



Who Knew?,  
New News!

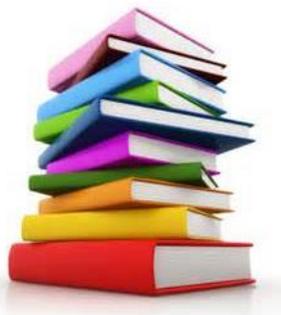


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## September Newsletter

### Reading Fun Day Trip

All students who reach their reading counts goal will be going to Sam A. Baker Park for the reading trip. Students will have opportunities to go on a scavenger hunt, hike, pet snakes and other animals, play outdoor games, and a picnic. Please encourage your child to read and reach their reading counts goal so they can go on this fun filled day.



### Citizenship Assembly

For the month of September the students will be working on trustworthiness. First grade will be presenting at the assembly this month. The assembly will take place the last Thursday of the month at 12:45 p.m. Please come out and support the children if you can.

### Ready, Set, Read!

by Mrs. Karen Choate

Following are some helpful tips on how to encourage your elementary age child to enjoy reading:

- Make the most of books your child brings home from school. Read them, or parts of them yourself and talk about them with your child.
- Allow your child to re-read favorite and familiar stories, or to hear you re-read them. Knowing a familiar book will help them notice more about the words on the page and they will start to recognize the patterns in new words and stories.
- Listen to stories learned by heart and encourage your child to re-tell them in her own words, or even act them out.
- Buy books as presents instead of toys.
- Set up a special place for books from the library or their own books.
- Find books about something you know they like.
- When your child reads and gets a word wrong, let her finish the line before you correct her. Children often realize what the word should be and go back and correct themselves. If your child doesn't know a word in a sentence, get her to say "something" instead. She can often work it out from other words around it.
- Most importantly, try to keep cool! It's important not to get fed up if your child needs to practice things over and over again. And remember, words are everywhere. Encourage your child to read all sorts of things like cereal boxes, videos, billboards, street signs, newspapers, CDs, etc.

## Math Test Anxiety

[www.mathandreadinghelp.org](http://www.mathandreadinghelp.org)

A little anxiety can go a long way. It can get your child moving when it comes getting his school work done, but too much anxiety about tests can be debilitating and result in poor performance. It can interfere with studying, cause difficulty with learning new material, and even have a negative effect on a child's social interactions. Here's a list of symptoms that may indicate that your student is suffering from test anxiety:

- It's difficult for him to get started with studying
- She's easily distracted even when she does get started
- He feels he will not do well regardless of his very best efforts
- She has physical symptoms at or near test time, such as sweaty palms, upset stomach, headaches, and tension
- It's hard for him to concentrate, follow instructions, or understand the questions at test time
- He tends to do well on papers and projects but poorly on tests
- She often remembers material after the test is over that she forgot while taking the test

Parents need to be sensitive to the reality and struggle of test anxiety. Take time to talk with your student about her experience with tests and preparing for them. Here are some suggestions to help your child cope with test anxiety:

- Help him develop good study habits long before test time so he can feel comfortable and confident about the material
- Encourage him with lots of positive reinforcement
- Make sure she's rested and well fed at test time
- Help him develop a strategy for the test so he'll feel a sense of control
- Remind him to ignore the other students!
- Encourage him to shake off the test once he's finished it and turned it in. He needs a break!
- Help him learn from mistakes on the test and build on successes. Let him know you're behind him all the way.

Test anxiety is a mental block and it's fed by negative thinking. If he feels under-prepared, take specific steps for alleviating that feeling. If he feels like there's too much to do to get ready, help him get a handle on it by organizing his time and hatching a plan. Do whatever you can to help her come away from a test with a sense of accomplishment.

## Upcoming Events

**September 4**—Dismiss at 12:15

**September 7**—No School, Labor Day

**September 24**—Citizenship Assembly at 12:45 p.m.

## Reminders to Parents

- All lunch money is due at the beginning of the week.
- If lunches exceed the \$10 limit, an alternate lunch will be served.

## Labels Information

Every time a class turns in a thousand labels they earn a free recess. At the end of the year, the class that has turned in the most labels will receive a prize. Here are the results as of August 26:

Kindergarten—73

1<sup>st</sup> Grade—163

2<sup>nd</sup> Grade—13

3<sup>rd</sup> Grade—13

4<sup>th</sup> Grade—13

5<sup>th</sup> Grade—13

6<sup>th</sup> Grade—13