



NESI/Catapult Learning

NEWSLETTER

AUGUST/SEPTEMBER

STARTING OFF THE SCHOOL YEAR RIGHT



TECH TALK: APPS AND WEBSITES

As you may have noticed, your child has access to at least one screen in his or her life. Back-to-school time is a great opportunity to revisit screen limits, not only for your child – but for yourself, as well.

Make sure that any tools (like parental controls) you are using to monitor your child’s technology use are not limited to just those offered through technology – accompany any limit to screen time with a conversation with your child about healthy habits around technology use. Don’t forget – you are your child’s best model – so try and imitate those habits as well.

For additional information on parental controls in technology, click here:

<https://www.npr.org/2018/06/18/620005246/a-guide-to-parental-controls-for-kids-tech-use>

STARTING OFF THE SCHOOL YEAR RIGHT: TIPS AND TRICKS

The start of a new school year means the start of new teachers, new lessons, and new routines. Here are a few things parents can do to start the year off right:

- 1.** Contact your child’s teacher. Getting to know the teacher early in the year helps communication later go smoother. Partnering with your child’s teacher can help your child have a more positive outlook on school and help him or her feel more confident. When the teacher knows more about your child, he or she can better personalize instruction and engage them in learning.
- 2.** Ask your child specific questions and listen for the answers. “How was school today?” often leads to the response of “okay” or “fine”. Try asking specific, open ended questions that get your child talking. For example, “What story did you read in Catapult or Title I today? What was your favorite part and why?” “If you had to teach me one of the new things you learned today, what would you choose?”

- 3.** Set night-time routines designed to bring out our child’s best. Research tells us that school-aged children (6-12 years) need between 9-11 hours of sleep each night. Teenagers (14-17 years) require 8-10 hours. In our busy world, this isn’t always easy to accomplish. Setting routines for finishing homework, time to relax, and then bed time can help your student catch those much needed ZZZ’s.

FAMILY FUN

Back to school time means back to routines and schedules. Here are some helpful ways to keep your child organized and engaged in learning at home:

Create a Homework Supply Station/ Box: You can utilize any type of container to house your child’s homework supplies. The most important idea is to keep them together for ease of access during homework time. Some ideas to try: a shoe box, basket, art caddy (or kitchen tool caddy), collection of plastic cups tied together, or a designated drawer. What types of supplies should you have on hand? Depending on the age of your child this varies. At minimum you should keep pencils, erasers, crayons, markers, glue sticks, scissors and a ruler. Additional items you may want to add: notebooks or loose leaf, index cards, tape, calculator, presentation boards, Stock up now while these items are still on sale.

Designate a Learning Space: This can be any space you determine within your home. The idea is to have a specified location for your child to work each day. This eliminates the “there’s nowhere for me to do my homework,” complaint. Some spaces that may work for you could include: a seat at the kitchen table, tray table or even the coffee table (try to stay away from the TV area). Your child’s space should be relatively-free from distractions, but allow them access to you, another adult or older sibling should they require help. If you have multiple children working in the same area try using a tri-fold presentation board to give each child their own space.



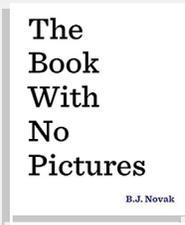
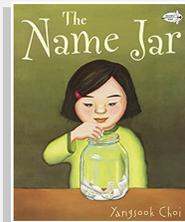
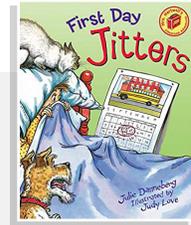


BOOK CLUB

“First Day Jitters” by Julie Dannenberg The first day of school can sometimes be a bit nerve-wracking, especially when you are starting out at a brand new school. Watch how Sarah Jane Hartwell reluctantly pulls herself out of bed to get ready, with the support of Mr. Harwell, to make her first day not so “jittery”!

“The Name Jar” by Yangsook Choi When Unhei, a young Korean girl, comes to the United States and begins her first day in school, she begins to wonder if she should choose a new name, too. With the support of her teacher and classmates she makes the decision that suits her best!

“The Book With No Pictures” by BJ Novak A book with no pictures might seem a bit boring, but the reader of this story must read everything on the page exactly how it says to read them! Full of goofy phrases and commands, this book is sure to make you laugh!



PUZZLE

Back to School Word Scramble

cpeinl _____

ckackbap _____

cetahre _____

tihyros _____

ropgyaludn _____

dera _____



Answers:

Pencil, backpack, teacher, history, playground, read.