

NEWSLETTER

SCHOOL PSYCHOLOGISTS

Fall 2018



Dear Parents,

Welcome back to the 2018-2019 school year. We are very excited

to be available to support the academic and social/emotional growth of your children during this school year.

Miguel Arias

Ariasm@pearlriver.org

James Calisi

Calisij@pearlriver.org

Krystina Kane

Kanek@pearlriver.org

Ellen McCabe

Mccabee@pearlriver.org

Jamie Martens

Martensj@pearlriver.org

Rebecca Massa

Massar@pearlriver.org

Growth Mindset

says that your brain can stretch and grow!

Fixed Mindset

gives up when things get hard.

Which one are you?

FIXED MINDSET **What can I say to myself?** **GROWTH MINDSET**

INSTEAD OF:	TRY THINKING:
I'm not good at this.	1 What am I missing?
I'm awesome at this.	2 I'm on the right track.
I give up.	3 I'll use some of the strategies we've learned.
This is too hard.	4 This may take some time and effort.
I can't make this any better.	5 I can always improve so I'll keep trying.
I just can't do Math.	6 I'm going to train my brain in Math.
I made a mistake.	7 Mistakes help me to learn better.
She's so smart. I will never be that smart.	8 I'm going to figure out how she does it.
It's good enough.	9 Is it really my best work?

HOMWORK TIPS FOR PARENTS

Homework is common concern voiced by parents from kindergarten through high school. Parents play an important role in helping children be successful completing homework. The tips below are adapted from the National Association for School Psychologists. These can help parents promote successful homework completion. Some of the suggestions provided will need to be adapted to the needs and ages of your child. In elementary school student may need more direct support to complete their homework than a middle or high school student.

- **Make sure your child understands homework is an important part of school:** Create clear expectations for homework completion. Hold your child accountable for daily completion of their work. This will assist in developing time management skills and responsibility.
- **Provide Support when Necessary:** Some children become easily frustrated and overwhelmed with the demands of homework. Many times they don't have clear understanding of how to complete an assignment or lack the confidence in their ability to complete the work independently. Create a reasonable plan for when your child becomes frustrated with homework. It may be as simple as being within close proximity while they complete their work.
- **Make sure your child knows you will not complete the homework for them:** Your role is to offer encouragement and to help if they are stuck on a problem or don't understand a question.
- **Sometimes creating a homework contract can be helpful:** The contract lists everyone's role and responsibilities (parents and children) to be carried out each day.
- **If necessary allow your child to earn something for successful homework completion:** This will be based on things your child finds rewarding. Some examples are: playing a board game with a parent, coloring, time for video games, watching television, stickers or tokens that ultimately lead to a larger tangible prize, etc.
- **Use a calendar to assist in completing long term assignments and studying for tests:** Using visuals can assist in organization and breaking down tasks into smaller more manageable parts.
- **Communicate with teachers:** Parents should contact teachers to understand their homework policies. When homework is a struggle for the family it is important to contact the teacher directly to resolve the problem.