

Support from parents is key to helping kids do well academically. Here are some tips from “Kids Health” to help parents put their kids on track for a successful academic year.

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

Kids 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 every night. Bedtime difficulties can arise at this age for various reasons. Homework, sports, after-school activities, TVs, computers, and video games, or hectic family schedules can contribute to kids not getting enough sleep. Lack of sleep can cause irritable or hyperactive behavior and might make it hard 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.

Support Homework Expectations

Homework in grade school reinforces and extends classroom learning and helps kids practice important study skills. It also helps them develop a sense of responsibility and a work ethic that will benefit them beyond the classroom.

In addition to making sure your child knows that you see homework as a priority, you can help by creating an effective study environment that is comfortable, well lit and quiet. Avoiding distractions (like a TV in the background) and setting up a start and end time can also help. A good rule of thumb for effective homework and/or study periods is roughly 10 minutes for each elementary grade level. Fourth-graders, for example, should expect to have about 40 minutes of homework or studying each school night. If you find that it's often taking significantly longer than this guideline, talk with your child's teacher.

While your child does homework, you or another adult can be available to interpret assignment instructions, offer guidance, answer questions, and review the completed work. But resist the urge to provide the correct answers or complete the assignments yourself. Learning from mistakes is part of the process and you don't want to take this away from your child.

Attend Parent-Teacher Conferences

Kids do better in school when parents are involved in their academic lives. Attending back-to-school night at the start of the school year is a great way to get to know your child's teachers and their expectations. Also, school administrators may discuss school-wide programs and policies. Attending parent-teacher conferences is another way to stay informed. These are usually held once or twice a year at progress reporting periods. The conferences are a chance to start or continue conversations with your child's teacher, and discuss strategies to help your child do his or her best in class. Meeting with the teacher also lets your child know that what goes on in school will be shared at home.

If your child has special learning needs, additional meetings can be scheduled with teachers and other school staff to consider setting up or revising individualized education plans (IEPs), 504 education plans, or gifted education plans. Keep in mind that parents or guardians can request meetings with teachers, principals, school counselors, or other school staff any time during the school year.

Source: Kids Health from Nemours at: <https://kidshealth.org/en/parents/school-help-elementary.html>

Title I

Parents and Teachers

Forming Partnerships for Education



Dear Parent or Guardian:

Welcome to the *2018-2019 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 Kristeena Friedt in Human Resources at kristeena_friedt@isd31.net or send a request to Kristeena at:

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Sincerely,

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