

GRIFFIN FOUNDATION SCHOOL DISTRICT



Parents:

Please read these tips listed below on how to help your child to develop good study habits and improve their health.

We need your support and assistance with working with your child at home. Starting February 1, 2016, your child will be responsible for completing their two homework assignments in their entirety each night.

Tips on improving your Child's Study Habits, Homework, and Health

Get Your Child Organized For Homework:

Helping students in the middle grades learn how to become organized is one of the biggest challenges facing parents and schools. But there are some ways you can help:

- Have a regular place for homework - Students at this age are easily distracted. You can remove at least one distraction by putting all homework supplies in one place. Studying in the same place will also help your child understand that it's time to get to work.
- Find the best place to study - Some students have to sit at a Study desk. Others like to sit at the Dining Room table or Kitchen table, please, not on the floor or bed. The homework spot should be:
 - a. Well lit - Look for a good lamp so your child can see what he/she's reading.
 - b. Quiet - Turn off the TV, cell phone, music, and/or video games.
 - c. Neat - Your child should be able to find his/her desk and calculator. Once a week, the parent may have to sit together with their child and throw away old papers or file things, or assist their child with their homework.
 - d. Well supplied - In middle grades, students need pens, paper and pencils. They also need a few reference books, like a dictionary, a thesaurus and an atlas.



- Get in homework routine - When your child walks in from school, have him/her put their book bag in the same place. It's also best to have a regular time to do homework.
- Set goals - At the start of every study session, have your child look through his/her assignment notebook or school planner. Then have him/her make a "To Do List". Then check off everything as your child completes it. Make sure everything goes back into the book bag at the end of the study session.
- Time Management – This is a problem for students in middle grades. Learning how to manage their time is one of the most important skills they can master. Here's how to help our child organize time:
 - a. Homework every day – No exceptions. Students who do the best in school study every day. What if your child says, "There's no homework"? First, double-check to make sure it's true. Many schools have a homework schedule. Future Investment Middle School has homework Monday-Friday in two subjects.
 - b. Find your child's "prime time." – Some students want to study right after school. Others need a little downtime before they can pay attention. Some students even do their best work early in the morning. Help your child figure out when he/she is most alert. Then make that his/her study time.
 - c. Take breaks – Scientists now know that we remember more from two 20 minute study sessions than from one 40 minute session.
 - d. Plan Ahead – Have a big calendar with lots of room for writing is essential. At the start of each week, have your child write down all the things he/she has to do. He/she should figure out when to get the work done, remember to include extracurricular activities.

Make Sure the Homework Gets Home:

Get an assignment notebook – Make sure your child gets into the habit of writing down every assignment, in every class, every day.

Staying Healthy:

Ask students at this age about their problems and you're likely to hear two things: They're tired and they're hungry. Most students don't get enough sleep. You can help your child by following these steps:

- a. Make a plan – When does your child have to get up in the morning? Make sure bedtime is early enough to let her get at least nine (9) hours of sleep (more if possible).
- b. Make sure – Your child goes to bed at the same time each night. This is easier to fall asleep.
- c. Let your child sleep a little later - On weekends if he/she is tired. But limit the time to one or two extra hours.

Sincerely,
 Mr. Griffin and Ms. Heidinger
 GFSD Administrators