



Welcome to our fifth edition of ***Bringing School Home*** ! The Simcoe County District School Board produces this regular e-bulletin to help parents support children on their journey of lifelong learning.

We know positive connections between home and school support student achievement. In each ***Bringing School Home*** e-bulletin you'll find practical tips and strategies to help your child achieve success in those important years of learning from Kindergarten to Grade 12.

***Bringing School Home*** is available through the [Simcoe County District School Board website](http://www.scdsb.on.ca) (www.scdsb.on.ca). As well, parents, guardians and other interested members of our school communities may subscribe through our website and have the bulletin e-mailed directly to their e-mail accounts. (Readers may also unsubscribe at any time.) Please send your comments and feedback to: [webadmin@scdsb.on.ca](mailto:webadmin@scdsb.on.ca).

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## Questions of the month:

### Back-to-School Notes and Smooth Transitions

#### Back-to-School Notes

##### **How can I help my child develop effective study habits?**

As a parent, there is much you can do to influence your child's educational success. For example:

- Help schedule success by establishing a homework routine. Younger children tend to benefit from working at set times (e.g. after dinner every night), while teenagers may require more flexibility to manage schoolwork, extra-curricular activities, and part-time jobs. The key is to establish a routine that works for your family.
- Set the stage for learning by creating a dedicated, well-lit study area. Ensure your children have the school supplies they need and pay special attention to each child's distraction level – some prefer to work with the radio on, while others need absolute silence to be productive.
- Encourage good time-management skills. Some tips: suggest that children tackle their most challenging assignments first; help teenagers break long-term projects into parts and complete the work in stages; encourage children to take breaks when their focus begins to wane.
- Cultivate a positive attitude towards learning by expressing your own enthusiasm and willingness to learn. Demonstrate perseverance and dedication in your own actions, and offer guidance and encouragement, not answers, when your child struggles.
- Remember that communication is a three-way street. Frequent and open dialogue between parents, students and teachers is vital to student success. To maintain consistency and avoid confusion, ensure you know the purpose of homework and are familiar with the rules in your child's class and school. More information is available in the SCDSB student agenda insert online at [http://www.scdsb.on.ca/articles/Parent\\_resources/SCHLAGEN0708\\_FormattedA.pdf](http://www.scdsb.on.ca/articles/Parent_resources/SCHLAGEN0708_FormattedA.pdf)
- Celebrate successes large and small. Reward your child's efforts with a special treat or simply by taking a short break together and going for a walk. Remember, demonstrating a positive attitude and commitment are also excellent reasons to celebrate.

### **Smooth Transitions**

#### **Do you have any tips as our family gets back into “school mode?”**

Every September brings an adjustment period for both students and their parents. It can be a time of great excitement for children as they meet their new teachers, begin to learn new material, and enjoy school's social aspects such as seeing their friends, signing up for extra-curricular activities, and sharing stories about their summer.

If your household feels a bit chaotic, however, you're not alone! It's not unusual for families to feel overwhelmed as routines change to accommodate the new school year.

Here are a few tips to help you cope:

**Reduce** stress by establishing organizational systems you can use the whole year through. Get everyone off to a positive start by filling out and filing school-related paperwork, creating areas to store books and backpacks, and developing a family calendar for everyone's appointments, rehearsals, practices and tests.

**Streamline busy mornings** by encouraging children to make their lunches, pack their school bags and get their clothes ready the night before. Teens can assist younger children in preparing for the next day.

**Exercise caution.** The message is everywhere, but it bears repeating – remember to reduce your speed while driving, especially in school zones. This is especially important during the first few weeks of school, when children on the road are easily distracted.

**Establish a “safe home” routine.** September is an ideal time to reinforce important safety messages. Younger children should be reminded not to talk to strangers, while all children should know their home address and your daytime phone number. You may also wish to have your children check in with an adult upon their return from school.

**Connect.** For many families, simply catching up over the dinner table is the highlight of a long day. But if dinner together isn't feasible, don't despair – it's not so much where you converse with your children, but rather that you are conversing.

**Watch for signs of distress.** For some children, heading back to school can trigger bouts of anxiety and depression. Keep an eye open for signs of withdrawal, a dramatic drop in grades or a sudden change in outlook, hobbies, or friends. If you witness these signs of distress, discuss your concerns with your child and follow up as appropriate.

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## **This month's featured web pages**

We invite you to visit [www.scdsb.on.ca](http://www.scdsb.on.ca) often for news, facts, school information, Board highlights and hundreds of other pages about Simcoe County's public education system. This month we are featuring our Parents' Corner web pages - <http://www.scdsb.on.ca/parents/index.cfm> .

Our Internet surfing this month leads to the "Tips for Parents" page of the Ontario Ministry of Education website: <http://www.edu.gov.on.ca/abc123/eng/tips/>.

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## Next Issue

The next issue of *Bringing School Home* will feature "encouraging teamwork and cooperation at school and at home."

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## Quote of the month

"Education is not filling a pail but the lighting of a fire." ~William Butler Yeats

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The Simcoe County District School Board is deeply committed to ensuring all learners have the opportunity to realize their dreams within a vibrant and successful public education system. We are very proud of our 57,000 students who are learning and achieving in our 107 schools and six adult learning centres throughout our urban and rural communities. Working with school communities, our dedicated and skilled staff members provide quality programs to help students develop lifelong learning skills in safe, caring environments. Our schools are located in the Huronia and Georgian Bay regions of south-central Ontario.

For more information visit our web site at [www.scdsb.on.ca](http://www.scdsb.on.ca)



**Simcoe County**  
District School Board