

DEAR DEC FAMILIES, HAPPY NEW YEAR TO ALL! I WOULD LIKE TO SHARE MORE HELPFUL HINTS WITH YOU... "GIVE YOUR ELEMENTARY SCHOOLER THE TOOLS NEEDED FOR LEARNING"

A Carpenter would never come to a job site without a box of tools. He knows that he can't do his best work without the proper tools for the task. That's a good a way to think about how your child can do her best in school. She needs to show up with the right tools to do the job. Here a few:

- **Enough Sleep.** A good night's sleep is essential to your child's health – and her success in school. Doctors say that children between the ages of 7 and 12 need 10-12 hours of sleep per day. Without proper rest, she won't be able to concentrate in school.
- **A healthy breakfast.** Cars can't run without fuel, and kids' brains are no different. Many studies show that children who eat breakfast do better in class, earning higher grades and test scores. They are better able to focus and have fewer behavior problems. Don't worry if your child doesn't like "breakfast food." Peanut butter on a tortilla or a slice of veggie pizza will give her a great start.
- **High expectations.** When you believe your child can do her best, she'll believe it, too. So send her off with and "I know you can do it!" and she'll have the confidence she needs to tackle another day.
- **Be honest.** Show your child that honesty is the best policy. Research shows that by the time children reach elementary school, most know the difference between being honest and lying. But that doesn't make telling the truth easy! To encourage honesty in your child: TALK ABOUT IT. Ask your child if he believes that honesty is the best policy. Why or Why not? Does he want others to tell him the truth? When does he think it's okay to lie? TALK ABOUT THE CONSEQUENCES of lying. Let your child know that lying destroys trust. If he makes a habit of lying to people, they won't be able to believe what he says – even when he is telling the truth! BE A ROLE MODEL. Children are good "lie detectors." They notice when parents tell the truth – and when they don't. CREATE OPPORTUNITIES for telling the truth. Say, "You broke my vase," instead of, "Did you do this?" It's better to say what happened rather than to ask unnecessary questions. REACT CALMLY. When your child lies, don't label him a "liar." Express confidence that he will make better choices in the future. REWARD TRUSTWORTHINESS. If your child is truthful in a difficult situation, compliment him! ADMIT YOUR MISTAKES. We all make mistakes. If your child catches you being dishonest, admit you're wrong.

HAVE A WONDERFUL REST OF JANUARY LEADING THROUGHOUT THE MONTH OF FEBRUARY!



Robert Galella, principal

