

QUICK NOTES

Wisconsin Conservatory of Lifelong Learning

3120 West Green Avenue

Milwaukee, WI 53221

www2.milwaukee.k12.wi.us/wcll

414-304-6800

Fax: 414-304-6815Main/414-304-3884HS

September 21, 2010

UPCOMING EVENTS

DATE

Elegant Farmer Field Trip Gr. 2	Fri., September 24 th 9:30am - 2:00pm
Vision Screening Gr. K5 & 5 th	Tues., September 28 th & Wed., September 29 th
Plant Hope Field Trip Gr. 3	Thur., September 30 th 9:30am - 11:30am
NO SCHOOL - BANKING DAY	Fri., October 1 st
NED Show Gr. K4-6 - HS Gym	Mon., October 4 th 9:30am - 10:15am
Parent/Teacher Conferences @ Central Services	Tue., October 5 th , K-8: 5:00pm - 8:05pm High School 5:00pm - 8:10pm
Parent/Teacher Conferences @ WCLL	Wed., October 6 th , K-8: 4:30pm - 7:40pm High School 4:05pm - 7:40pm
Great American Fundraising Kick-Off	Wed., October 6 th
Grades K4-3 rd @ 2:00pm and Grades 4-7 th @ 2:30pm	
Glaicer Rock Farms Field Trip - Gr. K4-1	Thur., October 7 th 9:30am - 1:30pm
Monster Bash Dance Gr. 3 - 6 - Small Gym	Fri., October 8 th 2:00pm - 3:30pm
NO SCHOOL FALL INTERSESSION	Mon., October 11 th thru Fri., October 29 th
CLASSES RESUME	Mon., November 1 st



D.E.A.R. (DROP EVERYTHING AND READ)

Please be aware that K4 - 8th grade (staff and students) are involved in silent sustained reading from 3:15-3:30 p.m. each day. We encourage you to refrain from picking up your child(ren), or calling the school at this time, unless it is an emergency. Thank you for your cooperation in this matter. Please assist us by meeting your child(ren) outside at door exit #2 (Marilyn Avenue). It is critical that the hallways are clear for bus dismissal.

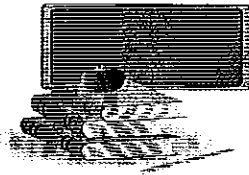
PARENT/TEACHER CONFERENCES

K4-8 Grade Conferences will be held on Tuesday, October 5th from 5:00 p.m. - 8:05 p.m. at Central Services and Wednesday, October 6th from 4:30 p.m. - 7:40 p.m. at WCLL.

High School Conferences will be held on Tuesday, October 5th from 5:00 p.m. - 8:10 p.m. at Central Services and Wednesday, October 6th from 4:05 p.m. - 7:40 p.m. at WCLL.

ADVANTAGE PLUS SAVERS CLUB

WCLL is a participant in the "We Care" program with Wisconsin Pick 'n Save stores. The "We Care" program helps non-profit organizations raise additional funds through supportive shoppers who use their Advantage Plus Savers Club Card. Upon visiting a Pick 'n Save location, stop by the Customer Service counter and have them add WCLL's Account No. 940720 to your Advantage Plus Savers Club Card.



BOOK FAIR

Our fair will run from October 4th-October 8th during the day. Cash only will be accepted during the day. During parent conferences on October 6th we will be able to accept credit cards from parents. Ms. Murphy and Ms. Coss would like some parent volunteers during the day to help students shop. If you are interested, please call 304-6800 to speak to Ms. Murphy or Ms. Coss. (See Attached)

ONE ON ONE MISSION

One on One will begin on Thursday, September 30th for confirmed WCLL participants. If you are interested in an application please call Ms. Harris at (414) 304-6827. (See Attached)



BREAKFAST/LUNCH APPLICATIONS

Each school year every MPS household must re-apply for free/reduced lunch. It takes up to 1 week to be approved by doing the application online at www.sns.milwaukee.k12.wi.us or up 2 weeks by filling out a paper application which can be obtained here at WCLL or at Central Office. Please remember that your child must either pay for breakfast/lunch or bring their own until they are approved. One application is required per family. You must reapply every year. The last day for free/reduced lunch based on last year's application will be October 13, 2010. After that date, all students who did not submit a current year application will be cut off. You must provide either a bag lunch or have your child bring lunch money to school.

STUDENT OF THE WEEK

Congratulations to the following students who were Students of the Week:

Week Sept. 6th thru Sept 10th: Ghaliyah Hill, Nicholas Tomovich, Austin Boynton, Mai vue, Cha Ah Moua, Daquan Roberts, Lamerion Willis, Marcus Cotton, Abigail Rodriguez, Natasa Zuza, Niome Haywood, Diamond Harris, Emily Vukobrat and Paris Richardson.



WICKLE PICKLE

Congratulations to our outstanding students who earned Pickles for their good deeds: Destiny Neal, Tyionn Gunn, Hydeia Fofana, Jason Jackson Jr., Terrance Barth, and Eddie Thompson. Keep up the good work.

ATTACHMENTS

- WCLL BOOK FAIR
- N. E. D. IS COMING TO OUR SCHOOL
- VISION SCREENING
- ONE ON ONE
- MIDDLE YEARS
- READING CONNECTION
- NUTRITION NUGGETS
- HOME & SCHOOL
- TEEN FOOD & FITNESS

Destination BOOK FAIR

Read Around the World!

WCLL

October 4-8, 2010 by classrooms
October 6th - Parent Conferences
4:30-7:30pm

Come to the Book Fair and support your child's school!

Join us in sharing a love of reading with our students at WCLL's Scholastic Book Fair. It's a great way to connect your kids with books they want to read!

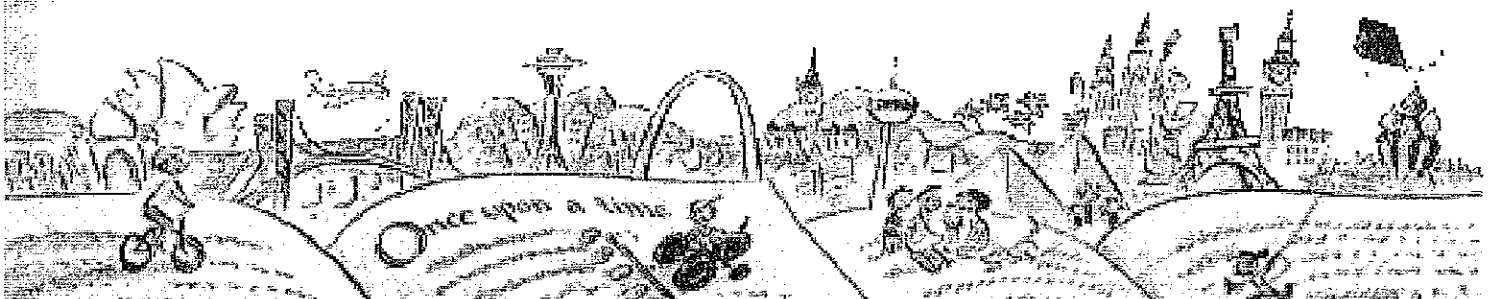
All classrooms will have a chance to visit during the day.

We are asking families to:

- Spend some time with your child looking at the attached Book List.
- Visit our Fair to make your selections in person or complete the Booklist order form and send it in with your child

We appreciate your dedication to creating lifelong readers. See you at our Book Fair!

Ms. Sallie A. Brown
Principal



4/11



TO OUR SCHOOL!

Monday
October 4, 2010
9:30 am - 10:15 am

We are happy to announce that America's most popular school assembly will soon be hosted at our school. **THE NED SHOW**® is a program experienced by nearly 2 million kids a year worldwide. The assembly combines a great message with yo-yos, humor, and audience participation to teach students how to develop three valuable characteristics involved in becoming champions at school and in life...

- N**ever give up (*focus, persistence*)
- E**ncourage others (*kindness, shared learning*)
- D**o your best® (*diligence, excellence*)

For five school days following the show, our school will have **NED**® items available for sale. Each student will receive a free yo-yo trick sheet and our school will receive two different and exciting how to yo-yo DVDs.

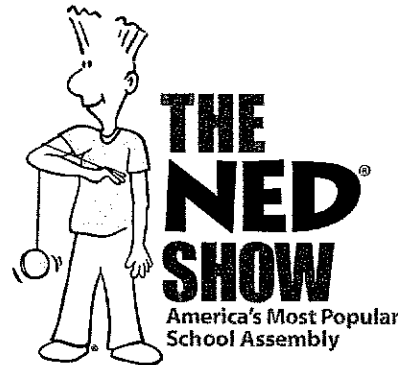
THE NED SHOW comes to us free of charge.

Parents are invited to join the fun with their kids and attend this dynamic assembly. To see a brief clip of the show, go to www.thenedshow.com.

NED's message is an inspiration for all ages. We are looking forward to **NED**'s visit and the lasting, positive impact he will have on our school.

ORDER YOUR **NED** ITEMS TODAY.

Fill out the order form, and enclose with payment in an envelope to send to school with your child.



All for KIDZ®

Promoting Academic Achievement through Character Development.®
Producers of **THE NED SHOW**® © 2004-09 All for KIDZ®, Inc. • All Rights Reserved • V 2010-01 US



NED® Yo \$6.50

Great for beginners and pros.
Comes in several great colors.



Boomerang™ \$10

Excellent for ALL skill levels.
Amazing auto return.



COSMIC SPIN™ \$15

Ball bearing yo-yo. Spins up to 4 times longer than normal yo-yos.

ACCESSORIES \$3.50 each

- *10 Replacement Strings
- * Super Cool Yo Holster
- * How To Yo DVD
-30 tricks from beginner to advanced
- * Kickin' Tricks DVD
-spectacular tricks, very entertaining

NEDGEAR ORDER FORM

Checks should be made payable to our school (where applicable, prices include tax).

Student: _____ Room #: _____

ITEMS	QUANTITY	PRICE	TOTAL
NED ® Yo	_____	x \$ 6.50	_____
Boomerang™	_____	x \$10.00	_____
Cosmic Spin™	_____	x \$15.00	_____
10 strings	_____	x \$ 3.50	_____
Yo-Yo Holster	_____	x \$ 3.50	_____
How To Yo DVD	_____	x \$ 3.50	_____
Kickin' Tricks DVD	_____	x \$ 3.50	_____

GRAND TOTAL _____

View these items and more online at www.shopNED.com



Date: 09-13-2010

Dear Parents,

We have set up vision screening for the week of September 27, 2010.

Our screeners use an auto-refractor. This device allows us to screen faster and more accurately.

Since the auto-refractor looks like a hand-held camera, we can set up closer to the classroom and each individual screening takes less than 1 minute. The child is asked to look for a small red light from the device held 14 inches away from their face. Nothing touches the child.

If you do not want your child screened – please let us know in writing.

The nurses will screen K-5, 5th graders and any special referrals.

The vision screening is done by MPS Nursing Program's nurses and our goal is to finish the school's screening within the week selected.

The most difficult part of vision referrals is getting care for the child in a timely manner. From screening to getting glasses, the national average time is 5 years. We have vouchers available for families (documented or undocumented) without insurance to help improve that statistic.

If you have a question, please call me at 414-304-6867.

Sincerely,

Mrs. Krawczyk RN
School Nurse

A handwritten signature in black ink, appearing to be "AK", located in the bottom right corner of the page.

ONE ON ONE MISSION

To foster mentoring relationships between caring volunteers and middle school students through structured academic and personal development activities.

BUILDING OUR FUTURE

ONE KID AT A TIME



YMCA

We build strong kids,
strong families, strong communities.

Downtown Branch YMCA
161 West Wisconsin Avenue, Suite 4000
Milwaukee, WI 53203-2601
414-274-0833
mentoring@ymcamke.org



HOSTS[®]

Help **One** Student To Succeed







One on One

A YMCA Mentoring Program

Why should my child participate?

Students who are chosen for the One on One program will participate in structured academic mentoring sessions after school. The sessions use a special literacy program called HOSTS, which stands for Help One Student To Succeed. One on One and HOSTS expect that students at any reading level will improve their literacy skills. At the Downtown YMCA, the individual attention the students receive will help them make improvements toward achieving their academic and personal goals. The volunteer mentor with whom they will be matched is a caring, trusted member of the community who will help them reach their fullest potential!

One on One at a glance:

-  We pick up your child from school.
-  We provide a quick snack.
-  Your child and his or her mentor work together on academic work for 90 minutes.
-  We drop off your child at your door step.



STUDENT BENEFITS OF ONE on ONE and HOSTS

- Positive adult relationship
- Accomplishment of academic goals
- Improved reading levels and social skills
- Increased self-confidence
- Positive peer interaction
- More enthusiasm for learning
- YMCA Character Development: Caring, Honesty, Respect, Responsibility



Middle Years

Working together for school success

Short Stops



► Everyday reading

Keep your child interested in reading with a daily “show and tell.” During dinner or before bed, each person can talk about something he read that day (chapter of a book, magazine article, report for work). Knowing that others read regularly can encourage your middle schooler to do the same.

► Handbook review

Go over your youngster’s student handbook together. That way, you’ll both be aware of important school information, like attendance policies, dress code, technology use, and bus and cafeteria rules. Since the handbook may change slightly from year to year, it’s a good idea to review it each fall.

► Keeping promises

Middle graders want to be trusted. Let your child know that the best way to build trust is for her to keep her word. For example, she should come home at the agreed-upon time. Or if she borrows a friend’s sweater, she should return it when she promised she would—and in the same condition.

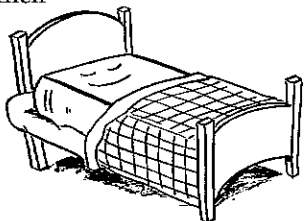
► Worth quoting

“The beginning is always today.”
Mary Wollstonecraft

► Just for fun

Q: Where do books sleep?

A: Under their covers.



Steps to a smooth year

Whether your child is just beginning middle school or returning for another year, you can help her get off to a successful start. Try these steps:

1. Attend back-to-school events. Teachers often go over grading policies and discuss how much homework to expect. Take notes and share them with your youngster when you get home. Also, teachers may ask you to fill out a card with your contact information and something you want them to know about your middle grader. You might mention a strength, weakness, or favorite hobby—anything that will help the teacher connect with your child.

2. Provide support. Middle schoolers can be nervous about a new year. Will the work be too hard? Will they have friends in their classes or their lunch period? Together, brainstorm ways your child can feel more comfortable. For example, she might find out about

extra-help sessions before and after school. Or she could call a friend and make plans to sit together in the cafeteria.

3. Set up supplies. Suggest that your middle grader use separate folders and notebooks for each class. She might color-code them (English = purple, science = green) so she can spot them quickly. At home, help her stock a workstation with pens, pencils, pencil sharpener, paper, ruler, calculator, and reference books (dictionary, atlas). Having her supplies handy will let her stay focused on her work. 👍



What’s on the agenda?

Most middle graders use a student planner or an agenda book. Here’s how both of you can make the most of this valuable tool.

■ Your child should write down homework assignments, upcoming tests, and due dates for projects. In addition, he should pencil in his activities (meetings, sports practice). Then, he can consult his planner to schedule homework time and study sessions.

■ Look over your middle schooler’s planner nightly, and sign it if required. Read assignments and ask about missing subjects in case he forgot to write something down. Also, you can respond to any comments from his teachers and perhaps leave an encouraging note for your youngster (“Good luck on your history test!”). 👍



Learning from mistakes

Devon feels like he's ready for an oral report, so he decides he doesn't need to practice. But when he gets up in front of the class, he forgets a whole section.

When your child makes a mistake like this, you can help him learn from it. Try these suggestions.

Pinpoint the error. Encourage your youngster to figure out what he did wrong. Say he missed an easy math problem on a quiz. It's possible that he misread the question. Or he may have made a simple arithmetic error.



Find solutions. Together, talk about ways he can avoid making the same mistake in the future. For instance, he might read the test questions twice and double-check his work when he's finished.

Lead by example. Show your child how you deal with mistakes. You could make a light-hearted comment ("I guess we're lost after all") and then explain what you could do differently next time ("I'll print directions from MapQuest before we leave the house").

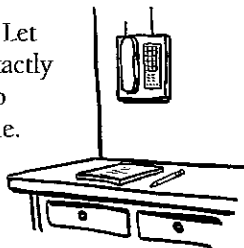
Tip: Remind your middle schooler that everyone makes mistakes. Learning to handle them now is a skill he can use throughout his life. 👍



Alone after school?

School ends at 3:00, and you don't get home from work until 5:30. Can your middle grader stay home alone? If she isn't afraid and she usually follows rules, she may be okay unsupervised for a short time. Here are some ways to help her stay safe.

● **Provide structure.** Let your child know exactly what she should do when she gets home. *Examples:* call you to check in, make a snack, practice flute, do homework.



● **Set rules.** Your middle schooler should not answer the door, and she should never tell callers she's home alone. Instead, she might say, "My mom's busy. Can she call you back?" Spell out whether your child can use the computer, TV, or appliances (microwave, toaster).

● **Plan for emergencies.** Explain how to use a first-aid kit and what to do if there's a fire. Show your youngster where you keep flashlights, batteries, and a radio in case of a power outage. Also, post a list of emergency contacts by the phone (911, your work and cell numbers, neighbors). 👍

Parent to Parent

Curious questions

My child sometimes asks questions that I can't answer. For example, the other day she asked me why other countries use the metric system and we don't. And last week she wanted to know why leaves change color in the fall.

Unfortunately, I'm usually too busy to stop what I'm doing and help her look up answers—but I didn't want to discourage her curiosity. So I decided to post a "Questions we can't answer" board in our kitchen. Now anyone in our family can jot down what they want to know. When we have time, we look up information together in books or online at the library.

My daughter seems happy that I take her questions seriously—and she's excited that we're solving her "puzzles." I'm also pleasantly surprised by how many of my own questions teach us all something new! 👍



Q & A An earth-friendly family

Q My son said his friends talk about "going green." What are some easy, inexpensive ways our family can help the environment?

A Learning to take care of the earth will teach your child responsibility and show him that he can make a difference.

Start by asking him for ideas, and have him find out what his friends' families are doing. Then, agree on one or two changes to make. If you start small, you'll be more likely to stick with your new routines.

For example, your family might switch to reusable water bottles so that you use less plastic. Also, consider buying local fruits and vegetables. This choice supports farms in your area and saves fuel because the food isn't shipped long distances. Other easy habits include using both sides of printer paper, taking shorter showers, and participating in community cleanup days.



Tip: For more ideas, have your son visit www.epa.gov/newsroom/gogreen or www.scholastic.com/actgreen. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Reading Connection

Tips for Reading Success

Beginning Edition

September 2010

Wisconsin Conservatory of Lifelong Learning

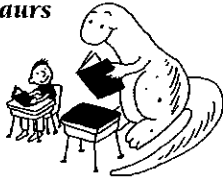
Book Picks

Read-aloud favorites

■ How Do Dinosaurs Go to School?

It might be fun for your youngster to have dinosaurs as

classmates—if they're as gentle and kind as the ones in this story. One dinosaur cleans his desk, and another helps a child build a giant block tower. A nice back-to-school read-aloud by Jane Yolen.



■ Under the Lemon Moon

Rosalinda's beautiful lemon tree is wilting. And a stranger is picking her lemons and selling them at the market! As the little girl tries to heal her tree, she learns a lesson about sharing and generosity. A magical tale by Edith Hope Fine. (Also available in Spanish.)



■ Night Shift

Your child may be surprised to know that many people work at night while he sleeps.

In Jessie Hartland's book, workers paint bridges, sweep streets, and bake doughnuts all night long. Descriptions of these jobs and more can help your youngster understand the world of work.

■ Pickles to Pittsburgh

In Judi Barrett's sequel to her popular *Cloudy with a Chance of Meatballs*, Kate has an interesting dream. She visits Chewandswallow, where food falls from the sky and is shipped to people who need it. Find out what's waiting for Kate when she wakes up.



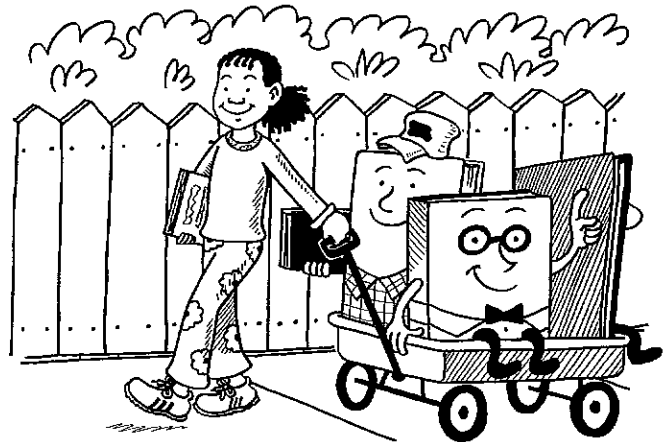
Reading for real

Learn to read, or read to learn? With nonfiction books, your child can do both. Here are ways she can become a strong reader while she discovers more about the world.

Find familiar topics. A book is more likely to interest your youngster if she recognizes the topic and some words and pictures. For example,

read a book about an everyday subject (*Bread, Bread, Bread* by Ann Morris). Then, help her relate to the book by talking about the kinds of bread your family eats. Ask her to name several types in the photographs (pita, roll) and find words she knows.

Seek variety. Show your child that nonfiction comes in many forms. In addition to biographies, fact books, and how-to books, she might like poetry such as *A World of Wonders* by J. Patrick Lewis or an alphabet book like *Lights on Broadway*



by Harriet Ziefert. Check out a different kind of nonfiction each time you visit the library.

Follow up. When a book captures your youngster's attention, encourage her to learn more about its topic. She'll build research skills by looking up *hockey* or *horses* in an encyclopedia or typing the subject into a library database to get a list of book titles. If possible, take a related field trip. For instance, visit a farm after reading *My First Horse and Pony Book* by Judith Draper. ♥

Family time

Make reading and writing part of your family's activities, and you'll give your youngster's skills a boost this school year. Try these suggestions:

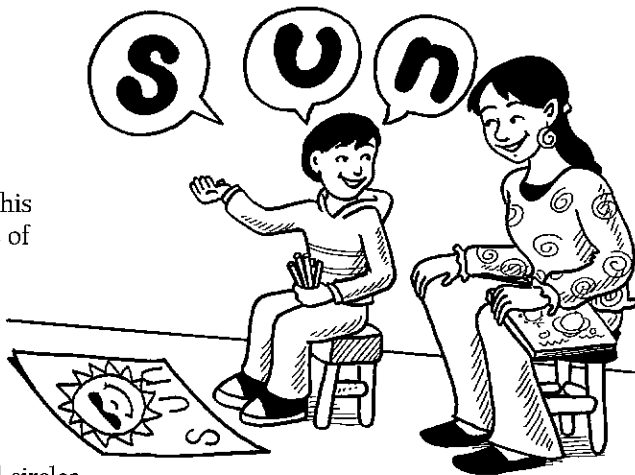
- Hold a comedy night. Take turns reading jokes aloud from a book. Your child will practice reading with expression.
- Cook meals together, and help your youngster read recipes aloud to you. Soon, he'll recognize words like *bake*, *cup*, and *mix*.
- Work together to plan a party or other family gathering. Have your child make the guest list—he can practice ABC order by writing the names alphabetically.

Tip: Set aside time every evening to read books, magazines, and newspapers as a family. ♥



Ready to write

Kyle adds letter-like squiggles to his drawings. Olivia makes long strings of letters under her pictures. And Tommy is starting to sound out words as he writes. All of these children are writing! Use these ideas to support your youngster at every stage:



1. When your child draws lines and circles and pretends they are letters, he is getting ready to write. Ask, "Can you read that to me?" Then, set an example by reading

his own. Encourage him to label items in his drawings (sun, tree). Help him sound out the word and write each letter he hears: "S-u-n ... sun!" ♥

your own writing when you write or type in front of him.

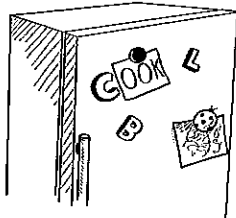
2. Once your youngster learns to write letters, give him a notebook and pencil. Suggest that he copy words he sees all around him. For example, he might write down words from a calendar, a piece of mail, or a road or store sign.

3. If your child has learned some of the sounds that letters make, he's ready to write some words on

Fun with Words Magnetic spelling

Children love playing with magnetic letters. You can make the most of your youngster's play with these activities that will help her learn to spell words:

- Use magnetic letters to put a common word ending (-ook) on the refrigerator.



Take turns adding a letter in front of the ending to make a word (c to make cook, l to make look). The last person to think of a new word chooses the next ending.

- Ask your youngster to spell a word with the magnetic letters and leave them somewhere for you to find. She might place the letters on your desk or on a table by your bed. When you find the word, have her read it to you.

- Put magnetic letters that spell a word in a brown paper bag. Have your child empty the bag and see if she can arrange the letters to spell the word. Then, let her choose letters to make a word for you to spell. ♥



Parent to Parent

A favorite author

When I was little, Arnold Lobel was my favorite author. I wanted my daughter Marissa to find a writer she liked, too, because I thought it would help her enjoy reading more.

I decided to introduce her to a new author each week. At the library, I asked her to choose a book so that I could help her find several more by the same person. When Marissa picked *Just Me and My Mom* by Mercer Mayer, I suggested that she also check out *Just Me and My Dad* and *Just Go to Bed*.

Each time we read a book, I pointed out the author's name on the front. We also looked at the back cover for the writer's photo and biography. It didn't take long before my daughter started saying, "I know her," and began asking to read other stories by the same writer. Marissa's still deciding on her favorite author, but she's considering several. ♥



Q&A "Tell me a story!"

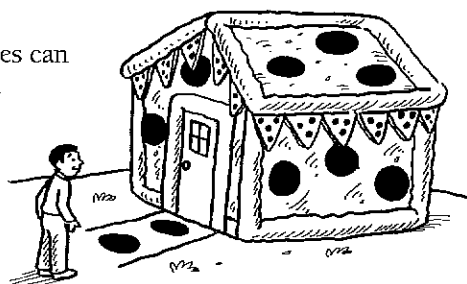
Q My son often asks me to make up stories, but I'm not sure how. What should I do?

A There are many different ways to approach storytelling. One idea is to ask your son to help you—he's sure to be full of ideas.

Explain that stories can be real or imaginary. For example, he would probably love to hear stories about your childhood or about the day

he was born. Or the two of you can make up your own version of a familiar story or a fairy tale. You might put a twist on "Hansel and Gretel," where they find a house made of pizza ingredients instead of candy.

Your son will probably like your stories no matter what they're about or how you tell them. And hearing stories will help him build vocabulary and listening skills. ♥



OUR PURPOSE

To provide busy parents with practical ways to promote their children's reading, writing, and language skills.

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Reading Connection

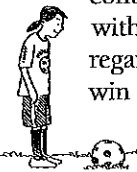
Working Together for Learning Success

Wisconsin Conservatory For Life Long Learning
Sallie A. Brown, Principal

Book Picks

■ *The Million Dollar Kick*

Whisper once humiliated herself while playing soccer. Now she can't stand the game. Faced with a contest to win a million dollars with a single kick, can she regain her self-confidence and win the cash? Readers will find out in this tale by Dan Gutman.



■ *Granny Torrelli Makes Soup*

Granny Torrelli does more than make soup. When Rosie and her best friend, Bailey, have an argument, Granny shares stories of her own life to help Rosie learn how to solve her problems. A heartwarming tale of family by Sharon Creech. (Also available in Spanish.)

■ *A Collection of Rudyard Kipling's Just So Stories*

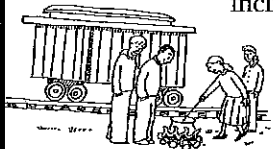
How did the camel get its hump? Why do kangaroos hop? Where did the rhinoceros get his skin? Readers can explore the fanciful answers to these and other questions in eight classic fables by Rudyard Kipling. Beautiful illustrations by Christopher Corr and others make this volume a delight to look at as well as to read.



■ *The Boxcar Children Cookbook*

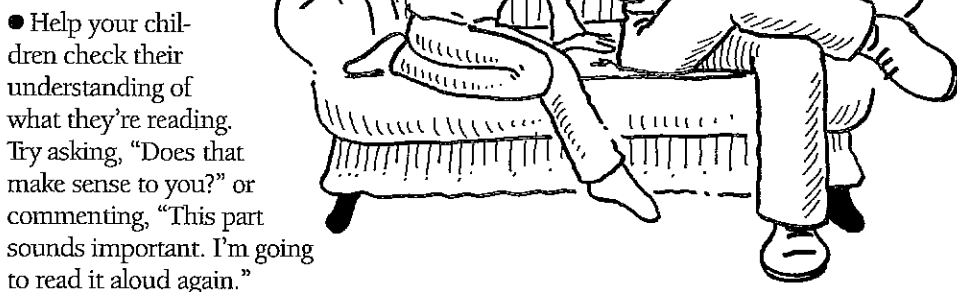
Fans of the Boxcar Children series will eat up this title by Diane Blain. The book gives simple recipes for foods eaten by the Alden children during their adventures. Most recipes

include an excerpt from one of the Boxcar Children books.



Active read-alouds

Reading aloud with older children can be a great time for talking, relaxing, and just being together. Here are several ideas to get a read-aloud discussion going:



- Help your children check their understanding of what they're reading. Try asking, "Does that make sense to you?" or commenting, "This part sounds important. I'm going to read it aloud again."
- Encourage your youngsters to think about what they read with questions like, "Do you think that could really happen?" or "What do you think the author wants us to learn?"
- Finally, value your youngsters' comments. You could say, "That's what I was thinking!" or "Now I see what you're saying."

Flights of fantasy

Fantasy literature does more than stretch your youngster's imagination. Fantasy books also teach...

Science

Artificial intelligence, lasers, and space travel are just a few of the topics covered in science fiction. Titles like Rebecca Rector's *Tria and the Great Star Rescue* encourage your child to explore the world of science.

Geography

Maps in fantasies like *A Wizard of Earthsea* by Ursula K. Le Guin help the reader trace the characters' paths. Your youngster will work on map skills as he enjoys the stories.

Foreign languages

Some fantasies, like J.R.R. Tolkien's *The Hobbit*, introduce made-up languages. Figuring out the new words can help your child develop an interest in learning another language.



Improving comprehension

Preparing for standardized tests



also learned that igneous rocks come from cooling lava.”

Reading comprehension is a part of most standardized tests. How can you help your child improve his understanding of what he reads? Try a “paired reading” with your youngster.

1. First, you and your child silently read the same part of a story, an article, or a textbook. Try two or three paragraphs to start.

2. Next, listen while your youngster summarizes aloud what he has just read. He might say, “I learned that sedimentary rocks are made from pressure.” After he’s finished summarizing, offer your corrections or additions to what he heard. *Example:* “We

Note: This activity is a good study aid for subjects like science or history—and it builds listening skills. 📖

3. Then, take turns reading another two or three paragraphs and changing roles. Switch back and forth until the whole story, article, or chapter is read.

Other Picks

GAMES

■ Hit or Miss

This list-making game is never the same twice. Players have 45 seconds to write as many words as possible in a given category. Then, they guess which of their words is the most popular—or the most original. *Gamewright*

■ Loaded Questions Junior

Test how well you know your opponents by guessing how they answer questions. This game contains 300 conversation-sparking questions in four categories that make it fun for the whole family to play together. *All Things Equal*



WEB SITES

■ Kids Web Japan

Tour Japan to learn about its people and culture. Read about technology like electronic paper, discover what goes into kids’ lunch boxes, and even learn how to write Japanese letters. A travel section lets youngsters take online trips through Japan. <http://web-jpn.org/kidsweb/index.html>

■ NetSmartzKids

Encourage your children to learn about Internet safety at this fun site. They’ll enjoy playing games, listening to songs, sending e-cards, downloading screen savers, and watching videos. Topics include instant messaging, e-mail, and computer viruses. www.netsmartzkids.org



Fun with Words

Directions for fun

Here’s a simple way for your youngster to practice writing clear instructions. He’ll learn to be more specific in his writing, which will help him with essays for school.

Start by reading examples of instructions around the house (board games, craft kits, recipes). Then, list things your child does regularly that have multiple steps, such as making a peanut butter and jelly sandwich or brushing his teeth.



Now for the challenge: each of you choose a task from the list and write step-by-step instructions. For example, peanut butter and jelly directions might begin: 1. Take out the bread. 2. Get a knife. 3. Open the peanut butter.

When you finish, trade papers and try to follow each other’s directions exactly the way they are written. Can you both complete the tasks correctly? 📖

Q&A

Vocabulary practice

🗣️ *My daughter has a tough time with vocabulary quizzes.*

What can I do to help?

📖 Try sneaking in a little extra vocabulary practice. The more your youngster uses the words, the easier it will be for her to remember them.

🧩 **Do puzzles.** You can turn vocabulary words and their definitions into simple crossword puzzles at <http://puzzlemaker.discoveryeducation.com>. Select “Criss-Cross” from the puzzle menu in the middle of the screen.



🔍 **Hunt for treasure.** Encourage your child to find and circle vocabulary words in newspapers and magazines and to read the sentences aloud. Seeing the words used in context will help her learn their meanings.

📝 **Use synonyms.** List your youngster’s vocabulary words. Then, beside each one, have her write words with similar meanings. She can use a thesaurus from the library (try Scholastic’s *Children’s Thesaurus*, or search at www.wordsmymh.net). Hang the list on the refrigerator where she can review it. 📖

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Nutrition Nuggets

Food and Fitness for a Healthy Child

Wisconsin Conservatory For Life Long Learning
Sallie A. Brown, Principal

BEST BITES

No obstacle
For some fun exercise, help your youngster build an obstacle course. Use empty cereal boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into. The key? Create obstacles for your child to go over, under, through, and around.

Know their BMI
Find out your child's Body Mass Index. That's the number that measures height against weight and lets you know if your youngster is at a healthy weight. You can use the parent-friendly online tool at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>, or ask your pediatrician to figure it out at your child's next visit.

Single servings
Keep portable snacks handy—and hold your food budget down—by buying items in bulk and making your own single-serve bags. Check portion sizes on nutrition labels of cereal, baked crackers, or nuts, and fill zipper bags with one serving each. Then, your youngster can grab a nutritious snack quickly.

Just for fun

Q: What did the teddy bear say when he was offered dessert?

A: No, thanks. I'm stuffed!

A good start

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.



Make time

Set the alarm to allow 10–15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. *Tip:* If your youngster doesn't like to make decisions first thing in the morning, give him breakfast choices the night before.

Make it healthy

Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread). The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

Make it kid-friendly

These quick breakfasts are sure to bring an early-morning smile to your youngster's face:

● **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole-wheat bread, put the slice in the pan, and

crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

● **Waffle Wonder:** Toast a whole-grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt. ●

Family meals

Do your kids rush through dinner and bolt from the table? Try these ideas to build quality family time into your dinner hour.

Keep the conversation light. Focus on the events of the day or fun weekend plans ahead. Of course, praising your children for a job well done at school or home is always welcome!

Take turns. Ask each person to tell one interesting thing he or she learned during the day. That includes you, too. You might mention something you read in the newspaper or learned about at work.

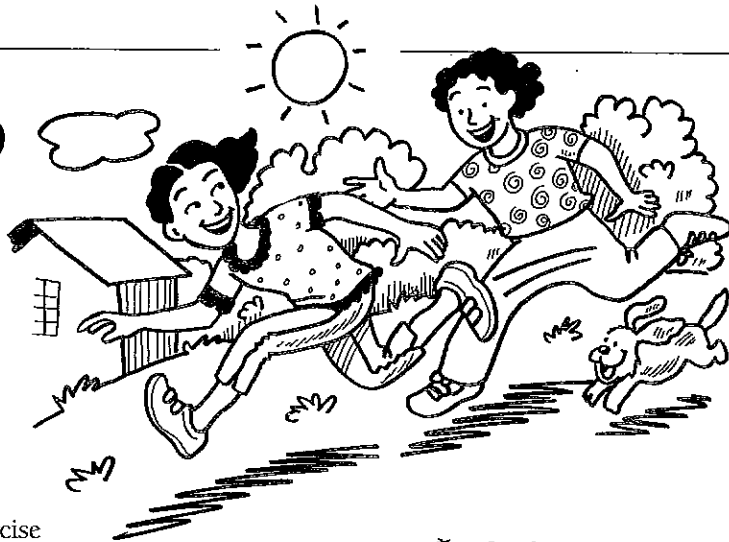
Play a game. Try the "name game." Start with the name of someone famous (George Washington). Go around the table, taking turns calling out another well-known person or character with the same first or last name (Curious George, George Washington Carver). ●



It all adds up

Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day—small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine:

- Have her invite friends over for a backyard game of tag or capture the flag.



- Suggest that she jump rope for 10 minutes.
- Put on some music, and dance to it.
- Bike together to the library or a friend's house. *Note:* For safety, use sidewalks and wear helmets.
- When you do errands together, park far from the store to encourage more walking time.

- Take the steps rather than the elevator when you're shopping or at the dentist.

Remember: Regular exercise will not only make your child healthier—it will help her sleep better at night and be in better shape to learn and play all day.



ACTIVITY CORNER

A walk a day

A daily family walk is a great way to get your child—and you—moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk.

Figure out the best time for your family's schedule, and use the time to walk and talk—you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow.

You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way.



IN THE KITCHEN

Smoothie time

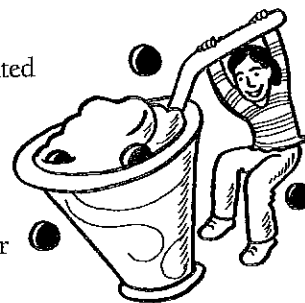
Here's a sure-fire way to get kids excited about eating healthfully. Toss fruit, a few ice cubes, yogurt, and juice into a blender, and mix until thick. With your supervision, your youngsters can even do it themselves! Try these combinations.

Red & White—4 strawberries, 1 banana, 1 container low-fat vanilla yogurt, 1 cup orange juice

Cool Blue—1½ cups fresh or frozen blueberries, 1 container low-fat blueberry yogurt, 1 cup 100% grape juice

Just Peachy—1 cut-up peach or 1 cup frozen peaches, 1 container low-fat peach yogurt, ¾ cup orange juice

Tip: Add a teaspoon of wheat bran (available at your grocery or health food store) to put fiber into your youngsters' treats.



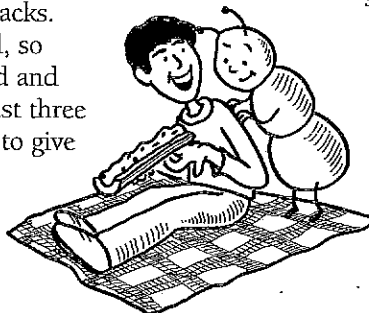
Q&A Too many snacks

Q: When my child comes home from school, he snacks all afternoon and then isn't hungry for dinner. How can I get him to change this habit?

A: You may be surprised to know that children actually need snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day. The trick is to give your youngster a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Offer foods like microwave low-fat popcorn, string cheese and fruit, or "ants on a log" (peanut butter spread on celery stalks and covered with raisins).

Tip: If your youngster is in day care after school, find out when they serve the last snack of the day. Ask that your child not have one too close to your dinnertime.



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Home & School CONNECTION[®]

Working Together for School Success

Wisconsin Conservatory For Life Long Learning
Sallie A. Brown, Principal

SHORT NOTES



Picture this

Good readers form mental pictures as they read. To improve your child's comprehension, read a book without letting him see it. Then, ask him to guess what the illustrations look like. *Examples:* How are the characters dressed? Is the setting bright or gloomy?

Raising good sports

You can teach your youngster to be a good sport by being one yourself. When you attend a game, clap and cheer for players who try hard, even if they're on the other team. You'll help your youngster learn to be gracious to everyone in the game.

Line them up

Sometimes kids get math problems wrong simply because they haven't lined up the numbers correctly. Try this. Have your child work problems on graph paper, using one box per number. Once she gets used to this system, she'll be able to transfer her lining-up skills to regular paper.

Worth quoting

"Life doesn't require that we be the best, only that we try our best."
H. Jackson Brown Jr.

JUST FOR FUN

Teacher: Name one important thing we have today that we didn't have 10 years ago.

Brian: Me!



Study smarts

Sarah, a fourth-grader, takes a history test at the end of each month. Evan, a first-grader, has a spelling quiz every Friday. Studying is a skill these youngsters will need throughout their years of school. Help your child study effectively with these tips.

Start a habit. Encourage your youngster to treat studying as a daily assignment, not just something she does the evening before a test. For example, she might study 15 minutes every night for a spelling test on Friday. After she finishes her regular homework, she can spend a little time reviewing her notes and handouts.

Tackle textbooks. When your child has a chapter to study, have her "preview" it to increase her understanding. She should glance over headings, graphics, and photos and go to the glossary to look up boldfaced words. *Tip:* If she finds a section hard to grasp, she could read a picture book on the



topic. For a science unit on matter, for instance, she could try *What Is the World Made Of?* by Kathleen Weidner Zoehfeld.

Mix it up. If your youngster reviews information in several ways, she'll be more likely to remember it. She might use colored pencils to copy each spelling word or math fact onto a separate index card. Then, she can shuffle the cards and study them in a different order each time. For extra reinforcement, suggest that she spell each word or recite each fact aloud.♥

Parent power

There are many ways you can support your child's learning and school. Here are a few ideas:

- Spend a few minutes every evening looking over handouts your youngster brings home. Fill out forms to return the next day.
- Tell your child's teachers if you can help them out at school or home.
- Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an e-mail.
- Contact your youngster's teacher immediately if you see a problem. Working together will help your child succeed.
- Attend conferences, parent meetings, and school events regularly.♥



Let's behave!

Did you know that getting your youngsters to behave can be fun? Try these ideas to encourage better behavior—and cut down on everyone's frustration.

Distract. Being playful can stop misbehavior, especially if it's caused by boredom. *Example:* You're stuck inside on a rainy day, and your kids begin to get cranky. Say, "Freeze! Splash time!" Fill the bathtub, cover the floor with towels, and let them play in the water with cups and boats. (*Note:* Never leave children unsupervised near water.) Or call out, "Pillow time,"



and have everyone gather in the family room for a gentle pillow fight.

Celebrate. With your children, pick a few behavior goals (get ready for bed without complaining; say "excuse me" when someone is talking). Then, get out a small jar and some marbles. Tell your youngsters they will earn a marble

each time you catch them working toward a goal. When the jar is full, celebrate with an extra story every night for a week.

Note: Children often act out to get your attention. Try to spend a few minutes a day playing a game or talking with each child, and you're likely to see better behavior.♥

ACTIVITY CORNER

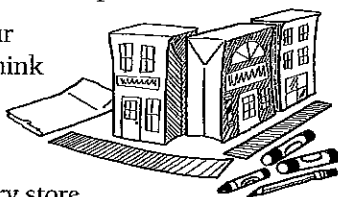
Paper bag city

Let your child create her own 3-D community. She'll practice map skills and learn about urban planning as she decides where to put the buildings in her town.

Materials: paper lunch bags, newspapers, crayons or markers, black construction paper, scissors, tape

Have your youngster think of buildings to include, such as a bank, grocery store, school, library, and houses. She can make them by drawing doors, windows, and signs on flat bags (on the side without the flap). For every bag she decorates, have her stuff a second one with newspaper. Then, she should open each decorated bag and slide it over a stuffed bag so her "buildings" will stand up. For the roads, she can cut black construction paper into strips and tape them together.

Finally, have your child lay out her roads and arrange her buildings alongside them to make her very own town.♥



Q & A

Bullying: The bystander's role

Q: My child came home from school upset because kids were picking on a classmate and wouldn't let her play with them. What advice should I give my daughter?

A: Tell your youngster that her classmate was being bullied—and that she has the power to help stop it!

There are several things she can do. She could start by standing up to the bully and saying something like, "That's not nice." Then, she might ask the child who is being bullied to join her in a game or school project.

Also, remind your youngster to report bullying to a teacher or other adult when she sees it. Let her know this is not tattling, but a way to help someone who is being hurt. You can explain: "Asking an adult to help a child who is being bullied is like asking the nurse to help a child with a scraped knee."♥



PARENT TO PARENT

Thinking games

Between school, errands, and activities, my family spends lots of time on the go. I decided to use some of it for "thinking games."

I taught my kids a game my parents used to play with me, called "Would You Rather?" I offer two options and ask which they prefer and why. For example, I might say, "Would you rather live near the beach or the mountains?"

My son came up with a game he named "Three Favorites." Someone picks

a category (outfits, movies), and we all tell our top three choices. My daughter thought of "What Doesn't Belong?" We take turns naming items and asking the others to explain which is the odd one out and why. The kids especially like this game because there can be more than

one "right" answer. For example, when I named "owl," "ostrich," and "eagle," my daughter said, "Ostrich, because it can't fly."

My son's answer was, "Owl, because it hunts at night."

Now they want to play all the time. I'm glad because we're having fun—and they've gotten better at thinking through their ideas.♥



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Teen Food & Fitness

Healthy Ideas for Middle and High School Students

Wisconsin Conservatory For
Sallie A. Brown, Principal

FAST TAKES

Cafeteria plan

Variety is the name of the game in today's school cafeterias. Encourage your child to take advantage of healthy offerings, such as salad bars, fresh fruit, whole-wheat pizza, and turkey tacos. Drinking fat-free milk will add extra protein and calcium to his meal.



Jump for it

Jump ropes aren't just for little kids! Suggest this quick routine to your teen. For one minute each: jump as fast as possible, jump side to side, jump forward across the room, jump backward, and alternate hopping on each foot. Repeat three times for a 15-minute workout.

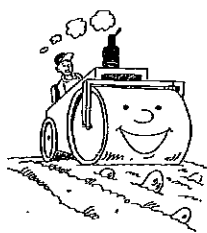


Did You Know?

More teens are overweight now than at any time in American history. In all, about one in three middle and high school students are considered obese or overweight. Reduce your children's risk by helping them get more exercise, eat sensible portions, and avoid high-fat and high-sugar foods.

Just for fun

Steven: Why did the farmer drive a steamroller over his potato fields?



Marcus: I don't know. Why?

Steven: He wanted to grow mashed potatoes!

Snack attack

Your child needs snacks to keep his body going strong all day long. What he doesn't need is extra sugar or fat! Try these ideas to get your teen or preteen in the habit of healthy snacking.

Stock up

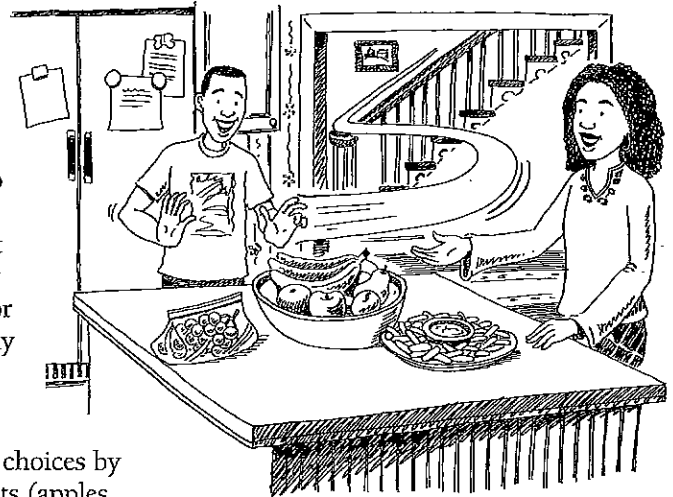
Give your child nutritious choices by keeping a supply of fresh fruits (apples, bananas, cantaloupe) and vegetables (baby carrots to dip in low-fat ranch dressing, baking potatoes to microwave and top with low-fat cheese). *Other ideas:* low-fat granola bars, instant oatmeal, low-fat strawberry yogurt.

Choose healthy

Many foods are available in healthier versions these days. Look for baked chips rather than fried, air-popped popcorn instead of oil or butter varieties, whole-wheat pretzels, and reduced-fat crackers.

Plan ahead

Keep healthy snacks ready for teens on the go. Wash seedless grapes, and freeze in baggies. Make up bags of trail mix: combine whole-wheat cereal, unsalted nuts, and dried cherries. Get individual-sized snacks, such as apple-sauce cups or boxes of raisins. *Note:* Taking snacks along will help keep your child from stopping for junk food.



Mix foods

Show your teen how to make snacks healthier by combining food groups. For example, he can melt shredded low-fat cheddar cheese on whole-wheat bread (two minutes in the toaster oven set at broil) to get calcium, protein, and grains all at once. ●

Five easy steps

Encourage your children to add more steps—and burn more calories—by making these simple changes in their daily routine:

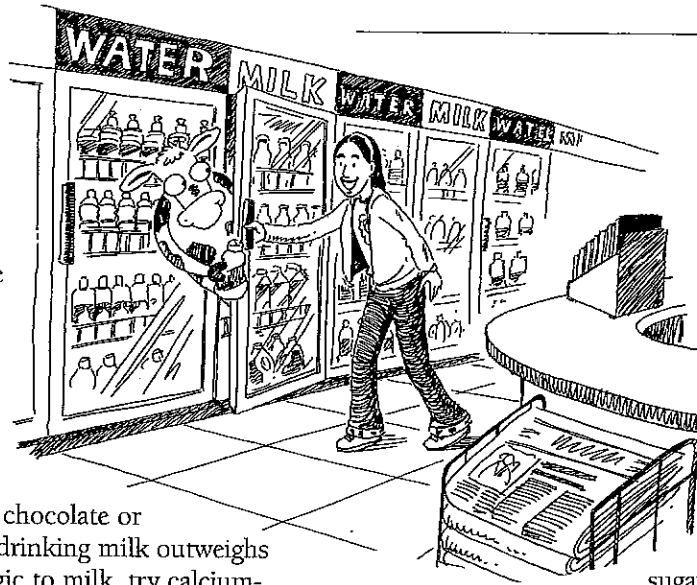
1. Park farther away from the entrance to the library, mall, or community center.
2. Take the stairs rather than the escalator or elevator when shopping or going to doctor appointments.
3. Get off the school bus one stop early and walk the rest of the way home. *Note:* To stay safe, walk with a friend, use sidewalks, and don't take shortcuts.
4. Do active chores: take the garbage out, vacuum, put away clutter.
5. Bike or rollerblade to a friend's house after school. ●



Drink healthy!

The next time your teen wants a soda, tell her this: a typical can contains 10 teaspoons of sugar—more than a chocolate bar has! Try to steer her to these healthy choices instead.

★ **Milk** provides calcium, vitamins, and nutrients that kids need. Encourage your tween or teen to drink three cups a day. Keep the milk fat-free, but it's okay to add chocolate or strawberry flavoring—the benefit of drinking milk outweighs the added sugar. If your child is allergic to milk, try calcium-enriched soy or rice milk. If she's lactose intolerant, get lactose-free milk.



★ **Water** is the best all-day drink. It has no sugar or calories and is low-cost. Take water bottles in the car and to sports games and practices. Try serving water with meals at home and asking for it when you eat out. You can add flavor with a lemon slice. *Note:* Seltzer, club soda, and sparkling water are good alternatives.

Like water, they have no sugar or calories, and they have the “fizz” factor kids like. ●



Q & A Video game overload

Q: My child spends so much time playing video games. How can I get him to be more active instead?



A: First, consider setting limits (say, 30 minutes) on how much time your teen can spend on gaming. Together, schedule when he can play—for instance, in the evening after homework. If

possible, put the video system in the family room so you can monitor his playing.

Second, encourage your son to be active at least an hour a day. See if you can play off his video game interests. Does he like martial arts games? Suggest a karate class. If he's into sports games, he could sign up for baseball or football. If he loves virtual skateboarding, take him to a skateboard park. He just may find the real thing more exciting! ●

ACTIVITY CORNER

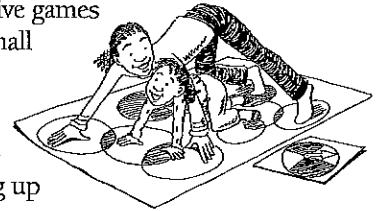
Exercise—and get paid

High school students and middle graders can gain work experience, earn spending money—and get exercise—in these part-time jobs.

● **Babysitter.** Encourage your teen to play active games (hide-and-seek, Twister, tag, catch) while caring for small children. Ask neighbors if they need help.

● **Sports helper.** Youth teams need referees and assistant coaches. Teen coaches get exercise practicing with the team, while refs get a workout running up and down the field or court during games. Contact your recreation department or school athletic department for openings.

● **Camp counselor.** After-school programs and summer camps use tweens and teens as junior counselors. Check your local YMCA or community center, private schools, and area camps. ●



In the Kitchen

Make it Mexican

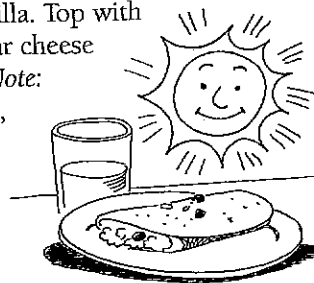
Mexican food is extremely popular with young people today. These quick and healthy versions are good from morning to night.

Breakfast burrito. Scramble 2 eggs, ¼ cup fat-free milk, and a diced red pepper in a skillet (coat with non-stick cooking spray). When set, spoon onto a whole-wheat tortilla. Top with shredded low-fat cheddar cheese and salsa, and roll up. *Note:* Make it the night before, and microwave for a fast breakfast.

Fiesta lunch salad. Toss together shredded lettuce, diced

tomatoes, canned corn, and canned black beans. Add a dressing of ¼ cup low-fat sour cream blended with ¼ cup store-bought guacamole. Sprinkle with baked tortilla chips.

Layered enchilada dinner. Pour canned red enchilada sauce into a 9 x 13 inch casserole, and line with corn or whole-wheat tortillas. Top with browned lean ground beef and shredded low-fat Monterey Jack cheese. Repeat layers. Bake at 400° for 15 minutes. *Vegetarian option:* Omit the meat, or substitute refried beans. ●



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