



# SPRUCEWOOD SENTINEL

## JANUARY 2017

""The brains of virtuoso violinists show a measurable increase in the size and activity of areas that control the fingers." Richard J Davidson (The Emotional Life of Your Brain) Practice builds strength.

Dear Parents,

Did you know that Sprucewood has an achievement coach? Her name is Mrs. Dautel and she has been assigned by the district to help all of our teachers with implementing best practices for reading and math. This month I asked her to give some tips on helping children with reading. The following is information she would like to share with you.

### How Can I Help My Child with Reading at Home?

The top winter Olympians come from the states where they have the most ice and snow. Reading research shows that children who come from homes with the most print— books, magazines, and newspapers— have the highest reading scores. <sup>1</sup>

The following suggestions have been beneficial for helping children with reading at home: <sup>2,3</sup>

Be a good role model — Let your child see you read from a variety of sources often. Provide varied reading material — some for reading enjoyment and some with information about hobbies and interests.

Encourage activities that require reading —for example, cooking (reading a recipe), constructing a kite (reading directions), or identifying an interesting bird's nest or a rock collected on a vacation (using a reference book).

Establish a regular reading time. Make this routine an enjoyable part of the day. Consider having everyone in the family read at the same time.

Write notes to your child; encourage written responses. They will love the attention from you.

Ask your child to bring a library book home to read to a younger sibling.

Establish one evening a week for reading in place of computer or television viewing.

Talk to your child a lot— [exposing your child to a variety of words](#) helps in the development of literacy skills and increases vocabulary.

Read to your child. Children can comprehend at a higher level when listening and it exposes them to more complex vocabulary.

Listen to your child read. Have your child reread if they make a mistake. Repeated reading supports comprehension and helps improve fluency and accuracy. Have FUN reading. It's okay to reread a favorite book.

After reading, have your child retell the story or share events and information learned.

"Reading benefits everyone—not just the "smart kids" or the more able readers. Even children with limited reading and comprehension skills will build vocabulary and cognitive structures through reading." <sup>4</sup>

Thanks for reading with your child. See back page for references and additional resources.

Mrs. Dautel, Achievement Coach

Mrs. Jones- Principal



## Something to Think About...

Students who scored 90% better than their peers on reading tests, read for more than **20 minutes a day – exposing them to 1.8 million words a year.**

Students who scored at the 50th percentile, read an average of **4.6 minutes a day or about ½ hour per week – exposing them to 282,000 words per year.**

Students scoring in the 10th percentile, read less than **1 minute per day – exposing them to 8,000 words per year.** These students would take one year to read as many words as a student in the 90th percentile would read in two days.<sup>5</sup>

READING MATTERS AND IS IMPORTANT FOR OPENING DOORS IN YOUR CHILD'S FUTURE.

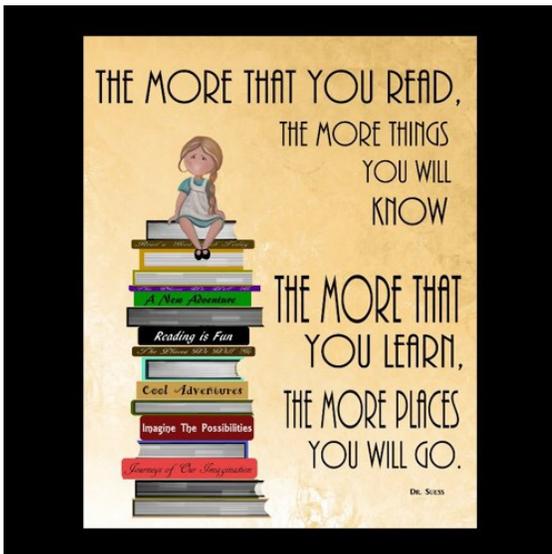
<sup>1</sup> Trelease, J. (2009). *Ten Facts Parents Should Know about Reading.*

<sup>2</sup> Swanson, B. B. (2001). *How Can I Improve My Child's Reading?*

<sup>3</sup> Shanahan, T. (2015). *11 Ways Parents Can Help Their Children Read.*

<sup>4/5</sup> Stanovich, K. E. & Cunningham, A.E. (2001). *What reading Does for the Mind.*

Willingham, Daniel T (2015) *Raising Kids Who Read: What Parents and Teachers Can Do.* (available at Amazon)



## Traffic and Outside Safety-

Many thanks to the parents who let us know if the city has not sent a crossing guard. We also appreciate those of you who are extra vigilant and drive slowly on bad weather days. We believe that having students and parents get across roads safely is more important than the inconvenience of waiting in a nice warm car. With the cold weather continuing, the volume of cars picking up students continues to increase. We ask that you follow all parking lot safety rules such as using the correct crosswalk. Please do not block the area by the recycle bins and the road into the parking lot and the driveway!!! We must keep this area open for emergency vehicles and buses. Also, it is easier if you park in the upper lot, on Hidden Valley or Cedar Ridge. Please explain our parking lot rules to grandparents and other adults picking up students.

Thanks to all of the parents and other adults who model safe driving behavior and are kind and courteous in the parking lot.



## Snow Fun and Rules

Students need to get outside and have fun during the winter. We let students go outside for recess if the "feels like" temperature is 22 degrees and air quality is safe. Please make sure that your child has warm clothes and boots to put on. It also really helps to put their name in coats. Our lost and found is quite full with coats left on the playground.

Although we want students to get some fresh air snowballs are not permitted. With all of the gravel and rocks outside, snowballs are very dangerous because they often turn into ice or rock balls. The consequence for throwing snowballs is 8 to 10 recess detentions and a phone call home. Students are reminded of this rule frequently and even though it is a pretty tough consequence, we have really cut down on the number of injuries from snowballs.

