



The Buzz

March 2023, Volume VIII

Shedrick Dukes, Ed.S.
Principal
Ronnie Frazier
Assistant Principal

WELCOME FROM YOUR PASSIONATE PRINCIPAL



Greetings Parents and Community Members,

Happy March! The English Language Arts (ELA) and Math FAST and Science FSA tests will be administered in May. Now is the time to check in with your child's teacher to see how they are progressing towards promotion.

You can help your child to be prepared by making sure that they read for at least 30 minutes each night without interruptions from television, video games or background noises. This will help them to build up the stamina that is needed to read long passages that they will see on the assessments.

Many grade levels are planning end of the year activities to celebrate the completion of testing. Please note that students must meet behavior expectations in order to attend off campus trips. If you have any questions about your child's progress, please contact the school or attend our next SAC meeting on March 15th. This month's SAC meeting will be very important as we develop next year's Title I Parent and family Engagement Plan and School Parent Compact.

Did you know we have a partnership with Scholastic! Every month teachers allow students to select books that they want to read, then Scholastic delivers them to the school for students to take home and read. Ask your child what books they selected!

If you have any additional questions, please contact our office at 754-322-6950

Your Proud Principal,

Shedrick Dukes

Calendar of Events

Mar 8 Above The Influence Rally
Mar 15 PTA/SAC @6pm in the Cafeteria
Mar 16 Early Release
Mar 17 School Closed
Mar 20-24 Spring Break (school closed)
March 27 School Resumes



Dear Mockingbird Family,

Wow! It's hard to believe the first semester is over!!! We have a great deal to be proud of. Our school is fortunate to have the most incredible students, families, and the best teachers and staff. We thank all of our families who continue to support our school-wide initiatives, and work diligently to be active partners in their child's educational success. Being present in the school through frequent conferences, involvement in our family nights, attendance at our SAC meetings and PTO events ensures your child's success. We are a blessed school community to have such caring and committed parents. There is ample evidence that shows when parents are involved in their children's education by participating in school related activities, they are rewarded with academically and socially successful children. We ask that all of our scholars read for at least 30 minutes each evening. We thank everyone who is ensuring that your child arrives at school and on-time attend each day because they have the maximum opportunity for success. Thank you for the numerous ways you help make Markham great!

Educationally Yours,

Assistant Principal, Ronnie Frazier

Principals Message Continued.....

Spanish

Saludos padres y miembros de la comunidad,

¡Feliz marzo! Las pruebas de Artes del Lenguaje Inglés (ELA) y Matemáticas FAST y Ciencias FSA se administrarán en mayo. Ahora es el momento de consultar con el maestro de su hijo para ver cómo está progresando hacia la promoción.

Puede ayudar a su hijo a estar preparado asegurándose de que lea durante al menos 30 minutos cada noche sin interrupciones de la televisión, videojuegos o ruidos de fondo. Esto les ayudará a desarrollar la energía necesaria para leer pasajes largos que verán en las evaluaciones.

Muchos niveles de grado están planeando actividades de fin de año para celebrar la finalización de las pruebas. Tenga en cuenta que los estudiantes deben cumplir con las expectativas de comportamiento para poder asistir a los viajes fuera del campus. Si tiene alguna pregunta sobre el progreso de su hijo, comuníquese con la escuela o asista a nuestra próxima reunión de SAC el 15 de marzo. La reunión de SAC de este mes será muy importante a medida que desarrollamos el Plan de participación de padres y familias del Título I y el Pacto entre padres y escuelas del próximo año.

**¿Sabías que tenemos una asociación con Scholastic? Cada mes, los maestros permiten que los estudiantes seleccionen los libros que desean leer, luego Scholastic los entrega a la escuela para que los estudiantes los lleven a casa y los lean.
¡Pregúntele a su hijo qué libros seleccionaron!**

Si desea revisar una copia impresa o si necesita traducción, comuníquese con nuestra oficina al 754-322-6950

Atentamente,

Shedrick Dukes, director

Principals Message Continued.....

Creole

Bonjou paran ak manm kominote yo,

Bòn fevriye!!! Kounye a nou antre nan twazyèm trimès lekòl la, e pwofesè ak elèv nou yo ap travay trè di pou kenbe elèv nou yo sou wout pou yo reyisi lè yo patisipe nan aktivite ak evalyasyon solid nan salklas yo. Pandan n ap kontinye prepare pou Evalyasyon Eta Florid nan Siveyans Pwogrè Pansè Elèv 3 (FSAT PM3) mwen ankouraje w pou w gade dat evalyasyon yo afiche nan biltén sa a.

Kounye a, n ap ankouraje tout elèv ki nan K-5 pou yo itilize iReady lakay yo pou prepare pou egzamen k ap vini yo. Si w gen nenpòt kesyon konsènan pwogram lojisyèl sa a, tanpri kontakte lekòl la oswa ale nan pwochen reyinyon Konsèy Konsilitatif Lekòl la le 22 fevriye a 6 P.M. Sa a pral tou nwit la nan Ekstravaganza Annyèl Istwa Nwa nou an, ki gen ladan manje, plezi ak mizik.

Èske w te konnen nou gen òdinatè biwo nan sal konferans biwo nou an ki rezève pou Paran ak manm Kominote yo jwenn aksè nan entènèt la pandan y ap sou lakou lekòl la? Pou plis enfòmasyon, tanpri rele lekòl la oswa pran yon lè pou w rankontre Madan Grant, Travayè Sosyal Lekòl nou an. Li la pou ede!

Si w ta renmen revize yon kopi papye oswa si ou bezwen tradiksyon, tanpri kontakte biwo nou an nan 754-322-6950.

Sensèman,

Shedrick Dukes, Direktè

Principals Message Continued.....

Portuguese

Saudações pais e membros da comunidade,

Feliz março! Os testes English Language Arts (ELA) e Math FAST e Science FSA serão administrados em maio. Agora é a hora de verificar com o professor de seu filho para ver como ele está progredindo em direção à promoção.

Você pode ajudar seu filho a se preparar certificando-se de que ele leia por pelo menos 30 minutos todas as noites, sem interrupções de televisão, videogames ou ruídos de fundo. Isso os ajudará a desenvolver a resistência necessária para ler longas passagens que verão nas avaliações.

Muitas séries estão planejando atividades de fim de ano para comemorar a conclusão dos testes. Observe que os alunos devem atender às expectativas de comportamento para participar de viagens fora do campus. Se você tiver alguma dúvida sobre o progresso de seu filho, entre em contato com a escola ou participe de nossa próxima reunião do SAC no dia 15 de março. A reunião do SAC deste mês será muito importante à medida que desenvolvemos o Plano de Engajamento de Pais e Famílias do Título I do ano que vem e o Pacto dos Pais da Escola.

Você sabia que temos uma parceria com a Scholastic! Todos os meses, os professores permitem que os alunos selezionem os livros que desejam ler e, em seguida, a Scholastic os entrega na escola para os alunos levarem para casa e lerem. Pergunte ao seu filho quais livros ele selecionou!

Se você gostaria de revisar uma cópia impressa ou se a tradução for necessária, entre em contato com nosso escritório em 754-322-6950

Sinceramente,

Shedrick Dukes, diretor

BUZZING AROUND CAMPUS

5th Grade

We are almost there...hang on to your shoes as we blaze a trail through Women's History Month, on through April Showers, and stop at Testing Season!

The light is at the end of the tunnel for
Middle School!

4th Grade

We are blasting off! "Great Minds" will grow and thrive!



3rd Grade

Third grade will focus on Women in History. Students will research women in history, past or present, and share with the class.

2nd Grade

Hi Parents! Our second graders are working on a unit about technology!

They are learning about famous inventors and their contributions to our society. In math we began to work with fractions and in science we are going to begin a unit on Magnets and Gravity. Students are also practicing a presentation for the Black History Month where they will honor important figures and their contributions!

BUZZING AROUND CAMPUS

1st Grade

Welcome to a new year filled with fun! The first-grade team is so grateful and thrilled to have the opportunity to work with you and your child. ClassDojo is an online application that teachers in our school use to communicate and share learning experiences in the classroom. Please join us by signing up for a parent account on ClassDojo! Hispanic Heritage Month takes place September 15 to October 15, and we will recognize and celebrate the important contributions, cultures, and histories of the Hispanic community.

Pre-K

Welcomes you to 2023!! We are so excited to begin this year with you! The Preschool -Team has been working on preparing classrooms to make sure our children and families have the safest and best learning environment possible. We can't wait to see all your smiling faces again! Let's walk down our hallways to a great year filled with learning new things, working together, and having a lot of fun.

Sincerely,

The Pre-K Teachers.

Kindergarten

Welcome to Kindergarten!

The kindergarten team is working diligently to ensure that your child is learning everything recommended by the district. Parent conferences are being conducted and will be completed before we head off for the winter break. It is very imperative that you meet with your child's teacher twice in the current school year. This is the perfect opportunity to meet with your child's teacher and see exactly what his/her learning academic. Please make sure that your child is completing his/her homework daily, practice reading sight words, and utilizing I-ready reading via computer for 30mins a day. Students must be present & on time in school daily to ensure he/she is getting their maximum instructional learning. If you have not done so already, please sign up with class dojo with your child's teacher.



BUZZING AROUND CAMPUS

Our ESLS Support Facilitator, Gina Miele, uses a multi-sensory approach to teaching basic math computation skills using a program called TouchMath. Every numeral from one through nine has TouchPoints corresponding to the digit's value. Numerals one through five have single TouchPoints. Numerals six through nine have double TouchPoints.

Students count aloud as they touch the single TouchPoints once and double TouchPoints twice. It provides children an alternative approach to using their fingers to count as they learn to touch numbers with their pencil. This concrete approach engages students on auditory, visual, and tactile/kinesthetic levels.

If you have any questions, please contact Jamie Moore at 754-322-6969 or you may contact your student's ESLS teacher.

Guidance/Social Work

Greetings Markham Mockingbirds!

Though we are still navigating through uncharted and unknown grounds, we are excited to welcome you back to another school year.

RTI

Response to Intervention, or RTI, is the process in which your child's classroom teacher identifies and implements academic and/or behavior strategies and interventions to help your child succeed. Parents have a right to be informed and kept up to date on their child's progress when they are in RTI. If you have any questions about RTI, you may contact your child's teacher OR Jamie Moore, RTI Coordinator at 754-322-6969

ELA/Math Department

Welcome Markham Families to the 2023! school year. At Markham Elementary we are looking forward to achieving the The Bee Hive: "Be Respectful, Be Responsible and Be Safe. achieving "One Team One Dream." be on the lookout for more information about our Parties" to celebrate students' efforts on the Math Acaletics Vocabulary Bowls, Scrimmage and CFA Assessments. Students can also expect to participate in fun math competitions and fluency challenges regularly. It is our pleasure to serve as your ELA and Math Coaches and we look forward to having an amazing school year.

**Ms. Greenidge
Ms. Clavijo**



IT'S TIME TO REAPPLY FOR FREE

OR REDUCED LUNCH SIGN-UP AGAIN

Meal Charge Policy

Students are expected to pay for their meal at the time of service. Broward County Public Schools encourages families to complete a meal benefits application to determine eligibility for free and reduced-price meals. **All students must pay the full price for lunch** unless designated through the Meal Benefits office to be eligible for free or reduced-price meals.

Parents must re-apply each year for their child(ren). If you have not applied to the program this year and/or have been changed back to FULL PAY - \$2 PER LUNCH -- then your student is accruing a debt for lunch meals taken.

Parents of previous and new students are urged to apply asap online at: www.myschoolapps.com

It's time to
POWER UP!

Broward County Public Schools
Food and Nutrition Services



APPLY ONLINE! FREE OR REDUCED LUNCH

Free and reduced price lunches are available to
students that meet economic eligibilities.



MYSCHOOLAPPS.COM

The online meal application is available in English, Spanish, Haitian Creole, and Portuguese at MySchoolApps.com.
For more information on Meal Benefits, contact the Food and Nutrition Services Department at

754-321-0250

FREEREDUCEDMEALS@BROWARDSCHOOLS.COM



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The School Board of Broward County, Florida, prohibits any policy or procedure which results in discrimination on the basis of age, color, disability, gender identity, gender expression, genetic information, marital status, national origin, race, religion, sex or sexual orientation. The School Board also provides equal access to the Boy Scouts and other designated youth groups. Individuals who wish to file a discrimination and/or harassment complaint may call the Director, Equal Educational Opportunities/ADA Compliance Department & District's Equity Coordinator/TITLE IX Coordinator at 754-321-2150 or TeleType Machine (TTY) 754-321-2158. Individuals with disabilities requesting accommodations under the Americans with Disabilities Act Amendments Act of 2008, (ADAAA) may call Equal Educational Opportunities/ADA Compliance Department at 754-321-2150 or TeleType Machine (TTY) 754-321-2158. browardschools.com

Lilè pou
**UTILIZE
ENÈJI W!**

Broward County Public Schools
Food and Nutrition Services



APLIKE SOU SIT ENTÈNÈT!

Manje midi gratis oswa pi bon mache

Manje midi gratis oswa pi bon mache disponib pou tout
elèv ki elijib selon sitiyasyon ekonomik-yo.



myschoolapps.com

Aplikasyon pou avantaj bennefis manje disponnib nan lang Angle,
Espayòl, Kreyòl ayisyen ak Pòtige sou sit MySchoolApps.com.
Pou plis enfòmasyon sou avantaj bennefis manje, kontakte *Food and
Nutrition Services Department*, telefòn

754-321-0250

FREEREDUCEDMEALS@BROWARDSCHOOLS.COM



¡A RECARGAR ENERGÍA!

Servicios de Nutrición y Alimentos de las
Escuelas Públicas del Condado de Broward
(Broward County Public Schools Food and Nutrition Services)



¡HAGA SU SOLICITUD EN LÍNEA! ALMUERZO GRATIS O A BAJO COSTO

El almuerzo gratuito o a bajo costo está disponible para los estudiantes que reúnan ciertos criterios financieros.



MYSCHOOLAPPS.COM

La solicitud para alimentos en línea está disponible en inglés, español, criollo haitiano, y portugués en MySchoolApps.com.

Para más información sobre los Beneficios de Alimentos comuníquese con el Departamento de Servicios de Nutrición y Alimentos al

754-321-0250

FREEREDUCEDMEALS@BROWARDSCHOOLS.COM



¡É hora de
**RECARGAR A
ENERGIA!**

Servicios de Nutrición y Alimentos de las
Escuelas Públicas del Condado de Broward
(Broward County Public Schools Food and Nutrition Services)



SOLICITE ON-LINE! MERENDA GRATUITA OU A PREÇO REDUZIDO

As merendas gratuitas ou a preço reduzido estão disponíveis
a alunos que atendem aos requisitos de renda familiar.



myschoolapps.com

O aplicativo on-line de solicitação de merendas está disponível em inglês,
espanhol, crioulo haitiano e português em MySchoolApps.com.

Para obter mais informações sobre os Benefícios de Alimentação, entre
em contato com o Departamento de Alimentação e Nutrição pelo telefone

754-321-0250

freereducedmeals@browardschools.com



**OUT-OF-FIELD PARENT NOTIFICATION
for
MARKHAM, C. ROBERT ELEMENTARY**

English/Spanish

2/2/2023

Dear Parent(s)/Guardian(s):

Our professional teachers are continuously working on professional development to develop their teaching skills and to increase their levels of content expertise.

We are recognizing teachers at MARKHAM, C. ROBERT ELEMENTARY who are expanding their expertise beyond their current certification by pursuing college coursework and/or training sessions to become certified or endorsed in another/other subject(s).

In order to remain in this/these assignment(s), the teacher(s) will successfully complete required training within 12 months of the assignment or, if teaching the primary English or Reading class to identified limited English proficient students, in accordance with the Multicultural Education Training Advocacy (META) timeline.

Estimado(s) Padre(s)/Guardián(es):

Nuestros maestros profesionales están continuamente mejorando sus habilidades docentes y desarrollando niveles superiores de conocimiento.

En particular reconocemos a los maestros de MARKHAM, ROBERT C ELEMENTARY que están expandiendo sus conocimientos por encima de lo que requiere su certificación actual a través de cursos universitarios y/o sesiones de entrenamiento para certificarse en otra(s) asignatura(s).

Para continuar realizando esta función el próximo año escolar, el(los) maestro(s) tendrá(n) que terminar

con éxito el entrenamiento requerido dentro de los 12 meses que este dura o, si le están dando la clase de Inglés/Lectura de primaria a estudiantes con un dominio limitado del inglés, de acuerdo con el plazo de tiempo asignado por Multicultural Education Training Advocacy (META).

Estos maestros son:

These teachers are:

Last Name	First Name	Current Certification	Out-of-Field For
BROCK CORONA	KIWANA	BUSINESS ED GRADES 6-12 ELEMENTARY EDUCATION	ESOL CATEGORY 1
DAVIS	TINA	ELEMENTARY ELEM K-6	ESOL CATEGORY 1
DICKERSON	DAVID	ED LEADERSHIP LEVEL NOT ELEMENTARY ELEM 1-6 SCH PRINCIPAL LEVEL NOT	ESOL CATEGORY
GARCIA	OMARI	ENGLISH GRADES 6-12	ESOL CATEGORY1 Elementary Education
GRAY	COLONIE	ELEMENTARY ELEM K-6 PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1

Last	First	Current	Out-of-Field
KAYA	SEVIL	ELEMENTARY ELEM K-6 PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1
LEWIS	VIVIAN	PREK-PRIMARY AGE 3 GR 3 EXCEPT STU ED GRADES K	ESOL CATEGORY 1
MELENDEZ-GARCIA	DENNISSE	PREK-PRIMARY AGE 3 GR 3 PRESCHOOL ED PRESCH ED	ESOL CATEGORY 1
NETTLES	GLADYS	PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1
PHILIPPE	GERRILYNN	PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1
PITTERS	MARK	ELEMENTARY ELEM K-6	ESOL CATEGORY 1
SAULSBERRY	MARVA	PREK-PRIMARY AGE 3 GR 3 BUS ED GRADES 6-12	ESOL CATEGORY 1
TYNES	SASHA	SPEC EXPERT PER INST PRE	ESOL CATEGORY 1

**OUT-OF-FIELD PARENT NOTIFICATION
for
MARKHAM, C. ROBERT ELEMENTARY**

Creole/Portuguese

2/2/2023

Dear Parent(s)/Guardian(s):

Pou Fanmi, Responsab Legal:

Pwofesè pwofesyonnèl-nou-yo ap kontinye amelyore konpetans-yo nan ansèyman epi leve nivo ekspètiz-yo.

Nou rekonnèt espesyalman pwofesè nan lekòl MARKHAM, ROBERT C ELEMENTARY kap pouse konnesans-yo pi lwen pase sètifikasi yo genyen kounye-a, pou pouswiv etid nan kolèj ak/oswa nan klas fòmasyon pwofesyonnèl pou yo vin sètifye/apwouve nan youn oswa plizyè lòt matyè.

Pou pwofesè-yo (pwofesè-a) kapab rete nan menm pozisyon-sa-a anne pwochenn, yo gen 12 mwa pou yo konplete avèk siksè trening ak klas ki ekzijib, oswa si yap anseye klas Angle ak Lekti ki esansyèl pou élèv yo idantifye ak konpetans limite nan lang angle, nan tan dekrè Multicultural Education Training Advocacy (META) estime.

Prezado(s) Pai(s)/Guardião(ões):

Os nossos professores são profissionais que estão continuamente atualizando suas técnicas de ensino e elevando seus níveis de especialização.

Estamos reconhecendo especialmente professores na MARKHAM, ROBERT C ELEMENTARY que estão ampliando suas áreas de conhecimento além de suas certificações atuais, cursando matérias de faculdade e/ou fazendo treinamento para se certificar em outra(s) disciplina(s).

Para poder permanecer nesta designação no próximo ano letivo, o(s) professor(es) deve(m) completar o treinamento necessário dentro de 12 meses a partir da data de designação, ou no caso de estar(em) ensinando inglês/leitura de nível primário a estudantes identificados como tendo proficiência limitada em inglês, de acordo com o prazo estipulado pela Multicultural Education Training Advocacy (META).

Estes professores são:

Pwofesè-yo se:

Nome		Atual de Certificação	Disciplina(s) Adicional(is)
Non		Sètifikasyon Aktyèl	Lòt Matyè Adisyonnèl
BROCK CORONA	KIWANA	BUSINESS ED GRADES 6-12 ELEMENTARY EDUCATION	ESOL CATEGORY 1
DAVIS	TINA	ELEMENTARY ELEM K-6	ESOL CATEGORY 1
DICKERSON	DAVID	ED LEADERSHIP LEVEL NOT ELEMENTARY ELEM 1-6 SCH PRINCIPAL LEVEL NOT	ESOL CATEGORY 1
GARCIA	OMARI	ENGLISH GRADES 6-12	ESOL CATEGORY1 Elementary Education
GRAY	COLONIE	ELEMENTARY ELEM K-6 PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1
KAYA	SEVIL	ELEMENTARY ELEM K-6 PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1

Last	First	Current	Out-of-Field
LEWIS	VIVIAN	PREK-PRIMARY AGE 3 GR 3 EXCEPT STU ED GRADES K	ESOL CATEGORY 1
MELENDEZ-GARCIA	DENNISSE	PREK-PRIMARY AGE 3 GR 3 PRESCHOOL ED PRESCH ED	ESOL CATEGORY 1
NETTLES	GLADYS	PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1
PHILIPPE	GERRILYNN	PREK-PRIMARY AGE 3 GR 3	ESOL CATEGORY 1
PITTERS	MARK	ELEMENTARY ELEM K-6	ESOL CATEGORY 1
SAULSBERRY	MARVA	PREK-PRIMARY AGE 3 GR 3 BUS ED GRADES 6-12	ESOL CATEGORY 1
TYNES	SASHA	SPEC EXPERT PER INST PRE	ESOL CATEGORY 1

HCTB Download the App Today!



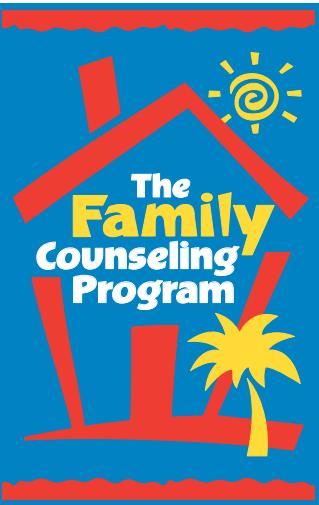
Register by visiting HereComesTheBus.com.
Find Broward County Public Schools using
code **87599**.

Scan ME and download a free, easy-to-use application enabling you to see the location of your child's school bus, within a customizable radius of 200 feet to 2 miles using a computer, tablet, or smartphone.



***Use school code 87599 to locate Broward County Public Schools.**

[**HCTB Download Instructions**](#)



Student and Family Counseling Assistance

The Family Counseling Program at Broward County Public Schools provides services to help families cope with complex issues and challenges they may experience in everyday life. These challenges often affect student performance in school, and counseling can help the student function more effectively at school, at home and in the community.

Staff

The Family Counseling Centers are staffed with master's or doctoral level, licensed therapists who have extensive experience in individual and family counseling. Services are available in English, Spanish, Portuguese and Haitian Creole.



Services

The Family Counseling Program provides short-term individual and family counseling to help address challenges across a number of areas including:

- Significant family issues including communication, divorce/separation, abandonment, parenting skills, abuse, and bereavement/loss.
- Social issues including self-esteem, bullying, peer pressure, and conflict resolution.
- Emotional issues such as anxiety/depression, crisis intervention, trauma, anger management, stress management, and mild substance abuse.
- School-related issues including study skills, school anxiety/phobia, attention deficit disorder, attendance, and behavioral issues in class.



Appointments

Appointments for day and evening counseling sessions can be arranged by contacting the Family Counseling Office at 754-321-1590.



Who is Eligible?

Services are available to families residing in Broward County with a school-aged child enrolled in any school within the county.



**For more information call 754-321-1590.
You can also find your school's counselor and more at
browardschools.com/familycounseling.**

All Services are Private, Confidential, Free of Charge

The School Board of Broward County, Florida Laurie Rich Levinson, Chair • Patricia Good, Vice Chair • Lori Alhadeff • Daniel P. Foganholti • Debra Hixon • Donna P. Korn Sarah Leonardi • Ann Murray • Nora Rupert • Dr. Vickie L. Cartwright, Superintendent of Schools

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School Counseling

Social and Emotional Learning (SEL) Survey

Opt-Out Form



The School Counseling Department gathers input on how students are doing with Life Skills, Student Success Skills, and Social & Emotional Learning (SEL). Students are asked to reflect on their competencies in the areas of self-awareness, self-management, decision making, and interpersonal skills that are vital for school, work, and life success to plan effective SEL instruction. The data from these brief surveys, which will include the student's name, date of birth, gender, race, ethnicity, grade level, school location, identification number, course assignments, Special Education classification, English for Speakers of Other Languages, and student rosters, will solely be used by authorized BCPS staff and partners to direct school activities and provide SEL services to students.

The SEL sample surveys for 4th- 12th grade and instructional materials can be viewed by scheduling an appointment with your school's SEL Liaison. Additional parent/guardian information can be found on the [School Counseling website](#). Other resources and strategies on how to incorporate SEL at home can be found in our [SEL & Mindfulness Toolkit for Families and Students](#).

TO BE COMPLETED BY THE PARENT/GUARDIAN

Your student's input on social, emotional learning skills will be gathered using the SEL Surveys. To opt-out of the SEL Surveys, please check the box, complete the information below, sign the form, and return it to your child's school within 10 days from the first day of enrollment in the school.

I do NOT want my child to participate in any SEL Surveys.

Printed Student Name: _____

1st Period or Homeroom Teacher _____

Date of Birth: _____ Grade Level: _____ Student #: _____

School Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Daily Learning Planner

*Ideas families can use to help children
do well in school*

C. Robert Markham Elementary
Title I Newsletter



THE
PARENT
INSTITUTE®

March 2023

Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Try a new kind of transportation with your child, such as a bus, subway or train.
- 2. Together, write a poem about your family. Start each line with a letter from the word FAMILY.
- 3. Have your child watch for seasonal changes in plant and animal life in your neighborhood and keep notes in a journal.
- 4. Write fractions on cards. Mix them up. Have your child put them in order from smallest to greatest.
- 5. Celebrate National Noodle Month. Ask your child to help you fix pasta for dinner.
- 6. Place a long piece of string in a clear bag. Ask your child to estimate if it is longer or shorter than your height. Then take it out to check.
- 7. Give your child some objects to organize, by color, shape or size.
- 8. Ask your child questions that require more than a yes or no answer: "What was your favorite part of the story?"
- 9. Ask your child to draw a future self-portrait. What will your child look like in 10 years?
- 10. Have each family member write a funny sentence. Put them together to create a story.
- 11. It's Women's History Month. This year's theme is "Women Who Tell Our Stories." Help your child learn about a famous woman writer.
- 12. Go for a walk or bike ride today. Challenge each other to spot something you haven't seen before.
- 13. Play a card game, such as Go Fish, with your child.
- 14. Does your child have a special reading and study spot? Keep paper, pencils and other school supplies handy nearby.

- 15. Show your child how to figure out which way the wind is blowing by using a wet finger or looking at the trees.
- 16. Demonstrate how to take your child's pulse. Then have your child jump up and down 50 times and take it again.
- 17. Let your child use a toothpick dipped in lemon juice to write an invisible message. To read it, hold the paper up to a light bulb.
- 18. Help your child fold paper to make different types of airplanes. See which ones fly the best.
- 19. Plan a device-free night. Read or listen to music together instead.
- 20. Have your child write a short story from the point of view of a tree.
- 21. Ask your child, "What would you do with five dollars?"
- 22. Does your child know when your town was founded? If not, look it up together.
- 23. Play a game of Simon Says with your child.
- 24. Have a 20-minute DEAR time today (Drop Everything And Read).
- 25. Practice stress-busters together, such as breathing deeply.
- 26. Find a kid-friendly recipe. Help your child make that dish today.
- 27. Ask your child to use a "radio announcer voice" when reading to you.
- 28. Take turns describing the most beautiful places you and your child have ever seen.
- 29. Ask your child, "What are you thinking right now?"
- 30. Have your child fill in the blank: "If I had one wish, it would be ____."
- 31. Review some civics facts today. Can your child name the branches of the government?

Planificador para el aprendizaje

*Ideas que las familias pueden usar para ayudar
a los niños a tener éxito en la escuela*

C. Robert Markham Elementary
Title I Newsletter



THE
PARENT
INSTITUTE®

Marzo 2023

Planificador para el aprendizaje: Ideas que las familias pueden usar para ayudar a los niños a tener éxito en la escuela

- 1. Prueben un medio de transporte nuevo con su hijo, tal como el autobús, el metro o el tren.
- 2. Escriban un poema sobre su familia. Comiencen cada línea con una letra de la palabra FAMILIA.
- 3. Dígale a su hijo que busque los cambios de la temporada en las plantas y los animales del vecindario, y que escriba notas en un diario.
- 4. Escriba fracciones en tarjetas. Mézclelas. Dígale a su hijo que las ordene de la más pequeña a la más grande.
- 5. Celebre el Mes Nacional de la Pasta. Dígale a su hijo que lo ayude a preparar pasta para la cena.
- 6. Coloque un pedazo largo de cuerda en una bolsa transparente. Dígale a su hijo que calcule si es más largo o corto que su altura. Luego verifíquenlo.
- 7. Dele a su hijo algunos objetos para que organice por color, forma o tamaño.
- 8. Hágale preguntas a su hijo que requieran más que un *sí* o un *no* para responderse: “¿Cuál fue tu parte favorita de la historia?”
- 9. Dígale a su hijo que dibuje un autorretrato futuro. ¿Cómo se verá su hijo en 10 años?”
- 10. Dígale a cada miembro familiar que escriba una oración chistosa. Únalas para crear una historia.
- 11. Es el Mes de la Historia de la Mujer. El tema de este año es “Mujeres que cuentan nuestras historias”. Aprendan sobre una escritora famosa.
- 12. Dé una caminata o paseo en bicicleta con su hijo hoy. Rétense a encontrar algo que nunca hayan visto.
- 13. Juegue a un juego de cartas con su hijo, como Pesca.
- 14. ¿Tiene su hijo un lugar especial para leer y estudiar? Guarde papel, lápices y otros útiles escolares cerca.

- 15. Muéstrelle a su hijo cómo determinar en qué dirección sopla el viento usando un dedo mojado o mirando las hojas de los árboles.
- 16. Muéstrelle a su hijo cómo tomarse el pulso. Luego dígale que sale 50 veces y se lo tome nuevamente.
- 17. Deje que su hijo use un palillo mojado en jugo de limón para escribir un mensaje invisible. Para leerlo, sostenga el papel contra una bombilla.
- 18. Ayude a su hijo a doblar papel para hacer diferentes tipos de aviones. Fíjense cuáles vuelan mejor.
- 19. Planifique una noche libre de aparatos electrónicos. Lean o escuchen música juntos.
- 20. Dígale a su hijo que escriba un cuento desde el punto de vista de un árbol.
- 21. Pregúntele a su hijo, “¿Qué harías con cinco dólares?”
- 22. ¿Sabe su hijo cuándo se fundó la ciudad o el pueblo donde viven? De lo contrario, búsqüenlo juntos.
- 23. Juegue con su hijo a Simón dice.
- 24. Hoy, dejen de hacer lo que están haciendo y lean 20 minutos en familia.
- 25. Practiquen maneras de aliviar el estrés, como respirar hondo.
- 26. Busque una receta apta para niños. Ayude a su hijo a prepararla hoy.
- 27. Dígale a su hijo que use “voz de locutor de radio” cuando lea con usted.
- 28. Túrnense para describir los lugares más hermosos que usted y su hijo han visto.
- 29. Pregúntele a su hijo, “¿En qué estás pensando?”
- 30. Dígale a su hijo que llene el blanco: “Si tuviera un deseo, sería ____.”
- 31. Revisen algunos datos cívicos hoy. ¿Puede su hijo nombrar las ramas del poder público?

Elementary School Parents® *make the difference!*

C. Robert Markham Elementary
Title I Newsletter

March 2023
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Three fun ways to celebrate your child's achievements

There is no better motivator for a child than setting a goal and reaching it. But sometimes, a major accomplishment also calls for a celebration.

Perhaps your child earned a higher grade in a class this grading period. Or, maybe your child finally finished reading that book series. Whenever your child sets and reaches a challenging goal, try one of these fun ideas:

1. Take a picture of your child reaching the goal—holding up a report card or a finished book series, for example. You could also ask your child to draw a picture of the accomplishment.

Frame the picture and place it by your child's bed. When children regularly see images of themselves

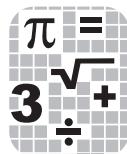
being successful, they will start to see themselves as achievers.

2. Plan a special surprise. On one side of a piece of paper, write down a goal your child wants to achieve. On the other side, write down a small reward—such as having a friend over for a sleepover.

Roll up the paper, put it into a balloon, and then blow up the balloon. Once the goal is reached, have your child pop the balloon to find out what the reward is.

3. Host a family victory dinner to celebrate your child's success. Set a "fancy" table and serve some of your child's favorite foods. During dinner, ask your child to say a few words about how great it feels to reach a goal.

Look for lines of symmetry in nature



If you fold a picture of a butterfly in half, you'll notice that the two halves match exactly. That's because butterflies, like many things in nature, are *symmetrical*.

Showing your child how to look for lines of symmetry is a great way to practice recognizing patterns. It is also a fun family activity that can give your child a new way of looking at nature.

To get started:

- **Look for natural objects** that are symmetrical and take photos of them. Flowers, leaves, spider webs and shells may all have these lines.
- **Have your child predict** where the line of symmetry will be. Then fold along that line to see if the two sides match up exactly.
- **Find lines of symmetry** in other places, such as in the pages of a magazine or book. Remember that lines of symmetry can be vertical (as in the letter A) or horizontal (as in the letter B). They can even be diagonal. Sometimes, things may have more than one line of symmetry.

Regular family meetings build skills and make life a bit easier



Weekly meetings can make family life run more smoothly—and help children learn about cooperation and leadership. To hold productive family meetings:

- **Establish a schedule.** Meet at the same time every week and keep meetings brief. Fifteen minutes is often long enough.
- **Set ground rules.** No devices or other distractions.
- **Plan an agenda.** During the week, let family members jot down issues they'd like to address.
- **Encourage participation.** Give each family member a chance to talk uninterrupted.
- **Brainstorm solutions** for concerns raised during the meeting. Consider everyone's ideas.

- **Discuss expectations** for the upcoming week and review goals.
- **Coordinate schedules.** Review your family calendar and discuss who is doing what this week.
- **End with a team-building activity.** Play a quick game, or make up a story or sing a song.

After a few meetings, let family members take turns being the meeting leader.

**"Unity is strength ...
when there is teamwork
and collaboration,
wonderful things can
be achieved."**

—Mattie Stepanek

How well are you listening to your child?



Communication between parents and children is important for developing a positive relationship. You want your child to know that you are always available to talk about any school problems or difficult situations. But when your child talks, are you really listening? Answer *yes* or *no* to the questions below to find out:

- ___ 1. **Do you give your child** some uninterrupted listening time every day, like after school or at bedtime?
- ___ 2. **Do you avoid interrupting** when your child is speaking to you?
- ___ 3. **Do you say that you want to** hear what your child has to say—and if you're not able to listen, set a time when you can give your full attention?
- ___ 4. **Do you ask questions** if you don't understand what your child is saying?
- ___ 5. **Do you sometimes rephrase** what your child has said to confirm that you understood?

How well are you doing?

If most of your answers are *yes*, you are promoting effective communication with your child by demonstrating strong listening skills. For *no* answers, try those ideas.

Women's History Month is a great time to read a biography



March is Women's History Month—the perfect time for your child to read a biography of a famous woman.

To find a biography your child will enjoy, talk about interests. If your child likes:

- **Sports**, consider reading about Wilma Rudolph, a three-time Olympic gold medal winner.
- **Politics**, read about Victoria Woodhull, who in 1870 became the first woman to run for president. Or, look for a book about Sandra Day O'Connor, the first woman appointed to the United States Supreme Court.
- **Fashion**, find a biography about Jacqueline Kennedy Onassis, who

was considered a cultural and fashion icon in the 1960s.

- **Science**, read about Marie Curie, the only person to win a Nobel Prize in two different sciences—chemistry and physics.
- **Helping others**, learn more about Mother Teresa, who dedicated her life to serving the poor and disadvantaged.
- **Space**, read about Sally Ride who was the first American woman in space. Upon her return, she dedicated her life to helping girls excel in STEM fields.

Read the book together or let your child read it independently, but don't stop there. Encourage your child to do some additional research on the person online.

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March weather activities can teach your child science skills



According to the old saying, March comes in like a lion and goes out like a lamb. Is this true where you live?

In many parts of the country, March brings changeable weather—which makes it a great time to enjoy science and other weather-related activities. With your child:

- **Keep a temperature graph.** Have your child record and graph the temperature each day for a month. Or, use the online weather report for your area. Record whether the day was sunny, cloudy or rainy.
 - **Measure the rain.** You'll need a plastic jar with straight sides and a flat bottom, a ruler and a marker. On the outside of the jar, use the ruler and marker to mark off each quarter inch. Have your child keep track of the amount of rainfall.
 - **Make wind chimes.** You'll need four clean, empty cans, some string and a coat hanger. Make sure the edges of the cans are not sharp. Help your child punch a hole in the bottom of each can. Tie a knot in one end of the string and thread the string through a can. Then tie the other end to your hanger. Repeat with each can. Each time the wind blows, the cans will make music!
- You and your child can also go online to learn more about weather. Check out these fun, age-appropriate websites:
- **Weather Wiz Kids,** www.weatherwizkids.com.
 - **The Old Farmer's Almanac for Kids,** www.almanac4kids.com/weather.
 - **NASA's Climate Kids,** climatekids.nasa.gov/menu/weather-and-climate.

Offer support when your child has a writing assignment



A writing assignment can seem like a tough challenge for many students. Good writing involves everything from understanding a subject to knowing how to organize thoughts to checking spelling and punctuation.

To support your child:

- **Suggest that your child "talk through" some ideas before starting to write.** Clear writing starts with clear thinking.
- **Encourage your child to take notes and make an outline before starting to write.** Organized thoughts will make the writing clearer.
- **Remind your child that first drafts aren't supposed to be perfect.**
- **Students should focus on what to say first—and edit the paper for spelling and grammar later.**
- **Offer plenty of praise** to motivate your child to keep working. Be as specific as you can: "I really like the way you've described what led up to this event. I understand it much better now."
- **Don't over criticize.** It's helpful to point out errors now and then, but if you are always looking for what's wrong, your child will be less likely to ask for help in the future.
- **Be patient.** Good writing takes time. Your patience and support can help your child develop into a clear thinker and skilled writer.

Q: My fourth-grader does well on tests and quizzes, but doesn't always complete daily assignments. How can I get my child to take schoolwork more seriously?

Questions & Answers

A: It's critical that your child learn to take schoolwork seriously. Although quizzes and tests may have a larger impact on overall grades, it's regular assignments that reinforce knowledge on a daily basis.

To help your elementary schooler become a more responsible student:

- **Explain how you feel.** If you haven't spelled it out yet, do so now. "I've noticed that you blow off your assignments quite a bit. That's not OK, so let's figure out how to change the situation."
- **Enforce a daily work time.** Brainstorm with your child to find a time that works best—and make sure your child sticks to it. "Study time starts at five o'clock. No arguments." If there are no assignments, your child can use the time to review class notes, get started on a long-term project or read.
- **Tie schoolwork to privileges.** "After you have finished your assignment, you may go outside and play basketball." To show your child you're serious, be sure to check that the work was really completed.
- **Follow up at school.** If your home strategies don't work, get the teachers involved. Let your child know that you'll be checking with them each week to see whether your student is turning in completed assignments. Set appropriate consequences for not doing so.

It Matters: Mental Health

Boost emotional well-being with family meals



Eating together as a family can boost your child's mental wellness. Regular family meals strengthen relationships, giving your child a sense of security and connection.

Here's how to get the most out of meals with your child:

- **Make eating together a priority.** It doesn't always have to be dinner. If you work in the evening, have breakfast with your child or plan a weekend picnic or brunch.
- **Involve your child** in planning and preparing nutritious meals. Ask your child to choose the vegetable, toast bread for sandwiches or toss a salad. Having a say in what you eat and helping to get it on the table will give your child a more positive attitude toward family meals and teamwork.
- **Enjoy pleasant conversations.** Mealtime is a great time to check in by asking about your child's day. Sharing something about your own day first may inspire your child to speak up.

You can also spark conversations by asking a "question of the day." The question can be silly or serious. Go around the table and have each person answer. Have family members take turns coming up with future questions.

- **Eliminate distractions.** Turn off the TV and put away those mobile devices. You'll be fully present and able to focus your attention on one another.

Source: "Increasing Family Meal Consumption to Boost Mental Health," The Food Industry Association.

Teach your child how to recognize and manage feelings

All children feel worried or upset sometimes. Being aware of these feelings and thoughts is the first step toward managing them in healthy ways. Here's how:

- **Talk about thoughts.** When your child seems sad or anxious, ask, "What are you thinking about right now?" Your child might say, for example, "I'm worried no one will sit with me in the cafeteria at lunch tomorrow."
- **Show understanding.** Put your child's feelings into words. "I know you're worried about finding someone to eat with at lunch tomorrow."
- **"Flip" thinking.** Tell your child to make negative thoughts do a "flip" so they're more positive or helpful. Your child might think, "I can ask my reading buddy to have lunch



with me" or "I can tell my teacher I'm worried about sitting alone." If your child often seems worried or upset, talk to your child's teacher, school counselor or pediatrician.

Source: "Catch, Check, and Change Your Thoughts," National Academies of Sciences, Engineering and Medicine.

Did you know that playtime is a proven stress reliever?



When children have fun, their brains release chemicals that cause happiness and reduce stress—which leads to improved mental health.

- To get the most from playtime:
- **Make time for active play.** Your child needs at least one hour of daily exercise for good physical and mental wellness. Active play (jumping rope, playing tag, etc.) counts toward that hour. Have your child keep a physical activity diary for a week—does it total at least seven hours?

- **Limit recreational screen time.** Hands-on, real-life play stimulates your child's brain better than passively looking at a screen. Together, make a list of screen-free playtime activities. When your child wants to play a video game, point to the list.
- **Play with your child.** Parent-child play is great for strengthening bonds. Have a family board game night, build something together or ask to join in your child's pretend play.

Source: S. Wang, Ph.D. and S. Aamodt, Ph.D., "Play, Stress, and the Learning Brain," *Cerebrum*, National Library of Medicine.

LOS Padres

¡hacén la diferencia!

C. Robert Markham Elementary
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Tres maneras divertidas de celebrar los logros de su hijo

No hay mejor motivación para un niño que poner una meta y alcanzarla. Pero, a veces, un logro importante también merece celebrar.

Tal vez su hijo haya obtenido una calificación más alta en una clase en este período de calificación. O tal vez haya terminado finalmente de leer esa serie de libros. Cada vez que su hijo establezca una meta difícil y la alcance, pruebe alguna de estas ideas divertidas:

1. Tome una fotografía de su hijo alcanzando la meta, sosteniendo una boleta de calificaciones o la serie de libros que terminó, por ejemplo. También podría pedirle que haga un dibujo del logro.

Enmarque el dibujo y colóquelo junto a la cama de su hijo. Cuando los niños ven las imágenes de sí

mismos siendo exitosos, empiezan a verse a sí mismos como triunfadores.

2. Planifique una sorpresa especial. Tome una hoja y, de un lado, escriba una meta que su hijo quiera alcanzar. Del otro lado, escriba una pequeña recompensa, como invitar a un amigo a dormir.

Enrolle la hoja, colóquela dentro de un globo e inflé el globo. Una vez que alcance la meta, pídale a su hijo que pinche el globo para descubrir cuál es la recompensa.

3. Organice una cena familiar para celebrar el logro de su hijo. Decore la mesa de forma elegante y sirva algunas de las comidas favoritas de su hijo. Durante la cena, pídale a su hijo que diga unas palabras sobre lo bien que se siente alcanzar una meta.

Busquen líneas de simetría en la naturaleza



Si dobla la imagen de una mariposa a la mitad, notará que las dos mitades coinciden de forma exacta. Eso ocurre porque las mariposas, al igual que muchas cosas de la naturaleza, son *simétricas*.

Mostrarle a su hijo cómo buscar líneas de simetría es una buena manera de practicar cómo reconocer patrones. También es una actividad familiar divertida que puede darle a su hijo una manera nueva de observar la naturaleza.

Para empezar:

- **Busquen objetos naturales** que sean simétricos y tómeles fotos. Pueden encontrarse esas líneas en flores, hojas, telas de araña y conchas marinas.
- **Pídale a su hijo** que prediga dónde estará la línea de simetría. Luego dobrén la imagen por esa línea para ver si los dos lados coinciden de forma exacta.
- **Busquen líneas de simetría** en otros lugares, como las páginas de una revista o de un libro. Recuerde que las líneas de simetría pueden ser verticales (como en la letra A) u horizontales (como en la letra B). Incluso pueden ser diagonales. A veces, las cosas pueden tener más de una línea de simetría.

Las reuniones familiares desarrollan habilidades y facilitan un poco la vida



Las reuniones familiares pueden hacer que la vida familiar fluya más y ayudan a los niños a aprender sobre la cooperación y el liderazgo. Para tener reuniones familiares que sean productivas:

- **Establezca un cronograma.** Reúnanse a la misma hora todas las semanas y asegúrese de que las reuniones sean breves. Quince minutos suelen ser suficientes.
- **Establezca reglas básicas.** No acepte dispositivos ni otras distracciones.
- **Planifique una agenda.** Durante la semana, permita que los miembros de la familia anoten los problemas que desean abordar.
- **Fomente la participación.** Dele a cada miembro familiar una oportunidad para hablar sin interrupciones.
- **Piensen soluciones** para las preocupaciones que se planteen

durante la reunión. Considere las ideas de todos.

- **Comente las expectativas** para la próxima semana y revisen las metas.
- **Coordine cronogramas.** Revisen el calendario familiar y comenten quién va a hacer cada cosa esta semana.
- **Terminen con una actividad de integración de equipo.** Jueguen a un juego rápido, inventen una historia o canten una canción.

Después de algunas reuniones, permita que los miembros familiares se turnen para ser el líder de la reunión.

“La unión hace la fuerza ... cuando hay trabajo en equipo y colaboración, se pueden lograr cosas maravillosas”.

—Mattie Stepanek

¿Qué tan bien está escuchando usted a su hijo?



La comunicación entre padres e hijos es importante para desarrollar una relación positiva. Usted quiere que su hijo sepa que siempre está disponible para hablar de cualquier problema escolar o situación difícil. Pero cuando su hijo habla, ¿realmente lo escucha? Responda *sí* o *no* a las siguientes preguntas para averiguarlo:

1. **¿Le dedica** a su hijo tiempo para escucharlo sin interrupciones todos los días, como después de la escuela o antes de dormir?
2. **¿Evita** interrumpir cuando su hijo le está hablando?
3. **¿Le dice** a su hijo que quiere escuchar lo que tiene para decir y, si no puede escucharlo, pone un horario en el que pueda dedicarle toda su atención?
4. **¿Hace** preguntas si no comprende lo que está diciendo su hijo?
5. **¿Reformula** lo que dijo su hijo para confirmar que entendió?

¿Cómo le está yendo?

Si la mayoría de las respuestas fueron *sí*, usted está promoviendo la comunicación eficiente con su hijo demostrándole habilidades de escucha sólidas. Para cada respuesta *no*, pruebe las ideas correspondientes en el cuestionario.

El Mes de la Historia de la Mujer es ideal para leer una biografía



Marzo es el Mes de la Historia de la Mujer, el momento ideal para que su hijo lea la biografía de una mujer famosa. Para encontrar una biografía que su hijo disfrute, hablen sobre sus intereses. Si a su hijo le agrada:

- **El deporte**, considere leer sobre Wilma Rudolph, ganadora de tres medallas de oro olímpicas.
- **La política**, lean sobre Victoria Woodhull, que se convirtió en la primera mujer en postularse para presidente en 1870. O busque un libro sobre Sandra Day O'Connor, la primera mujer nombrada para la Corte Suprema de los Estados Unidos.
- **La moda**, busque una biografía sobre Jacqueline Kennedy Onassis,

considerada un ícono de la cultura y de la moda de la década de 1960.

- **La ciencia**, lean sobre Marie Curie, la única persona en ganar un Premio Nobel en dos ramas científicas distintas: química y física.
- **Ayudar a los demás**, aprendan sobre la Madre Teresa, que dedicó su vida a servir a los pobres y a los desamparados.
- **El espacio**, lean sobre Sally Ride, la primera mujer estadounidense en viajar al espacio. Al regresar, dedicó su vida a ayudar a las niñas a destacarse en las carreras CTIM. Lean el libro juntos o permita que su hijo lo lea de manera independiente, pero no se detengan ahí. Anime a su hijo a investigar más sobre la persona en internet.

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Actividades climáticas para enseñar ciencias en el mes de marzo



Según un viejo dicho, marzo entra como un león y sale como un cordero. ¿Es así donde vive usted?

En muchas partes del país, en marzo el clima es cambiante, por lo que es un gran momento para disfrutar de la ciencia y otras actividades relacionadas con el clima. Con su hijo:

- **Arme un gráfico de la temperatura.** Pídale a su hijo que anote y grafique la temperatura todos los días durante un mes. O busque en internet el informe del clima de su zona. Anote si el día está soleado, nublado o lluvioso.
- **Mida la lluvia.** Necesitarán un frasco de plástico con lados rectos y fondo plano, una regla y un rotulador. En la parte externa del frasco, marque cada cuarto de pulgada usando la regla y el rotulador. Pídale a su hijo que lleve un registro de la cantidad de lluvia.

• **Hagan campanas de viento.** Necesitarán cuatro latas limpias vacías, un poco de cuerda y un perchero. Asegúrese de que los extremos de las latas no sean filosos. Ayude a su hijo a perforar la parte inferior de cada lata. Haga un nudo en un extremo de la cuerda y pase la cuerda a través del agujero de la lata. Luego ate el otro extremo al perchero. Repita el procedimiento con todas las latas. Cada vez que sople el viento, las latas harán música.

También puede buscar más información sobre el clima en internet con su hijo. Visite estos sitios web divertidos y apropiados para la edad:

- **Weather Wiz Kids,** www.weatherwizkids.com.
- **El viejo almanaque del granjero para niños,** www.almanac4kids.com/weather.
- **Climate Kids, de la NASA,** climatekids.nasa.gov/menu/weather-and-climate.

Ofrezca ayuda cuando su hijo tenga un trabajo de escritura



Los trabajos de escritura pueden parecer un desafío difícil para muchos estudiantes. La buena escritura implica desde comprender el tema, hasta saber cómo organizar ideas y revisar la ortografía y la puntuación.

Para ayudar a su hijo:

- **Sugíerale que hable** sobre algunas ideas antes de empezar a escribir. Escribir de forma clara empieza con ideas claras.
- **Anímelo a tomar notas** y a hacer un esquema antes de empezar a escribir. La organización de las ideas lo ayudará a escribir de forma más clara.
- **Recuérdelle a su hijo** que los primeros borradores no tienen

que ser perfectos. Los estudiantes deberían enfocarse en qué decir primero, y editar la ortografía y la gramática más adelante.

- **Ofrezca muchos elogios** para motivar a su hijo a seguir trabajando. Sea tan específico como pueda: "Me encanta la manera en la que describiste lo que llevó a ese suceso. Ahora lo entiendo mucho mejor".
- **No critique demasiado.** Es útil señalar errores de vez en cuando, pero si usted siempre busca lo que está mal, será menos probable que su hijo le pida ayuda en el futuro.
- **Sea paciente.** La buena escritura lleva tiempo. Su paciencia y su apoyo pueden ayudar a su hijo a pensar claro y convertirse en un escritor habilidoso.

P: A mi hijo de cuarto grado le va bien en los exámenes y las pruebas, pero no siempre completa los trabajos diarios. ¿Cómo puedo hacer para que se tome el trabajo escolar con más seriedad?

Preguntas y respuestas

R: Es muy importante que su hijo se tome el trabajo escolar en serio. A pesar de que el impacto de las pruebas y los exámenes en las calificaciones generales es mayor, son los trabajos regulares lo que refuerza sus conocimientos a diario.

Para ayudar a su escolar de primaria a ser un estudiante más responsable:

- **Explique cómo se siente.** Si todavía no lo ha hecho, hágalo ahora. "He observado que sueles pasar por alto los trabajos. Eso no está bien, así que busquemos la manera de cambiar esta situación".
- **Establezca un horario diario** para estudiar. Hable con su hijo para encontrar un horario que le venga bien y asegúrese de que lo destine a hacer la tarea. "La hora de estudio comienza a las cinco. No se discute". Si no tiene trabajos escolares, podría usar el tiempo para repasar sus apuntes de clase, comenzar un proyecto a largo plazo o leer.
- **Relacione el trabajo escolar** con ciertos privilegios. "Una vez que termines los trabajos, puedes salir y jugar al básquet". Para mostrarle a su hijo que está hablando en serio, asegúrese de comprobar que haya hecho el trabajo realmente.
- **Haga un seguimiento** con la escuela. Si las estrategias que aplica en casa no dan resultado, involucre a los maestros. Dígale a su hijo que les preguntará a los maestros todas las semanas si su estudiante está entregando los trabajos. Establezca consecuencias adecuadas por no hacerlo.

Enfoque: salud mental

Mejore el bienestar emocional con las comidas familiares



Comer en familia puede mejorar el bienestar mental de su hijo. Las comidas frecuentes en familia refuerzan las relaciones y le dan a su hijo una sensación de seguridad y conexión.

Siga estos pasos para aprovechar las comidas con su hijo al máximo:

- **Priorice las comidas juntos.** No tiene que ser siempre la cena. Si usted trabaja por la tarde, desayune con su hijo o planee un picnic o un *brunch* durante el fin de semana.
- **Involucre a su hijo** en la planificación y la preparación de comidas saludables. Pídale a su hijo que escoja los vegetales, tueste pan para sándwiches o prepare una ensalada. Tener voz y voto en lo que se come y ayudar a llevarlo a la mesa hará que su hijo tenga una actitud más positiva hacia las comidas familiares y el trabajo en equipo.
- **Disfruten de conversaciones agradables.** La hora de la comida es un buen momento para averiguar cómo le ha ido a su hijo durante el día. Compartir algo sobre su propio día podría inspirar a su hijo a hablar.

También puede inspirar la conversación haciendo una “pregunta del día”. La pregunta puede ser divertida o seria. Pídale a todos que la respondan siguiendo la ronda. Pídale a los miembros familiares que se turnen para pensar las próximas preguntas.

- **Deshágase de las distracciones.** Apague el televisor y guarde en los dispositivos móviles. Estarán completamente presentes y serán capaces de enfocar su atención en el otro.

Fuente: “Increasing Family Meal Consumption to Boost Mental Health,” The Food Industry Association.

Enséñele a su hijo a reconocer y manejar sus sentimientos

Todos los niños se sienten preocupados o molestos algunas veces. Ser consciente de estos sentimientos y pensamientos es el primer paso para abordarlos de forma saludable. Siga estos pasos:

- **Hable sobre lo que piensa.** Cuando su hijo parezca estar triste o preocupado, pregunte: “¿Qué estás pensando en este momento?” Su hijo podría decir, por ejemplo, “Me preocupa que nadie quiera sentarse conmigo en la cafetería mañana durante el almuerzo”.
- **Demuestre que lo comprende.** Ponga en palabras los sentimientos de su hijo. “Sé que te preocupa no encontrar con quién almorzar mañana”.
- **Hagan un cambio de pensamiento.** Dígale a su hijo que cambie sus pensamientos negativos por pensamientos más positivos o útiles. Su hijo podría pensar: “Puedo pedirle a mi compañero



de lectura que almuerce conmigo” o “puedo decirle a mi maestro que me preocupa sentarme solo”.

Si su hijo parece estar preocupado o alterado a menudo, hable con el maestro, el consejero escolar o el pediatra.

Fuente: “Catch, Check, and Change Your Thoughts,” National Academies of Sciences, Engineering and Medicine.

¿Sabía que está comprobado que el tiempo de juego alivia el estrés?



Cuando los niños se divierten, el cerebro libera químicos que producen felicidad y reducen el estrés, lo que conduce a una mejora en la salud mental.

Para aprovechar el tiempo de juego al máximo:

- **Destínele tiempo al juego activo.** Su hijo necesita al menos una hora de ejercicio diario para lograr el bienestar físico y mental. El juego activo (saltar la soga, jugar al pilla-pilla, etc.) se incluye en esa hora. Pídale a su hijo que lleve un diario de actividad física durante una semana. ¿Llega a un total de al menos siete horas?

- **Límite el tiempo** frente a la pantalla con fines recreativos. El juego práctico y real estimula el cerebro de su hijo mejor que mirar pasivamente una pantalla. Hagan juntos una lista de actividades de juego libres de pantallas. Cuando su hijo quiera jugar a un videojuego, señale la lista.
- **Juegue con su hijo.** El juego entre padres e hijos es estupendo para reforzar los vínculos. Organicen una noche de juegos de mesa en familia, construyan algo juntos o únase al juego de simulación de su hijo.

Fuente: Dr. S. Wang y Dra. S. Aamodt, “Play, Stress, and the Learning Brain,” *Cerebrum*, National Library of Medicine.