



Marcum Matters

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Jill Bramhill	Board Clerk
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Josh Wanner	Board Member

February 2023

Upcoming Events

February 1st
GATE 3:30-4:30

February 7th
School Site Council
Meeting 3:30

Parents' Club Meeting
6:00

February 9th
Basketball @ PG 1:00

February 11th
Saturday School
8:30-12:30

February 13th
Board Meeting 6:00

February 15th
GATE 3:30-4:30

February 16th
Basketball PG @ Marcum
1:00

February 17th
No School

February 20th
No School

February 23rd
Basketball Browns @
Marcum 1:00

February 24th
ROAR Assembly 2:15

February 25th
Basketball Tournament @
ENHS

Yesterday marked 100 days of school for the 2022-2023 school year! We can't believe we are already more than halfway through the year! February is a short month, but a busy one that will be filled with many great opportunities for our Wildcats continued growth.

Saturday School

We will be offering additional Saturday Enrichment opportunities for TK-8th Grade students to have the chance to enjoy a half day of learning at school and turn one of their absences into a day of attendance. The purpose of these Saturdays is for those students who have missed a day of school 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 funding 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. Our next sessions are planned for February 11th (<https://forms.gle/4tB6NXMaus6YxN3XA>) and March 4th (<https://forms.gle/uDV9Pew2mdiYucXKA>). If you are interested in signing your child up for either of these sessions, please complete the attached flyer and send it in to the office or sign up using the links to the online form. Space is limited for these sessions.

SOUPer Bowl House Challenge

Marcum's SOUPer Bowl food drive is back this year! In anticipation of Super Bowl LVII, Marcum will be hosting a food drive for the benefit of our local Yuba-Sutter Food Bank. During the week of February 6th-10th, Wildcats may bring in non-perishable food items and place them in their house's box outside of Mrs. Brazil's office. The house that has collected the most cans at the end of the week will be the winner! Be on the lookout for a flyer listing current high-need items that will be worth more points toward the houses' total counts!

Online Surveys

Although we are still thoroughly invested in this school year, now is the time when we start thinking about the upcoming school year and begin making plans. In order for us to do this, we need to hear from you and will be sending out a few surveys in the coming weeks. These surveys will have to do with plans for your students to return next year, as well as surveys on what you think the District should work on in the future. Please complete the surveys below now and be sure to check your email for an additional LCAP survey in the next few weeks.

Intent to Return 23-24 (Please complete by 2/3/23)

<https://forms.gle/15heGQKf7wxa1ozJ6>

Strategic Plan Survey (Please complete by 2/10/23)

<https://forms.gle/2BW1xuYMdaMo2R2Q9>

Saturday School

Has your (K-8th grade) child missed a day of school this year? If so, have them come join us for one of our Enrichment Saturday School Sessions and turn their absence into a day of attendance! The classes will be from 8:30 a.m.-12:30 p.m. and school 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, February 11th, Mrs. Lucas and Ms. Shasta will be holding an Enrichment Saturday School Session with a Valentine's Day Theme!

If you would like to sign your child(ren) up, please complete the form at the following link: <https://forms.gle/UMKiyLi14xoD5oUv5>, fill in the following and return it to the school office, or email the information to Stacey at staceys@sutter.k12.ca.us no later than February 8th. To ensure that we have enough supplies and lunches 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 February 11th, from 8:30am-12:30pm:

Name: _____ School Breakfast: Yes___ No___ Lunch: Yes___ No___

Name: _____ School Breakfast: Yes___ No___ Lunch: Yes___ No___

Name: _____ School Breakfast: Yes___ No___ Lunch: Yes___ No___

Name: _____ School Breakfast: Yes___ No___ Lunch: Yes___ No___

Parent Signature: _____ Date: ___/___/___

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**On Saturday, March 4th, Mrs. Lucas and
Ms. Shannon will be holding an Enrichment
Saturday School Session!**

If you would like to sign your child(ren) up, please complete the form at the following link: <https://forms.gle/996a8TsCLbQXat6x8>, fill in the following and return it to the school office, or email the information to Stacey at staceys@sutter.k12.ca.us no later than March 1st. To ensure that we have enough supplies and lunches for the students attending, only those that have signed up in advance may attend.

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Name: _____ School Breakfast: Yes___ No___ Lunch: Yes___ No___

Name: _____ School Breakfast: Yes___ No___ Lunch: Yes___ No___

Name: _____ School Breakfast: Yes___ No___ Lunch: Yes___ No___

Parent Signature: _____ Date: ___/___/___

Earned Income Tax Credit Information Act Communication

Below is the specific language that LEAs must include when notifying households about the EITC. This language is in *RTC* Section 19854:

Based on your annual earnings, you may be eligible to receive the Earned Income Tax Credit from the Federal Government (Federal EITC). The Federal EITC is a refundable federal income tax credit for low-income working individuals and families. The Federal EITC has no effect on certain welfare benefits. In most cases, Federal EITC payments will not be used to determine eligibility for Medicaid, Supplemental Security Income, food stamps, low-income housing, or most Temporary Assistance For Needy Families payments. Even if you do not owe federal taxes, you must file a federal tax return to receive the Federal EITC. Be sure to fill out the Federal EITC form in the Federal Income Tax Return Booklet. For information regarding your eligibility to receive the Federal EITC, including information on how to obtain the Internal Revenue Service (IRS) Notice 797 or any other necessary forms and instructions, contact the IRS by calling 1-800-829-3676 or through the [IRS website](#).

You may also be eligible to receive the California Earned Income Tax Credit (California EITC) starting with the calendar year 2015 tax year. The California EITC is a refundable state income tax credit for low-income working individuals and families. The California EITC is treated in the same manner as the Federal EITC and generally will not be used to determine eligibility for welfare benefits under California law. To claim the California EITC, even if you do not owe California taxes, you must file a California income tax return and complete and attach the California EITC Form (FTB 3514). For information on the availability of the credit eligibility requirements and how to obtain the necessary California forms and get help filing, contact the Franchise Tax Board (FTB) at 1-800-852-5711 or through the [California Franchise Tax Board website](#).

For additional information, refer to the [IRS EITC web page](#) or the [California EITC web page](#).

SPRING REGISTRATION OPEN NOW!



SIGN UP TODAY AT
southsutterbaseball.com

*****If your child attends Marcum, Browns, Pleasant Grove or Robbins Elementary, they are eligible to play for SSSL. *****

ALL DIVISIONS \$75*

Registration Ends
2/15/23

*NO SNACK BAR FEE

**INTERESTED IN
MANAGING, COACHING
OR BECOMING A
LEAGUE SPONSOR?**

SEND US AN EMAIL AT
SOSUTTERLITTLELEAGUE@GMAIL.COM



February Breakfast Menu

2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Coffee Cake Fruit Milk	2 Pizza Bagel Fruit Milk	3 Cinnamon Roll Fruit Milk
6 French Toast Fruit Milk	7 English Muffin Fruit Milk	8 Blueberry Bagel Fruit Milk	9 Pancake on a Stick Fruit Milk	10 Breakfast Sandwich Fruit Milk
13 Concha Fruit Milk	14 Strawberry Mini Bagels Fruit Milk	15 Coffee Cake Fruit Milk	16 Pizza Bagel Fruit Milk	17 No School Lincoln's Birthday
20 No School Presidents' Day	21 English Muffin Fruit Milk	22 Blueberry Bagel Fruit Milk	23 Pancake on a Stick Fruit Milk	24 Breakfast Sandwich Fruit Milk
27 Chef's Choice Fruit Milk	28 Strawberry Mini Bagels 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.



February Lunch Menu

2023

Monday	Tuesday	Wednesday	Thursday	Friday
 Harvest of the Month  Grapefruit		1 Max Stix Marinara Choice of Fruit and Veggies Choice of Milk	2 Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk	3 PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk
6 Lasagna Garlic Knot Choice of Fruit and Veggies Choice of Milk	7 Tamale Refried Beans Choice of Fruit and Veggies Choice of Milk	8 BBQ Pork Patty Sandwich Macaroni and Cheese Choice of Fruit and Veggies Choice of Milk Treat	9 Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk	10 PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk
13 Corn Dog Baked Beans Choice of Fruit and Veggies Choice of Milk	14 Cheeseburger Tater Tots Choice of Fruit and Veggies Choice of Milk	15 Taco Pocket Spanish Rice Choice of Fruit and Veggies Choice of Milk Treat	16 Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk	17 No School Lincoln's Birthday
20 No School Presidents' Day	21 Taquitos Refried Beans Choice of Fruit and Veggies Choice of Milk	22 Orange Chicken Fried Rice Choice of Fruit and Veggies Choice of Milk Treat	23 Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk	24 PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk
27 Pretzel Dog Baked Beans Choice of Fruit and Veggies Choice of Milk	28 Cheeseburger Tater Tots Choice of Fruit and Veggies Choice of Milk			

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February Snack Menu

2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bean and Cheese Burrito Juice	2 Applesauce Cheez-Its	3 Chef's Choice
6 Chef's Choice	7 Apple Slices Wowbutter	8 Cheese Stick Fruit Cup	9 Graham Crackers Juice	10 Cereal Milk
13 Cereal Bar Milk	14 Sunflower Seeds Banana	15 Bean and Cheese Burrito Juice	16 Applesauce Cheez-Its	17 No School Lincoln's Birthday
20 No School Presidents' Day	21 Apple Slices Wowbutter	22 Cheese Stick Fruit Cup	23 Graham Crackers Juice	24 Cereal Milk
27 Cereal Bar Milk	28 Sunflower Seeds Banana			

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Elementary School Parents[®] Marcum-Illinois

February 2023
Vol. 34, No. 6

make the difference!



Celebrate famous February birthdays with learning fun

February is filled with birthdays of notable people. Plan some fun activities to help your child learn about these heroes, writers, inventors, scientists and artists:

- **February 4**—Rosa Parks. Go online to learn more about this heroine of America's civil rights movement. There are lots of books about her, too. Check some out at the library.
- **February 8**—Jules Verne. He is often referred to as the father of science fiction. Read one of his science fiction stories together.
- **February 11**—Thomas Edison. Ask your child to invent something to improve daily life.
- **February 12**—Abraham Lincoln. He delivered one of the best known speeches in American history, the

Gettysburg Address. Challenge your child to memorize the speech.

- **February 15**—Susan B. Anthony. Go online to learn more about this activist who fought for women's right to vote.
- **February 19**—Nicolaus Copernicus. Take a walk together and look at the stars this early astronomer studied.
- **February 21**—Nina Simone. Listen to the singer's music with your child and learn more about her life.
- **February 22**—George Washington. Ask what your child would do as president of the United States.
- **February 25**—Pierre-Auguste Renoir. Look at his paintings online or in a book. Ask your child to create a painting in Renoir's style.

Four ways to strengthen your child's character



Values help students make good choices, develop self-esteem, and become responsible individuals.

Teaching values at home supports what schools are doing to create a positive school culture that helps all students learn.

Here are four strategies to build your child's character:

1. **Think about the values** that are important to you and your family. Talk about them openly with your child.
2. **Teach by example.** Your example is the most powerful teacher of all. Ask yourself, "If my child watched my behavior all day, what lessons would it teach?"
3. **Set high standards.** Expect your child to act responsibly, to be kind to others and to tell the truth. Some families make it a point of family pride. "In the Smith family, we tell the truth."
4. **Talk about the Golden Rule.** Teaching kids to treat others the way they would like to be treated helps them make better choices. Ask your child, "Would you want someone to talk to you that way?"

Research shows nutrition is linked to academic performance



Have you heard 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.

What can you do? If your child doesn't eat breakfast at school, keep easy options like low-sugar, whole grain cereals and fruit on hand. And be prepared for a rushed morning with items your child can eat on the way out the door, like a hard-boiled egg.

Whether you're packing lunch or your child is eating a school lunch, teach your child to avoid high-calorie and high-fat foods. When children 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, sugar-free yogurt and whole grain crackers.

When you get groceries, prioritize foods you want your child to eat. Your child is more likely to choose healthy options if that is all you have in the house.

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

**“Take care of your body.
It's the only place you
have to live.”**

—Jim Rohn

Help a disorganized child take responsibility for belongings



Your child has a special notebook to keep track of school assignments—but left it at school. Your child needs to turn in a

math worksheet—but it is sitting on the counter at home.

Some children have difficulty taking responsibility for their schoolwork. Here are three steps you can take to help your child learn to be more responsible:

1. Ask your child to help develop a plan. Talk about ways to get more organized. You might say, “You're having trouble getting to school with all your assignments and bringing home everything you

need. What could you do that would help you remember? Why don't you think about it, and we'll discuss it at dinner.”

- 2. Let your child** try to make the plan work—without jumping in to help. For example, if your child leaves an assignment at home, don't rush it to school. Instead, let your child face the consequences.
- 3. Suggest changes** to the plan if it's not working, but let your child put them into action. Say something like, “How about if we try placing a box here by the door? Then you can put everything that needs to go to school in the box. What do you think of that idea?”

Are you helping your child deal with frustration?



Elementary school students don't always have the skills to cope with life's minor hassles. Are you helping your child learn to deal with frustration? Respond *yes* or *no* to each statement:

- 1. I understand** that it isn't my job to protect my child from all of life's ups and downs.
- 2. I encourage my child** to keep trying when stuck on a homework problem. I ask questions to help my child think of solutions.
- 3. I help my child** link effort to success. Sometimes I say, “Learning isn't always easy. But you'll get it if you stick with it.”
- 4. I point out real-life stories** of successful people who have overcome challenges.
- 5. I put my child's feelings** into words. “You're frustrated that learning this science concept is taking longer than you hoped. You'll get there.”

How well are you doing?

If most of your responses are *yes*, you are giving your child opportunities to work through frustration. For each *no*, try that idea in the quiz.

Elementary School
Parents
make the difference!

Practical Ideas for Parents
to Help Their Children.

For subscription information call or write:
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Support your child and promote learning as an academic ‘coach’



An effective coach is someone who guides, encourages and inspires. When you play this role, you help motivate your

child to persevere, problem-solve and find answers.

To be a positive academic coach:

- **Act as a resource.** Expect your child to complete assignments independently. But be available to offer encouragement, answer questions and suggest places where your child can find additional information, such as a website or a particular reference book.
- **Talk about the things** your child is learning. Grades matter, but they are merely a result of learning. It is more important to emphasize

the *learning process*. This includes hard work, persistence and making steady progress.

- **Be willing to say, “I don’t know.”** There may be times when you are not familiar with the material your student is learning. If your child comes to you with a question, it’s OK to say, “I never learned that. Let’s look online or in your book.”
- **Keep in mind** that your child has strengths and weaknesses. Some students never need help in English, but may struggle in math. Support and encourage your child in every subject, but do not expect the same performance in every subject.

Source: K.T. Alvy, Ph.D., *The Positive Parent: Raising Healthy, Happy and Successful Children, Birth–Adolescence*, Teachers College Press.

Strengthen social skills by focusing on social awareness



When students have the ability to understand and empathize with others, they can form solid connections with

classmates, teachers and friends. They are also able to think about situations from different points of view.

Social awareness allows children to feel compassion for others—even when their background and culture may be different. Families can help children develop their social skills so they can interact, cooperate and problem-solve positively and respectfully with people from a variety of backgrounds.

To develop and practice social awareness, teach your child to:

- **Consider the needs of others.** Tell your child, “It’s great that you and

your friends play tag together every afternoon. But what about the new neighborhood kids? How do you think they feel watching you guys play? Do you think they would like to be included?”

- **Understand that people** may respond differently under similar circumstances. One child might be excited to meet a new friend, while another might be nervous and shy.
- **Respond appropriately.** Your child could return a smile with a smile, offer to listen if the other person wants to talk, or suggest an activity to take the person’s mind off of worries. For example, your child could say, “Let’s get out of here and ride our bikes around the neighborhood.”

Q: My fourth-grader is very competitive in sports. The teacher has noticed this competitive spirit in the classroom, too. Instead of taking the time to be neat or to check work, my child rushes through assignments, hoping to be the first one finished. I know this habit will affect my child’s grades. How can I help?

Preguntas y respuestas

A: It sounds like your child has a habit of turning tasks into competitions—and wants to be first across the finish line. But being first isn’t what matters when it comes to schoolwork.

To change this habit:

- **Talk with the teacher.** Say you would like to work together on a plan to help your child focus more on *quality* work, instead of *speedy* work.
- **Talk to your child.** Put that competitive nature to work by using a comparison from a sport, such as basketball. Explain that sometimes it is important for a player to get down the court as fast as possible. But when a player is shooting free throws, accuracy is more important than speed. Doing schoolwork is more like shooting free throws.
- **Look over your child’s** assignments each night and check the work for neatness and accuracy. Let your child know that if it is not up to an appropriate standard, it will have to be redone. In school, the teacher can try the same approach, looking over work before it’s handed in. Soon your child will figure out that slowing down results in higher quality work the first time—which actually takes less time in the long run!

It Matters: Test Success

Studying should be a daily habit for students



Whose name would you remember more easily—someone you spent a little time with once, or someone you see regularly?

Of course, it's the person you see often. Studying works the same way. It's better to study something repeatedly over time than to cram before a test. The keys to studying effectively are:

- **Organization.** Teach your child to use assignment notebooks and calendars to schedule study time and keep track of test dates. Making daily to-do lists works well for studying, too.
- **Participation.** Expect your child to listen in class and take notes. Your child should not be afraid to ask the teacher questions. Most likely, there are other students in the class with the same questions.
- **Dedication.** Designate a quiet, comfortable spot for working and make sure studying is part of your child's daily routine. If there are no assignments, encourage your child to read ahead or tackle some sample problems.
- **Review.** Your child should spend a short time reviewing lessons each day. Notes from recent classes are especially good to read over.
- **Correction.** It's important for your child to correct wrong answers on quizzes, assignments and tests. This reinforces learning and prevents your child from falling behind.

Reduce your child's test anxiety with four proven strategies

It's normal to get a little nervous before a big test, but many students suffer from excessive test anxiety. They worry so much about taking the test that their performance suffers.

To help your child relieve those pre-test jitters:

1. **Focus on preparation.** Encourage your child to spread studying out over time. True learning requires time to review and think about the content. And knowing the material is the best way to reduce anxiety and stress.
2. **Discourage cramming,** which can increase anxiety and interfere with clear thinking. The most important things your child can do the day before a test are to review and then get a good night's sleep.
3. **Encourage a positive outlook.** Build confidence by reminding



your child of strengths. Have your child imagine what it will feel like to do well on the test.

4. **Maintain perspective.** Remind your child that test scores aren't everything. Make sure your child knows that your support and love are unconditional.

Help your child review graded tests and make adjustments



Your child is used to learning material before a test. But what about after the test? Unless your student gets a perfect score on every test, every time, there is still learning to be done!

After a test, your child should:

- **Review the graded test** and make notes about which answers were correct and which were incorrect.
- **Identify the types of errors** most commonly made. Mistakes generally come in two forms: Carelessness—your child may have rushed through the question.

Lack of preparation—your child didn't study enough, or is still confused about a topic and needs to ask the teacher for help.

- **Make adjustments.** Brainstorm together about how to reduce careless errors. For example, your child could read questions twice and check work before turning it in. For mistakes based on lack of preparation, the solution is more studying. Your child should start to review several days before the test. The last day should be spent going over everything a final time, not learning new material.

Daily Learning Planner

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

Marcum-Illinois



THE
PARENT
INSTITUTE®

February 2023

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

- 1. Start a "chain of hearts." Cut out small hearts. Each day, write a reason you love your child on one and attach it to the chain.
- 2. It's Groundhog Day. How many words can your child make from the letters in GROUNDHOG?
- 3. Stuck inside due to bad weather? Take your shoes off and go "ice skating" in the kitchen together in your socks. Be careful!
- 4. Make up trivia questions about your family. Quiz one another at the dinner table.
- 5. How many types of punctuation can your child find in an article or short book? What does each do in a sentence?
- 6. If you don't have time to read to your child at night, read in the morning. It's a real "power breakfast."
- 7. At bedtime, take a few minutes to talk with your child about things that went well today.
- 8. Share family stories you can remember from when you were a child.
- 9. Talk with your child about the difference between courage and recklessness. It's not brave to take foolish risks.
- 10. Frame a special example of your child's artwork.
- 11. Plan a visit to an interesting museum with your child.
- 12. Read a nonfiction assignment with your child. Then ask your student to summarize it.
- 13. Pretend a circus is coming to town. Talk together about what you would see, hear and taste.
- 14. Discuss five positive things that make your child unique.
- 15. Do a crossword puzzle with your child. Or make up your own together.
- 16. Play a geography game. Someone names a city, state or river. The next person has to locate it on a map or globe.
- 17. Encourage your child to design and name a new car. What features would it have?
- 18. Help your child round up some friends and play a game together outside.
- 19. Have your child think of as many red foods as possible. See how many you can serve this week.
- 20. When your child has a problem, offer two possible solutions and let your child decide which one to choose.
- 21. Have your child make a list of all the weather words (*moisture, vortex*) in today's forecast.
- 22. Challenge family members to write, eat or do other activities with the hand they don't favor.
- 23. Play a rhyming game. Take turns making up a short sentence. Answer with a sentence that rhymes.
- 24. Take your child outside for a "listening minute." Each of you close your eyes and try to name the sounds you hear.
- 25. Check out an adventure story from the library to read with your child.
- 26. Ask your child to use a ruler or measuring tape to measure and record the dimensions of objects in your house.
- 27. Have your child draw what is visible outside a window in your home.
- 28. Ask your child *how* and *why* questions to provide experience answering questions that require reasoning.