

Parents & School

Together Our Kids Will Do Better

Oakland International Academy



Be responsible.

Accept your role as the parent and make education a priority in your home.

Be committed.

Once you have begun to work with your child, continue doing so throughout the year.

Be positive.

Praise goes a long way with children, especially with those who struggle in school. Provide positive feedback.



Ways to Help Your Kids Learn More!

1 Fuel up Children who eat a healthy breakfast each day have more energy available for learning. Try simple, protein-loaded options like homemade scrambled-egg-and-cheese breakfast burritos, waffles smeared with nut butter, or yogurt-and-fruit smoothies.



2 Become a class parent You'll develop a closer relationship with the teacher and will get an inside look into what goes on in the classroom, usually without having to commit a ton of time. Class parents organize other parent volunteers for parties and events, may help the teacher create a newsletter, or might document the school year in photos. Ask the teacher what his or her specific needs will likely be this year.

3 Connect with your kids' teachers Many schools schedule parent-teacher conferences in October and November. Attending this meeting should be a priority for all parents and guardians. This is your chance to see how things are going with your children and to partner with their teachers on improving performance. Ask: "What could we be doing at home to practice what they're learning?" National PTA has created grade-by-grade Parent Guides that can be a resource for what to discuss at conferences. Find out more at pta.org/parentsguide.

Countdown to School Success - <http://www.ed.gov/parents/lco11111dow11-s11ccess>

Help Your Child Improve in Test-Taking-Do's and Don'ts

You can be a great help to your children if you will observe these do's and don't's about tests and testing:

- Don't be too anxious about a child's test scores. If you put too much emphasis on test scores, this can upset a child.
- Do encourage children. Praise them for the things they do well. If they feel good about themselves, they will do their best. Children who are afraid of failing are more likely to become anxious when taking tests and more likely to make mistakes.
- Don't judge a child on the basis of a single test score. Test scores are not perfect measures of what a child can do. There are many other things that might influence a test score. For example, a child can be affected by the way he or she is feeling, the setting in the classroom, and the attitude of the teacher. Remember, also, that one test is simply one test.
- Meet with your child's teacher as often as possible to discuss his/her progress. Ask the teacher to suggest activities for you and your child to do at home to help prepare for tests and improve your child's understanding of schoolwork. Parents and teachers should work together to benefit students.

- Make sure your child attends school regularly. Remember, tests do reflect children's overall achievement. The more effort and energy a child puts into learning, the more likely he/she will do well on tests.
- Provide a quiet, comfortable place for studying at home.
- Make sure that your child is well rested on school days and especially the day of a test. Children who are tired are less able to pay attention in class or to handle the demands of a test.
- Give your child a well rounded diet. A healthy body leads to a healthy, active mind. Most schools provide free breakfast and lunch for economically disadvantaged students. If you believe your child qualifies, talk to the school principal.
- Provide books and magazines for your youngster to read at home. By reading new materials, a child will learn new words that might appear on a test. Ask your child's school about a suggested outside reading list or get suggestions from the public library.

http://www2.ed.gov/p11b_spa_ren1srrestTaking/i11dex.html

