



Lincoln/Roosevelt School
Professional School Counselors' Newsletter
"Building Connections Between School and Families."
 November, 2011



Dear Families,

As a parent, it is important that you make academic *effort* the focus of your expectations. Research consistently shows that students feel more positive and connected to school when they believe that hard work will lead to success. Communicate to your children that you expect their best effort. When they give it, let them know how proud you are. You should also expect that your children:

- **Invest in their work.** It is important for children to know that school is their job at this time in their lives. In order to make progress, homework and studying should be a priority.
- **Devote time to schoolwork.** Effort cannot be wished into practice. Your children should study each night. They should also have time for family, exercise, food, and sleep. Most use of entertainment and social media should take place on weekends.
- **Set goals.** If your children are to put forth their best effort, they have to connect it to a goal. For example, "I will raise my math grade to a B next quarter." Your children's goals need to be specific. They should be achievable. There should also be a way to see their progress.

I hope you find these suggestions helpful. This newsletter is written to pass along helpful information to Lincoln/Roosevelt students and their families. It is my pleasure to work with your children.

Mrs. Roxie Benbow
 rbenbow@roxbury.org

Reprinted with permission from the November 2011 issue of Parents Still make the difference!® (Middle School Edition) newsletter. Copyright © 2011 The Parent Institute®, a division of NIS, Inc. Source: S.L. Christenson Ph.D. and C. Peterson, "Standards and Expectations," University of Minnesota Extension www.extension.umn.edu/family/components/00079a.html.

Study Finds that Physical Fitness May Lead to Higher Achievement

You know the benefits of exercise for your children's bodies. Exercise helps your children stay at a healthy weight. It promotes strong heart and lung function as well as helps your children sleep better. It turns out that exercise might also help your children do better with schoolwork. A study from the American College of Sports Medicine found that:

- **Students who were physically fit did better on tests.**
- **Boys who were at a healthy weight and could do more curl-ups did better on reading tests.**
- **Girls with strong muscles and heart-lung function did better on math tests.**
- **Girls with strong heart-lung function tended to also have good reading scores.**

To help your children improve their physical fitness:

- **Encourage your children to participate in a sport they enjoy.**
- **Remember that 60 minutes of exercise a day is recommended for children to be at their healthiest.** Your children can break it up into 20 minutes, three times a day.
- **Exercise with your children whenever possible.** A 30 minute daily walk is a great idea.
- **Get into a habit with your children of building movement into your day.** If you have to go upstairs, take the stairs instead of the elevator. If you are driving, park in a space that requires you to walk a bit to your destination.

Reprinted with permission from the November 2011 issue of Parents Still make the difference!® (Middle School Edition) newsletter. Copyright © 2011 The Parent Institute®, a division of NIS, Inc. Source: "Study Links Physical Fitness, Academic Performance for Middle-Schoolers," American College of Sports Medicine, www.acsm.org/AM/Template.cfm?Section=About_ACSM&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=14761.

**H
A
V
E

A

H
A
P
P
Y

T
H
A
N
K
S
G
I
V
I
N
G**



Changing Families Group

If your family is *currently* experiencing a separation or divorce, your child may benefit from the Changing Families Group. This group meets for six weeks and provides an environment where the children learn about the separation and divorce process and can share their feelings with others who are experiencing the same situation. Each grade has a group and they will meet once a week during LAP. Please call Mrs. Benbow at 973-584-4331 to enroll your child in this program.

Parent Quiz: Are Your Children Becoming More Responsible?

Being responsible is one of the keys to success in upper elementary school. At this age, students are learning responsibility as they are doing more in-depth and independent work. Answer yes or no to the questions below to find out if you are encouraging your children to take more responsibility:

- ___ 1. Do you expect your children to care for some of their personal needs, such as getting themselves up for school?
- ___ 2. Do you expect your children to do chores at home, such as taking out the trash?
- ___ 3. Do you expect your children to do their homework on their own, helping them when needed?
- ___ 4. Do you expect your children to take advantage of opportunities to improve their work, such as making corrections on tests?
- ___ 5. Do you expect your children to use basic time-management tools, such as their agenda book and eight-pocket folders?

How well are you doing?

Mostly yes answers mean you are fostering responsibility in your child. For no answers, try those ideas.

Reprinted with permission from the November 2011 issue of Parents Still make the difference!® (Middle School Edition) newsletter. Copyright © 2011 The Parent Institute®, a division of NIS, Inc.

Talking & Listening: Support Your Children Through Conversations

You will not always approve of your children's behavior. But it is important to let them know that you support them for the people they are. Here are ways to show support as you talk with your upper elementary aged children:

- **Listen.** When your children have something to say, stop what you are doing if you can. Direct your focus solely on them for a few moments.
- **Notice things your children like.** "Look, here is an article about that singer you said you liked." They will be pleased you remembered, even if they do not say so.
- **Take their ideas seriously.** Avoid statements such as, "You cannot do that." Instead, try, "You will need a good plan for that, but if anyone can pull it off, you can."
- **Remember that your children are not the adults in the house, so they do not make decisions for the family.** But they deserve some input. Frequently ask, "What do you think?"

Reprinted with permission from the November 2011 issue of Parents Still make the difference!® (Middle School Edition) newsletter. Copyright © 2011 The Parent Institute®, a division of NIS, Inc. Source: E. Hartley-Brewer, Talking to Tweens: Getting It Right Before It Gets Rocky with Your 8- to 12-Year-Old, Lifelong Books.