

The following health and safety tips are from the American Academy of Pediatrics (AAP). Enforcing some or all of these positive ideas will help your child to be more successful throughout their academic years.

- Getting enough sleep is critical for a child to be successful in school. Children who do not get enough sleep have difficulty concentrating and learning as well as they can.
- Set a consistent bedtime for your child and stick with it every night. Having a bedtime routine that is consistent will help your child settle down and fall asleep. Components of a calming pre-bedtime routine may involve a bath/shower, reading with them, and tuck-ing them in and saying good-night to them.
- Create an environment that is conducive to doing homework starting at a young age. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
- Schedule ample time for homework; build this time into choices about participation in after school activities.
- Establish a household rule that the TV and other electronic distractions stay off during homework time.
- Supervise computer and Internet use.
- Be available to answer questions and offer assistance, but never do a child's homework for her or him.

## Dear Parent or Guardian:

Welcome to the 2019-2020 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 <u>http://education.state.mn.us</u>

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

## Sincerely,

Colleen Cardenuto

Director of Curriculum and Administrative Services colleen\_cardenuto@isd31.net 218-333-3100, ext. 31103



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