



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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Keith Turner	Board Member
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September 2022

Upcoming Events

September 5

No School- Labor Day

September 5

Nicolaus Labor Day Parade

September 12

Board Meeting
6:00 pm

September 13

Parents' Club Meeting
6:00pm

September 28

Minimum Day
Dismissal Times:
TK-2 12:20
3-5 12:25
6-8 12:30
(Den Open)



Hello Wildcat Families,

Our first few weeks of school have been amazing! It's been so great getting to know our littlest Wildcats and seeing how much the rest of our Wildcats have grown over the summer. We're getting into our normal routines in the classroom, and it's great to see the students learning and growing every day! Thank you to all of the families that have agreed to help with the Labor Day Parade. This is a great event that is so beneficial for the local schools, and for the community. I hope you will all come out and enjoy the parade on Monday!

-Mrs. Irby

Labor Day Parade Float

This year's Marcum float in the Labor Day Parade will allow for all of our TK-2nd graders to ride on the float. We wanted to make sure that everyone who wants to has the opportunity to participate in this great tradition! We want to send a special thank you to Ms. Campouris for organizing and heading up our Float. We also want to thank those who have volunteered trucks and trailers, and who have set aside time to help decorate the float. We can't wait to see how it turns out and see all of our little Wildcats' smiling faces riding on it.

Covid Procedures

Although the requirements related to Covid-19 have loosened, Covid hasn't gone away and likely won't completely go away anytime soon. With that in mind, we will again ask for our families support in doing what they can to help control the transmission of Covid. The most important thing families can do is to have their children stay home when they are ill. If students are ill or have symptoms related to Covid-19, please keep them home until they are symptom free. In addition, if students or staff members test positive for Covid-19 they are required to stay home for at least 5 days and test negative before they return. (If students or staff continue to test positive for 10 days, but are symptom free, they may return to school on the 11th day.) Students and staff who have been exposed to someone who is Covid positive may now continue to come to school, as long as they are symptom free. It is recommended that anyone who is exposed to Covid is tested 5 days after exposure and/or if they start showing symptoms. We have tests available for our families. Just let us know and we can get some to you. If your child tests positive for Covid-19, please contact Mrs. Irby (maggiei@sutter.k12.ca.us, office 530-656-2407 ext. 14 or cell 925-595-8358) so we can make the proper arrangements. We are depending on our families to help keep our students and staff healthy and safe, and to help keep our school and classes open.

Volunteers/Visitors

At the August Board Meeting, the MIUSD School Board updated the "Reopening Plan". The plan was updated to meet the most current requirements. The most notable change was in regards to school volunteers and visitors. Volunteers and visitors are no longer required to have a negative Covid test prior to being on campus or attending a field trip. Volunteers and visitors still need to follow other district expectations, including checking into the office before going on campus. We are excited to have these requirements loosen up and to allow our parents more opportunities to see their students on campus.

Student Council

Student Leadership is very important at Marcum. We want the students to be able to be a part of making decisions about things we do here at school and we also want them to be able to experience the different facets of leadership. We will be holding elections for our Student Council Positions this Friday, September 2nd starting at 2:15. Students in 7th and 8th grade are eligible to run for various Student Council positions including President, Vice President, Secretary, Treasurer, Public Relations, and more. Students in 5th and 6th grade are eligible to run for Class Representative. We are looking forward to hearing our students give their speeches and to see who our elected representatives will be.

Destination Imagination

Destination Imagination (DI) is starting again at Marcum! If your child is creative, likes to build, solve problems, act, or needs a challenge for their mind – then DI is for them! This extracurricular, educational program provides teams of students from kindergarten through university level an outlet for their creativity. Teams of students learn leadership, teamwork, positive thinking, project management and so much more by working to solve a selected challenge and present it at a competition!

If your student is interested in joining a team, or if you are interested in being a team manager (which is an essential need for each team), please contact Mrs. Brazil at courtneyb@sutter.k12.ca.us.

California Junior Scholarship Federation

Marcum is proud to announce that we are now an official chapter of the California Junior Scholarship Federation. CJSF is a non-profit organization that emphasizes academic excellence, scholarship and community service among California middle school students. CJSF encourages service to the school and community while fostering pride in scholastic achievement. Student membership is based on academic excellence and citizenship. Only 7th and 8th grade students are eligible to apply and must apply after each grading period a student is eligible. Current 8th graders have the opportunity to apply using last year's grades. Applications are due September 9th. Mrs. Brazil is our CJSF Advisor. Please contact her if you have any questions.

Shirts

We have ordered new House Shirts and new Marcum Shirts for all of our Wildcats. We are hoping that they will be here soon so we can show off our school pride and our House Colors. Students who still have old shirts are encouraged to continue to wear them, but we won't do House Points until all of the shirts have arrived. At Marcum we wear our Blue and Gold Marcum Shirt on Thursdays and our House Shirt on Fridays. We can't wait until our new shirts arrive!

Paw Pride Tickets-ROAR PBIS

Marcum is a Positive Behavior Intervention and Support (PBIS) School. Our PBIS System is based on our ROAR Behavior Matrix which can be found in our school handbook or on our website. Students show ROAR behaviors when they are being Responsible, Organized, Accepting of Self and Others, and Respectful. Part of our PBIS system is to recognize students exhibiting these positive behaviors at school with a Paw Pride Ticket. The Paw Pride Ticket has two parts. One part goes into a box in the classroom school for a weekly drawing to receive a prize, the other part goes home so the student can celebrate their ROAR behaviors at home too! If the student's ticket is drawn in the classroom on Friday, they'll get to meet with Mrs. Brazil to tell her how they earned a ticket and to choose a special prize!



31st Annual
**NICOLAUS
LABOR DAY PARADE**



Monday, September 5
St. Boniface Parish Hall
Pancake Breakfast 7:00 am
Parade 10:00 am

Parade/Float Info.

Do You Have A Fancy Car Or Tractor
You'd Like To Show Off?

CONTACT: Melanie Michel

916-240-4744

nicolausLDP@gmail.com

Raffle/Silent Auction

Please Donate Your Item To:

CONTACT: Sherry Matrix

916-549-4124

boosters@eastnicolaus.k12.ca.us

Vendor Booths

Do You Have A Product
You'd Like To Promote?

CONTACT: Amber Cortez

916-878-6239

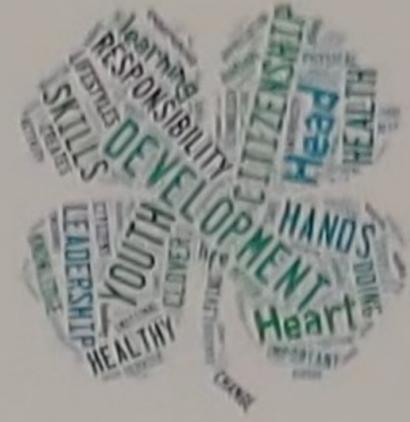
nicolausLDP@gmail.com

Hosted by ENHS, Marcum-Illinois, Browns & Pleasant Grove Schools

*Live Music, Cornhole Tournament, Kids Area, Crafters Booths,
Great Food and Much More!*



JOIN 4H TODAY



ENROLLMENT NOW OPEN FOR PLEASANT GROVE 4-H CLUB

Enrollment for the 2022-2023 4-H year is now open!

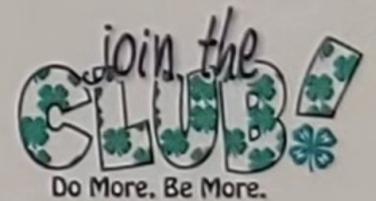
Please join us for our first meeting of the year
Wednesday, September 14th @ 6.30 PM at Pleasant Grove School
located at 3075 Howsley Rd, Pleasant Grove, ca 95668

Being a 4-H member helps kids build life skills such as confidence, independence, resilience and compassion through hands on projects.

4-H is open to kids ages 5 (by December 31st) to 19 years of age.

Current project offerings include:

- Sewing
- Cooking & baking
- Arts & crafts
- Gardening
- Metal and woodworking
- Lamb
- Pygmy goat
- Market goat
- Equine
- Dog
- Poultry



Passionate about something you'd like to pass on to the next generation? We are always looking for adult volunteers that can help us expand out project offerings.

Contact us to learn more about becoming a 4-H volunteer!

Got questions? Don't hesitate to contact us!

Sarah Cenedella
(530)228-9993
S.cenedella@yahoo.com

Betty Cooler
(916)717-7106
Coolerfamily07@yahoo.com

Kristen Chiaratti
(916)303-0426
Kchiaratti11@gmail.com



2022 ENHS Cheerleading Jr. Cheer Camp

For Children in Grades K-8th

Wednesday and Thursday, September 14th & 15th
3:30-6:00pm in the Multi-Purpose Room at ENHS



**Cost is \$35 (made payable to ENHS Cheer) and includes T-shirt, snacks,
and training by our very own ENHS Cheerleaders!**

Participants will perform during Varsity halftime at the home game on September 16th (start time: 7pm). They will also get free entry into the game as long as they have their camp shirt on. They are welcome to cheer on the track with the Cheerleaders during the 1st quarter of the Varsity game as well as after halftime. They will meet up with the High School Cheerleaders in the grass area behind the snack bar at the end of the first quarter of the Varsity game to prepare for their halftime performance.

For Questions or to Register, contact Sarah Hintz at hintz.sarah@yahoo.com

Participant Registration

NAME:		Grade:	
Address:		City:	

T Shirt Size: YS YM YL S M L
(Shirt sizes are not guaranteed.)

I, the undersigned, am the parent / guardian of the above named child and I agree, in taking advantage of this service, to release and hold harmless East Nicolaus High School from any and all claims, demands, suits, costs, and charges in connection with or arising out of the service, including, but not limited to, bodily harm or injury to my child. I hereby grant ENHS Cheer full authority to take whatever actions they deem necessary regarding my child's health and safety in the event I cannot be reached or in the situation where time is of the essence; and fully release ENHS and its employees from any liability in connection with those decisions. I grant permission for emergency treatment by a rescue squad, private physician and /or hospital or emergency health care facility staff if needed. Any such action will be taken in the best interest of my child and will be reported to me as soon as possible.

Parent Name:		Parent Signature:	
Contact Number:		Email:	
Food Allergies:		Medication Allergies:	
In case of an emergency and a Parent cannot be contacted, please contact:			
Name:		Number:	
		Relation:	

Photo / Video Release

I _____ give permission for ENHS Cheer to use my child's/children's photo/video for advertising purposes in emails and on social media.

Parent/Guardian Signature: _____



September Breakfast Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pancake on a Stick Fruit Milk	2 Cereal Fruit Milk
5 No School Labor Day	6 Banana Bread Fruit Milk	7 Coffee Cake Fruit Milk	8 Pizza Bagel Fruit Milk	9 Cinnamon Roll Cheese Stick Fruit Milk
12 French Toast Fruit Milk	13 English Muffin Breakfast Scramble Fruit Milk	14 Blueberry Bagel Fruit Milk	15 Pancake on a Stick Fruit Milk	16 Breakfast Sandwich Fruit Milk
19 Chef's Choice Fruit Milk	20 Strawberry Mini Bagels Fruit Milk	21 Coffee Cake Fruit Milk	22 Pizza Bagel Fruit Milk	23 Cinnamon Roll Cheese Stick Fruit Milk
26 French Toast Fruit Milk	27 English Muffin Breakfast Scramble Fruit Milk	28 Blueberry Bagel Fruit Milk	29 Pancake on a Stick Fruit Milk	30 Breakfast Sandwich Fruit Milk

This institution is an equal opportunity employer

*Menu is subject to change

Under California's Universal Meals Program, all public school students in grades transitional kindergarten through 12, regardless of their parents' income, are eligible for free breakfast and lunch.



September Lunch Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tomatoes</p> <p>Harvest of the Month</p> 			<p>1</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>2</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>5</p> <p>No School Labor Day</p>	<p>6</p> <p>Crunchy Tacos Spanish Rice Choice of Fruit and Veggies Choice of Milk</p>	<p>7</p> <p>Hot Dog Macaroni and Cheese Choice of Fruit and Veggies Choice of Milk</p>	<p>8</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>9</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>12</p> <p>Corn Dog Baked Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>13</p> <p>Cheeseburger Tater Tots Choice of Fruit and Veggies Choice of Milk</p>	<p>14</p> <p>Teriyaki Dippers Rice Choice of Fruit and Veggies Choice of Milk</p>	<p>15</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>16</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>19</p> <p>Lasagna Garlic Knot Choice of Fruit and Veggies Choice of Milk</p>	<p>20</p> <p>Taquitos Refried Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>21</p> <p>BBQ Pork Patty Sandwich Macaroni and Cheese Choice of Fruit and Veggies Choice of Milk</p>	<p>22</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>23</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>
<p>26</p> <p>Corn Dog Baked Beans Choice of Fruit and Veggies Choice of Milk</p>	<p>27</p> <p>Cheeseburger Tater Tots Choice of Fruit and Veggies Choice of Milk</p>	<p>28</p> <p>Taco Pocket Spanish Rice Choice of Fruit and Veggies Choice of Milk</p>	<p>29</p> <p>Chicken Nuggets Mashed Potatoes Artisan Roll Choice of Fruit and Veggies Choice of Milk</p>	<p>30</p> <p>PIZZA!  Salad Choice of Fruit and Veggies Choice of Milk</p>

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September Snack Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Cereal Milk	Granola Bar Fresh Fruit
No School Labor Day	Sunflower Seeds Banana	Bean and Cheese Burrito	Applesauce Cheez-Its	Chef's Choice
Apple Slices Wowbutter	Cheese Stick Fruit Cup	Graham Crackers Juice	Cereal Milk	Granola Bar Fresh Fruit
Cereal Bar Milk	Sunflower Seeds Banana	Bean and Cheese Burrito	Applesauce Cheez-Its	Chef's Choice
Apple Slices Wowbutter	Cheese Stick Fruit Cup	Graham Crackers Juice	Cereal Milk	Granola Bar Fresh Fruit

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Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **tomatoes**



Health and Learning Success Go Hand-in-Hand

Children do better in school and are more alert when they eat breakfast. Make fruits and vegetables part of your child's meals and snacks every day. *Harvest of the Month* is a great way for your family to explore, taste, and learn about eating more fruits and vegetables and being active every day.

Let's Get Physical!

- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Be a role model. Walk up stairs, walk to the market, or take a family walk after dinner.

For more ideas, visit:
www.cawalktoschool.com

Healthy Serving Ideas

- Use raw tomatoes to make salsas or as a base for soups and sauces.
- Toss sliced red, yellow, and green tomatoes with your family's favorite lowfat dressing for a quick salad.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients, and prepare it.
- Buy low-sodium canned tomatoes, tomato paste, and tomato sauce when fresh tomatoes are unavailable.

HUEVOS RANCHEROS WITH FRESH SALSA

Makes 4 servings. 1 tortilla per serving.
Cook time: 30 minutes

Ingredients:

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded cheese
- 2 cups fresh salsa
- ⅛ teaspoon ground black pepper

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides. Place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges. Remove from oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Cook egg substitute in skillet over medium heat for 2 to 3 minutes until eggs are cooked.
5. Place equal amounts of egg on each tortilla. Top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa over each tortilla and top with ground black pepper. Serve warm.

Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

Adapted from: *Everyday Healthy Meals*,
Network for a Healthy California, 2007.

Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)	
Calories 16	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%

How Much Do I Need?

- A ½ cup of sliced tomatoes is about one small tomato.
- A ½ cup of sliced tomatoes is a good source of vitamin C and vitamin A.
- Tomatoes are a great source of lycopene. Lycopene is a powerful antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy.

The amount of fruits and vegetables you need every day depends on your age, gender, and physical activity level. Make meal plans to help your family get the right amount of fruits and vegetables every day.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Produce Tips

- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.



Elementary School Parents

Marcum-Illinois

make the difference!



Get the school year off to a great start with productive routines

It's the beginning of a new school year—the perfect time to set the stage for learning success. Try these simple strategies with your child:

- **Get a head start.** Many families find that organizing at night prevents morning “rush hour.” You can review school papers, pack and refrigerate lunches, set backpacks by the door and agree on outfits.
- **Establish sleep routines.** Choose a reasonable bedtime so your child is rested when it's time to wake up. Elementary schoolers need between nine and 12 hours of sleep daily. Try to stick to the bedtime on weekends, too.
- **Develop morning habits.** When children do the same things in the same order each morning, it's less likely that they will forget a step.
- **Choose a work time.** Establish a time when your child will have the most energy and motivation to do assignments. Create a quiet study spot, complete with necessary supplies. Your child should work at the same time each day.
- **Use tools for organization.** Teach your child how to use calendars, to-do lists, sticky notes, and a filing system for schoolwork and important papers.
- **Set priorities.** Schedule things like schoolwork, family meals and even free time on a calendar. Treat them like appointments. If there are open blocks of time, your child can add activities.

Help your child build ‘intrinsic motivation’



Most parents have used rewards to motivate children at one time or another. And there's no question that reward systems work.

But when the rewards stop, the motivation sometimes stops, too. Researchers have found that students who are motivated *only* by the desire to earn a reward for a good grade rarely do more than the minimum they need to get by.

However, when students are motivated by an inner reward, they are more likely to stick with a task. Students with *intrinsic motivation* learn because they're curious. They retain what they have learned longer, and they earn higher grades.

To foster intrinsic motivation:

- **Have your child think** about an assignment before starting it. “What do I want to learn from this?”
- **Help your child see progress** when working on a big task.
- **Offer positive feedback.**
- **Encourage your child** to use positive self-talk. “I am capable and I will learn this!”

Source: K. Cherry, “Intrinsic Motivation: Why You Do Things,” Verywell Mind.

Manage your child's screen time by creating a family media plan



Digital devices are an important part of our world—and can be very appealing to kids.

Technology helps your child discover new ideas, connect with others and access educational information for school.

However, too much recreational screen time can negatively affect schoolwork, health, activity levels and face-to-face communication skills.

To help your child strike a healthy balance, experts recommend creating a personalized family media plan that answers the following questions:

- **What devices** do I want my child to have access to?
- **Where will devices** be allowed and where will they be off-limits?
- **How much time** will my child be allowed to use them?

- **Will the same rules** apply during weekends and school breaks?
- **What content** is appropriate for my child to access?
- **How will I maintain** consistency?
- **What consequences** will there be for misusing devices?
- **What example** am I setting through my own use of technology?

Source: *Ways Parents Can Manage Kids' Technology Use*, QuickTip Brochure, The Parent Institute.

“Sometimes you have to disconnect to stay connected. We've become so focused on that tiny screen that we forget the big picture, the people right in front of us.”

—Regina Brett

Parent-teacher communication is key for student achievement



Studies consistently show that family engagement in education is linked to students' academic success. When teachers,

parents and students work together, anything is possible!

The family-school relationship is just like all relationships—it requires trust, effective communication and respect. To get off to a great start:

- **Set the tone.** Show your interest by participating in back-to-school events. Introduce yourself to the teacher and exchange contact information. Ask how you can support learning at home. Fill out and return school forms promptly. And let your child know that you and the teacher are on the same team.
- **Share information** throughout the school year. Tell the teacher if there are any changes at home, such as a new sibling or a divorce, that may affect your child in the classroom.
- **Communicate respectfully.** Polite requests get better results than demands. A helpful tip is to use the word *we* instead of *you*. “How can *we* stay in touch to help Alex?” The teacher is your partner, not your opponent.
- **Remain positive.** When you talk with the teacher later in the year, you will likely learn about your child's strengths. Be prepared to hear about weaknesses, too. React calmly and remember: You and the teacher both want your child to be successful.

Do you encourage your child to work independently?



“Mom, I can't do it. I need help!” Every child makes that plea once in a while. But if you hear it every day, you may

need to help your child become more independent.

Answer *yes* or *no* to the questions below to find out if you are fostering self-reliance:

___ **1. Do you tell your child**, “I believe in you and know you can do it.”

___ **2. Do you help** your child break big projects down into smaller pieces that are easier to finish?

___ **3. Do you remind** your child of the importance of persistence? “You couldn't ride a bike the first time you tried. But you kept at it. Is there another strategy you could try?”

___ **4. Do you ask questions** when your child gets stuck? “What did you learn when you read the chapter?”

___ **5. Do you offer praise** when your child finishes work without assistance?

How well are you doing?

If most of your answers are *yes*, you are helping your child learn how to work independently. For *no* answers, try those ideas.

Elementary School
Parents
make the difference!

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The Parent Institute, 1-800-756-5525,
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Begin the school year with a commitment to attendance



Your child's teachers will do their best to help your child learn and succeed in school. But there's one thing that *only you* can do—get your child to school every day.

Children who don't attend school regularly fall behind and score lower on tests. They can also have a hard time making and keeping friends—especially in elementary school.

How often a child is absent in elementary school sets a pattern for absences in later school years. Lots of absences often lead to students dropping out of school completely.

To reduce school absences:

- **Discuss the value** of education and let your child know that school attendance is not optional.
- **Discuss some of the consequences** of missing school, such as needing to do make-up work, missing

friends, not understanding new concepts.

- **Follow school rules** for keeping students home due to illness. Don't allow your child to stay home simply to catch up on homework or sleep.
- **Promote frequent hand-washing** to help keep your child healthy and in school.
- **Schedule medical appointments** during non-school hours when possible.
- **Plan vacations** for when school is not in session.
- **Track your child's absences.** Look for any patterns that need to be addressed.
- **Talk to the teacher** or the school counselor if your child regularly doesn't want to go to school.

Source: A. Ansari and M.A. Gottfried, "The Grade-Level and Cumulative Outcomes of Absenteeism," *Child Development*, The Society for Research in Child Development.

High expectations can motivate your child to succeed in school



Don't just *hope* for your child's success—*expect* it! When parents express high, yet realistic, expectations, their children are likely to meet them.

To help your elementary schooler succeed in the classroom and beyond:

- **Don't act surprised** by success. Did your child just bring home a B+ on a super-hard science test? Instead of acting shocked, act like you never had any doubt. "That's awesome! I knew all of your extra studying this week would pay off!"
- **Be supportive.** Never belittle your child for mistakes. Failure happens to everyone sometimes. Besides, plenty of other people in the world

will be there to criticize your child. That's why your constant love and acceptance are so vital. Always be your child's "safe place."

- **Discourage "victim mode."** When unfortunate things happen, don't chalk them up to bad luck or a mean teacher. That will make your child feel like a victim who has no control over situations.

Instead, empower your child to take action. When something goes wrong, talk about the lessons learned. Help your child think about how to handle similar situations in the future.

Source: Y. and S.D. Holloway, "Parental Expectations and Children's Academic Performance in Sociocultural Context," *Educational Psychology Review*, (Springer).

Q: When my eight-year-old gets angry or frustrated, it often results in a tantrum. This is happening at home and at school—and the teacher is asking for my help. How do I teach my child self-control?

Questions & Answers

A: Elementary-age children have more stress in their lives than most parents realize. When they don't have the skills to cope with stress, they may resort to toddler-style outbursts and crying fits.

However, success in school and in relationships depends on your child's ability to maintain self-control.

To minimize temper tantrums, first try to figure out what triggers them. Keep a record of your child's behavior for one week. What happens just before a tantrum begins? Do you notice patterns? Then, help your child avoid some of the situations that lead to stress.

Next, share tools that can help your child manage behavior. When you sense a meltdown, show your child how to:

- **Take a time out.** Have your child walk away from the situation for a five-minute breather. Tell your child, "You may return once you are able to talk calmly."
- **Use calming techniques,** such as breathing deeply, while slowly counting to 10. Encourage your child to say, "I can work through this."
- **Throw it out.** Have your child write or draw the angry feelings on paper and then wad the paper up and toss it away.
- **Talk it out.** Help your child become more self-aware. When things aren't going well, assist your child in recognizing and naming feelings.

It Matters: Building Responsibility

Simple strategies boost your child's responsibility



Young children are still learning how to be responsible students. So they sometimes forget their books, their

schoolwork and even their lunches.

It's tempting to keep track of these things for your child. But this won't help in the long run. Success in school depends on your child's ability to be responsible.

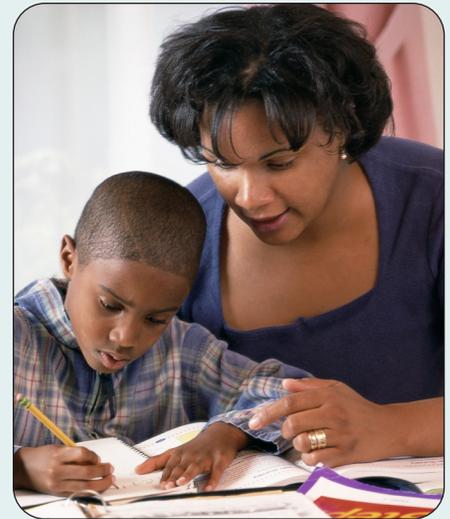
To reinforce responsibility:

- **Write down what you expect** your child to do. Post lists of responsibilities, weekly chores, and items needed for school.
- **Show your child how** to keep track of activities and assignments on a weekly calendar.
- **Ask your child to check off** tasks once they are completed.
- **Help your child figure out** where to store things when they are not in use.
- **Encourage self-sufficiency.** Put your child in charge of making lunch, picking out outfits and organizing school supplies.
- **Let your child experience** the consequences of forgetting or losing an item. For example, don't rush an instrument to school if it is left at home. If a library book is lost, expect your child to do extra chores to earn the money to replace it.
- **Set a good example.** Have a designated spot for your keys and wallet. Check your calendar to prepare for the next day.
- **Offer specific praise** when you see your child demonstrating responsibility.

Help your child set goals and take responsibility for learning

Setting weekly goals helps students take control of their learning and establish a clear pathway to success. To help your child set goals and achieve them:

1. **Ask your child to identify** one goal at the beginning of the week, such as learning the new vocabulary words assigned in science class.
2. **Have your child write** the goal on a piece of paper and post it on the refrigerator or bulletin board.
3. **Talk about how to accomplish** the goal. Help your child break the goal down into smaller steps. For example, "You could study and learn three vocabulary words each day."
4. **Check your child's progress** in a few days. If problems arise, talk about possible solutions. If your child falls behind, brainstorm together about ways to catch up.



5. **Help your child evaluate** results at the end of the week. Did your student achieve the goal? Why or why not? Regardless of the outcome, praise your child for trying. Then set a new goal for next week.

Encourage your child to do more than the bare minimum



You asked your child to take the recycling to the curb. It's windy, so your child placed a rock on the papers in the bin so they wouldn't blow all over the street. Congratulations! Your child just demonstrated responsibility and maturity by doing more than the bare minimum.

Talk about other areas where your child can go above and beyond. For example, when:

- **Making a snack** after school, your child can leave the kitchen clean.

- **Using the last** of an item, your child can add it to the grocery list.
- **Pouring the rest** of the water out of a pitcher, your child can refill it.

Encourage your child to do more than what's required at school, too. For example:

- **Read a few extra pages** of an assigned reading.
- **Start a project early**, and go beyond what is expected by including a detailed illustration or a colorful cover page.
- **Work a few extra math problems** to master a concept.

Daily Learning Planner

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

Marcum-Illinois



THE
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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. This is Library Card Sign-Up Month. Make sure everyone in your family has a library card—and knows how to use it.
- 2. Think of a meaningful quotation you love. Post it where your child will see it.
- 3. Establish a regular place to display your child's best schoolwork. Change the display often.
- 4. Tonight, talk with your child about the week ahead. Plan to do this every Sunday night.
- 5. A calendar is important for organization. Buy or make one with your child. Together, mark important dates with stickers.
- 6. Ask your child to guess how many times each of you blinks in a minute. Then check: Count blinks for 15 seconds and multiply by 4.
- 7. Establish a regular time for your child to do schoolwork. Choose the time together.
- 8. When your child is unsuccessful, ask, "How would you do it differently next time?"
- 9. Review the school rules together. Post the rules on your refrigerator.
- 10. Turn chores into a game. Give each task a number and have your child roll a die to get an assignment.
- 11. If you haven't met your child's teacher yet, make plans to do so, either in person or online.
- 12. At dinner, have each family member say something nice about every person at the table.
- 13. Play math "Jeopardy." Give a number. Who can come up with an equation for which it is the answer?
- 14. When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.
- 15. Have your child list ways family members read and write at home.
- 16. What foods make your child think of autumn? Apples, pears, squash? Choose one and prepare a healthy dish together.
- 17. Today is Constitution Day in the United States. Explain that a constitution is a framework for governing a country and its people.
- 18. Ask what your child is most looking forward to this school year.
- 19. Have your child name five jobs that might be interesting to do. Try to help your child interview someone in one of these jobs or fields.
- 20. Tonight at dinner, put a "price" on each item you serve. Have your child figure out the total cost of the meal.
- 21. When your child has a problem, offer two possible solutions. Let your child decide which one to choose.
- 22. It's the Autumnal Equinox. Help your child look up the word *equinox*. What does it mean?
- 23. Write down five of your child's successes this week and five of your own. Post the list where you can both see it.
- 24. Check out some new books from the library today. Sit in a cozy chair with your child and read a few together.
- 25. Help your child research the answer to a question.
- 26. Have your child write down a weekly goal. Make one for yourself, too.
- 27. Ask your child, "What is your favorite animal? Why do you like it?"
- 28. Praise something your child did well today. Make your praise as specific as possible.
- 29. Have your child write or dictate a short story about a favorite teacher.
- 30. Talk with your child about honesty and why it is important.