



Families Matter

Get Involved for School Success

By Mrs. Cooper, School Counselor
(adapted from OSU Extension newsletter)

Parental involvement is important to a child's success in school and in life. A home that encourages learning and supports physical, mental and emotional development can help a child succeed.

Decades of research show that students whose parents are involved in their schools have better grades, are more motivated and have higher self-esteem.

Showing strong interest in your child's school life starts early. Help your child understand how what they learn at school can be used in their daily life, exploring local history, handling money, developing hobbies and making decisions, etc. Tie learning to the kinds of activities and interests they enjoy.

All children learn differently and it is important to know and understand if a child learns better with visual, verbal or written methods. They may also learn better by performing a task, by interacting with others or physical movement.

It is important that a child feels loved and appreciated even when mistakes are made. They must be assured that because they are criticized or fail at something one time doesn't mean they will always fail or continued to be scolded.

When a child loses interest in what they are doing, it could indicate that they are struggling with learning a difficult task.

Health is a major contributor to overall success. Less junk food, more physical activity, enough rest and learning how to manage stress can boost your child's wellness and help them have better school days.

Start with the Basics
(adapted by Sandra Wellman, MS, LPC)

- Kids need three good meals a day: this includes breakfast and plenty of fruits and vegetables.
- Kids need to take baths or showers at least every other day if they are inactive but those active kids need one daily. That means washing with soap and washing the hair. By the time they are nine or ten they are probably old enough for deodorant. They may need some reminders.
- Brushing teeth at least in the morning and at night. This is not just at the dentist request, it is for social reasons too. Just like the bath, people enjoy being around and talking to kids with clean teeth and breath.
- SLEEP! We often hear how much sleep kids really need but few parents really stick to helping them get that sleep. Most kids need to go to bed between 8:00 p.m. and 9:00 p.m. (including teenagers). They need sleep every night and a nightly routine is a must. Make your own routine but include brushing teeth, book, lots of kisses, hugs, and "I love you."
- Clean clothes, including socks and shoes. Name brand is not important, but clean is! Tecumseh Middle School has a clothing closet available for anyone who needs clothing. Contact Sharissa Rattan at 598-3181. Also, contact Mrs. Cooper if your child is needing shoes for school or p.e. Rock Creek Baptist Church has generously donated shoes for this purpose.
- Kids need a hug and a "I love you" (with words and actions) before starting their day at school. Never send a child in to school after a fight with you. Whatever it is, You resolve it. Tell them it will be fine and you can talk later. Your last words should be pleasant and granting them a good day.
- Have a schedule! Have a wake up time, a time for snack after school, specific and clear chores for after school, a time to play, a time to watch TV, a general dinner time, and bedtime. Kids do better if things are structured, which is how the rest of life will be.
- Exercise! Kids need physical activity, it doesn't have to be a "work out" but just movement. Go to a park or just simply say you have to play outside. They will usually find something if they have to leave their gadgets indoors. Anything that requires movement keeps the body healthy and will help with sleeping.
- Enjoy your kids, have fun with them, say at least two positive things to them daily, say I love you daily, and give them at least two positive touches (hug, kiss, pat, high five, etc.) daily!

