

# **GOSNELL** **Parent Packet**



## **2023-2024**

Elementary – 532-4003

Jr. High – 532-4017

High School – 532-4010

Grades K-12

# GOSNELL PARENT CENTER

*Parent & Family Engagement is critical for success in education!*

## Come Visit!

**Open Monday-Friday**

8:30 a.m. – 12:00 p.m.

1:00 p.m. – 3:15 p.m.

*Some Evening Hours to be announced*

**ROOM 6  
K-2 Building**

*Please come by and meet  
Evelynn Stewart  
Coordinator*

Gosnell Parent Center is  
dedicated to assisting parents  
in any way possible.

Check out materials to help  
your child with academic  
topics.

We also have grade-level  
worksheets that can be copied  
for you to take home and work  
with your child.

**FREE Brochures and  
Handouts dealing with many  
topics!**

## We Need Volunteers!!

- Do you have some time that you can help? One hour, half a day, a whole day?
- Parent Center uses volunteers to help with classroom needs such as making copies for teachers, laminating, cut-outs for bulletin board, special program events, etc.
- Contact Evelynn Stewart at 532-4055 about volunteering

**ALSO—The Parent Center provides materials for parents to assist in their child's education.**

**Use our computers to check your child's grades on HAC!**



## **Every Student Succeeds Act (ESSA)**

**The Every Student Succeeds Act (ESSA)** was signed into law December 10, 2015, and reauthorizes the Elementary and Secondary Education Act of 1965 (ESEA). ESSA builds upon the work states, districts, and schools implemented over the last few years. The reauthorized law prioritizes excellence and equity for our students and supports great educators. As part of ESSA, districts and schools must provide parents with the following information:

### **1. Your Right to Know—Professional Qualifications of Teachers**

Parents of children attending Title I, Part A schools have the right to request and receive information about the qualifications of the educators who teach students core subjects—Reading, English Language Arts and Mathematics. At a minimum, the information given to you must explain these three essential components of an educator's qualifications. Whether the student's teacher—

- a. Has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction.
- b. Is teaching under emergency or other provisional status through which state qualification or licensing criteria have been waived.
- c. Is teaching in the field of discipline of the certification of the teacher.

### **Your Right to Know—Qualifications of Paraprofessionals**

Paraprofessionals must work under the supervision of a certified teacher. All Title I paraprofessionals must have a secondary school diploma or its recognized equivalent. Additionally, paraprofessionals working in a program supported with Title I, Part A funds must have:

- a. Completed two years of study at an institution of higher education (In Arkansas, 60 semester credit hours at a regionally accredited institution of higher education are required.) -or-
- b. Obtained an associate's (or higher) degree -or-
- c. Met a rigorous standard of quality and be able to demonstrate, through a formal State or local academic assessment, knowledge of and the ability to assist in instructing, reading, writing, and mathematics (or, as appropriate, reading readiness, writing readiness, and mathematics readiness) (In Arkansas, the formal test accepted is the Educational Testing Services (ETS) Parapro Assessment; applicants must obtain a passing score of 457 on this test. A Child Development Associate (CDA) certification and hours of training are not acceptable substitutions for this requirement.)

### **2. Individual report cards that lets you know how your child is progressing.**

Parents may request the above information by writing a letter to the Superintendent. Parent's requests will be fulfilled in a timely manner.

## **Contact Information:**

Gosnell School District  
600 Hwy. 181  
Gosnell, AR 72315  
870-532-4000

**Gosnell School District**  
**“Home of the Pirates”**

**Parent and Family Engagement Policy**

The Gosnell School District understands the importance of engaging parents and the community as a whole in promoting higher student achievement and general good will between the school and those it serves. Therefore, the district shall strive to develop and maintain the capacity for meaningful and productive parental and community involvement that will result in partnerships that are mutually beneficial to the school, students, parents, and the community. To achieve such ends, the school shall work to:

1. Engage parents and the community in the development and improvement of educational programs and plans for the district;
2. Give the schools and the district the support necessary to enable them to plan and implement effective parental involvement activities;
3. Have a coordinated involvement program where the activities of the district enhance the involvement strategies of other community programs such as Head Start, Hippy, Parents as Partners, Parents as Teachers, ABC for School Success, area Pre-K programs and Even Start. This is the responsibility of the district parent and family engagement facilitator Ashley Bowdler. The contact person is Evelyn Stewart, who runs the Parent Center located in the Title I building;
4. Explain to parents and the community the State’s content and achievement standards, State and local student assessments and how the district’s curriculum is aligned with the assessments and how parents can work with the school to improve their child’s academic achievement;
5. Provide parents with the materials and training they need to better able to help their child achieve. The district may use the parent resource center or other community based organizations to foster parental involvement and provide literacy and technology training to parents;
6. Educate school staff, with the assistance of parents, in ways to work and communicate with parents and to know how to implement parent involvement programs that will promote positive partnerships between the school and parents;
7. Keep parents informed about parent and family engagement programs, meetings, and other activities they could be involved in. Such communication shall be, to the extent practicable, in a language the parents can understand;
8. Find ways to eliminate barriers that work to keep parents from being involved in their child’s education. This may include providing transportation and child care to enable parents to participate, arranging meetings at a variety of times, and being creative with parent/teacher conferences;
9. Find and modify other successful parent and community involvement programs to suit the needs of our district;
10. Train parents to enhance and promote the involvement and engagement of other parents;
11. Provide reasonable support for other parent and family engagement activities as parents may reasonably request.

To ensure the continued improvement of the district’s parent and family engagement program, the district will conduct an annual review of its parent and family engagement policies to examine their effect on promoting higher student achievement. The review shall be done by a committee consisting of parents and other community members, certified and classified staff, and member(s) of the administration. The person responsible for this is the district’s parent and family engagement facilitator which is Ashley Bowdler. Meetings will be held every spring in the Gosnell High School Library. The facilitator is Ashley Bowdler who can be reached at (870) 532-4010.

To view the current school district, elementary, and secondary parent and family engagement plans, please visit the Gosnell Schools webpage <http://www.gosnellschool.net> and click on the Families tab at the top.



# Parent Resources

*Available in the Lower Elementary Library*



## Books:

- The Computer Don't Byte
- The Boys and Girls Book Divorce – Richard Gardner
- Making Sense of Adolescents – John Crudele
- Pre-Teen Power
- Teen Power
- Teen Power and Beyond
- Is the Left Brain Always Right – Cherry Godwin Staples
- Something's Wrong With My Child – Milton Brutton
- Sometimes It's Ok to Be Angry – Dr. Mitch Golant
- Kindergarten is Too Late! – Masaru Ibuka
- Lee Canter's Back to School with Assertive Discipline
- Lee Canter's Assertive Discipline
- Lee Canter's Assertive Discipline Parent Resource Guide
- Lee Canter's Assertive Discipline for Parents
- Lee Canter's Positive Reinforcement Activities

These materials are available for check out by  
parents/guardians of the Gosnell School District.

Contact Maria Holifield, Librarian at 532-4039 or 532-4041

# Gifted and Talented Education (GATE) Program

- Who can recommend students for GATE?
  - ✓ Classroom teacher
  - ✓ Parents
  - ✓ Peers
  - ✓ Counselors
  - ✓ Self
- To complete a recommendation form at the Elementary (K-6 grade) level, contact Susan Davey at [sdavey@gosnellschool.net](mailto:sdavey@gosnellschool.net).
- To complete a recommendation form at the Secondary (7-12 grade) level, contact Susan Davey at [sdavey@gosnellschool.net](mailto:sdavey@gosnellschool.net).
- Information links:
  - <http://www.agate-arkansas.org/home.html>
  - <http://www.nagc.org>
  - <http://hoagiesgifted.org/index.htm>

# **Gosnell School District**

## ***Opportunities for Parent & Family Engagement***

### **Gosnell Elementary School (Grades K-6):**

- Attend Open House in August and Quarterly Parent/Teacher Conferences
- Migrant Parent/Student Workshops Available
- Attend Award Ceremonies
- 6<sup>th</sup> grade Presidential Awards
- Kindergarten Graduation
- Art Fair/Show
- 6<sup>th</sup> grade Band Concert
- Help with the holiday canned food drive
- Chaperone field trips
- Attend 2<sup>nd</sup> grade musical, help with setup
- Attend 5<sup>th</sup> grade musical, help with setup
- Attend Donuts with Grownups
- Attend Mom Prom / Father-Daughter Dance
- Box Tops for Education
- Booster Club Membership
- Serve on Advisory Committees such as Parent and Family Engagement Committee
- And many more . . .

*“At the end of the day,  
the most overwhelming  
key to a child's success is  
the positive involvement  
of parents.”*

*- Jane D. Hull*

### **Gosnell Secondary School (Grades 7-12):**

- Booster Club membership
- Assist with school club activities
- Chaperone school trips
- Attend/help with Pastries with Parents and Cookies with Caregivers events
- Serve on Advisory Committees such as Parent and Family Engagement Committee
- Speak to classes about your job or other interests
- Chaperone dances
- Make copies for teachers
- Assist in the library
- Help with the holiday canned food drive
- Attend award ceremonies
- Assist with GJHS Book Fair
- And many more . . .



\*Contact Evelyn Stewart at 532-4055 to volunteer at your child's school or for more information about parent & family engagement

# Become a Pirate Volunteer!!!

(Please print and complete the form or complete the form using the following link:  
<https://forms.gle/9kr5H2upK8bmg3XM8>)

Name: \_\_\_\_\_ Relationship to Student(s): \_\_\_\_\_

Student Name(s) and Grade(s): \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Best way to contact you (*circle one*):      Text      Call      Email      Mail      Social Media

There are lots of way to be engaged at school! Please let us know what interests you!!

Check any and all that are of interest to you:

- |  |  |
|--|--|
| <input type="checkbox"/> Tutor                             | <input type="checkbox"/> Campus Beautification   |
| <input type="checkbox"/> Mentor                            | <input type="checkbox"/> Classroom Speaker   |
| <input type="checkbox"/> Translator                        | <input type="checkbox"/> Volunteer with Clubs/Organizations (please list any specific groups: _____) |
| <input type="checkbox"/> Making copies for teachers        | <input type="checkbox"/> Serving on School Committees for decision making, planning, etc.            |
| <input type="checkbox"/> Laminating items for teachers     | <input type="checkbox"/> Member of the Parent and Family Engagement Committee                        |
| <input type="checkbox"/> Decorating bulletin boards        | <input type="checkbox"/> Leading Events  |
| <input type="checkbox"/> Special Events Planning Volunteer |  |
| <input type="checkbox"/> Chaperone of Special Events       |  |
| <input type="checkbox"/> Set up of Special Events          |  |
| <input type="checkbox"/> Clean up of Special Events        |  |
| <input type="checkbox"/> Other: _____                      |  |

Please let us know when you are available to meet/participate/engage with our school:

Day	Time Available
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Where would you prefer to volunteer? (*Choose all that apply*)

- ☐ Parent Center (located on the elementary campus)  
☐ Gosnell Elementary School – in my child's classroom  
☐ Gosnell Junior High School  
☐ Gosnell High School  
☐ Other: \_\_\_\_\_

***Thank you so much for your interest in engaging with our school!***



# **Gosnell Elementary School**

Administration & Support Staff  
2023-2024

**Tina Godsey**  
Principal

**Stephanie Carr**  
Assistant Principal

**DeJean Brown**  
Assistant Principal

**Nancy Henson**  
Instructional Facilitator

**Jackie Camp**  
Instructional Facilitator

**Elizabeth Bryce**  
Director of Special Services

**Bart Branum**  
Psychological Examiner

**Amber Stewart**, Secretary

**Halle Burfeind**, Secretary

**Kristian Wright**, Special Services Secretary

# Gosnell Elementary School

## 2023-2024

### Kindergarten Teachers:

Kathy Baxter	22
Karen Gilbow	24
Emma Weeks	25
Savannah Glass	26
Halley Davis	27

### Fourth Grade Teachers:

Trina Johnson	60
Jamie Dickson	62
Megan Davis	64
Emily Brewer	65

### Room:

### First Grade Teachers:

Jennifer Williamson	18
Kylee Buchanan	19
Chrissy Tucker	20
Robin Thompson	21
Ellen Moody	23

### Fifth Grade Teachers:

Karma Blount	83
Heather Gomer	84
Crystal Seward	85
Melanie Emmert	86

### Second Grade Teachers:

Garrett Idlett	30
Alexa Crawford	32
Wesley Ann Thomas	33
Kim Richardson	34

### Sixth Grade Teachers:

Katie Harrison	87
Harley Coleman	88
Laura Weiss	89
Gregg Kemp	90

### Third Grade Teachers:

Callie Kennemore	14
Chelsea Teeter	15
Lesley Hill	16
Sarah Pankey	17A

<b>Specialized Teachers:</b>	<b>Room:</b>
Maria Holified, Librarian	78
Denise McHan, PE	Blue Gym
Tracy Milligan, PE	Blue Gym
Laura McDaniel, Music	17
Missy Quearry, Art	58
Krystal Newsom, Counselor	35
Angel Whitehead, Counselor	71, 75
Amy Glintborg, EAST	74

<b>Special Ed Teachers:</b>	
Meagan Coleman, SC	7,8
Keeli Smith, Resource	77
Cassandra Humphrey, Res.	59
Sarah Fountain, Resource	31
Morgan Dickson, Speech	29
Janet Mason, Speech	73
Susan Davey, GATE	79
Michelle Johnson, Dyslexia	61

<b>Title Teachers:</b>	
Starla Jackson	18A
Stephanie Erby	19A
Heather Skelton	20A
Elaine Thompson	21A

<b>Instructional Facilitators:</b>	
Jackie Camp	28A
Nancy Henson	29A

<b>Nurse:</b>	
Paula Keane	36

<b>Paraprofessionals:</b>	<b>Room:</b>
Rageina Bridges	Spec. Ed
Abby Hurley	Elem Para
Alicia Ford	Elem Para
	Elem Para
Evelyn Stewart	Parent Coord.
Monica Gunkel	Elem Para

<b>Custodians:</b>	
Tiny Cannon	4th (A) Building
Jan Robbins	5th/6th (B & C) Building

<b>Technology:</b>	
Maurice Ford	76

<b>Additional Staff:</b>	
Judy Herron	Food Services
Sandy Poff	Cafeteria Manager
Jamie Chandler	Cafeteria

<b>Pre-K:</b>	
Lisa Ballard	Teacher
Stacey Westmoreland	Para
Natalie Driskill	Teacher
Tammy Wrinkles	Para
Jessica Hicks	Teacher
Elece Cleveland	Para
Cheryl Harrison	Para Floater





## Gosnell Secondary School

Teachers/Staff

2023-2024

<b>Subject/Name</b>	<b>Position</b>	<b>Email</b>
<b><u>English</u></b>		
Bowdler, Ashley	English III / Journalism / Yearbook / Newspaper	abowdler@gosnellschool.net
Deeter, Angela	English II / Critical Reading	adeeter@gosnellschool.net
Hancock, Stephanie	English 8 / Instructional Facilitator	shancock@gosnellschool.net
Long, Teri	English / Instructional Facilitator	tlong@gosnellschool.net
Meacham, Sondra	English IV / AP English	smeacham@gosnellschool.net
Scales, Leigh	English I / Critical Reading / Dance	lscales@gosnellschool.net
Watson, Shirley	English 7/8	swatson@gosnellschool.net
Wrinkles, Ashlei	Literacy 7/8	awrinkles@gosnellschool.net
<b><u>Math</u></b>		
Bowman, Sherry	Algebra II / Algebra III / Geometry	sbowman@gosnellschool.net
Hicks, Hunter	Algebra II / AP Statistics	hhicks@gosnellschool.net
Ring, Madison	Math 7/8	mring@gosnellschool.net
Ritter, Lance	Algebra I / Math 8	lritter@gosnellschool.net
<b><u>Science</u></b>		
Davison, Lawanda	Biology / Environmental Science	ldavison@gosnellschool.net
Hairston, Nathan	Science 8 / Basketball	nhairston@gosnellschool.net
Hendrix, Kim	Biology / Chemistry / Anatomy	kendrix@gosnellschool.net
Howard, David	Physical Science / Physics / Robotics	dhoward@gosnellschool.net
Lawrence, Kathy	Science 7	klawrence@gosnellschool.net
<b><u>Social Studies</u></b>		
Bryan, Jeremy	World History / American Govt.	jbryan@gosnellschool.net
Jenkins, Sara	Civics / Cheer Coach	sjenkins@gosnellschool.net
McClain, Marcus	Social Studies / PE / Girls Basketball Coach	mmclain@gosnellschool.net
Olivares, Courtney	Social Studies 7	colivares@gosnellschool.net
Sullivan, Charlie	U.S. History	csullivan@gosnellschool.net
Westphal, Chaney	Social Studies 8 / Basketball Coach	cwestphal@gosnellschool.net
<b><u>Career &amp; Technical Education</u></b>		
Bottenfield, Amanda	Business	abottenfield@gosnellschool.net
Brown, Brandi	Agriculture	bbrown@gosnellschool.net
Coots, Aaron	Careers / Keycode / Football Coach	acoots@gosnellschool.net
Crosskno, Jan	Family & Consumer Science	jcrosskno@gosnellschool.net
Humble, Colton	Keycode / Careers / Football Coach	chumble@gosnellschool.net
Watts, Deedra	Design & Modeling / Automation & Robotics	dwatts@gosnellschool.net

**Fine Arts**

Aronson, Crystal  
Bryeans, McKenzie  
Pearce, Jennifer

Choir  
Band  
Art

caronson@gosnellschool.net  
mbryeans@gosnellschool.net  
jpearce1@gosnellschool.net

**Health/PE**

Apel, Spencer  
Earnest, Lewis  
Weeks, Jenna

JH ALE / Football Coach  
PE / Football Coach  
Health / PE / Softball Coach

sapel@gosnellschool.net  
learnest@gosnellschool.net  
jweeks@gosnellschool.net

**Special Education**

Davey, Mary  
Jenkins, Jeannette  
Laird, Juanita  
Parker, Kristen  
Peabody, Kim  
Rogers, Beverly  
Southwell, Vivian  
Williams, Deanna  
Zecman, Kimberly

Special Education  
Paraprofessional  
Paraprofessional  
Special Education  
Special Education  
Special Education  
Special Education  
Special Education  
Paraprofessional

mdavey@gosnellschool.net  
jjenkins@gosnellschool.net  
jlaird@gosnellschool.net  
kparker@gosnellschool.net  
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brogers@gosnellschool.net  
vsouthwell@gosnellschool.net  
dwilliams1@gosnellschool.net  
kzecman@gosnellschool.net

**Distance Learning**

Green, Lisa  
Lunsford, Sarah

Distance Learning Facilitator  
Edgenuity Facilitator

lgreen@gosnellschool.net  
slundsford@gosnellschool.net

**Staff**

Canty, Ilene  
Lewis, Jona  
Lewis, Robert  
Mace, Rachel  
Mullins, Blythe  
Reams, Jennifer  
Roach, Jamie  
Smith, Leah

Secretary  
Secretary  
ALE / Coach  
Nurse  
Career Coach  
Counselor 7-8  
Counselor 9-12  
HS Librarian

icanty@gosnellschool.net  
jlewis@gosnellschool.net  
rmlewis@gosnellschool.net  
rmace@gosnellschool.net  
bmullins@gosnellschool.net  
jreams@gosnellschool.net  
jroach@gosnellschool.net  
lsmith@gosnellschool.net

**Administration**

Clark, Corbin  
Newsom, Keelen  
Richey, Liz

Assistant Principal  
Principal  
Assistant Principal

cclark@gosnellschool.net  
knewsom@gosnellschool.net  
erichey@gosnellschool.net

## **Report Card For Parents**

Each statement below describes a practice which will help your child succeed in school. Check the practice which describes things that you do to support your child.

\_\_\_ Controlling the quantity and quality of television programs your child views and video games played.

\_\_\_ Engaging in frequent conversation with your child.

\_\_\_ Reading to your child on a daily basis.

\_\_\_ Expressing interest in what your child has done in school.

\_\_\_ Insuring that your child gets plenty of rest.

\_\_\_ Speaking positively regarding school, teachers, and education.

\_\_\_ Insuring your child eats a well balanced, nutritious diet.

\_\_\_ Supporting your child and protecting him/her from anxiety and fear.

\_\_\_ Exposing your child to a wide variety of experiences.

\_\_\_ Frequently take your child to the public library, museum, and other educational resource centers in your vicinity.

\_\_\_ Listening to your child and what he/she has to say.

\_\_\_ Letting each of your children be themselves – children are never compared or forced to be something or somebody they are not.

\_\_\_ Insuring your child has regular health check which include vision and hearing examinations.

\_\_\_ Helping your child complete homework.

\_\_\_ Developing a rapport with your child's teacher(s), principal, and other school personnel who work with your child(ren).

\_\_\_ Playing with your child.

\_\_\_ Being patient with your child.

\_\_\_ Insuring that your children attend school regularly and arrive to school promptly.

\_\_\_ Loving your child and letting him/her know it every day.

Everything you checked will help your child succeed in school. There is no intensive training needed to be a supporting person in any of these areas. It does, however, take a lot of time and effort. In short, it is a lot of work...but your child is worth it.

## Recommended Roles: Students, Parents, School, and Teachers

Students who:	Supportive PARENTS ensuring their students:	Principals who:	Teachers who:
1. Attend school regularly and on time	Attend school regularly and on time	Maintain a positive and safe learning environment	Respect, love, and encourage children, their ideas, and growth
2. Are clean, neat, and appropriately dressed	Are clean, neatly dressed, well rested, nourished, safe, and happy	Maintain and foster high standards of academic achievement and behavior	Maintain and foster high standards of academic behavior and achievement
3. Bring all necessary materials to school	Bring all necessary materials to school	Communicate regularly with parents and student's regarding school's philosophy, goals, needs, achievement, programs, available services, etc.	Communicate regularly with parents and students regarding school's progress in learning and behavior
4. Complete all class and homework assignments on time	Have a quiet time and place to study every night <i>(30 min. grades 1-3)</i> <i>(60 min. grades 4-6)</i>	Actively and consistently work toward the goal of achieving excellence in our school	Provide challenging tasks so students can achieve their potential
5. Demonstrate a positive attitude towards self, others, school, and learning	Show interest in their child's progress by discussing school and assignments with them, communicating regularly with teachers, attending and becoming involved in school functions		Provide daily homework assignments, if needed, to reinforce learning
6. Know and obey all school and class rules	Experience good leisure activities (hobbies, reading, family outings, etc.)		Actively and consistently work toward the goal of achieving excellence
7. Respect people and property			
8. Refrain from aggressive behavior and profane, inflammatory, or threatening remarks or gestures			

# Back-to-School Checklist



## FIRST STEPS

- ☐ Call the school district with questions about your child's school
- ☐ Find out what day classes start and what time your child should arrive
- ☐ Enroll your child (if she is not already registered from the previous year)
- ☐ Fill out emergency contact sheets and any other required forms

## CHECK MEDICAL REQUIREMENTS

- ☐ Make sure your child has all required immunizations
- ☐ Schedule a physical exam for your child if needed to participate in school activities
- ☐ Get your child's vision checked before school starts if he is due for an exam
- ☐ Notify the principal's office, the school nurse, and your child's teachers about any health problems or medications

## STOCK UP ON SCHOOL SUPPLIES

- ☐ Check the school website or call for a list of required supplies
- ☐ Find out whether students will store supplies at school or bring them home each day
- ☐ Buy a backpack or bag to carry daily items
- ☐ Review the school dress code
- ☐ Buy school uniforms and gym clothes, if necessary

## LEARN ABOUT THE SCHOOL

- ☐ Find out whether the teacher prefers to communicate by phone, e-mail, or written note
- ☐ Know what your child is expected to learn in her grade level
- ☐ Familiarize yourself with the information on the school website
- ☐ Note the phone numbers for checking school closures or reporting absences
- ☐ Find out the procedure for taking your child out of school early
- ☐ Read the school handbook and make sure your child understands the rules
- ☐ Review the school's federal "report card"

## PLAN TO BE INVOLVED

- ☐ Mark school events on the family calendar
- ☐ Attend the back-to-school program
- ☐ Schedule and attend parent-teacher conferences
- ☐ Meet leaders of the parent-teacher group

## PLAN HEALTHY MEALS

- ☐ Have nutritious food on hand for breakfast and after-school snacks
- ☐ Find out how much school breakfasts and lunches cost
- ☐ Find out whether snacks and drinks are available at school or can be brought from home
- ☐ Ask where to obtain weekly school lunch menus
- ☐ Alert school staff if your child has a severe food allergy

## ARRANGE TRANSPORTATION

- ☐ Practice getting to school with your child
  - BUS: Make sure she knows where and when to be picked up before and after school
  - BICYCLE: Review road safety and make sure he has a helmet
  - ON FOOT: Walk the route together and review pedestrian safety guidelines
- ☐ Arrange a carpool if necessary and introduce your child to the other adults and children
- ☐ Compile contact information of parents who can pick up your child in an emergency

## MAKE AFTER-SCHOOL PLANS

- ☐ Arrange child care or after-school activities
- ☐ Choose extracurricular activities carefully to avoid overscheduling
- ☐ Make sure your child knows where to go after school each day

## HELP YOUR CHILD PREPARE FOR SCHOOL

- ☐ Arrange for your child to play with others in his age group before classes start
- ☐ Discuss your child's feelings about starting school and talk over any concerns
- ☐ Talk with your child about her daily school schedule
- ☐ Talk about peer pressure with your child
- ☐ Have your child memorize your home address and home and work phone numbers
- ☐ Tour the school with your child so she can find her classrooms, the restrooms, and the cafeteria
- ☐ Arrange a time for you and your child to meet his new teachers

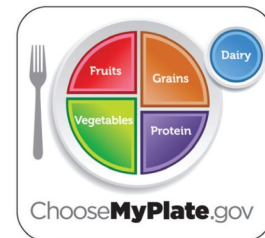
## LAY THE GROUND RULES

- ☐ Establish a firm bedtime before school starts
- ☐ Determine where and when your child will do homework
- ☐ Figure out a plan for balancing homework and play time
- ☐ Set rules for the time spent on TV, video games, and computer use for non-school projects



# be a healthy role model for children

## 10 tips for setting good examples



**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

### 8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



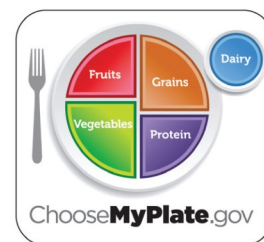
### 10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



# cut back on your kid's sweet treats

## 10 tips to decrease added sugars



**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

### 1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

### 2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



### 3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

### 4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

### 5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



### 6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

### 7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



### 8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

### 9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

### 10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.