



Hematite Highlights

ISHPEMING SCHOOL DISTRICT

AUGUST, 2009

School Contacts

Birchview School
485-6341

Brian Veale, Principal
Melissa Corkin, Secretary

C.L. Phelps School
486-4438

Charleen Willey, Principal
Cecelia Korpi, Secretary

Ishpeming High School
485-1066

Brian Sarvello, Principal
Kim Kainulainen, Secretary

**District Office
Central School
Special Education**
485-5501

Stephen Piereson,
Superintendent
Connie Bertucci, Secretary

Transportation
Brian Veale,
Director
485-6341

First Day of School

All schools in the Ishpeming School District open for the 2009-2010 school year on Tuesday, September 8, 2009. Teachers will be meeting in the morning and students will report for a half-day in the afternoon. Classes at the Ishpeming High School and the C.L. Phelps School will begin at 12:00 p.m. and classes at the Birchview School will begin at 12:30 p.m. Parents of children in early childhood programs and kindergarten programs will receive a letter explaining the schedule for their children.

Board of Education

The Board of Education meets on the second Monday of each month at 7:00 p.m. at the Ishpeming High School library. Board Members are:

Lyle Warner — President
David Leverton — Vice President
James Smith — Secretary
Jennifer Russi — Treasurer
Angela Kiviniemi — Trustee
Geno Maino — Trustee
Robert Nadeau — Trustee

Daily School Schedules

	Birchview	Central	C.L. Phelps	IHS
Classes Begin	8:30 a.m.	8:45 a.m. (Early Childhood)	8:00 a.m.	8:05 a.m.
Dismissal	3:40 p.m.	3:30 p.m. (Early Childhood)	3:00 p.m.	3:02 p.m.

Notice - Asbestos Management

As required by Federal and State regulations, the Ishpeming School District has employed the service of AECOM and Environmental Consulting and Inspection Services to monitor and develop guidelines for the encapsulation or removal of asbestos from the buildings of the district. The firm of Lake Shore Environmental Industries, Inc. is the contractor for encapsulation and removal of asbestos. AECOM, Environmental Consulting and Inspection Services, and Lake Shore Environmental are licensed by the State to perform these duties.

The Ishpeming School District has been encapsulating and/or removing asbestos as required under the appropriate State and Federal regulations. A copy of the Ishpeming School District Management Plan for asbestos abatement is available to parents, guardians, employees, and other residents in the Business Office, Ishpeming School District, 319 East Division Street, Ishpeming, Michigan during regular office hours. For additional information, contact Anthony Bertucci, Business Manager.

Freedom of Information Requests

Requests for documents pursuant to the Michigan Freedom of Information Act (FOIA) may be directed to Superintendent Stephen Piereson, 319 East Division Street, Ishpeming, Michigan, 49849.

Statewide School Safety Information Policy

Pursuant to the Statewide School Safety Information Policy (Public Act 102 of 1999), parents are notified that the Ishpeming School District Board of Education held 1 weapons expulsion hearing in 2008-2009.

Family Education Rights and Privacy ACT (FERPA)

The Family Educational Rights and Privacy Act (FERPA) affords parents and students 18 years of age and older ("eligible students") certain rights with respect to the student's educational records.

They include:

1. The right to inspect and review the student's educational records within 45 days of the date of the request. Parents or eligible students may submit a written request to the school principal.
2. The right to request that a student's educational record be amended if the parent or eligible student believes that the educational record is incorrect or misleading. Parents or an eligible student may direct a letter to the school principal stating what part of the educational record is inaccurate or misleading.
3. The right to consent to disclosure of personally identifiable information contained in the student's educational records except to the extent that FERPA authorizes release without consent. Unless the parent notifies the Superintendent within 30 days of distribution of this notice, information requested will be provided upon request.
4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the district to comply with the requirements of FERPA to Family Compliance Office, USOE, 400 Maryland Avenue, SW, Washington D.C. 20202-1605.

Ishpeming Schools Child Care Learning Center

A Great Place to Learn and Grow

Jump start your child's learning experience in a fun, safe, caring, and state licenced program by registering your child in the Ishpeming Schools Child Care Learning Center. More than day care - it's learning, games, and field trips all in a warm, caring atmosphere. State licensed to meet the highest standards for safety, instruction, and care. Full-day, half-day, before school, after school, professional development days, snow days, early dismissal /late start - the Child Care Learning Center staff is always available. Children ages 3 - 12 from all of western Marquette County are welcome.

For more information or for registration contact Doreen Bertucci at 485-5350.

District Web Site

If you have Internet access, be sure to take a look at the district web site at
www.ishpemingschools.com

Adequate Yearly Progress (AYP)

The Federal No Child Left Behind Act (NCLB) requires that all schools make adequate progress toward 100% student proficiency in mathematics and reading. As determined by the Michigan Department of Education, all schools in the Ishpeming School District (Birchview School, Central School, C.L. Phelps School, Ishpeming High School) have met the Adequate Yearly Progress (AYP) standard.

Teacher Qualifications

The Federal No Child Left Behind Act (NCLB) requires that all schools provide, upon request, information on teacher qualifications including certification, diploma, college majors, as well as graduate degree information.

Parents may also request this information about any para-professional who provides Title I services to their child.

Information on teacher qualifications may be requested by contacting Superintendent Stephen Piereson, 319 East Division Street, Ishpeming 49849.

Release of Certain Student

Information to Military Recruiters

Federal and Michigan laws require that the Ishpeming High School provide military recruiters, upon request, the names, addresses, and telephone numbers of high school students. A parent/guardian or 18 year old student may exercise the option to withhold consent for the release of this information by contacting Superintendent Stephen Piereson, 319 East Division Street, Ishpeming 49849 or by calling 485-5501.

C.L. Phelps School Citizenship Award

Congratulations go out to Taylor Croley for being selected the C. L. Phelps Middle School's outstanding citizen of the year. Taylor was an eighth grade student who will be moving on to the ninth grade for the 2009-2010 school year. She was nominated by the faculty because of her willingness to help other students with their academics. She was also a positive asset in the athletic arena as well. Taylor is the daughter of Jodi Croley.

2009-2010 Bus Schedules

The 2009-2010 bus schedules will be available on the District website at www.ishpemingschools.com. For any questions please contact Brian Veale, Transportation Director at 485-6341.

Notice of Pesticide Applications

Notice of Non-Discrimination

Public Act 131 requires that information be provided regarding pesticide use in and around school buildings. Please note the following:

The Ishpeming School District does not discriminate on the basis of race, color, religion, national origin or ancestry, age, sex, marital status, or handicap in the admission to, access to, participation in, benefits of, or employment in its programs or activities as provided by district policy and in compliance with Federal and State law.

Pesticides Demand CS
Termidor SC (outside use only)
Phantom
Max Force FC

Applied By Guardian Pest Control Company

Application Schedule Buildings are inspected on the second Friday of each month after dismissal. If a problem is observed, insecticide is applied after dismissal.

For information, please contact Superintendent Stephen Piereson, 319 East Division Street, Ishpeming 49849 or by calling 485-5501.

Notice of Non-Discrimination in Vocational and Applied Technology Education

Location of Application Exterior foundation, foundation cracks, pipe openings, storage areas, floor drains, wall cracks, behind sinks

Pesticide Talstar Plus Fertilizer

Applied By Superior Lawn Care

Application Schedule As needed basis - spring, summer, fall

Location Of Application Direct application to lawn areas

In compliance with the non-discrimination regulations of the Vocational Education Division of the Michigan Department of Education, notice is hereby given that the Ishpeming School District does not discriminate on the basis of race, color, religion, national origin or ancestry, sex, marital status, or handicap in offering vocational education and applied technology opportunities to students of the school district.

For information, please contact Superintendent Stephen Piereson, 319 East Division Street, Ishpeming 49849 or by calling 485-5501.

Presidential Award for Educational Excellence

Sixteen eighth grade students from the C. L. Phelps Middle School were presented the prestigious Presidential Award for Educational Excellence at the conclusion of the 2008-2009 school year. To qualify for this award, a student must earn a 3.5 or higher grade point average, earn 90 percent or better on the traditional grading scale by the school's faculty, and demonstrate high motivation, initiative, integrity, intellectual growth, leadership qualities, and exceptional judgment. In addition, the student must be recommended by two faculty members and the principal.



The students who were presented with this award include: Ann Alanen, Melanee Bess, Emily Casey, Taylor Croley, Bodenn Denzel, Brittany Doney, Kori Faull, Alyssa Gray, Kayla Kent, Josie Mashburn, Diane McNease, Krista Pellonpaa, Robert Poirier, Bethany Riutta, and Hannah Spencer.

Picture Identification:
 Front row left to right: Emily Casey, Diane McNease, Alyssa Gray, Melanee Bess
 Center row left to right: Josie Mashburn, Hannah Spencer, Krista Pellonpaa, Jordann Grigg, Ann Alanen
 Back row left to right: Cody Kugler (Academic Achievement Award), Robert Poirier, Brittany Doney, Kori Faull, Bethany Riutta, Taylor Croley, Kayla Kent

Presidential Award for Outstanding Excellence in Fine Arts

Four eighth grade students from the C. L. Phelps Middle School were recipients of the Presidential Award for Outstanding Excellence in the Fine Arts. Cody Kugler earned the award for his dedication and improvement in instrumental music. Bria Johnson, Saige Matson, and Hannah Spencer were presented the award for their outstanding vocal music. These students have shown outstanding tremendous growth in the area of Fine Arts. To receive this award, the student must be nominated by a fine arts teacher and the principal.



Picture Identification:
Left to right: Cody Kugler and Hannah Spencer
Not pictured: Bria Johnson and Saige Matson

Happy Retirement to...

Susan Lovelace, Custodian

Judy Sager, Secretary

Thank you for all your years of service.

You will be missed.

New Faces

Faculty/Staff:

Carol Johnson, Head Cook

Jamie Solka, Elementary Library Aide

Melissa Sykora, Elementary Resource Room Teacher

Coaches:

Brad Austin, 8th Grade Girls' Basketball Coach

Dion Brown, Volunteer Football Coach

Mark Dellangelo, Girls' Varsity Basketball Coach

Adam Ely, 7th Grade Girls' Basketball Coach

Ed O'Brien, Girls' Freshman Basketball Coach

Amy Rautiola, Varsity Volleyball Coach

Robert Salisbury, JV Boys Basketball Coach

John Tizziani, Boys' Varsity Basketball Coach

8th Grade Class Trip

Forty-two eighth grade students boarded a chartered bus on June 9, 2009, and began a journey to the Chicago Area. This field trip was sponsored by the C. L. Phelps Middle School's Parent Group. Upon arriving in Gurnee, Illinois, the participants enjoyed shopping at the Gurnee Mills Mall. Students were very proud of the deals that they made in the outlet stores. After spending the night at a Ramada Inn, the group traveled to Chicago, Illinois. They spent three hours at



the Shedd's Aquarium. The highlight was walking through the "Wild Reef" exhibit with sharks of all kinds swimming above you and star fish and other bottom creatures beneath the glass floor. The field trip continued as the adventurers explored the Lincoln Park Zoo in downtown Chicago. This day concluded with supper being served at the IHOP in Waukegan, Illinois. After a good night's sleep, the next day was spent at Six Flags in Gurnee, Illinois. The students rode the roller coasters, enjoyed Hurricane Harbor, and all in all had an awesome time. The chartered bus pulled up to the C. L. Phelps School at 3:30 a.m. on June 12, 2009. Many thanks go out to Mrs. Tracy Maki, Ms. Jilaine Jenkins, Mrs. Lauri Sorrell-Kulju for chaperoning this event. and Mrs. Kris Poirier and Mrs. Connie Bertucci for taking on the financial aspects of the field trip. It is safe to say that everyone had a very enjoyable time.

2009-2010 Calendar

- Professional Development Days For Teachers – Wednesday, September 2, 2009 and Thursday, September 3, 2009
- First Day Of School For Students – Tuesday, September 8, 2009 – Students Report At 12:00 p.m.
- Professional Development Day (No Classes) - Wednesday, November 25, 2009
- Thanksgiving Break – Thursday, November 26, 2009 and Friday, November 27, 2009
- Final Day Of School Before Winter Break – Tuesday, December 22, 2009
- Winter Break – Wednesday, December 23, 2009 through Friday, January 1, 2010
- Classes Resume – Monday, January 4, 2010
- Records Day (No Classes) – Friday, January 22, 2010
- Professional Development Day (No Classes) Monday, March 1, 2010
- Final Day Of School Before Spring Break – Thursday, April 1, 2010
- Spring Break – Friday, April 2, 2010 through Friday, April 9, 2010
- Classes Resume – Monday, April 12, 2010
- Memorial Day (No Classes) – Monday, May 31, 2010
- Final Student Day – Friday, June 4, 2010

Ishpeming Senior Citizen Athletic Passes

Residents of the Ishpeming School District who are at least 62 years of age can receive a district athletic pass at no cost. Residents may receive a pass by presenting a drivers license or other proof of age and residency at the Ishpeming High School office. Once issued, a senior athletic pass does not have to be renewed.

As a resource for parents to help get them more involved with their children's education and boost school success, the September issues of Home & School Connection and Early Years are part of this issue of the Hematite Highlights. Future Home & School Connection and Early Years will be posted on the District Website at www.ishpemingschools.com.

Exchange Students

Ishpeming High School will be hosting 6 exchange students for the 2009-2010 school year. Our newest Hematites are Nataporn Kapol from Thailand; Edouard Zellar from Switzerland; Ruven Kloettschen from Germany; Lucas De Lara Ataide from Brazil; Maciek Mazur from Poland and Anna Bruscek from Austria.

Please welcome these students to our school and our community.

2009-2010 Breakfast/Lunch Prices

ELEMENTARY (GRADES PRESCHOOL – 4)

Breakfast	\$ 5.00 per 5 tickets
Lunch	\$11.25 per 5 tickets

PHELPS SCHOOL (GRADES 5-8)

Breakfast	\$ 5.00 per 5 tickets
Lunch	\$11.25 per 5 tickets

ISHPEMING HIGH SCHOOL (GRADES 9-12)

Breakfast	\$ 5.00 per 5 tickets
Lunch	\$13.75 per 5 tickets

The MDE income guidelines for National Free and Reduced priced meals for schools may be found on page 6 of this newsletter. For additional information regarding the food service program, please contact Business Manager Anthony Bertucci at 485-5501.

C.L. Phelps School Team

Nutrition Youth Wellness Grant

The Michigan Department of Education has awarded the C.L. Phelps School a Michigan Team Nutrition Wellness Grant. This is a competitive grant and the Phelps School was the only school in the Upper Peninsula selected to be part of the 50 school Michigan team. The goal of the grant is to improve school nutrition and physical activity. The first major activity is the Michigan Team Nutrition Youth Wellness Kick Off Summit at Ford Field in Detroit in September. Principal Charlene Willey, students Zoe Beltrame and Brianna Aho, and teachers Carol Maas, Anne Asplund, and Lisa Gravedoni will be going to Detroit as the first step in building our student wellness program.



Contact: Martin Ackley, Director of Communications, (517) 241-4395

Income Guidelines for National Free and Reduced Priced Meals For Schools, and Child and Adult Care Programs are Announced

July 30, 2009

The Michigan Department of Education has announced the household income guidelines established by the U. S. Department of Agriculture for free and reduced price meals and free milk through the National School Lunch, School Breakfast, Special Milk, and Child and Adult Care Food Programs. The income guidelines are effective from July 1, 2009, through June 30, 2010.

Contact your school, school district, child care center, or family child care home, to find out whether it participates in these programs.

Schools and child care centers will provide a form for applying for free or reduced price meals. Only one application is required per household. Most participating centers and all participating family child care homes provide meals to all enrolled participants without any separate charge.

Children who are recipients of Michigan’s Family Independence Program, Food Assistance Program, or Food Distribution Program on Indian Reservations households, or enrolled in Head Start, Even Start, an At-Risk afterschool center, or an emergency shelter, automatically qualify for free meals. Households with incomes less than or equal to the following guidelines qualify for free or reduced price meals or free milk.

Scale for Free Meals or Free Milk		
Total Family Size	Annual	Monthly
1	\$14,079	\$1,174
2	\$18,941	\$1,579
3	\$23,803	\$1,984
4	\$28,665	\$2,389
5	\$33,527	\$2,794
6	\$38,389	\$3,200
7	\$43,251	\$3,605
8	\$48,113	\$4,010

Scale for Reduced Price Meals	
Annual	Monthly
\$20,036	\$1,670
\$26,955	\$2,247
\$33,874	\$2,823
\$40,793	\$3,400
\$47,712	\$3,976
\$54,631	\$4,553
\$61,550	\$5,130
\$68,469	\$5,706

For each additional family member add:

	\$4,862	\$406
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	\$6,919	\$577
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An application to a school or child care center can be approved if it contains complete documentation of household income, or documentation of current participation in Michigan's Family Independence Program, Food Assistance Program, or Food Distribution Program on Indian Reservations. Foster children usually qualify for free meals or free milk without regard to the foster parents' income. Information supplied on an application for free or reduced price meals may be verified at any time. An appeal procedure is available for households where applications are denied.

Participating schools and centers accept applications for free or reduced price meals at any time during the year. A household may qualify for free or reduced price meals due to a temporary loss of income, such as a period of unemployment.

If a doctor has determined that a child has a disability, and the disability would prevent the child from eating the regular school or child care meal, the school or child care facility will make any substitution prescribed by a doctor at no charge. The doctor's statement, including prescribed diet and/or substitution, must be submitted to the food service department of the school or child care facility.

In accordance with Federal law and U. S. Department of Agriculture (USDA) policy, no participant will be discriminated against because of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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Home & School CONNECTION[®]

Working Together for School Success

September 2009

Ishpeming School District
Stephen Piereson, Superintendent



SHORT NOTES

Parent-child notes

Exchanging notes with your children can help you stay connected now that they're back in school. Tuck an encouraging note inside a school folder or by their breakfast plates. They just might surprise you by leaving notes for you to find, too.

DID YOU KNOW?

Music can boost reading and math skills. Song lyrics teach rhyming words and build vocabulary, and clapping to a beat helps your youngster learn about patterns. Make music part of daily life by singing together in the car, playing the radio while you cook dinner, and attending free community concerts.

Getting acquainted

Encourage your child to get to know his classmates better. First, have him list the students' names. Next, ask him to think of one thing he knows about each person. He can write it next to the child's name on the list ("Trevor: has a pet frog," "Eva: speaks Spanish").

Worth quoting

"The best preparation for tomorrow is doing your best today."

H. Jackson Brown Jr.

JUST FOR FUN

"I'm glad I'm finally eight. This is the oldest I've ever been in my entire life!"



A good start

You can help make this school year a great one for your child. Here are a few simple things you can do at home to help him succeed in school.

Follow a routine

A routine at home will prepare your youngster for a schedule at school. For example, every day after school, he might wash his hands, eat a snack, and do his homework.

Promote independence

Say, "You can do it!" when your child asks for help with something you know he can do on his own. *Examples:* organizing his binder, finding his lost glasses. This will encourage the independence he'll need in the classroom.

Build attention span

Have your child focus on one activity while sitting at a table or desk for 15 to 20 minutes each day. He can draw, practice handwriting, or write a story—anything that motivates him to pay



attention. Practicing like this will get him used to doing classwork.

Recognize effort

Praise your youngster for trying. For example, if he's been struggling with division, you might tell him, "You worked hard this week and got most of the problems right. Good job!"

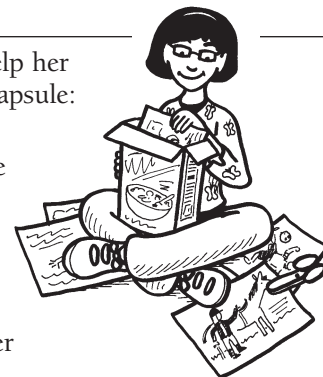
Have conversations

Teach your child to talk about his experiences. If you visit a zoo or a park, ask, "What was your favorite part of our trip?" Talk during family meals, while running errands, and at bedtime. ♥

Setting goals

What would your child like to learn this year? Help her set—and reach—goals with this homemade time capsule:

1. Ask your youngster to choose a few goals (read Beverly Cleary's *Ramona* books by herself, memorize all the state capitals).
2. Have her write each idea on a separate sheet of paper and draw a picture to go along with it.
3. Let her cover a cereal box with construction paper and label it "My Goals." Then, she can put her papers inside and tape the box closed.
4. Suggest that she keep the time capsule on her dresser as a reminder of her goals. She can open it at the end of the school year to see which ones she met. ♥



Staying involved

When parents get involved in education, kids do better in school and enjoy it more. Luckily, there are many ways you can participate. Here are several:

- Talk to your youngster about what happens in school. Ask her to show you something she learned. *Example:* “Can you recite the poem you memorized?” Or have her call a grandparent or other special person to tell about her day.
- Visit the school. If you work during the day, try to attend an evening event



(math night, fun fair). If you are available during school hours, ask the teacher what you can do to help. She might have you organize the classroom library or help students in the lunchroom or computer lab.

- Read information that your child brings home, such as class notices and school newsletters. These let you know what she is studying and alert you to important events like back-to-school night or picture day. ♥

ACTIVITY CORNER

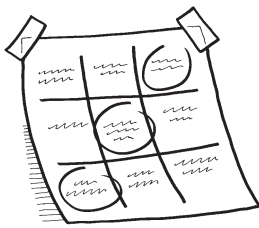


Spot the good behavior

When you notice your youngster behaving well, mention it! He'll be more likely to repeat the good behavior.

Here's an activity that will help.

Make a tic-tac-toe board by dividing a sheet of paper into nine squares. Ask your youngster to think of five behaviors to work on. *Examples:* “Put away my toys,” “Share with my brother,” “Talk nicely in the grocery store.”



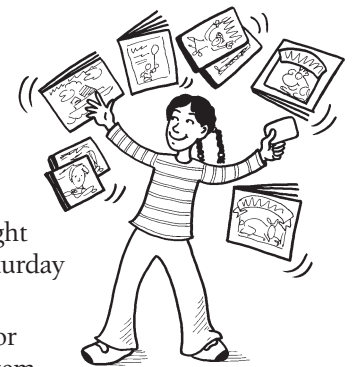
Then, have him write one behavior in each corner square and one in the center square. In the other four squares, he can write fun activities to do together (play a board game, draw with sidewalk chalk).

Each time you spot him doing a good behavior from the board, point it out and have him circle that box. When he gets three, let him choose one of the activities to do with you. ♥

Love the library!

The public library is full of wonderful things for your child to discover, and it's free! Your family can enjoy the library with these ideas:

- Consider starting a regular library tradition. You might visit every other Tuesday afternoon or on the third Saturday of the month.
- Let your youngster choose a theme, such as plants or castles, for each visit. Try to find at least one related item from each section (fiction, nonfiction, biography, magazine, video). She'll see that the library offers many ways to get information.
- Take advantage of special features. For instance, your library might include a local history collection or a special-needs section. Or it might have art displays, story hours, puppet shows, or craft workshops. *Tip:* If your library has several nearby branches, take turns visiting them so you can try all the different things each one has to offer. ♥



Q & A After-school activities

Q: *Our son has tried soccer and art class. He wasn't excited about either one and wanted to quit.*

How can we help him find an activity he'll like?

A: Joining a team or club can build your son's confidence and introduce him to kids who share his interests. Try asking him what he liked and didn't like about each activity. For instance, maybe he enjoyed being on a team but didn't like the running involved in soccer. In that case, you could suggest T-ball or swimming.

His favorite school subjects might also provide clues. If he likes science, he could sign up for a nature program.

If he prefers reading or writing, help him find a book club or a writing group.

When he makes a choice, encourage him to go to all the sessions. Hopefully, he will like it—and you'll teach him the value of sticking with something. ♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Early Years

WORKING TOGETHER FOR A GREAT START

September 2009



KID BITS

Holding a pencil

Has your child mastered the “tripod” pencil grasp? Help him rest his pencil on the side of his middle finger and curve his thumb and first finger to make a triangle shape. If your youngster finds it awkward at first, practice together. You can tell him that it will make handwriting more comfortable—and faster—in the long run.

Save favorite schoolwork

Encourage your child to take pride in her schoolwork with this idea. Let her decorate a cardboard box and write the year (2009–2010) on it. She can put her favorite projects inside. As she grows, you’ll both have a reminder of her accomplishments.

Practice fire drills

Get your child ready for school fire drills by doing trial runs at home. Set an alarm clock, and teach him to walk out of the house quickly and calmly when it goes off. Just as he’ll do at school, line up quietly at a chosen meeting spot while you count to be sure everyone is out.

Worth quoting

“It is books that are the key to the wide world.”

Jane Hamilton

Just for fun

Q: What belongs to you, but others use it more than you do?

A: Your name.



A smooth beginning

A new school year brings lots of excitement—and a little uncertainty. Knowing what to expect can reassure your youngster as she gets used to her new teacher, classroom, and routine. Here’s how to send her off smiling and ready to learn.

Make a book

Ask your child to draw several pictures of her school (teacher, friends, classroom, cafeteria). Staple the drawings together to make a book, and help her label each one (“Mrs. Hart”). Then, read her book together to make her feel more comfortable about school.

Talk about worries

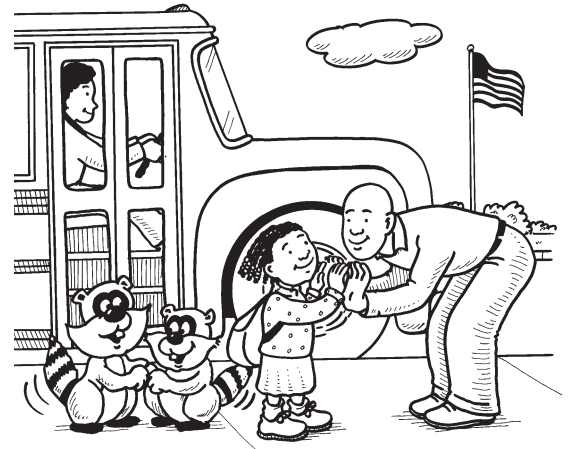
Give your youngster the chance to ask questions and talk about her concerns. *Examples:* “What if the other kids don’t like me?” “What do I do if I get sick in school?” Let her know that she can always ask a teacher or other adult for help.

Healthy routines

What do you get when you take a healthy breakfast, add an hour of exercise, and finish with a good night’s sleep? A great school day for your child! Try these suggestions:

- Let your youngster help you write a weekly breakfast menu. He’ll enjoy eating meals he helps plan—and eating breakfast will give him more energy in class.
- Motivate your child to stay healthy and fit by exercising together. Jump rope, take walks, shoot hoops, and play tag.
- Enough sleep (11–12 hours) will help your youngster learn more easily. A regular routine, such as snack, bath, and story, will encourage him to make it to bed on time.♥

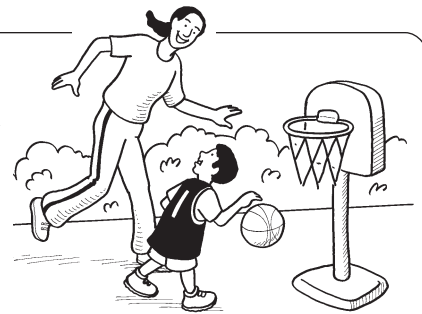
Ishpeming Public Schools
Stephen Piereson, Superintendent



Start a good-bye ritual

Saying good-bye the same way each morning will help your child feel secure. For one idea, read *The Kissing Hand* by Audrey Penn. Like the mother raccoon in the story, place a kiss in your child’s hand for her to carry all day. Or make up your own ritual. Try a combination of high fives, knuckle bumps, handshakes, and hugs.

Tip: Speak positively about school in front of your youngster: “You’re going to have so much fun.” “You’ll learn how to write all 26 letters.” Your attitude will be contagious!♥



Building character

Learning to read and write are important for school success. So are respect and responsibility. Teach these character traits at home, and your child will be more likely to use them when he's in school.

Respect. Listening quietly when a teacher or classmate is talking shows respect. At home, have family members take turns speaking and listening. If a sibling interrupts your youngster, say, "Luke is talking. I'll listen to you when he's finished." *Note:* When your child acts respectfully, let him know that you appreciate it ("Thank you for waiting quietly while I was talking to my friend on the phone").



"Put the caps on the markers," try, "You've finished coloring. What's next?" ♥

Responsibility. At school, your youngster will be expected to take care of his belongings and finish classroom jobs. At home, choose a spot where he can put his backpack and jacket after school. Give him ways to help around the house, such as emptying the bathroom trash can or setting the table. *Tip:* Offer gentle reminders. Instead of,

ACTIVITY CORNER



Playground map

Maps are everywhere! They can help your youngster find a water fountain at the shopping center or elephants at the zoo. Teach her to use maps by having her draw one of the playground.

First, show her what a map looks like. Point out the symbols, such as a box with up and down arrows for the elevator or the letter P for the parking lot.



Next, head to the playground. Let your child make up symbols for the equipment. She might choose a ladder for monkey bars or a curvy line for the slide. As she draws her map, help her pay attention to locations: "Is the picnic table next to the swings or the seesaw?"

Finally, hide an object, such as a tennis ball, on the playground. Show your youngster where it is on her map, and see if she can find it. Then it's her turn to hide something for you. ♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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PARENT TO PARENT

Read around the house

While visiting my daughter's classroom, I saw children reading everything on the walls—signs, charts, poems, and labels. As they read, they pointed to the words with rulers.

Mandy's teacher explained that they were "reading around the room." The activity teaches kids to read things they see every day, like the class rules and the student birthday chart.

It looked like fun, so I decided to try it at home. Mandy helped me label household items with index cards ("table," "chair"). I also showed her things around the house that she could read, like the days of the week on the kitchen calendar.

For a pointer, Mandy stuck a heart-shaped eraser on an unsharpened pencil. She loves to use it to "read around the house." And she's always coming up with new things for us to label so she can learn more words. ♥



Q & A

Parent + teacher = success

Q: I want to have a good relationship with my son's teacher. What should I do?

A: Getting in touch early will help you and the teacher form a strong team. Start by introducing yourself at back-to-school night or when you drop off your child.

Follow up with an e-mail, a note, or a call. Let the teacher know the best way to reach you if he has concerns about your child throughout the

year. And be sure to keep him informed about things that might affect your youngster in school (birth of a new sibling, parent away on a business trip).

From time to time, let your youngster see you sending a note to his teacher: "Todd is really enjoying school. We're very proud of his printing." You'll keep the lines of communication open, and you'll show your son that you and the teacher are working together for his success. ♥

