

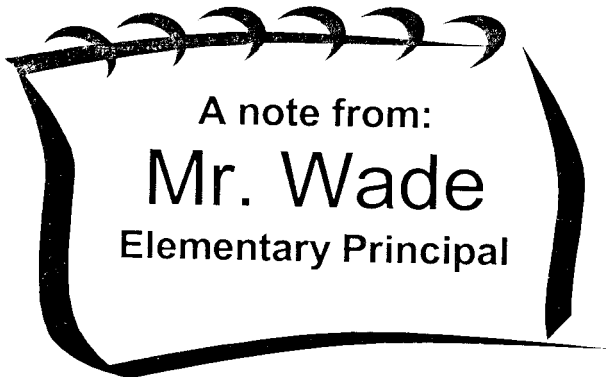
AT  
ALEXANDER  
ELEMENTARY

# PARENTS

Make A  
Difference!



Vol. 6, No. 5 December 2004



A note from:  
**Mr. Wade**  
Elementary Principal

With the beginning of a New Year also comes the start of a new semester. A new semester means new opportunity for our students. An opportunity to build upon their successes.

On our first day back in school during our Rise and Shine Assembly we explained to our students that a new semester means a fresh start. Everyone begins the semester with all A+ or S+. All the students have to do is maintain that grade to keep it.

It is our desire that parents and guardians will join us in encouraging our students to do their best for the remainder of the school year. To give positive words that influence their children to work hard in school and take advantage of the wonderful learning opportunities available to them.

If you ever have any concerns, questions or suggestions please do not hesitate to call your child's teacher, Mr. Brough or myself at 675-4336. Thank you for all that you do to insure your child's success!

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**"In the end, it's not what you do for your children...but what you've taught them to do for themselves."**

-Ann Landers



## What's Up?

Grade Cards Go Out- Thursday, January 8.

Accelerated Reading Certification  
Reward Trip- January 13. Joplin, Chucky Cheese. Leave 10:00 AM and return at 2:00 PM.

Alexander Elementary Spelling Bee- Wednesday, January 21, at 1:30 PM. Involves 4<sup>th</sup> and 5<sup>th</sup> Grade Students only.

Third Nine Weeks Progress Reports Go Out- Tuesday, January 27.

Groundhog Day- Monday, February 2.

Parent-Teacher Conferences-  
Thursday, February 5 (3:30 PM – 6:30 PM)  
Friday, February 6 (8:00 am – 12:00 PM)

**NO SCHOOL FOR STUDENTS ON FRIDAY, FEBRUARY 6.** (Due to Parent-Teacher Conferences.)

Fifth Grade Writing Test- Wednesday, February 11.

**NO SCHOOL-** Friday, February 20. (Due to Professional Development Day)

**"A home is no home unless it contains food and fire for the mind as well as for the body."**

-Margaret Fuller



## Help Your Child Write and Develop a Better Vocabulary

To be a good writer, children need a good vocabulary. To

help your child develop her vocabulary, encourage her to:

- \*Read a lot. The more she reads, the more new words she'll encounter.
- \*Examine the context of new words. See if she can tell what a new word means by the text around it.
- \*Look up words she doesn't know in the dictionary.
- \*Keep a list of new words and their meanings in a special notebook.
- \*Learn the roots of words. See how many words she can think of that contain the same root—predict, verdict, dictionary and dictate, for example.
- \*Do word exchanges. Together, read over what she writes. Then have her see how many words she can replace without changing the meaning.
- \*Regularly use a thesaurus. Find synonyms for words she uses often.
- \*Play word games like scrabble and Mad Libs. Find more games on the internet at sites like [http://dmoz.org/Games/Internet/Browser\\_Based/Word\\_Games/](http://dmoz.org/Games/Internet/Browser_Based/Word_Games/)
- \*Do crossword and other word puzzles.

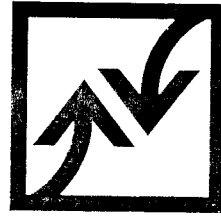


## Look for Signs When Your Child Has Trouble Reading

You can tell when your child comes to words he can't read. He's likely to squirm in his seat, get sleepy, look anxious or act up.

When you see these signs, you can help.

- \*Look at the book to find out where your child was last reading well. Ask him if there's a word he doesn't understand.
- \*Help your child look the problem word up in a simple dictionary.
- \*Check his understanding. Have him use the word in several sentences. If your child says he knows all the words, do some spot checks. Ask him, "What does this word mean?" Look up the words he doesn't know. Have him use them in a sentence.

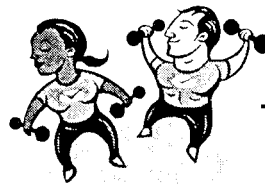


## Get Children to Talk About Their Day by Playing "High & Low"

Some children bound in the door from school and tell you every detail of their day. But many others just don't seem to have anything to say. They need more coaxing to open up to you.

Some parents have found playing "High and Low" with their children works well at getting them to open up. Each day, each person has to tell the high and the low point of his or her day.

Through talking, listening families learn something new about each other every day. This is a fun and healthy way to for families to communicate.



## Limit Your Child's Intake of Foods That Hinder Learning

Eating the right foods helps children learn better. Milk, eggs, nuts and other protein sources support brain cell growth. Bread, cereal, potatoes and other carbohydrates provide energy for the brain. Dark green leafy vegetables have vitamin A needed for normal vision. They also have iron. Children who don't have enough iron can show a lack of attention.

But you must also help your child avoid foods that are bad for learning. The following are known to overstimulate children. They reduce a child's ability to sit still and concentrate. They shorten attention span. Plus they can interfere with short-term memory. Try to limit:

- \***Sugar.** Candy, cookies, soft drinks, sweetened cereals and many canned foods.
- \***Caffeine.** Chocolate, cola drinks, coffee, tea.
- \***Additives.** Preservatives, artificial coloring and flavoring.