



# GEORGE J. MITCHELL SCHOOL NEWSLETTER JANUARY 2017 [www.aos92.org](http://www.aos92.org)



## IMPORTANT DATES



- January 3-** School Resumes  
**January 4** – School Board Meeting 6:00  
**January 16** – Martin Luther King Jr. Day – **NO SCHOOL**  
**January 19** – Family Math Night 6:00  
**January 23** – Teacher In-service – **NO SCHOOL**

## Principal's Message



### Seven Strategies Help Elementary Schoolers Expand Reading Skills

Is your child reading by herself? That's terrific. Keep in mind, however, that her reading skills must be strengthened and maintained. As she gets older, she will be expected to read more complex material. So how can you support her efforts and help keep her reading progress on track? Here are seven ways:

- 1. Let your child read what she likes.** She doesn't have to read only books. Graphic novels, magazines, advertisements and recipes are fine choices, too.
- 2. Make connections.** Look for books about the places your child's ancestors came from. Or have her read about historic events that happened near home.
- 3. Make reading irresistible.** Allow your child to stay up 15 minutes later to read in bed. Or let her build a fort and read inside by flashlight.
- 4. Add some drama.** Turn favorite books into family plays. Encourage everyone to dress up and play a part.
- 5. Start a book club.** Get your child's friends together for book-related discussions, activities and snacks.
- 6. Set a timer.** If your child resists reading, say, "Read to me for three minutes. When the timer rings, you can stop." Add a minute every few days.
- 7. Read aloud.** Select books that are a bit more advanced than your child can read herself. When parents read, kids enjoy more challenging stories.

## Home for Little Wanderers

On behalf of the Maine Children's Home for Little Wanderers, we wish to thank everyone who brought in gifts for the Christmas Program.

Thanks to your generosity, the lives of thousands of needy children and their families were made brighter on Christmas day. We hope that it enriched your family's holiday season knowing you have made a difference for another family.



## How do you handle issues at school?

If the teacher tells you that your child has a problem at school, your reaction can make the difference between finding a solution and creating a standoff. Are you addressing school issues constructively? Answer *yes* or *no* below:

- \_\_\_ **1. Do you hear** the teacher out *before* you start explaining away your child's behavior?
- \_\_\_ **2. Do you wait** to discuss the issue with your child until you can do so calmly?
- \_\_\_ **3. Do you involve** your child in brainstorming possible solutions to the problem?
- \_\_\_ **4. Do you let** the teacher know how you plan to handle the issue?
- \_\_\_ **5. Do you stay** in touch with the school to confirm that your solution is working?

## How well are you doing?

*More yes answers mean you are working with the school and your child to solve problems in positive ways. For each no, try that idea.*

*Teaching kids to count is fine, but teaching them what counts is best.~*

—Bob Talbert

From: *The Parent Institute*

## Brush up on discipline basics

All children misbehave sometimes. Keep in mind that discipline is meant to teach desired behavior, not to punish. It helps to:

- **Be realistic** about your child's abilities. Match rules to her age and maturity level.
- **Mean what you say.** Make sure your rules and consequences are fair, then stick to them!
- **Acknowledge** your child's feelings. Say, "You are upset because you wanted that toy. But it's Jana's turn. You can have another turn when she's done."
- **Be forgiving.** Teach your child

## Clean Hands, Health Kids

One simple step can help your child stay healthy and avoid missing school. It's hand washing! Teach your child to:

- **Wash properly.** He should wet hands, lather with soap and wash fronts, backs, between fingers, etc. for 20 seconds.
- **Use a fresh paper towel** to turn off the faucet and open the bathroom door.
- **Wash hands often,** especially before eating and after using the bathroom.
- **Sneeze or cough into his elbow,** not his hand.

## ATTENDANCE: A Key to Your Student's Success

Schools are responsible for teaching your child. But schools can't do their job if your child is absent. Learning builds day to day. A child who misses a day of school misses a day of learning. Research shows that children who are in school most of the time do better on state tests.

Studies also show that kids who are absent more often score lower on state tests.

Being late for school hurts a child's learning too. A student who is 10 minutes late every day will miss 30 hours of instruction during the year.

Children can copy notes or make up an assignment, but they can never get back what's most important: the discussions, the questions, the explanations by the teacher and the thinking that makes learning come alive.

Your child's success in school depends on having a solid educational background – one that can only be gained through **regular school attendance.**



### Attention – Heads Up!

It has come to our attention that head lice have been detected at our school. Please check your child's head and hair tonight and on a weekly basis to screen for nits (eggs) or live lice. Please contact the substitute school nurse, Nurse Amelia, for information or to report a case of head lice so that we may identify other cases. If your child has or gets lice he/she will need to be treated and combed out for 45 consecutive days to remove nits before they hatch.