

Mrs. Vickner's First Grade Survival Guide (for parents)

1. Send the kids to bed early! Research has shown that getting enough sleep equals better learning. Children age 6 to 12 years old need 9 to 12 hours of sleep each night. No screen time within an hour before bedtime. For more information go to www.healthychildren.org
2. Limit screen time to no more than 1 hour of quality content a day. See www.common sense media.org for more information.
3. Feed them a big, healthy breakfast and send a nutritious snack to school with them. Small snacks are provided by the school if needed. Big brains use lots of energy.
4. Get them to school on time. We use every minute of our day for learning something. Kids get upset when they start their day behind.
5. Help with math homework. Please read the math problems to them. Check their answers and help when needed. Turn off distractions like computers, cell phones and TV during homework time. Use pencil for writing and crayons if the directions require. No pens or markers. Practice spelling words daily.
6. Listen to your child read for 20 minutes daily. Yes, **they need to read to you.** Your child is to read the small paper take home books out loud with you sitting next to them. Encourage them to sound out words and look for parts of the word they know. Ask them questions about the story they have just read to you. If they can't answer, have them go back and reread. Use the pictures to help understand the story. After your child reads the small paper book, review the words in the reading folder and review previous paper take home books. If there is still time then parents may read a book of your choice to your child or have them read to you. Don't forget to write the title of the take home book that your child read on the reading log in the Reading Folder. Reading is the key to success in school!
7. Be patient with your child and yourself. Learning takes time and consistent effort. Help your child to be independent with things like: daily personal hygiene, school responsibilities, household chores, tying shoes, and caring for pets.
8. **Call or message Mrs. Vickner for help!**
At 822-5155 Ex. 204 or email at laurav@brittan.k12.ca.us or use the ClassDojo message app.
Please, no problem is too big or too small if we work together.