



Title I Parent Connections

Reaching families from Hampton, Kolb, Lindsay, MacGregor, Washington

A Summer To-Do List

What can you do this summer to increase your parent involvement in education & help your child get a better education next fall and improve student teacher relationships?

Everyone knows summer is a great time to prepare your child for the K-12 grades academic challenges to come, but most parents don't think about how to prepare themselves for the next school year. You should take time this summer to know what to expect from a new teacher or a new school. Find out what your child will study next year? Find out what parent organizations your school or your community has and think about joining.

Other suggestions are:

Schedule an exit interview with your child's teacher. Ask ques-

tions about what to work on over the summer to help build new learning skills.

Find a parent group. Communicating with other parents at school or in your community can help you be a better parent. In Title I buildings, parents can be a part of the School Improvement Team and have a voice. Join the PTA or PTO group at your school.

Parent Conferences. There are summer conferences for parents interested in improving education. Some of these are low cost. You may check the Center for Education Reform website to see what is in Michigan this summer or coming in the fall.

Research your child's school. Find out what your child should know by the end of each year. Help your child reach these goals by working through the summer.

Read a book! There are several books to guide you as a parent.

ABC's of School Success: Nurturing Young Minds: A Guide for Parents by Elaine K. McEwan.

Core Knowledge Series, including "Books to Build on: A Grade By Grade Resource Guide for Parents & Teachers" by E.D. Jr. Hirsch.

Educated Child: A Parent's Guide from Preschool through Eighth Grade by William J. Bennett.

www.edreform.com

Excerpts from Parent Power of Center for Education Reform, 5/4/14



Bay City Public Schools
Title I Elementary
Newsletter

Issue 4

Summer 2014

Special Points of Interest:

- ☺ Ask Dr. G - Parenting
- ☺ Reading Rockets
- ☺ Summer Bullying
- ☺ Earn a free book
- ☺ Summer Reading Lists
- ☺ Build Self-Esteem

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WORDS YOUR CHILD NEEDS TO HEAR

I'M SO LUCKY TO HAVE YOU!

YOU ARE A GREAT HELPER!

I LIKE IT WHEN YOU TRY SO HARD.

LET'S TALK ABOUT IT. I AM SORRY.

YOU ARE VERY SPECIAL TO ME.

THANK YOU FOR BEING PATIENT.

YOU ARE A GREAT KID.

LET'S LEARN THIS TOGETHER.

YOUR MOM IS A GOOD PERSON.

YOUR DAD IS A GOOD PERSON.

WE NEED YOU IN OUR FAMILY.

I BELIEVE IN YOU.

I LOVE YOU!

ASK DOCTOR G

When parents are effective, kids get healthier! But where can parents learn how to be more effective?

Try going to the website and access Ask Doctor G. Each month Doctor G's parenting advice is featured on her site, as well as in many other parenting resources. She is considered a parenting expert and is a content contributor to numerous magazines, websites, blogs, newsletters, and podcasts, in addition to being the Key-note Speaker and many events, sharing practical tips & ideas.

On her informative website you can join and get free stuff, too, in addition to so much helpful information.

Dr. G answers parenting questions for kids of every age and stage. By responding to one person's situation, Dr. G hopefully is helping many others struggling with the same parenting issue. Her answers are quick and concise, knowing that so many parents have little time to read lengthy articles on parenting topics.

In addition to the newsletters, question answering, and blogs on her site, Doctor G. also features You Tube 2 Minute Videos with Parenting Tips.

The website is very parent friendly and you can quickly find the topics that you are searching for to help you teach your kids respect, responsibility and resilience.

Last fall Parent Sandy Blankenship from Washington & Parent Teresa Lock from Hampton joined me, Linda LaVictor, to hear Dr. Debi Gilboa speak at the 2013 Michigan Parenting Awareness Conference. We all learned so much on parenting! Please check out the website so that you may learn, too.

www.askdoctorg.com



Reading Rockets Newsletters on the Web

www.readingrockets.org

This summer check out this great web resource for kids and parents that supports Reading and Writing.

This website contains the Reading Rockets Newsletters filled with excellent information. Also, there are many ideas for parents to help encourage learning in the home and family stories.

Parents can use this resource to increase their awareness on a variety of

topics to help support learning in the home for all age elementary students, including students with special learning needs.

Students will enjoy helpful information on the best books to read, digital tools to help in writing, and ideas for apps to help in learning.

Families can use this site together and take advantage of all the up-to-date information that it contains.

Kick start your summer with this website and spend time learning together!



Barnes & Noble Summer Reading - Earn a free book!

Go to www.barnesandnoble.com and get your Summer Reading Kit in order to earn a free book.

- Step 1. Read any 8 books and record them in the Reading Journal provided on-line.
- Step 2. Bring the completed Reading Journal to your local Barnes & Noble store.
- Step 3. Choose a free Book from the selection on the Reading Journal list at the Store.
- Step 4. Enjoy reading in the summer.

There are also activities and teaching tips in the B & N reading kit!

Barnes & Noble also features workbooks for summer learning.

Kumon Summer Review Workbook by Kumon.

Summer Study by Flash Kids Editors.

Summer Bridge by Carson-Dellosa.



**Give
Quality
Time!**

TIPS FOR PARENTS ON SUMMER BULLYING.

Problems with bullies can happen in the summer, too. If there is a problem, here are some tips:

Never tell your child to ignore the bullying. Listen and problem solve.

Don't blame your child for the bullying or assume your child did something to provoke the bullying.

Allow your child to talk about his or her bullying experiences. Write down what you hear and talk about it together.

Empathize with your child. Tell him or her that bullying is wrong, that it is not his or her fault, and you are glad he or she had the courage to tell you.

Talk with your child and help him or her learn ways to handle the bullying situa-

tion when they are alone.

Don't encourage physical retaliation.

Check your emotions and make sure you are handling things in an adult manner.

If you know who is doing this, call the parents, summer school, recreation program, or wherever there is a contact and calmly discuss the problem.

If necessary, contact a counselor, church, or family worker to help identify ways to deal with the bullying. In extreme cases, contact the police if it is necessary.

Encourage your child to develop interests and hobbies that will help build resiliency & self-esteem in difficult situations like bullying.

Teach your child safety strategies, such as how to seek help from an adult.

Encourage your child to stick with friends when he or she is out where you are not with him or her.

Talk with other parents and see if they are having the same challenges.

Make sure you provide a warm, safe, and loving home for your child.

Go to the website below for more ideas & coping skills for bullying.

www.StopBullyingNow.hrsa.gov

"Take a Stand, Lend a Hand. Stop Bullying Now!"

Excerpts from 2007 Hazelden Foundation at hazelden.org/olweus

Bestselling Books to Buy or Go to the Library!

The Giving Tree by Shel Silverstein

Revolutionary War on Wednesday by Mary Pope Osborne

Where the Sidewalk Ends by Shel Silverstein

For and Toad Are Friends by Arnold Lobel

Bugs, Bugs, Bugs! By Jennifer Dussing.

Magic Tree House Boxed Set by Mary

Pope Osborne (4 books in set).

Did you know there are now Disney Frozen Books? These are perfect for summer readers from age 6 to 8.

Some Bestselling NOOK Books are

Flight of the Butterflies by Roberta Edwards

Pup-Pup-Puppies by Bonnie Bader

Lewis Carroll's **Alice in Wonderland** by

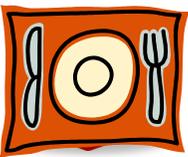
Deborah Hautzig

Great Family Books on Growing Up are books by Judy Blume.

Don't forget magazines like Kids National Geographic and Ranger Rick at the library or at the store!

**Parents—
Check out
the library
programs
this summer!**

Build a Healthy Meal - 10 Tips



Make half your plate veggies & fruits. Choose red, orange, & dark green vegetables.

You are in charge!

Add lean protein such as lean beef, pork, or chicken. Twice a week

have fish or seafood, if possible.

Include 100% whole grain or whole wheat grains which have more nutrients and fiber.

You need dairy products like fat-free or low-fat milk. Try soymilk and fat-free yogurts.

Avoid extra fat. Try a squeeze of lemon or lime juice on your veggies. No gravy or sauces. Steam veggies & don't fry foods.

Take your time. Enjoy your meal time and eat slowly. You will eat less this way.

Use a small plate to help with portion control.

Take control of your food. Eat at home so that you may choose your healthy options.

Bake your foods—do not fry!

Try new foods such as mango, lentils, or kale.

Check out new items at the grocery store that may be healthier. Look on-line for healthy foods that you can try.

Satisfy your sweet tooth in a healthy way. Have a piece of fresh fruit or make a parfait with low fat yogurt and fresh fruit. Bake a plain apple and add cinnamon. Peel a banana and dip in cinnamon for a treat that is healthy.

Summer is a great time for healthy eating with many fresh fruits and vegetables available at roadside stands or check out the farmers market!

Plant some seeds with your child and try a summer garden to encourage healthy eating.

Go to www.ChooseMyPlate.gov for more ideas

Excerpt from United States Department of Agriculture, Tip sheet 7.

Title I Elementary Buildings

Hampton Elementary
Principal: Kim Offenbecker

Kolb Elementary
Principal: Michelle Kraut

Lindsay Elementary
Principal: Sue Murphy

MacGregor Elementary
Principal: Rodney Woods
Asst. Principal: Paula Weiss

Washington Elementary
Principal: Bill Tithof

Title I Parent Involvement Coordinator:
Linda LaVictor



Bay City Public Schools Title I Program Director: Carla Derocher

TUX MATH

Tux Math is a kids math game where kids help Tux, the Linux Penguin take down attacking math questions! Tux Math is an SDL-based educational game intended for children ages 4 to 10. The Tux offers drills in basic math facts, beginning with simple number typing and progressing through addition, subtraction, multiplications, and division. Tux makes math fun and exciting. This is a free download that you can use at home. Download from this site...

<http://sourceforge.net/projects/tuxmath>

30 Summer Days of Building Your Child's Self-Esteem!

Show interest in your child's day & talk about your day, too.

Jump rope or exercise with your child!

Designate a special time of day to spend just with your child—even 10 minutes.

Teach your child safety rules. Have a home fire drill. Post emergency #s.

Tell your child, "I love you!" every day.

Start a collection of rocks or stamps or something with your child.

Plan a no TV night. Play games or read or look at family photos.

Praise your child every day.

Take a walk together.

Plan & prepare dinner with your child.

Hang up your child's artwork at home.

Put a family photo in your child's room.

Slip a note of encouragement under

your child's pillow often.

Focus on success by making a list of successes of the family each week and post it.

Attend a local sports game together.

Have a treasure hunt indoors.

Create a family bird feeder with an old milk jug. Fill with seeds and hang it up.

Teach your child a new skill.

Have an indoor or outdoor picnic where all family members help out.

Bake cookies together & share with someone else.



Have your child help you with a scrapbook of all that he or she has done in school.

Decorate a shoebox with your child and store their treasures.

Take a family walk and talk about what you see.

Have a family movie & popcorn night.

Read books out loud together.

Have your child share out loud what they have learned today at dinner.

Make a list of all of the reasons your child is special and post it.

Write notes, cards, or letters together

Talk about family values & strengths.

Visit the library together!

BUILDING SELF-ESTEEM!

