



Marcum Matters

2452 El Centro Blvd., East Nicolaus, CA 95659

www.marcum-illinois.org

Main School Line (530) 656-2407

School Cell (530) 933-0746

Den Cell (530) 740-2041

Board of Trustees

Jeff Moore	Board President
Jill Bramhill	Board Clerk
Alan Menigoz	Board Member
Keith Turner	Board Member
Josh Wanner	Board Member

November 2022

Upcoming Events

November 1

School Site Council Meeting
3:30pm Zoom

<https://us02web.zoom.us/j/81716396125>

November 3

Football/Volleyball Games
1:00pm PG @ Marcum

November 8

Parents' Club Meeting
6:00pm

November 9

GATE
3:30pm-4:30pm

November 10

Football/Volleyball
A-Team Tournament @
Marcum
12:15pm

November 11

No School- Veterans Day

November 14-18

Minimum Days TK-8th Grade/
Parent Teacher Conferences
Dismissal Times
12:20 TK-2
12:25 3-5
12:30 6-8

November 14

Board Meeting
6:00pm

November 15

Picture Day Re-Takes

November 21-25

No School-
Thanksgiving Break



Parent Teacher Conferences

We have nearly completed our first trimester of the 22/23 school year and teachers will be working on report cards and preparing for Parent-Teacher Conferences soon. Parent-Teacher Conferences are an opportunity to have a conversation about individual students' academic and behavior goals and successes. Parent-Teacher Conferences for the 1st trimester are scheduled for November 14th-18th. We found that Zoom conferences allowed for the greatest flexibility for our families, so we will continue to offer Zoom conferences. Teachers will send out the link to their Zoom meeting room prior to the conferences. Please use the sign-up links below to sign up for a time slot to meet with your child(ren)'s teacher(s): [Transitional Kindergarten](#), [Kindergarten](#), [1st Grade](#), [2nd Grade](#), [3rd Grade](#), [4th Grade](#), [5th Grade](#), [6th Grade](#), [7th Grade](#), [8th Grade](#)

Enrichment Saturday School

On Saturday, November 5th, Mrs. Lucas and Ms. Shasta will be hosting Saturday School with a Lego theme! If your child has had an absence this year, they can have their absence turn into a day of attendance by attending this fun half day session! You can sign up [online](#) or complete the attached sign up form and send it in to school. Saturday school is limited to 30 students, so be sure to sign up soon!

School Safety

The safety of our students and staff is our biggest priority at Marcum. Each year we review and update our Comprehensive School Safety Plan, re-teach routines through emergency drills, host safety assemblies with community partners such as the fire and sheriff departments, and look for ways to ensure our safety practices are as up to date as possible. The Sutter County Sheriff Department and Yuba City Police initiated a collaboration meeting with schools at the start of the school year to share best practices, identify needs, and communicate that all of their officers are trained to enter emergency situations and take charge with zero hesitation. If there is ever an active emergency occurring on campus, families will be notified via our all-call/text system as early and often as possible. A family member's first instinct may be to come to the school site. Please do not come to the campus, do not call your child(ren), and do not call the school at that time. Doing so will complicate the resolution of the situation, threaten the safety of yourself, staff, and our students, and slow down the emergency procedures and/or reunification process already in progress. The best course of action, as a family member, is to stay close to communication channels such as cell phone/website/email/tv/radio to be informed with updates and instructions to ensure the best outcome for all involved.

Parents' Club Update

Please join us in planning some of the fun by attending a Parents Club meeting the second Tuesday of each month at 6pm. It's a great way to learn more about the school, meet other parents and staff, and get involved. Plus we have pizza! The next meeting is Tuesday, November 8th.

Thanks for participating in last month's Butterbraid/Cookie Dough fundraiser and the UN-Fundraiser. The funds raised help pay for class supplies, field trips, assemblies and much more! We're even saving up to build a new track at Marcum. Students who sold 5 items or participated in the Un-Fundraiser will get to attend a special show later this month. It's not too late to participate in the Un-Fundraiser for this school year, to sign up online visit <https://marcum-un-fundraiser-22-23.cheddarup.com>.

Costume Exchange

In preparation for a costume exchange next year, we are collecting used costumes after Halloween. Please bring your gently used costumes and leave them in the box outside of the office. All sizes (including adult sizes!) are appreciated. Thank you!

Polar Express Pajama Party

All aboard! Parents' Club is hosting a Polar Express pajama party on Friday, Dec 2nd at 6pm. Doors open at 5:30pm. To ensure we have enough supplies, please purchase your tickets before Nov. 29th. For just \$2 per person, we'll be watching The Polar Express movie, enjoying cookies, hot chocolate, doing some holiday crafts and we have a surprise in store for those who believe in the magic of the holiday season. A limited number of tickets will be available at the door. Wear your pajamas and bring a pillow or blanket to stay cozy during the movie. Tickets available online at <https://the-polar-express-tickets-dec-2.cheddarup.com>.



Enrichment Saturdays

Has your child missed a day of school this year? If so, have them come join us for one of our Enrichment Saturdays and turn their absence into a day of attendance! The classes will be from 8:30 a.m.-12:30 p.m. and school breakfast and lunch will be available. The purpose of these Saturdays is for those students who have missed a day to make it up, turning their absence into a day of attendance (this applies to both excused & unexcused absences). Having your child attend these days helps the school gain the ADA money that was lost on a day your child was absent. Students with absences will have priority to attend Saturday School Sessions. Saturday School will only make up an absence that has already occurred; you cannot bank the Saturday School Session to be applied to a future absence.

**On Saturday, November 5th,
Mrs. Lucas and Ms. Shasta will be
holding an Enrichment Saturday School**

If you would like to sign your child(ren) up, please complete the online form here <https://forms.gle/92zndsDyXMt1icFL7> OR fill in the following and return it to the school office no later than November 2nd. To ensure that we have enough supplies and meals for the students attending, only those that have signed up in advance may attend.

*No more than 30 students per session. Students will be signed up in the order their forms are received in the office.

*Priority will be given to students who have absences.

My child(ren) will be attending the Saturday School Session on November 5th,
from 8:30am-12:30pm:

Name: _____ **Breakfast:** Yes No **Lunch:** Yes No

Name: _____ **Breakfast:** Yes No **Lunch:** Yes No

Name: _____ **Breakfast:** Yes No **Lunch:** Yes No

Name: _____ **Breakfast:** Yes No **Lunch:** Yes No

Parent Signature: _____ Date: ____/____/____



Lifetouch.

PICTURE RETAKE DAY IS COMING



You can still order on

mylifetouch.com



Tuesday, November 15, 2022

Marcum-Illinois Elem School Retake Day!



- ① Visit **mylifetouch.com**
- ② Enter your Picture Day ID
EVTGW2VTR
- ③ Want us to retake your picture?
Simply return your original
package on Picture Retake Day.

Lifetouch
REWARDS[™]

Earn exclusive offers for your
online picture purchases.

THE POLAR EXPRESS

PAJAMA PARTY

All Aboard!

Marcum Parents' Club invites you to join us for a magical event! Ticket includes admission to The Polar Express movie, a craft, hot cocoa and a cookie plus we have a little surprise in store for everyone who believes in the magic of the holiday season.

Friday, December 2nd at 6pm, doors open at 5:30.

Wear your pajamas and bring a pillow and sleeping bag to keep you cozy during the movie.

To ensure we have enough supplies, purchase your tickets by Nov 29th using the QR code below. A limited number of tickets will be available at the door.

TICKETS \$2



Food and other concessions will be available for purchase at the event.



MARCUM-ILLINOIS ELEMENTARY SCHOOL

Spirit-Wear ORDER FORM 2022-23 DUE BY 11/18 FOR FREE SHIPPING



931 Washington Blvd.
Suite No. 110, Roseville, CA

QUESTIONS?
916-774-1616
rosevilleinfo@gmail.com
promotemeroseville.com

100% Ring Spun Cotton Ladies V-Neck Tee **\$22**

LPC450V

SPECIFY COLOR:

XS _____
S _____
M _____
L _____
XL _____
*2XL _____
*3XL _____
*4XL _____

Colors: Navy, Black, Gray, Gold
*Add \$3 for 2XL,
\$4 for 3XL, \$5 for 4XL

Adult & Youth 100% Ring Spun Cotton Tee **\$22**

PC450
PC450Y

SPECIFY COLOR:

YS _____
YM _____
YL _____
YXL _____
S _____
M _____
L _____
XL _____
*2XL _____
*3XL _____
*4XL _____

Colors: Navy, Black, Gray, Gold
*Add \$3 for 2XL,
\$4 for 3XL, \$5 for 4XL

18500 18500B Adult & Youth 50/50 Cotton/Poly Hooded Sweatshirt **\$38**

SPECIFY COLOR:

YS _____
YM _____
YL _____
YXL _____
S _____
M _____
L _____
XL _____
*2XL _____
*3XL _____
*4XL _____

Colors: Navy, Black, Gray, Gold
*Add \$3 for 2XL,
\$4 for 3XL, \$5 for 4XL

Unisex & Youth Long Sleeve Tee - Navy Blue **\$24**

PC54LS
PC54YLS

YS _____
YM _____
YL _____
YXL _____
S _____
M _____
L _____
XL _____
*2XL _____
*3XL _____
*4XL _____

*Add \$3 for
\$4 for 3XL, \$5 for 4XL

Adult & Youth 100% Embroidered Zip-Up Jersey **\$45**

993M
993B

YS _____
YM _____
YL _____
YXL _____
S _____
M _____
L _____
XL _____
*2XL _____
*3XL _____
*4XL _____

*Add \$3 for
\$4 for 3XL, \$5 for 4XL

YOUTH SMALL AND YOUTH MEDIUM SIZES RUN SMALL.

Tie Dye 100% Cotton Youth & Adult Tee **\$27**

SPECIFY COLOR:

YS _____
YM _____
YL _____
YXL _____
S _____
M _____
L _____
XL _____
*2XL _____
*3XL _____
*4XL _____

Colors: Spider Navy, Spider Black
Spider Silver & Spider Gold
*Add \$3 for 2XL,
\$4 for 3XL, \$5 for 4XL

\$25 **\$25**

Snap-Back Hat One size fits most STC50
Navy _____ Black _____

\$18

Acrylic Cuff Knit Cap Navy STC37
OSFM _____

\$18

Port and Co. Knit Cap Navy Cp90
OSFM _____

DUE BY 11/18 FOR FREE SHIPPING

Parents Name: _____ Student Name: _____ Phone Number: _____

Credit Cards, Cash or Check CASH Credit Card _____
Prices Include Tax Exp. _____ Code# _____
Please make checks payable to Promote Me Promote Me Will be charging your CC. **TOTAL \$:** _____

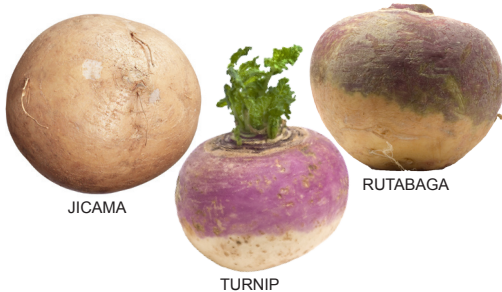
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetables are

root vegetables



JICAMA

TURNIP

RUTABAGA

Health and Learning Success Go Hand-in-Hand

Family meals can be a great time to care for the body. Take time to set the table, eat together, and share stories. Experts agree that sharing meals may help to avoid teenage smoking, alcohol/drug abuse, and depression. Use *Harvest of the Month* recipes and serving ideas for healthy ways to enjoy root vegetables.

Produce Tips

- Select firm **jicama** that are smooth with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
- Choose small- to medium-sized **turnips** that are smooth, round, and firm. Store in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.
- Look for **rutabagas** that are heavy, smooth, round, and firm. Store in a cold, dry place for up to four months or in the refrigerator for one month.

Healthy Serving Ideas

- Look for roots like jicama, parsnips, turnips, rutabagas, and radishes at your local market.
- Peel and slice crisp jicama. Sprinkle with chili powder for a quick snack.
- Peel and cube parsnips and add to your favorite soup.
- Sauté sliced turnips, turnip greens, and chopped onions for a flavorful dish.
- Serve mashed rutabagas instead of mashed potatoes.
- Shred radishes and add to a green salad.

JICAMA PIÑA BREEZE

Makes 3 servings. 1 cup per serving.
Cook time: 10 minutes

Ingredients:

- ½ cup canned pineapple chunks with juice, packed in 100% juice
 - ½ cup fresh jicama, peeled and cut into small pieces
 - ½ cup fresh orange, peeled and cut into small pieces
 - 2 cups 100% orange juice
1. Place all ingredients in a blender container.
 2. Blend until smooth. Pour into glasses and serve immediately.

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg

Source: *Healthy Latino Recipes Made with Love, Network for a Healthy California, 2008.*

For more recipes, visit:

www.cachampionsforchange.net

Let's Get Physical!

- **At work:** Stretch with co-workers to help relax during your break.
- **At school:** Encourage your child to start a walking group during recess. They can talk while they walk!
- **With the family:** Play touch football or tag this weekend.

Gardening, doing yard work, vacuuming, sweeping – all types of physical activity count towards your daily needs!

To find out how much activity you and your family need, visit:

www.cdc.gov/physicalactivity

Nutrition Facts

Serving Size: ½ cup raw jicama, sliced (60g)	
Calories 23	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 20%	Iron 2%

How Much Do I Need?

- A ½ cup of sliced jicama, turnips, or rutabagas is about one cupped handful.
- A ½ cup of most root vegetables is an excellent source of vitamin C.
- Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system.
- Most people should get over half of their calories from complex carbohydrates. Good sources include fruits, vegetables, and whole grains.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to try a variety of colorful fruits and vegetables every day. It will help them reach their recommended daily amounts.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What's in Season?

Roots – like jicama, turnips, rutabagas, radishes, and parsnips – are in peak season in late spring through fall.

Try these other good or excellent sources of complex carbohydrates for energy: corn, dry beans, peas, and sweet potatoes.



November Breakfast Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Strawberry Mini Bagels Fruit Milk	2 Chef's Choice Fruit Milk	3 Pizza Bagel Fruit Milk	4 Cinnamon Roll Fruit Milk
7 Chef's Choice Fruit Milk	8 Chef's Choice Fruit Milk	9 Chef's Choice Fruit Milk	10 Pancake on a Stick Fruit Milk	11 No School Veteran's Day
14 Chef's Choice Fruit Milk	15 Strawberry Mini Bagels Fruit Milk	16 Chef's Choice Fruit Milk	17 Pizza Bagel Fruit Milk	18 Cinnamon Roll Fruit Milk
21 No School Thanksgiving Break	22 No School Thanksgiving Break	23 No School Thanksgiving Break	24 No School Thanksgiving Break	25 No School Thanksgiving Break
28 French Toast Fruit Milk	29 English Muffin Fruit Milk	30 Blueberry Bagel Fruit Milk		

This institution is an equal opportunity employer




*Menu is subject to change

At Marcum-Illinois UESD under California's Universal Meals Program, all students in Preschool through 8th grade, regardless of their parents' income, are eligible for free breakfast and lunch.



November Lunch Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Taquitos Refried Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>2</p> <p>Hot Dog Macaroni and Cheese Choice of Fruit and Veggies Choice of Milk</p>	<p>3</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>4</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>7</p> <p>Corn Dog Baked Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>8</p> <p>Cheeseburger Tater Tots Choice of Fruit and Veggies Choice of Milk</p>	<p>9</p> <p>Taco Pocket Spanish Rice Choice of Fruit and Veggies Choice of Milk</p>	<p>10</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>11</p> <p>No School Veteran's Day</p>
<p>14</p> <p>Lasagna Garlic Knot Choice of Fruit and Veggies Choice of Milk</p>	<p>15</p> <p>Crunchy Tacos Refried Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>16</p> <p>Max Stix Macaroni and Cheese Choice of Fruit and Veggies Choice of Milk</p>	<p>17</p> <p>Turkey Gravy Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>18</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>21</p> <p>No School Thanksgiving Break</p>	<p>22</p> <p>No School Thanksgiving Break</p>	<p>23</p> <p>No School Thanksgiving Break</p>	<p>24</p> <p>No School Thanksgiving Break</p>	<p>25</p> <p>No School Thanksgiving Break</p>
<p>28</p> <p>Lasagna Garlic Knot Choice of Fruit and Veggies Choice of Milk</p>	<p>29</p> <p>Taquitos Refried Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>30</p> <p>Teriyaki Dippers Rice Choice of Fruit and Veggies Choice of Milk</p>		<p>Harvest of the Month  Jicama</p>

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November Snack Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sunflower Seeds Banana	2 Bean and Cheese Burrito Juice	3 Applesauce Cheez-Its	4 Chef's Choice
7 Apple Slices Wowbutter	8 Cheese Stick Fruit Cup	9 Graham Crackers Juice	10 Cereal Milk	11 No School Veteran's Day
14 Cereal Bar Milk	15 Sunflower Seeds Banana	16 Bean and Cheese Burrito Juice	17 Applesauce Cheez-Its	18 Chef's Choice
21 No School Thanksgiving Break	22 No School Thanksgiving Break	23 No School Thanksgiving Break	24 No School Thanksgiving Break	25 No School Thanksgiving Break
28 Cereal Bar Milk	29 Sunflower Seeds Banana	30 Bean and Cheese Burrito Juice		

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Daily Learning Planner

*Ideas families can use to help children
do well in school*

Marcum-Illinois



THE
PARENT
INSTITUTE®

November 2022

Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Set aside some time this month to do something with your child that you enjoyed at the same age.
- 2. Talk with your child about ways to handle stress. Getting enough sleep, exercising and talking to someone are helpful options.
- 3. Play Concentration with fractions. Try to make pairs of equivalent fractions: $1/2$ and $2/4$, $3/5$ and $6/10$ and so on.
- 4. Start a family savings jar. Everyone can decide what the goal will be and how they will contribute.
- 5. Have everyone bring an interesting science fact to share at dinner.
- 6. Make up a secret code with your child. Use it to write notes this week.
- 7. Hug your child, for no reason other than to show your love.
- 8. Ask your child, "If you could be a famous person from history, who would you be? Why?"
- 9. Play charades with your child. Use hand gestures to act out words.
- 10. Pick a category (such as animals) and a letter. How many items can your child name that fit in that category and start with that letter?
- 11. Talk about service. Discuss ways your family can do something for others in the coming holiday season.
- 12. When you read aloud to your child, choose an exciting place to stop. Ask, "What do you think will happen next?"
- 13. Learn a tongue twister together. At dinner, challenge everyone to repeat it three times fast.
- 14. Ask what actions or accomplishments your child is proud of.
- 15. To encourage a beginning reader, look for books with "read-along" audiobooks. Your child can listen and read at the same time.
- 16. Put together a jigsaw puzzle with your child.
- 17. Have a reading dinner. Ask everyone to bring a book they like to share. Talk about the books at the table.
- 18. Help your child make puppets by drawing faces on the bottom flaps of small paper bags.
- 19. If you have already said "No," avoid giving in to repeated demands from your child.
- 20. Enjoy some outdoor exercise as a family today.
- 21. Hold a "guess that number" contest: "How many noodles are in this bag?" "How many cookies are in that box?"
- 22. Allow a few minutes after the light is off at bedtime for a quiet conversation with your child.
- 23. Never let your child forget that you are on the same team.
- 24. Make a list of all the things that make your family members thankful.
- 25. Write three one-digit numbers on a card. How many equations can your child make and solve with those numbers?
- 26. Take a "counting walk" together. Pick something to count (cars, signs, flowers, birds, bikes) and keep track.
- 27. Have your child write new or difficult words on index cards. Review them together regularly until your child can read and spell them.
- 28. Choose a Person of the Week. Help your child learn more about that person.
- 29. When you watch TV with your child, ask questions: "Why do you think that person did that?" "Would you do that?"
- 30. Learn the sign language alphabet with your child. Use it to help practice spelling words.

Elementary School Parents

Marcum-Illinois

make the difference!



Strengthen thinking skills by asking six types of questions

Talking with your elementary schooler is an effective way to build thinking skills—especially if you ask certain kinds of questions.

Experts recognize six categories of thinking skills. Ask questions that help your child:

- 1. Recall knowledge.** Ask about facts your child knows. “Who is the president?” “What is the capital of Virginia?” Words that will help with this include *who*, *when*, *what*, *where* and even *list*.
- 2. Explain ideas or concepts.** When your child learns new things, check the depth of comprehension. “How would you illustrate the water cycle?”
- 3. Apply knowledge.** How will your child use information in new

situations? “What has our country learned from the Civil War? How can we apply it to life today?”

- 4. Analyze.** Many things can be divided into groups, such as types of animals. Have your child compare and contrast groups of things. “How are fish and humans different? How are they alike?”
- 5. Evaluate.** Ask for your child’s opinion about things. “How have smartphones changed our lives?” “Why do you think Benjamin Franklin is so famous?”
- 6. Create.** Ask your child to create a solution to a problem. Use words such as *invent* and *what if*.

Source: P. Armstrong, “Bloom’s Taxonomy,” Vanderbilt University, The Center for Teaching.

This four-step process can end procrastination



At one time or another, most students put off completing their schoolwork. But

when procrastination becomes a habit, it can negatively affect school performance.

To break the procrastination habit, have your child:

- 1. Select just one thing to do.** Sometimes kids put things off when they feel overwhelmed. Tell your child to focus on one assignment at a time.
- 2. Set a timer for 30 minutes** and begin working on the assignment. While the timer is ticking, your child should focus only on that assignment.
- 3. Avoid breaks.** Your child should get water or a snack *before* starting the timer to avoid interrupting work flow.
- 4. Celebrate.** Once the timer goes off, encourage your child to do something fun, such as kicking a ball around outside for a few minutes.

Your child can repeat this process until schoolwork is complete!

Source: R. Emmett, *The Procrastinating Child: A Handbook for Adults to Help Children Stop Putting Things Off*, Walker & Company.

November is a great month to teach and learn with your child



Education doesn't just happen at school—it happens everywhere! And November is a month full of learning opportunities:

- **Nov. 4**—King Tut Day. With your child, check out a book or go online to learn more about the discovery of King Tutankhamen's tomb.
- **Nov. 8**—Election Day. Talk to your child about rights, responsibilities and why it is important to vote.
- **Nov. 11**—Veterans Day. Talk about the sacrifices military people have made for our freedom. Ask your child to make a card for a veteran you know.
- **Nov. 14-18**—American Education Week. Try to visit the school one day this week to show your support for education.

- **Nov. 16**—International Day of Tolerance. Talk with your child about the importance of being respectful to people whose beliefs differ from yours.
- **Nov. 21-27**—National Family Week. Spend extra time as a family this week. Play games, cook meals and read together!
- **Nov. 24**—American Thanksgiving. Have family members make a list of all the people and things they are thankful for.

“The beautiful thing about learning is that nobody can take it away from you.”

—B.B. King

Show your child how to become a more confident test-taker



Test anxiety often comes from self-doubt. When students don't think they will succeed on a test, they often don't.

To help your child become more confident before a test:

- **Take off the pressure.** Tell your child that tests just show the teacher what students have learned so far, and what they need help with.
- **Find out what the test will cover.** Encourage your child to listen carefully when the teacher talks about the test—and to ask questions if needed.
- **Avoid last-minute panic.** Your child should begin to study several days before the test. Cramming the night before a test rarely works.
- **Teach efficient studying.** Tell your child to focus on the not-yet mastered material first.
- **Help connect new material** to information your child already knows. These connections improve students' recall ability.
- **Encourage positive self-talk.** When stuck during a test, your child can say, “I am prepared and I know this. The answer will come to me.”
- **Talk about your child's strengths.** Confidence in one area can lead to success in other areas.
- **Visualize success.** With eyes closed, have your child picture all of the test questions answered correctly.

Source: S.M. DeBroff, *The Mom Book Goes to School: Insider Tips to Ensure Your Child Thrives in Elementary and Middle School*, Free Press.

Are you making the most of your report card talks?



Perhaps your child's report card is great. Or maybe it's worse than you feared. Whatever the report card says, it provides a valuable opportunity to talk with your child about school and study habits.

Answer *yes* or *no* to the questions below to see if you are making the most of report card talks:

- ___ **1. Do you take** your child's report card seriously and set aside time to review and discuss it together?
- ___ **2. Do you ask** if your child agrees with the grades, and why or why not?
- ___ **3. Do you remain** calm and try not to make your child feel even more disappointed?
- ___ **4. Do you help** your child make a plan to improve or maintain grades for the next grading period?
- ___ **5. Do you contact** the teacher if you or your child have concerns or questions?

How well are you doing?

If most of your answers are *yes*, you're turning report card time into learning time. For each *no* answer, try that idea in the quiz.

Elementary School
Parents
make the difference!

Practical Ideas for Parents
to Help Their Children.

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Encourage your elementary schooler to become a leader



Some students seem to be born leaders. They have the self-confidence, friendliness and helpfulness that make other

people want to work with them.

But all children, whether they are born leaders or not, have the ability to *become* leaders. Here are some ways you can help your child develop leadership skills:

- **Look at leaders in the news.**

Whether you're watching a story about a winning football team or a community effort to build a park, help your child see that someone was the leader of that group. Talk about the qualities that make people good leaders.

- **Be a leader yourself.** When you take a leadership role—whether it's at school, in business or in your community—tell your child about

what you're doing and why. "I'm volunteering to help your school raise money so they can purchase more classroom computers."

- **Teach your child** to see things from other people's points of view. Good leaders aren't bossy. They make people *want* to work together.
- **Find leadership opportunities.** Children can learn leadership skills in houses of worship, clubs, Scouts, athletic teams and many other organizations. Family meetings are another good way to develop "home-grown" leadership. Let children take turns chairing the meetings and managing family projects.
- **Don't push.** Pressuring children beyond their abilities destroys self-esteem. If your child seems stressed or unhappy, it's time to lighten up.

Research links nutrition quality to academic performance



Have you heard of the expression "food for thought"? Well, it turns out to be, quite literally, the truth.

Good nutrition really does feed the brain. And it starts with breakfast. Research shows that eating breakfast helps students stay on task and recall information. Eating breakfast regularly is even linked to improved overall school performance.

If your child gets breakfast at school, discuss the importance of eating it. If your child eats at home, keep low-sugar, unprocessed foods on hand. And be prepared for a rushed morning with a healthy breakfast that your child can eat on the way out the door.

Whether you're packing lunch or your child is eating a school lunch, discourage eating high-calorie and high-fat foods. When students eat a meal that is high in fat and sugar, their bodies tend to become very tired—which makes it difficult to concentrate.

Children are typically hungry when they get home from school, so be sure to keep a variety of healthy snacks on hand—fruits, veggies, cheese, yogurt and whole grain crackers.

Try to buy only the food you want your child to eat. Your child can't eat unhealthy food if it's not there.

Source: C. St John, M.P.H., R.D.N., "Proof Positive: Breakfast Improves Kids' Grades, Mood and Weight," Healthy Eating.Org.

Q: My elementary schooler struggled with math last year and now doesn't like it. I understand because I'm not good at math either. How can I encourage a better attitude about math?

Questions & Answers

A: Parents' attitudes about math have a lot to do with how well their children do in math. Kids whose parents tell them they didn't like math when they were in school often struggle with math as well. Likewise, children whose parents instill a sense of enjoyment of math tend to perform better.

To help your child develop a positive attitude about math:

- **Set the tone.** Let your child know you believe *everyone* can be successful in math. If you say this often enough, your child will start to believe it!
- **Avoid stereotypes.** Men and women can be engineers. Children of all races can be successful in school. In fact, students who are successful in math can go a long way toward breaking the stereotypes that others may hold.
- **Talk about careers.** Young children may decide that being a Ninja Turtle or an Avenger is a great career choice. Expand the options. Talk about people who use math in their jobs—an airline pilot, a weather forecaster, an architect, an astronaut, a researcher, an engineer, etc.
- **Connect math** to the real world. When you and your child go to the store, bank, restaurant, etc., point out all of the ways people use math. At dinner, challenge family members to tell one way they used math that day.

It Matters: Building Character

What should you do if your child is caught cheating?



You receive a note from the teacher that says your child was caught cheating. Your first instinct may be to

ground your child for life.

Instead, experts suggest setting aside time to talk and really listen to your child. Ask what happened and find out why your child felt the need to cheat.

Here are four common reasons some students cheat:

1. **They are afraid** of what their parents will do if they bring home a bad grade. Make sure your child knows that a low grade would not affect your love. You would be more concerned about the situation than angry.
2. **They have high expectations** for their own academic achievement. Tell your child not to put too much emphasis on grades. Grades don't reflect a person's worth or intelligence.
3. **They think cheating is no big deal.** Explain that cheating is always wrong. Cheaters rob themselves of learning the material and they are unfair to honest students.
4. **They were asked to.** Tell your child that letting someone look at a test or copy an assignment is wrong. A real friend would never ask someone to do that. Help your child role-play turning down a request to cheat: "I'd like to help you, but I don't like cheating. Besides, we could get into a lot of trouble."

Source: J. Craig, Ph.D., *Parents on the Spot! What to Do When Kids Put You There*, Hearst Books.

Teach your child to persevere when faced with challenges

If your child has set a goal to reach, such as earning an A on a project or making the competitive soccer team, achieving it will probably take hard work. And there may be times your child will feel like giving up. That's why it's important to encourage perseverance, especially when things are difficult. Here's how:

- **Discuss past successes.** Did your child save money to buy something? How did your child do it? What did success feel like? What did your child learn?
- **Choose a fun, realistic goal.** Make it something that can be reached quickly. If your child wants to read an entire series of books, start small. Set a goal for your child to read the first book.
- **Listen for ideas.** Kids often mention goals without actually setting them. ("I'd love to be in the talent show" or "I hope I finish my report on



time.") Together, create a step-by-step plan for success.

- **Brainstorm different strategies** to try if your child doesn't meet a goal. And help your child revise a goal if it is too ambitious.
- **Be a cheerleader.** Say things like, "You are really sticking with this. I'm impressed!" Even if your child misses the mark, praise effort.

Use role models to encourage positive character traits



Although you are the primary role model in your child's life, you don't have to be the only one. Here's how to use other role models to instill positive character traits:

- **Talk about relatives,** friends or celebrities who show respect, responsibility, compassion or other desirable traits. Say how much you admire them and why.
- **Share your heroes** with your child. Talk about people such as

Anne Frank, Martin Luther King, Jr., Abraham Lincoln and Mother Teresa. Discuss the traits you admire in them.

- **Together, find or draw pictures** of people your child admires. Ask why your child thinks highly of them. Heroes can be fictional—from books or movies—or people in your family, such as an uncle who helps build houses for people in need or a grandmother who worked to put a child through college.