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January Tips for Families

Dear Parents,

Happy January to all! How is the transition from holiday break to school-is-back-in-session going for you and your family? Even when the weather outside isn't frightful, the month of January can be challenging for both children and parents. As you settle back into school-related routines, consider the tips I'm sharing this month.

Sincerely,



By this time in the year, your child may have used up, broken, or lost important school supplies. Replace needed school supplies and also purchase extras to keep at home. The extra supplies will come in handy for homework assignments and urgent school-related needs.

Keeping school correspondence organized is not an easy task. Consider choosing a practical place for your child to unpack his or her school backpack everyday. Provide two paper trays—one for papers that stay home and one for papers that must be returned to school.

It's a brand-new year and the perfect time to establish a homework routine and stick with it. Identify where and when homework is to be completed and limit exceptions. All family members will benefit from this approach.

January Fun Fact: January 29 is International Puzzle Day. Did you know that working puzzles improves brain function? Since there's a good chance you and your family will be spending extra time indoors this month, why not tackle some puzzles together?

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February Tips for Families

Dear Parents,

Where did January go? Most likely the 28 days of February will also fly by. The groundhog is making its annual appearance, and Valentine's Day will be here before we know it. And let's not overlook Presidents' Day and Black History Month!

February may be the shortest month of the year, but this doesn't mean it won't be packed with learning. New skills will be introduced throughout the month and previous skills will be reviewed. As you continue to stay involved in your child's learning and manage your day-to-day family responsibilities, consider these organizational (and motivational!) tips.

Wishing you a fabulous February,



Remember to check your child's school papers for information regarding festivities related to Valentine's Day. To avoid a last-minute rush, set aside time early in the month for selecting (or making) and addressing valentines.

Update your calendar today for Presidents' Day, the third Monday of this month. It is a federal holiday, so please make plans accordingly.

February is National Children's Dental Health Month. Did you know a proper brushing takes two minutes? Use a two-minute egg timer to motivate your child to brush properly. A free tooth-brushing timer app is also a fun option!

Because February can be a cold and dreary month, consider occasionally mixing up your child's homework routine. Visit Office Depot® or OfficeMax® to pick up pens and markers in fun colors or a colorful notebook. New supplies always add a little fun!

February Fun Fact: February 27 is International Polar Bear Day. On this day, people around the world take the Thermostat Challenge to raise awareness of how global warming and reduced sea ice are impacting polar bear populations. To take the challenge and reduce your family's carbon output for the day, adjust your thermostat up or down a few degrees (depending on where you live).

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March Tips for Families

Dear Parents,

March is here! Daylight is steadily increasing and the arrival of spring is getting closer. Here in the classroom we are in full swing and on track with our learning goals. New topics, new skills, and plenty of skill review are planned for the month. As we work our way toward spring, please check out this month's tips!

Sincerely,



Did you know a good night's sleep helps a child both learn new information and process and retain that information? Help your child's academic success by making sure he or she gets plenty of sleep.

Whether it comes in like a lion or a lamb, March is a perfect time for spring cleaning—specifically your child's homework area and backpack. A fresh and organized work space is energizing and motivating. Visit Office Depot® or OfficeMax® for organizational supplies to meet your needs.

March is National Nutrition Month, so it's the perfect time to evaluate your child's diet. Encouraging healthy food choices and arranging for outdoor play time can help your child stay focused this spring.

Please inform me at your earliest convenience if your spring travel plans will result in any school absences. I will do my best to make sure your child receives missed instruction.

March Fun Fact: On March 17, 1845, the first rubber band was patented. Nurture your child's creativity by working together to brainstorm 10, 20, 50, or 100 uses for a rubber band!

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