept. 19** Coffee Hour in the Family Center 9-10AM
- Tues. Sept. 25** JSS COUNCIL MEETING – 1st of the year! 3:30-5PM in the library. All are welcome!
- Tues. Oct. 2** PICTURE DAY - School Pictures taken – OPTIONAL individual photos can be purchased for families but we will have class photos for all, thanks to our amazing PTO!
- Wed. Oct. 3** Coffee Hour in the Family Center 9-10AM
Teacher Work (Half) Day
- Thurs. Oct. 4** JSS OPEN HOUSE 5:30 Doors open for Family Photos and displays in cafeteria, School Council election, among other things! 6-7PM Classrooms are open
- Mon. Oct. 8** NO SCHOOL – Columbus Day/Indigenous People's Day Holiday
- Tues. Oct. 9-Fri. Oct. 12** NATURE'S CLASSROOM for 5th graders – details to follow...
- Wed. Oct. 10** International Walk to School Day
Coffee Hour in the Family Center 9-10AM
- Wed. Oct. 17** Coffee Hour in the Family Center 9-10AM
- Mon-Fri. Oct. 23-27** Parent/Teacher Conferences – half-days in the elementary schools
(Evening conferences on Oct. 24 & 25). Dismissal every day at 12:20PM
- Thurs. Nov. 1** 5th grade Family Dinner
- Mon. Nov. 5** 4th grade Family Dinner
- Tues. Nov. 6** NO SCHOOL – ELECTION DAY
- Wed., Nov. 7** 3rd grade Family Dinner
- Thurs. Nov. 8** 2nd grade Family Dinner
- Mon. Nov. 12** NO SCHOOL – Veterans Day
- Tues. Nov. 13** PICTURE RETAKE DAY
1st grade Family Dinner
- Thurs. Nov. 15** KDG Family Dinner
- Wed. Nov. 21** Thanksgiving Break begins at 12:20PM
- Wed. Dec. 5** Teacher Work (Half) Day
- Fri. Dec. 22-Tues. Jan. 2 (first day back)** NO SCHOOL – December Holiday Break
- Fri. Mar. 15** ALL-SCHOOL CONCERT – Stomp(ish) Part II 9:30AM in the gym (YES, we know it's a half-day –dismissal is at 12:20PM, plenty of time for the concert!)

How to Support Your Kid at School Without Being a Helicopter Parent -

Parents can help their children most by getting back to the basics and not trying to solve everything.

• BY MARK BERTIN SEPTEMBER 5, 2018

As the school year looms, it's easy for parents like me to feel a sense of intense pressure. We may worry, sometimes for valid reasons, about our children's academic progress, independence, and social life. We get caught up in micromanaging and ruminating instead of staying grounded and clear-sighted in our planning.

How do we reduce the pressure and still give our children what they need? A long-term focus on the resilience of our children—their ability to overcome challenges independently—is what can really help them thrive in school.

As a developmental pediatrician, I believe it's the proven basics that matter most for a child's resilience: their belief in their own self-efficacy, strong self-management skills, and reliable relationships. If we can let go of other pressures created by our busy family life, fads and trends within our communities, and information overload on the Internet, we can confidently focus on the tried-and-true instead.

As we start this new school year, here's what child development research shows builds resilience in our kids.

1. Consistent relationships

Dr. Robert Brooks, one of the foremost experts on resiliency, emphasizes the benefit of having at least one “charismatic adult” in your life throughout childhood. Dr. Brooks defines this vital role as someone from whom a child gains strength and who meets their emotional needs. Healthy relationships of this kind start with consistency, positive feedback, and low-key, fun time together.

So, before filling up your calendar with extra activities, protect family time, play time, and social time in your child's weekly schedule. For example, research shows that in families who eat meals together more frequently, adolescents have higher well-being and better relationships. Unstructured play time helps kids build relationships and contributes to the development of their social-emotional and self-management skills—which is why the American Academy of Pediatrics recently issued a recommendation that physicians “prescribe” play for children.

2. A sense of self-efficacy

In everyday life, encourage your children to believe in their own strengths—whether around their behavior, a sport, creativity, or whatever you else you see—by praising and valuing them yourself, particularly when they find school challenging. Perhaps even more importantly, notice and comment on their hard work when you see it. When children hear that solid effort leads to success, rather than getting the message that they should be smart and get good grades, they persist more. This helps them become more resilient when they suffer any setbacks in doing their schoolwork.

In everyday life, encourage your children to believe in their own strengths—whether around their behavior, a sport, creativity, or whatever you else you see—by praising and valuing them yourself.

Most children are also driven by short-term achievements and have a hard time persisting when they don't taste success. They will be more motivated when they focus on incremental goals that sustain their interest and sense of accomplishment, rather than protracted long-term plans. For example, if your child has been struggling in French, “successfully stick to your new study plan this month” may be more motivating than “get a B+ in French this year.”

3. Self-management skills

“Executive function” skills include all mental abilities that allow us to envision the future, organize our lives, persist at long-term tasks, and make plans. Since these skills only mature as we become adults, it isn't typical for younger children and even many teens to manage their academic lives independently until they learn how from adults.

Without these more concrete managerial abilities, our children may find that success is elusive. Because of that, many require direct guidance around academic routines right up until they show themselves capable. In fact, what appears to be poor effort on their part often reflects a lack of knowing what to do next, or how to adjust and stick to a plan.

By understanding how executive function develops, we can accept the reality that many students need involved parents and teachers to figure out how to study, manage time, and handle whatever hurdles they encounter around school. Teach self-management skills by creating detailed routines around homework, managing projects, writing assignments, and studying, and then assist children in maintaining those plans. We can change the course of an entire school year by establishing useful academic habits right from the start.

We can change the course of an entire school year by establishing useful academic habits right from the start.

4. Addressing skill deficits

Whenever children fall behind, it's vital for their future that we intervene early. Around executive function, language, reading, and anywhere else, the sooner children catch up, the better. That catch-up requires that we honestly, compassionately evaluate where work is needed, then implement appropriate supports. Many students require parents and teachers to lead and initiate these interventions, since problem-solving and self-advocacy are also part of their (still-maturing) executive function.

One specific way to improve executive function is through mindfulness—a focused, nonjudgmental attention towards everyday experience that can be developed with practice. Children can learn mindfulness through formal meditation, such as a few minutes built into bedtime. More informally, it can grow from paying detailed attention to activities like eating or walking in the woods. Whatever works for your family, these types of practices are also something to consider when prioritizing family time.

While nothing is guaranteed, focusing on these proven basics—healthy relationships, emphasizing effort, self-management skills, and early intervention—is bound to make a difference to your children. While countless other details, plans, and challenges will no doubt be part of their school year, it's their resilience that will provide the strength to persist through it all. As a parent, coming back to this simple framework when you feel off balance or overwhelmed will help you let go of any pressure to do even more. And you can rest assured that you already are setting up your child for a successful school year.

2018-2019 UNSUPERVISED PERMISSION FOR PLAYGROUND
USE BEFORE SCHOOL HOURS AT JACKSON ST. SCHOOL

There is no supervision by school employees before 8:35AM. All students who wish to play on the playground before school without the employee supervision must have written permission by a parent or legal guardian.

Please sign the permission slip below, indicating that you understand there is not supervision and you give your child permission to play before school unsupervised.

Thank you.

Sincerely,

Gwen Agna, Principal

I, _____ give permission for my child, _____ to play on the playground before school for the 2018-2019 school year. I understand that this is a safety risk and that there are no school employees supervising my child before 8:35AM on school days.

Parent/Guardian Signature

Date

PERMISO PARA EL USO NO SUPERVISADO DEL PATIO DE LA
ESCUELA JACKSON ST. ANTES DEL HORARIO ESCOLAR
EN EL AÑO 2018-2019

No hay supervisión por parte de los empleados de la escuela antes de las 8:35 a.m. Todos los estudiantes que deseen jugar en el patio de recreo antes de la escuela sin la supervisión de empleados deben tener un permiso por escrito de un padre o tutor legal.

Por favor, firme la hoja de permiso debajo, indicando que usted comprende que no hay supervisión y le da permiso a su hijo/a para jugar sin supervisión antes del horario de la escuela.

Muchas gracias.

Atentamente,

Gwen Agna, Directora

Yo, _____ doy permiso para que mi hijo/a, _____ juegue en el patio antes del horario de escuela durante el año escolar 2018-2019. Entiendo que esto es un riesgo para la seguridad y que no hay empleados escolares que supervisen a mi hijo/a antes de las 8:35 a.m. en los días de escuela.

Firma del Padre/Tutor

Fecha