



Lions' Link



A few hints to help your child to be successful in school:

Get your rest

Research shows that students in elementary school still require 9-11 hours of sleep each night! Students who don't get enough often have more difficulty focusing and staying on task.

For more information on healthy sleep habits for children, check out the book *Healthy Sleep Habits, Happy Child* by Marc Weissbluth.

Eat Breakfast

Studies have shown that children who start the school day with a balanced meal are more prepared for learning. They are able to stay focused and retain information. Don't forget that the school offers a GREAT breakfast from 7:15-7:45 each morning!

Also, be sure to offer your child encouraging words on the way to school! Starting the day off on a positive note sets the tone for their day.

Read with your child EVERY DAY

All children need adults to read with them at home. Research shows that children who were read to from infancy have higher ability levels by the time they reach first grade. Kids who are read to have a higher vocabulary and better comprehension after they learn to read.

Even independent readers need to be read with daily! Ask your child to share what they are reading. Help them to make connections to themselves, other books or the world around them.

Utilize our new Rocket Reader program.

King Springs Elementary

Quarter One

Ways to praise your child:

- ☺ You are the smartest kid I know!
- ☺ You amaze me!
- ☺ That is incredible!
- ☺ I am so proud of you!
- ☺ You rock!
- ☺ Look how great you are!
- ☺ Wow! Check you out!

Coming soon to our community:

King Springs community book mobile!
Teachers will be going into the community to share books with kids!

King Springs will be opening our doors every Tuesday night from 6-7:30 for educational computer access. This will start October 27th.

Cool Websites that teachers LOVE!

Educational Power Point presentations and math flash cards:

www.pppst.com

Nutrition

www.mypyramid.gov

Extra math help

www.auntymath.com

www.ceismc.gatech.edu

For Reading:

www.starfall.com

www.learningplanet.com