

Family Resources

Hawkins County Schools

October 2009



Connecting Home and School to Educate and Graduate Each Student.

Got the Flu? What to Do If Your Child Gets Sick

CDC Recommendations

- Call your doctor right away if your child gets sick. Antiviral medications used to treat H1N1 flu in some patients work best when started within the first 2 days (48 hours) of getting sick.
- Children younger than 5 years old and children with chronic medical conditions, such as asthma and diabetes, may be at higher risk for complications from flu. Check with your doctor about any special treatment requirements for them.
- Some over-the-counter medicines are approved for children to use to relieve flu symptoms.
- If your child has a fever, use fever-reducing medicines that your doctor recommends based on your child's age.
- A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, the child might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.
- Keep your sick child at home for at least 24 hours after the fever is gone, except to get medical care.
- Make sure your child gets plenty of rest and drinks clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants, Pedialyte®) to keep from being dehydrated.
- Keep your sick child in a separate room in the house as much as possible to limit contact with household members who are not sick.
- Consider having just one person be the main caregiver for the sick child.
- You can consider sending your child back to school after at least 24 hours has passed since his or her temperature returned to normal WITHOUT the use of medications.

Why is Homework Important?

Homework may well be a child's worst nightmare, and many parents dread it just as much.

However, there is a purpose for homework. In the early grades, homework can help children develop strong study habits and positive attitudes. From third through sixth grades, small amounts of homework, gradually increased each year, may support improved academic achievement. In seventh grade and beyond, students who complete more homework score better on standardized tests and earn better grades, on average, than students who do less homework.

Homework helps students to:

- Review and practice what they have covered in class;
- Prepare for class the next day;
- Learn to use resources, such as libraries, reference materials, and Web sites;
- Explore subjects more fully than classroom time permits;
- Extend learning by applying skills they already have to new situations;
- Integrate their learning by applying many different skills to a single task, such as book reports or science projects; and
- Learn to manage time and meet deadlines.

Tips for Parents

You can do many things at home to show your child that you value education and homework, such as:

- Set a regular time and place for homework;
- Remove distractions;
- Provide supplies and identify resources; and
- Be interested in what your child is learning.

Communication with teachers is very important for helping your child with homework. Here are some important things to remember:

- Talk with each of your child's teachers early in the school year. Let teachers know that you want to be kept informed about what goes on at school.

- Contact teachers as soon as you suspect your child has a homework problem. Schools have a responsibility to keep you informed about your child's performance and behavior. Or, you may realize a problem exists before the teacher discovers it. Together, you can solve a problem in its early stages.
- Request a meeting with teachers to discuss homework problems. Tell teachers briefly why you want to meet, and make the arrangements.
- Let teachers know whether your child finds the assignments too hard or too easy.

Be there!

Regular attendance in elementary school sets up a good pattern for your youngster's entire school career.

Show your child that school comes first by trying to save days off for illnesses and family emergencies. Also, schedule routine doctor and dentist appointments for after school or during school breaks.

Practice patience

"Mom? Mom!" Does your youngster keep calling you when you're busy and can't answer? Agree upon a gesture to let him know you hear him. Then, try to answer as soon as you can. Using a signal like this will help your child learn to be more patient.

Make recess count

Your youngster needs at least an hour of exercise each day—and recess can help her get it. Encourage her to be active on the playground. You might talk at home about fun games she can play, such as hopscotch, tag, and foursquare. Then at dinner, ask what she did at recess that day.

Worth quoting

"Kind words can be short and easy to speak, but their echoes are truly endless."

- Mother Teresa

© 2009 Resources for Educators, a division of Aspen Publishers, Inc.



A great web site to help review spelling words is www.spellingcity.com. Students type in their spelling words and are able to play a variety of review games. They can also click on "test me"; the spelling words are called out orally, and the students type the words. They are told immediately the words they missed. This helps them know which words to study harder.



Clip and Carry: *Take this sheet with you to Parent/Teacher Conferences as a reminder of important topics to discuss.*

Parent Teacher Conferences will be held at all Hawkins County Schools on October 6, 2009 from 1:00 PM to 6:15 PM. Most schools schedule meetings for specific times, but drop-ins are always welcome. If your child's teacher does not contact you about a conference, feel free to call for an appointment.

QUESTIONS TO ASK AT A PARENT-TEACHER CONFERENCE

- Is my child performing at grade level?
- What are my child's academic strengths? What areas need improvement?
- What specific things can I do to support my child and reinforce classroom lessons at home?
- How much time should my child spend on homework?
- Are my child's assignments completed accurately and on time?
- Does my child exhibit a good attitude toward learning?
- Does my child stay on task well or need frequent reminders? Has my child been developing good work habits?
- How does my child do with working in groups and working independently?
- Does my child make a good effort on assignments and turn in completed assignments?
- Does my child participate in class? Does my child behave in class?
- How much time should my child be spending on homework each night?
- How do you view my child's emotional and social skills?
- Does my child have close friends? How well does my child get along with the other students?
- Have you noticed any issues that need to be addressed or interests to be encouraged?
- What is the best way to keep in touch with you?

FOR PARENTS TO SHARE WITH THE TEACHER

- Any changes in the home or family situation that might affect your child (behavior, achievement, or other)
- Whether your child is experiencing difficulties (academic, social, or other) at school.

FOR PARENTS TO ASK ABOUT THE SCHOOL

- How is the school working to keep students on track and/or raise achievement?
- How can I stay aware of what my child's assignments are and how my child is doing in class?
- What are students expected to master by the end of the year? How will you be gauging my child's progress toward these goals?
- If my child is falling behind, how will I be notified?

Remember to work with your child's teacher as a partner, you are both looking out for the best interest of your child—together you can help your child succeed!

PARENT POWER:

A parent's influence on a child's education is one of the most important predictors of school success. When a child has someone at home who cares about their education, they are more likely to graduate from high school. Being involved does not just mean being present at school events, more important is your interaction with your child at home. A value of education may be the most important gift you can give your child.



Always be part of your child's educational experience. Here are some things you can do at home to help your child be a more successful student.

"All of us have the obligation to invest in our young people... especially parents—to be active participants in your children's education."
—First Lady Laura Bush

Encourage Your Child to Read

Reading will help your child succeed. Start from an early age by reading to your child and listening to him or her read to you. Continue this habit through your child's early elementary school years. Make sure your child learns letters, learns how to put them together to make sounds, and then, learns how to recognize them on the page of a book. As your child begins to develop his or her reading skills, make sure your child is reading more difficult books. Ask your child questions to see if he or she understands what is being read. Introduce your child to languages other than English. Look for words in English that have come from other languages. If English is not your native language, help your child learn both your language and English.

Encourage Math and Science

Show your child how you use math and science in your everyday life. Count with your child and measure things. Answer your child's "why" questions; if you do not know the answers, look them up with your child in a book, at the library or by using the Internet. Talk about "cause and effect"—that is, when one thing happens, it makes something else happen.

Visit science museums, watch television shows about scientific findings, play games that are based on numbers, and talk to people you know who have jobs in science and math fields. These activities will help your child see how science and math work in the world.

The World of Technology

Be aware of the possibilities of the computer and talk with the school about what resources are available for your child. Technology has created a knowledge revolution, and education is changing as a result of it. The Internet can provide research information for your child's homework and school projects at the touch of a button in a classroom, at the library or even in your own home. Using computers can help teachers provide instruction for a specific child's needs. Videos on the World Wide Web can take a class on a virtual field trip to a historic site or a scientific laboratory without ever leaving town. And lessons done by a student on a computer can be tested immediately to find out if the student has learned what was being taught.

The possibilities of technology are endless, but just like any other home activity, children should be watched to make sure their use of technology is safe and that they are wary of strangers.

Taken from the U.S. Department of Education, My Child's Academic Success Learning Checklists
http://www.ed.gov/parents/academic/involve/schoolbox/booklet3/checklist_pg2.html#basics

TEACHER TIP

Summarizing is an important skill to master. Today's society places a premium on being able to get to the point, and there are many examples in daily work, family, and social life that call for summarizing. Business people want to know the "bottom line," doctors must summarize a condition and course of treatment, attorneys can win cases with good summaries, and newscasters summarize the day's events.

A summary is an overview, in the student's own words, of the most important information. When reading a story with your child, stop frequently and discuss main ideas from the story. Help your child determine the most important and relevant facts. This is a skill that will help your child throughout school and throughout life.

Online Resources for helping your child with math...

(K-5)

<http://www.eduplace.com/math/mw/> Choose Kid's Place or Parents Place for valuable resources/ select grade level

6th Grade Book: (Glencoe Course 1)

<http://www.glencoe.com/sec/math/msmath/mac04/course1/index.php/tn/2005>

7th Grade Books:

(Glencoe Course 2)

<http://www.glencoe.com/sec/math/msmath/mac04/course2/index.php/tn/2005>

(Pre-Algebra)

http://www.classzone.com/cz/books/pre_alg/book_home.htm?state=TN

8th Grade Books:

(Pre-Algebra)

http://www.classzone.com/cz/books/pre_alg/book_home.htm?state=TN

(Algebra 1)

http://www.classzone.com/books/algebra_1/index.cfm?state=TN

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 No School for Students Parent/Teacher Conferences 1:00-6:15 PM	7	8	9	10
11	12	13	14	15	16	17
	Fall Break	No School for Students				
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Halloween

Relative Caregiver

Support Group

If you are raising a grandchild or other family member, you are invited to join the Relative Caregiver Support Group. This group meets monthly as a way to network with others who are experiencing the unique situation of raising grandchildren or other related children.

Services offered:

- Respite and recreation opportunities
- Support groups
- Activity/Support groups for children and teens
- Educational workshops for children, teens, parents, and relative caregivers
- Emergency financial and/or start-up assistance for eligible families

For more information, please call Shannon Mason at 1-866-321-9111.

COMMUNITY RESOURCES

Hawkins County Schools Family Resource Center provides free services to families. Services include:

- Parenting Classes
- Lending Library of parenting resources, videos, books, children's material
- Food Pantry
- Referrals to Community Agencies

For more information, please call 921-9621.

Early Childhood Learning Program - PreK

Hawkins County Schools currently has four PreK classes. These programs are offered at Mooresburg Elementary, Mt. Carmel Elementary, and at the Colonial Road location in Rogersville.

The mission of the Early Childhood Learning Center is to provide four-year-old children of Hawkins County with essential skills for success in kindergarten and beyond.

For more information, please call Kim Cassidy at (423) 272-3628.

CHILD FIND

Local school systems provide services for special needs children and young adults, ages 3 years to 21 years, who reside within the system's district. If you have or know children who are currently not being served, please contact the Hawkins County Special Education Department at 272-2168.



Adult Education

The Adult Education Department of Hawkins County Schools offers free services to adults including GED classes and test preparation. Day and evening classes are available. The Adult Ed Office is located behind Rogersville Middle school. For more information, please call 423-272-8345.

Hawkins County Schools

200 N. Depot Street
Rogersville, TN. 37857

423-272-7629
www.hck12.net



Educate and Graduate Each Student