

GPS Title I Newsletter

For more information contact:
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WELCOME BACK!

A huge welcome back to school from the Title I Department. We are excited and privileged to have the honor of working with your child. There are many activities that you and your family can participate in at Glendive Public Schools. Look for further information in your school newsletter, social media, the GPS website and via the GPS app. If you have any questions about what is occurring in your child's schools, please contact the building administrator.

Title I Parent Engagement Meeting
October 13, 2022 from 5:00-6:00 at the DCHS Library.
More information will be coming



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Easing the Transition Back to School

Returning to the daily routine of school can be a hard transition. Here are a few tips to make the transition easier.

Validation

Let your child know that it is normal to feel a little nervous about the start of school. Letting your child know they are not alone will help them feel heard and understood.

Morning Routines

Discuss what the morning routine will look like during the school year. Provide simple, well defined, and easy steps for the routine so your child knows what to expect. Have an easy to reference schedule that can engage your child and

Discuss what they learning.

Asking questions, offering opinions and exchanging ideas with others strengthens your child's understanding of the material.

Keep trying.

Support your child as they faces challenges with learning, assignments and tests. Tell them that persistence pays off, and help them think of different strategies they can try to tackle problems.



Are you establishing healthy habits?

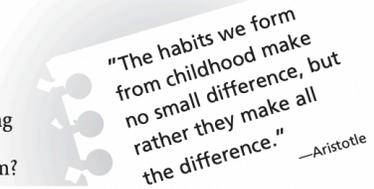
Families play a vital role in helping students do their best in school. One key way to do this is by ensuring that your child gets needed rest, nutrition and exercise. Are you promoting healthy choices? Answer *yes* or *no* below:

- ___ **1. Do you maintain** a regular bedtime for your child? Elementary schoolers need at least nine hours of sleep daily.
- ___ **2. Do you feed** your child breakfast each day? Food fuels kids' brains for learning.
- ___ **3. Do you find** fun ways for your child to get moving? Daily exercise improves memory and focus.
- ___ **4. Do you review** the rules often about safely interacting with others, and make sure your child understands them?

- ___ **5. Do you teach** your child to wash or sanitize hands frequently throughout the day?

How well are you doing?

More yes answers mean you are helping your child establish habits that support learning. For each no, try that idea.



Fostering a positive, supportive relationship with your child's teacher will help your child have a positive educational experience. What can you do to foster that relationship?

- 1-Help the teacher get to know your child.
- 2-Be collaborative and present.
- 3-Maintain open lines of communication.
- 4-Volunteer in the classroom.
- 5-Be even tempered and show respect.
- 6-Show appreciation.

Simple Ideas to Support Learning ALL Year Long

Schools and families share a common goal: helping students learn, grow and thrive. And it takes both schools and families to achieve it. At school, the start of a new year is a time to establish routines and priorities. To do the same at home and set your child up for a productive year of learning:

- *Create a study space that is comfortable for your student. It can be at a bedroom desk, at the kitchen table or on the couch. It just needs to have plenty of light and few distractions when your child is working.
- * Make a weekly schedule. Plan time for schoolwork, play, activities and relaxing. Be sure to include a family reading time. Reading together regularly shows your child that reading is important.
- *Keep a family calendar. You can use a different color for each family member's activities.
- *Set up a folder for school notices so they won't get misplaced.
- *Cut back on recreational screen time. Set a weekly limit on time spent passively watching screen media.
- *Update contact information. Provide your work and emergency numbers to the school.

It Matters: Building Responsibility

Setting weekly goals helps students take control of their learning and establish a clear pathway to success. To help your child set goals and achieve them:

1. Ask your child to identify one goal at the beginning of the week, such as learning the new vocabulary words assigned in science class.
2. Have your child write the goal on a piece of paper and post it on the refrigerator or bulletin board.
3. Talk about how to accomplish the goal. Help your child break the goal down into smaller steps. For example, "You could study and learn three vocabulary words each day."
4. Check your child's progress in a few days. If problems arise, talk about possible solutions. If your child falls behind, brainstorm together about ways to catch up.
5. Help your child evaluate results at the end of the week. Did your student achieve the goal? Why or why not? Regardless of the outcome, praise your child for trying. Then set a new goal for next week.

