



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

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October 2022

Upcoming Events

October 5

GATE 3:30-4:30

October 7

Progress Reports

October 10

No School- Teacher Professional Development

October 10

Board Meeting 6:00

October 11

Parents' Club Meeting 6:00

October 12

Parents' Club's Costume Exchange 3:30-6:30
Library

October 13

Football/Volleyball
Marcum @ Browns 1:00

October 18

Fall Picture Day

October 20

Football/Volleyball
Marcum Scrimmage 1:00

October 24-28

Red Ribbon Week

October 26

GATE 3:30-4:30

October 27

Football/Volleyball
Marcum @ PG 1:00

October 28

ROAR Assembly 2:15

October 31

Costume Parade 8:45

October 31

Minimum Day
Dismissal Times:

TK-2 12:20

3-5 12:25

6-8 12:30

(Den Open)



Costume Drive

Marcum Parents' Club is hosting a costume exchange on campus on October 12th from 3:30-6:30. Their hope is to give all Wildcats who may need a costume a chance to obtain a costume at no cost. Please help make this event a success by donating your gently used or new costumes by October 10th. Costumes can be dropped off at the office.

Marcum Parents' Club

Marcum Parents' Club's next meeting is on October 11th at 6:00pm. We hope you will be able to join the meeting and help in the amazing efforts our Parents' Club is leading to help our school and students. The Butterbraid/Cookie Dough fundraiser will be starting soon and will run from October 6th-21st. Items will be delivered before Thanksgiving break on November 16th. Parents will need to register on the website at this link to participate: <https://store.myfundraisingplace.com/RegisterSeller/33796b85-23f3-4208-9418-ef2b4912e594>. Parents who register their child for the fundraiser, share on social media, and send a screenshot OR the students who participate in the "un-fundraiser" by October 14th, will be entered to win a \$25 cash prize. Other fun rewards for participation will be announced soon! See attached flyer for more information about the "un-fundraiser!"

Picture Day

Picture Day at Marcum is on Tuesday, October 18th! Flyers will be sent home with the students. You may order pictures online at mylifetouch.com with the picture day id: EVTP2RMBQ.

Pumpkin Carving/Decorating Contest

This year we are again holding our Pumpkin Carving/Decorating contest. We are encouraging students to carve or decorate a pumpkin at home with their family and then bring it into school on Wednesday, October 26th (not prior, please)! Students will receive House Points for participating and we will have prizes for the winners of the contest!

Red Ribbon Week

Marcum will be celebrating Red Ribbon Week October 24th-28th. The purpose of Red Ribbon Week is to cultivate an atmosphere of healthy, drug free lives. Throughout the week students will be encouraged to participate in dress-up days and classes will have their annual door decorating contest. More information about theme dress up days and Red Ribbon Week will be announced soon and will be coming home with your children!

Costume Parade

On October 31st, the students are allowed to wear their costumes to school if they choose to do so. (No weapons; dress code applies.) We will have a costume parade in the morning where all students will have the opportunity to participate. There will be prizes available for students with the best costumes in each grade span.

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, October 22nd,
Mrs. Holman and Ms. Shannon 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 October 19th. 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 October 22nd,
from 8:30am-12:30pm:

Name: _____ Needs a School Breakfast/Lunch: _____

Name: _____ Needs a School Breakfast/Lunch: _____

Name: _____ Needs a School Breakfast/Lunch: _____

Name: _____ Needs a School Breakfast/Lunch: _____

Parent Signature: _____ Date: ____/____/____

Marcum Parents
Club



We invite students and families to shop for an array of spooktacular costumes at no cost

Please help us ensure all of our students can celebrate, donate your new or gently used costumes in advance to the school office or contact:
Emily Campouris 530.379.3631
Emily Daddow 530.329.3744

The No-Fuss “Un-Fundraiser” Form

Don't want to deal with wrapping paper or cookie dough? Want to run away from every fundraiser that comes home?

Here is your out!

Simply send in a check for \$100 for each child payable to Marcum Parents’ Club. Put "un-fundraiser" in the memo. Your child will receive the participation prizes and incentives as if they had participated in each fundraiser and you’ll receive 5 raffle tickets redeemable at the Winter Program.

Our no-fuss “Un-fundraiser” is the only fundraiser where 100% of your donation goes towards Marcum Parents’ Club budget. Your tax-deductible contribution directly benefits our school by supporting school-wide events, purchasing classroom supplies, funding field trips, and assemblies, and so much more!



This is a voluntary fundraiser. You may choose to participate in lieu of, or in addition to, any of our other fundraisers we will be doing throughout the year.

If you wish to make a direct contribution, please complete the information below and return it to your child’s teacher **by October 14th**. Make checks payable to Marcum Parents Club and write “un-fundraiser” in the memo line.

Student Name: _____

Teacher and Grade: _____

Thank you so much for your donation to Marcum Parents’ Club. Your money will be well spent to enrich the lives of our students throughout their time at Marcum.

Please note. Your family will still receive fundraising materials and event information from the school and Marcum Parents’ Club. We will not be able to separate materials for those who submitted this form from those who did not. Please feel free to recycle any unwanted materials that are sent home with your child. Thank you!





Lifetouch.

PICTURE DAY IS COMING



Order your school pictures today on

mylifetouch.com



Tuesday, October 18, 2022

Marcum-Illinois Elem School



- ① Visit mylifetouch.com
- ② Enter your Picture Day ID
EVTP2RMBQ
- ③ Order your perfect package—
and don't worry about returning
anything on Picture Day!

Lifetouch
REWARDS[™]

Earn exclusive offers for your
online picture purchases.



Pumpkin Carving/Decorating Contest!



Carve or Decorate your pumpkin at home with your family and bring it to school Wednesday, October 26th.

**Top 3 winners will receive a prize!
Be Creative!**

***(Please do not bring pumpkins to school before October 26th)**

Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is **pumpkins**



Health and Learning Success Go Hand-in-Hand

Food Day is October 24. It is a national movement to eat more healthy, affordable, and sustainable food – like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use *Harvest of the Month* to help you and your family live a healthy, active lifestyle.

Produce Tips

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market.

Healthy Serving Ideas

- Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even purée pumpkin to use in soups.
- Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
- Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

PUMPKIN BEAN SOUP

Makes 6 servings. 1 cup per serving.
Cook Time: 30 minutes

Ingredients:

- 1 can white beans, undrained
 - 1 small onion, finely chopped
 - 1 cup water
 - 1 15-ounce can 100% pumpkin
 - 1½ cups 100% apple juice
 - ½ teaspoon cinnamon
 - ⅛ teaspoon nutmeg or ginger
 - ½ teaspoon black pepper
 - ¼ teaspoon salt
1. In a blender, add beans, onion, and water. Blend until smooth.
 2. In a large pot, add the pumpkin, juice, and spices. Stir well.
 3. Add the blended bean mix to the pumpkin juices.
 4. Cover and cook over low heat for 15-20 minutes. Serve warm.

Nutrition information per serving:
Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from:
Pennsylvania Nutrition Education Network

For more recipes, visit:
<http://recipefinder.nal.usda.gov/>

Let's Get Physical!

- Make family time an active time. Limit screen time with TV, computers and video games. Add active time with family walks on the weekend, or after dinner.
- Go on a scavenger hunt for trees in your neighborhood. Try to find leaves in every color.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit:
<http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

Nutrition Facts

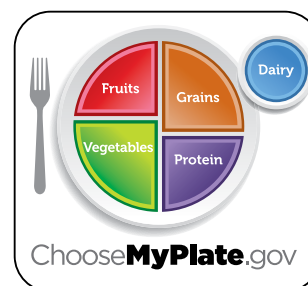
Serving Size: ½ cup pumpkin, cooked (123g)	
Calories 24	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%
Vitamin C 10%	Iron 4%

How Much Do I Need?

- A ½ cup of pumpkin is an excellent source* of vitamin A and a good source* of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. Make half your plate fruits and vegetables to reach your total daily needs!



What's in Season?

California grown pumpkins are in peak season in fall. They are usually available from October to December. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other California grown produce items in fall: collard greens, kale, sweet potatoes, and winter squash (acorn, butternut, pumpkins).



Network participation in Food Day is for the purpose of educating and informing SNAP-Ed eligibles about healthy eating and physical activity and will not include advocacy for or against any specific laws, regulations or ordinances.

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. © California Department of Public Health 2012





October Breakfast Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chef's Choice Fruit Milk</p>	<p>4</p> <p>Strawberry Mini Bagels Fruit Milk</p>	<p>5</p> <p>Coffee Cake Fruit Milk</p>	<p>6</p> <p>Pizza Bagel Fruit Milk</p>	<p>7</p> <p>Cinnamon Roll Cheese Stick Fruit Milk</p>
<p>10</p> <p>No School Teacher In-Service Day</p>	<p>11</p> <p>English Muffin Breakfast Scramble Fruit Milk</p>	<p>12</p> <p>Blueberry Bagel Fruit Milk</p>	<p>13</p> <p>Pancake on a Stick Fruit Milk</p>	<p>14</p> <p>Breakfast Sandwich Fruit Milk</p>
<p>17</p> <p>Chef's Choice Fruit Milk</p>	<p>18</p> <p>Strawberry Mini Bagels Fruit Milk</p>	<p>19</p> <p>Coffee Cake Fruit Milk</p>	<p>20</p> <p>Pizza Bagel Fruit Milk</p>	<p>21</p> <p>Cinnamon Roll Cheese Stick Fruit Milk</p>
<p>24</p> <p>French Toast Fruit Milk</p>	<p>25</p> <p>English Muffin Breakfast Scramble Fruit Milk</p>	<p>26</p> <p>Blueberry Bagel Fruit Milk</p>	<p>27</p> <p>Pancake on a Stick Fruit Milk</p>	<p>28</p> <p>Breakfast Sandwich Fruit Milk</p>
<p>31</p> <p>Chef's Choice Fruit Milk</p>				

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.



October Lunch Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Lasagna Garlic Knot Choice of Fruit and Veggies Choice of Milk</p>	<p>4</p> <p>Taquitos Refried Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>5</p> <p>Max Stix Macaroni and Cheese Choice of Fruit and Veggies Choice of Milk</p>	<p>6</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>7</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>10</p> <p>No School Teacher In-Service Day</p>	<p>11</p> <p>Chef's Choice Tater Tots Choice of Fruit and Veggies Choice of Milk</p>	<p>12</p> <p>Teriyaki Dippers Rice Choice of Fruit and Veggies Choice of Milk</p>	<p>13</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>14</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>17</p> <p>Lasagna Garlic Knot Choice of Fruit and Veggies Choice of Milk</p>	<p>18</p> <p>Taquitos Refried Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>19</p> <p>BBQ Pork Patty Sandwich Macaroni and Cheese Choice of Fruit and Veggies Choice of Milk</p>	<p>20</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>21</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>24</p> <p>Corn Dog Baked Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>25</p> <p>Cheeseburger Tater Tots Choice of Fruit and Veggies Choice of Milk</p>	<p>26</p> <p>Taco Pocket Rice Choice of Fruit and Veggies Choice of Milk</p>	<p>27</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>28</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>31</p> <p>Lasagna Garlic Knot Choice of Fruit and Veggies Choice of Milk</p>				<p>Harvest of the Month  Pumpkins</p>

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October Snack Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cereal Bar Milk	4 Sunflower Seeds Banana	5 Bean and Cheese Burrito Juice	6 Applesauce Cheez-Its	7 Chef's Choice
10 No School Teacher In-Service Day	11 Cheese Stick Fruit Cup	12 Graham Crackers Juice	13 Cereal Milk	14 Granola Bar Fresh Fruit
17 Cereal Bar Milk	18 Sunflower Seeds Banana	19 Bean and Cheese Burrito Juice	20 Applesauce Cheez-Its	21 Chef's Choice
24 Apple Slices Wowbutter	25 Cheese Stick Fruit Cup	26 Graham Crackers Juice	27 Cereal Milk	28 Granola Bar Fresh Fruit
31 Cereal Bar Milk				

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Elementary School Parents

October 2022
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Marcum-Illinois

make the difference!



A peaceful home environment promotes a sense of well-being

Today's students are facing high levels of stress and anxiety, as the aftermath of the pandemic continues to affect children's mental health.

Here are some simple things you can do at home to support your child's mental and emotional health:

- **Remember the big three:** good nutrition, adequate sleep and exercise. These are the keys to overall wellness.
- **Encourage laughter.** Laughter should be a part of each day. Have everyone share favorite funny shows, movies, jokes and stories.
- **Share good things.** Every day, have each family member report one good thing that happened. Try to do this during a family meal and

write down the responses in a family gratitude journal.

- **Share stress-relief strategies.** Teach your child to take deep breaths, go for a walk or turn on some relaxing music when feeling anxious or stressed.
- **Stay organized.** An organized, clutter-free home creates a more peaceful environment for everyone. It also teaches your child how to take care of belongings.
- **Stay connected.** Listen when your child shares concerns, and offer reassurance. If you become worried about your child, make an appointment with the pediatrician.

Source: R. Chatterjee, "Kids are back in school—and struggling with mental health issues," National Public Radio.

A good night's sleep is crucial for learning



When children don't get enough sleep, it's hard for them to learn in school.

That's because sleep affects a child's ability to:

- **Plan and organize.**
- **Solve problems.**
- **Control mood and behavior.**
- **Focus and pay attention.**
- **Retain information.**

To help your child get the recommended nine to 12 hours of sleep each night:

- **Stick to a schedule.** Enforce a regular bedtime and wake time. Establish times for meals, schoolwork and recreation.
- **Encourage physical activity.** Exercise and fresh air help children sleep better.
- **Set a technology curfew.** Kids should avoid bright screens for one hour before bedtime.
- **Follow a bedtime routine.** Your child could take a bath, enjoy a story and talk about the day. Then, it's lights out.
- **Make your child feel safe.** Put a night light in the room and say you'll peek in periodically.

Source: "Healthy Sleep Habits: How Many Hours Does Your Child Need?" American Academy of Pediatrics.

Talk to your child about the importance of showing respect



Respectful behavior is just as important at school as it is at home.

To contribute to a respectful learning environment, students should:

- **Address the teacher** by name. Encourage your child to smile, look the teacher in the eye and say, “Good morning, Mrs. Jones.”
- **Be courteous.** Your child should say *please*, *thank you* and *excuse me* to teachers and classmates.
- **Do what’s expected.** Everyone in school has a job to do. If the teacher doesn’t plan lessons, no one can learn anything. If students don’t do their jobs—assignments, listening to the teacher—it makes it harder for everyone to learn.
- **Raise their hands.** Imagine having 30 students in a class, each of whom

wants attention right now. When students wait for the teacher to call on them, they demonstrate self-control and respect for others.

- **Participate** in class discussions on a regular basis.
- **Accept feedback** from the teacher. Teachers want students to learn. That means they have to point out mistakes and areas where students can improve. Your child will be more successful in school by learning to accept constructive feedback in a positive way.

“Respect is one of the most important things you can teach a child.”

—Catherine Pulsifer

Brainstorming is the solution for your child’s writer’s block!



Some kids don’t like to write because they think it’s boring. Others find it too challenging.

They get frustrated trying to think of ideas.

You can’t force a child to *love* writing. But you can turn a reluctant writer around with brainstorming.

Brainstorming is fun and boosts creativity. It reduces stress and can help your child break through writer’s block.

Brainstorming also teaches other skills that help with writing. By creating lists, for example, your child learns to break down complex ideas into smaller components.

The next time your child can’t think of what to write about:

- **Make lists.** Here are a few topics to get started: *Things I love. My favorite animals, places, toys or food. Things I know a lot about. Scary characters. Things adults say.*
- **Imagine.** Ask your child some questions that will spark new ways to think about people, events and scenes. “What would it feel like to be a car, a house or a dog? What would life be like if you had four hands?”
- **Use visual images.** Have your child look at a picture and write down what it brings to mind. Or, find something in your house and ask what it makes your child think of.
- **Add action to ideas.** What will happen next? How quickly will it happen?

Are you teaching your child to bounce back?



Some parents want to wrap their children in a protective bubble so they never have to experience failure. Others know that

overcoming disappointments can teach valuable lessons.

Are you helping your child learn from setbacks? Answer *yes* or *no* to the questions below:

___1. **Do you give** your child a chance to solve problems rather than jumping in to help right away?

___2. **Do you encourage** your child to think about what to do differently the next time?

___3. **Are you** a good role model? When you fail at something or make a mistake, do you talk about it and about how to fix it?

___4. **Do you help** your child keep disappointments in perspective? “You didn’t ace your test, but you earned a higher grade than last time!”

___5. **Do you show** your child how to be a humble winner and a gracious loser?

How well are you doing?

If most of your answers are *yes*, you are helping your child learn resilience. For each *no*, try that idea in the quiz.

Elementary School
Parents
make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1523-1275

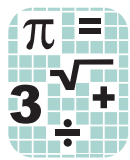
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Everyday tasks can strengthen your child's math skills



Most people read and do math every day—although their children may not realize it. Show that math is an essential

part of life by involving your child when you:

- **Follow recipes.** When preparing meals, let your child help with weighing and measuring. Discuss sizes, shapes and fractions. Ask questions such as, “How could we double this recipe?” and “When we add $\frac{1}{4}$ cup to $\frac{1}{4}$ cup, what do we get?”
- **Go shopping.** Help your child use a calculator to keep a running tally of purchases. Use coupons to inspire math problems. “If we use this coupon, will the item cost less than other brands?” “Which of these items is really the best deal per pound?”
- **Save money.** Ask your child to choose a goal, such as saving for a toy. How much does your child need to save each week? How long will it take to reach the total? Track progress on a chart. Then have fun shopping together!
- **Take a trip.** Before leaving, measure the air pressure in your car or bike tires. Calculate how many miles you'll go. If you are driving, how much gas will you use? As you travel, say a number between 1 and 10. Who can find a license plate with numbers that add up to the number you called out?
- **Start a family project.** Planning to paint a bedroom? Involve your child in figuring out how much paint you will need to do the job.
- **Play games.** There are lots of fun math games you can play together. Try dominoes, Uno and Connect 4.

Here's how to make the most of your parent-teacher conference



Preparation is the key to a successful parent-teacher conference. Here's how to get the most benefit from your meeting:

Before the conference:

- **Make a list** of things you'd like to tell the teacher, such as your child's favorite subjects and activities, difficulties in school, medical needs and any sensitive issues.
- **Make a list** of things to ask the teacher about, such as your child's work habits, attitude, behavior, strengths and weaknesses.
- **Let your child know** you are having a conference. Ask if there's anything you and the teacher should discuss.

During the conference:

- **Be on time.** Teachers have many conferences, and a five-minute delay can throw off the schedule.
- **Listen carefully** and take notes about your child's progress.
- **Be positive.** Remember: You and your child's teacher both want what's best for your child.
- **Make a plan** with the teacher to address any concerns and schedule a time to follow up.

After the conference:

- **Let your child know** how the conference went.
- **Start with positive comments.** Then, talk about any suggestions the teacher made—and how you plan to help your child carry these out.

Q: My first grader is very shy and has a difficult time making friends. I'm worried that this will negatively affect my child in school. What can I do?

Questions & Answers

A: Some children have lots of self-confidence and others do not. While you can't change your child's personality, you can foster more confidence when speaking and working with others.

To strengthen social skills:

- **Role-play together.** Shy children don't always know what to say to another child. Say, “Let's pretend you're at recess. Juan and Megan are playing a fun game that you'd like to join. What could you say?” At first, you might have your child pretend to be one of the other children. You can pretend to be your child. But then change roles.
- **Read books about friends.** Talk about what good friends do—and don't do. Thinking about what makes a good friend may help your child identify someone in class who could be a friend.
- **Schedule a playdate** with a classmate. Some children feel more comfortable with just one other person than they do in a crowd.
- **Focus on your child's strengths.** Use these as a way for your student to meet other children with like interests. Does your child like art? Try an art class at a community center. Is your child athletic? Consider signing up for a youth sports team.
When children practice the skills that they enjoy, they develop self-confidence—which can also help them make friends!

It Matters: Reading

Reading aloud strengthens reading skills



Your child may know how to read independently, but reading aloud is still beneficial. When you read aloud,

you introduce ideas, concepts and vocabulary your child might not get otherwise. Each time you read together, you also add to your child's storehouse of knowledge—which helps with comprehension.

As you read aloud, focus on:

- **Vocabulary.** Define the words your child doesn't know. Together, think of words that have a similar or opposite meaning.
- From time to time, see if your child can figure out the meaning of an unknown word by how it's used in a sentence. Give examples of how the word might be used in other contexts. For example, note how the word *sign* can be a noun (Look at the stop *sign*) or a verb (Please *sign* your name here).
- **Listening and thinking skills.** After you've read a passage, have your child summarize it. Ask specific questions—What did the main character do? Where did he do it? How did it make his friends feel?
- **Memory.** Don't just start reading where you left off in a book the night before. First ask your child to recall what was happening in the story when you stopped.
- **Word recognition.** Stop reading periodically. Ask your child to read a sentence or two to you. Help your child sound out new words and read the sentences again.

Help your elementary schooler discover the joy of reading

Some children seem to have their noses constantly in a book. But others haven't discovered the joy of reading yet. To encourage reading:

- **Ask your librarian** to recommend high-interest books. There are books that appeal to almost every child. Kids who enjoy adventure may find that they love the *Percy Jackson and the Olympians* series. Those who like to laugh may enjoy the *Diary of a Wimpy Kid* series.
- **Keep track** of how many books your child reads. Paste a sticker on a chart for each book. Or, have your child make a paper chain—one link for each book. Can your child make a chain long enough to stretch around a room?
- **Have a fact scavenger hunt.** Make a list of questions that require your child to use different reference materials at the library (without going online). What is the



batting average of a famous baseball player? What is the average temperature at Disney World?

- **Suggest audiobooks.** There are wonderful recordings of favorite books—many may be available for free from your public library. Sometimes just hearing the words in a book can encourage a child to go back and read it later.

Make sure your child is on the road to reading success



Ask any educator to name the single most important thing parents can do at home to help children learn and do well in school and they will likely say, "Encourage your child to read!"

To make reading a priority:

- **Create a reading nook.** A cozy reading spot can make reading more appealing.
- **Take advantage of the library.** Each week, browse and let your child check out new books.
- **Start a family book club.** Set aside one night each week to talk about something you've all read. Better yet, do it during dinner—you'll get the benefit of one another's company and a good discussion.
- **Let your child see you reading.** Kids who see their parents read are more likely to want to read themselves.
- **Talk with the teacher.** Ask about your child's reading progress and strategies you can use at home to strengthen reading skills.

Daily Learning Planner

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

Marcum-Illinois



THE
PARENT
INSTITUTE®

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

- 1. Pick a word of the day. Challenge family members to use it in a sentence. Make this a daily habit.
- 2. Take a walk with your child and use all five senses to observe the world around you.
- 3. Play math facts baseball. Quiz each other. A correct answer is a “base” hit.
- 4. Start a made-up story. “A man went down the road and he met a” Let your child finish the story.
- 5. How many words can your child make from the letters in OCTOBER?
- 6. Does your child know who to call in an emergency? Make a list and post it on your refrigerator. Practice what to say.
- 7. When your child shows you schoolwork, talk about things that are correct before noting what is wrong.
- 8. Download an audiobook from the library to listen to with your child.
- 9. Help your child find out what’s inside a seed. Soak a dry bean overnight. Let your child remove its coat and pull the halves apart.
- 10. Have family members make a list of their strengths. Read them aloud. Add to one another’s lists.
- 11. Ask your child, “What was the most interesting thing you learned today?”
- 12. Talk about fire safety. What should your child do in case of a fire?
- 13. Have a jump rope contest. See how many jumps you and your child can do in a row.
- 14. Let your child stay up 30 minutes past bedtime as a treat. The catch? The time must be spent reading!
- 15. Share family stories with your child. Ask relatives to share some, too.
- 16. Go for a walk or bike ride with your child today. Challenge each other to spot something you haven’t seen before.
- 17. Help your child do something nice for someone else.
- 18. Talk with your child about why students who keep up with their schoolwork earn better grades.
- 19. Teach your child to defend against bullying by saying *no*, walking away from fights and telling an adult.
- 20. Watch the news with your child. Locate one place mentioned on a world map.
- 21. Talk about one of your favorite books. Ask about one of your child’s.
- 22. Look for signs of fall: changing daylight, colored leaves, pumpkins, etc.
- 23. Review math facts with your child tonight.
- 24. Put on music and spend 15 minutes drawing or writing with your child. Let the music be your inspiration.
- 25. Turn off the lights and read books by flashlight with your child.
- 26. Let your child see you keep your temper when you are upset. Instead of yelling, calmly talk about how you feel.
- 27. It’s Theodore Roosevelt’s birthday. Help your child look up interesting facts about this president and protector of the environment.
- 28. Pick an interesting news article. Ask your child to read it to you while you prepare dinner.
- 29. Write an encouraging note to your child. Tuck it in a school notebook.
- 30. Encourage your child to draw a self-portrait.
- 31. Celebrate National Popcorn Poppin’ Month. Pop some popcorn and curl up with some mystery books.