

Send Your Child to School Ready to Learn

A nutritious breakfast fuels up kids and gets them ready for the day. In general, kids who eat breakfast have more energy and do better in school. Kids who eat breakfast also are less likely to be absent, and make fewer trips to the school nurse with stomach complaints related to hunger.

You can help boost your child's attention span, concentration, and memory by providing breakfast foods that are rich in whole grains, fiber, and protein, as well as low in added sugar. If your child is running late some mornings, send along fresh fruit, nuts, yogurt, or half a peanut butter and banana sandwich. Many schools provide nutritious breakfast options before the first bell.

Kids also need the right amount of sleep to be alert and ready to learn all day. Most school-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports, after-school activities, TVs, computers, and video games, as well as hectic family schedules, can contribute to kids not getting enough sleep.

Lack of sleep can cause irritable or hyper types of behavior and might make it difficult for kids to pay attention in class. It's important to have a consistent bedtime routine, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out and limit stimulating diversions like TV, video games, and Internet access.

<http://kidshealth.org/en/parents/school-help-elementary.html#>

Be a Role Model for Learning

In the early years, parents are their children's first teachers — exploring nature, reading together, cooking together, and counting together. When a young child begins formal school, the parent's job is to show him how school can extend the learning you began together at home, and how exciting and meaningful this learning can be. As preschoolers grow into school age kids, parents become their children's learning coaches. Through guidance and reminders, parents help their kids organize their time and support their desires to learn new things in and out of school.

Connect What Your Child Learns to Everyday Life

Make learning part of your child's everyday experience, especially when it comes out of your child's natural questions. When you cook together, do measuring math. When you drive in the car, count license plates and talk about the states. When you turn on the blender, explore how it works together. When your child studies the weather, talk about why it was so hot at the beach. Have give-and-take conversations, listening to your child's ideas instead of pouring information into their heads.

Keep TV to a Minimum

"Watching lots of TV does not give children the chance to develop their own interests and explore on their own, because it controls the agenda," advises Diane Levin, Ph.D. "However, unstructured time with books, toys, crafts and friends allows children to learn how to be in charge of their agenda, and to develop their own interests, skills, solutions and expertise."

<http://www.pbs.org/parents/education/going-to-school/supporting-your-learner/role-of-parents/>

Title I

Parents and Teachers

Forming Partnerships for Education



Dear Parent or Guardian:

Welcome to the *2017-2018 School Year!* ISD 31, Bemidji Area Schools, is proud of our highly qualified teachers with 56.2% holding Master's degrees and 99.2% in their licensure areas. When considering teaching experience, 67.6% of Bemidji Area Schools teachers have taught for 10 or more years, and 21.1% have taught 3-10 years. Only 5.4% have taught less than three years.

You have the right to request and review information from your school district on the professional qualifications of your child's teachers. The federal Every Student Succeeds Act requires schools that receive federal education funds under Title I, Part A to provide this information to you if you request it. The information must be provided to you in a reasonable amount of time. The information you may request includes the following:

- Has the teacher met state qualifications and licensing requirements for the grade levels and subject areas in which the teacher provides instruction?
- Is the teacher providing instruction under emergency or another provisional status that means regular state qualifications or licensing criteria have been waived?
- What college degree does the teacher have, as well as any other graduate degree or certification? In what academic subject area/s were the degrees received?
- Are paraprofessionals providing instructional services to my child and if so, what are their qualifications?

The district is also required to inform you if your child receives instruction for four or more consecutive weeks by a teacher who does not meet the federal definition of being "highly qualified". Highly qualified teachers are those who have met state qualifications and licensure requirements. If this is the case, we will inform you.

You can also find information about your child's school, test data and teacher licensure at the Minnesota Dept. of Education's website at <http://education.state.mn.us>

If you have questions, please contact me or Brenda Sand in Human Resources at bsand@bemidji.k12.mn.us or send a request to Brenda at:

Bemidji Area Schools
502 Minnesota Ave. NW
Bemidji, MN 56601-5668

Sincerely,

Kathy Palm

Director of Curriculum and Title I
kpalm@bemidji.k12.mn.us
218-333-3100, ext. 31103



Be sure to visit our Website at:
www.bemidji.k12.mn.us
See the "Parent" tab for valuable resources