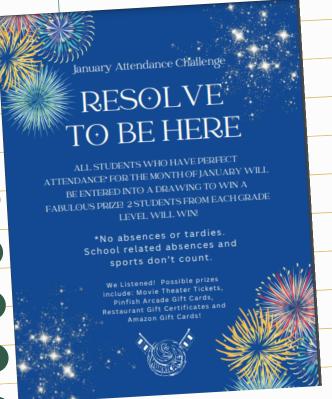
CANES COUNSELORS NEWSLETTER

SEMESTER 2 JANUARY 2024



Important Dates

January 11th - Report Cards Posted

January 15th - No School

January 17th - 10th Grade FAST

January 18th - 9th Grade FAST

January 24th - SAC Meeting 6PM

Tips to finish the year strong

- 1.Don't procrastinate. If you procrastinate chances are you will forget to do the assignment. Set a specific time to do things such as homework and do it the same time every day.
- 2. Don't give up. If you give up, reaching that long term goal will be pretty much impossible.

 If you feel like giving up take a step back and look at things from a different perspective.
- 3. If you have specific goals for this year try to remind yourself every day. If you remind yourself every day about your goals it will help you remember what your short term goals are for. Try setting up a dream board and post all of your long term goals.
- 4. When studying, try to avoid loud and distracting environments such as studying in front of the tv or your phone. Instead, try studying in your room or in a library.
- 5. One of the most common goals is to maintain good grades. At times it may be hard to do this, but try to check them as often as possible, work on any missing assignments, and study for things that will make an impact on your grades such as quizzes and tests.
- 6. If you are one to get easily distracted while studying try to use the Pomodoro method.

 This is where you study for 25 minutes then take a 5-minute break, every 4th break add more time to your break.

Taken from: https://www.phsoutlook.com/9434/features/success-in-the-second-semester-goals-tips-and-tricks/

10 Tips for Parents

As a parent, you can do your part at home to reinforce this important family-school partnership. To help prepare your children for school readiness to stay on track and expand their learning opportunities:

- 1. Set up a daily family routine, including healthy eating and sleeping habits
- 2. Provide a place and time at home for homework
- 3. Check on assignments, homework and projects
- 4. Talk each day with your child about his/her activities
- 5. Promote literacy by reading to your child and by reading yourself
- 6.Limit and monitor TV watching, gaming, social media and computer time
- 7. Express high expectations and standards for your child's learning
- 8. Attend parent-teacher conferences, Open House and Back-To-School events
- 9. Participate in decisions that affect your child's education
- 10. Tap into community resources with visits to a library, museum, zoo or theater and encourage participation in after-school clubs, sports and art activities

Engaged parents are a key factor in helping students and schools succeed. With families, schools and communities working together as partners, student achievement is enhanced and children are better prepared to do well in school.

Keep in the Loop - With pre-teens and teens, staying connected with student learning remains critical. Yet, studies show that family engagement in school drops as students move from elementary to middle and high school.

With this transition to higher grades, parents often face new challenges including figuring out ways to best support student success at home.

Parent involvement at middle and high school takes many forms. Whether it's checking homework, talking more about college and career choices, attending Open House or volunteering for PTA and booster clubs, your engagement makes a difference. By knowing what's happening in the classroom and on campus, you can help your student to focus on coursework and school activities to ensure college and career readiness.

Adapted from:https://toolkit.capta.org/programs/family-engagement/how-to-supportstudent-learning-at-home/

