

# TITLE TIMES

Parent Newsletter of the Title I Program

March 2023



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### Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Talk with your child about the qualities you each look for in a friend.
- ☐ 2. If you want your child to get more involved at school, set an example. Join a club or group that interests you.
- ☐ 3. Have your child repeat what you say word for word. Then switch roles.
- ☐ 4. Encourage your child to combine exercise and learning by listening to an audiobook while walking or working out.
- ☐ 5. Don't pay your child for regular chores. All family members should help out around the house.
- ☐ 6. Talk about stereotypes with your child. Discuss why they're unfair.
- ☐ 7. At a store, practice rounding prices to the nearest dollar with your child.
- ☐ 8. If your child gets headaches, squints or holds books too close, schedule a vision check-up.
- ☐ 9. Tell your child a joke. Laughing together eases stress.
- ☐ 10. Talk with your child about how each of you could improve your listening skills.
- ☐ 11. Together, watch a movie based on a book your child has read. Ask, "How are the versions similar or different?"
- ☐ 12. Help your child build vocabulary. Do a crossword puzzle together today.
- ☐ 13. Put your child in charge of taking photos at a family event.
- ☐ 14. Exchange persuasive letters with your child. Try to convince each other of something.
- ☐ 15. Establish times when using digital devices is not allowed, such as during mealtimes and right before bedtime.
- ☐ 16. When looking at graded work, focus first on what your child has learned in that subject, not on the grade.
- ☐ 17. Ask your child to teach you about a concept that will be on an upcoming test.
- ☐ 18. Encourage your child to write a nice note to an elderly neighbor or family friend.
- ☐ 19. Give your child a math-related household task to do, such as doubling a recipe.
- ☐ 20. Remind your child of the long-term benefits of achieving in school.
- ☐ 21. Look at pictures together from when your child was young. Tell stories that highlight your child's positive characteristics.
- ☐ 22. Your child is likely to remember more from two 20-minute study sessions than from one 40-minute session.
- ☐ 23. Make a decision as a family. It builds cooperation and communication.
- ☐ 24. Take your child to a high school event, such as a play or sports game. Talk about things to look forward to in high school.
- ☐ 25. Ask your child to pretend to be mayor for the day. What three things would make your community a better place?
- ☐ 26. Is your child getting enough exercise? Take a brisk walk together today.
- ☐ 27. With your child, learn how to count to 10 in three foreign languages.
- ☐ 28. Middle schoolers know their shortcomings. They need you to remind them of their strengths.
- ☐ 29. With your child, look up things you both want to learn more about in an online encyclopedia.
- ☐ 30. Remind your child to consider character rather than popularity when choosing friends.
- ☐ 31. Vaping is on the rise again. Learn about the dangers and share them with your child.



## Parent Homework



Because family support is so important to success at school, here are some tips and tricks to support your student through testing sessions!

- ☐ Find out the **testing information and schedule** for your student's school and provide structure for those days with a routine that is sensitive to your student's needs.
- ☐ Make sure your student has the **supplies** necessary for testing. This may include pencils, earbuds, a calculator, etc. Talk with your child or his teacher to learn if they are supplied.
- ☐ **Set the stage for sleep!** Remind your kiddo to turn off the games and remove the temptation of phones at night.
- ☐ Make sure that your student has **breakfast** at home or school. Food for the brain!
- ☐ **Be an encourager!** Make sure your student knows that you believe in him.
- ☐ **Ask questions about the test**, such as how he felt before, during, or after it. Stay away from questions about possible scores. You'll get the results soon enough. Listen to what your child wants to say about the experience.
- ☐ **Applaud best effort.** Recognize that some parts of the test may seem easier than others. Think back to your own experiences and share some thoughts that relate to your child's testing sessions.
- ☐ **Relax and stay positive.** You might feel nervous about your student's testing performance, but don't transfer any worries to your student. That brings additional pressure.
- ☐ **Inspire good study habits** and challenge critical-thinking skills. Just don't turn home into an extension of the classroom because you'll risk burnout for your student.
- ☐ **Kids have different reactions to testing.** Some dread testing days. Others enjoy the process. Follow the lead of your student. If you notice anxiety or nervousness, practice relaxation techniques, such as deep breathing. If you have a test lover, give a big high five on the way out the door.
- ☐ **Test days are tiring!** Don't be surprised if your student comes home with less energy. That's okay. Quiet time is a great way to refresh

Source: Explore Learning

