



Teacher Tips

The following tips were collected from our York Elementary School staff. We hope the following tips will be helpful to you as a parent. Happy "Feel the Love" week!

"A good night's sleep is one of the most important things that a student can bring to school each day. Sleep deprivation is real! Elementary school age children need 10-11 hours a night in order to function at their best, academically, mentally and socially." — Suzy Greene (2nd Grade)

"My tip for parents would be to establish a routine for mornings/afternoons during the school year, and stick with it as best you can! Once a child has a routine down, you'll see that they become more independent." — Holly Albritton (Kindergarten)

"Review the contents of your child's backpack each night. Talk with your child about any work samples that he or she brings home. Give your child positive feedback or suggestions for improvement. Let your child know how much you value his or her education and the effort that he or she puts into doing his or her very best in every aspect of school — academic, behavioral, and social skills!" — Dawn Ward (Tier II Reading)

"If your child is working on learning math facts or needs a refresher...a way to make it more fun is to do the following:

-Get flash cards and go through all of the facts. The ones your child can tell you instantly goes in a pile to the side. The ones they are still struggling with go in a separate pile. These become the facts to practice nightly (go through the remaining ones). As your child begins to know these facts pull them from the pile until none are left. Each night the pile may get smaller and smaller. Be sure to celebrate the growth and effort both you and your child have achieved!

-Another tip to chunk math facts even more is to take a dry erase marker and write 2-3 math problems on the bathroom mirror. In the morning, as your child is getting ready for the day, let them figure out the problem and then go check it/give feedback/celebrate. For example $2+2 = \underline{\quad}$. You can also change this up by leaving out other parts of the problem $2 + \underline{\quad} = 4$. Don't have time in the am, then include this at night as part of their routine or while you are making dinner. No time during the week? Make it something different to look forward to on the weekend. You could also have your child leave you math facts to practice on your mirror — let them be the teacher and checker...they are still practicing math!" — Katherine Williams (Principal)

"Have a designated "homework station" at home where the student does his/her homework every night. Children crave structure, so it'll become something gets done routinely." — Sydney Sherry (Literacy Coach)

"Take advantage of any opportunity to allow your child to be independent! They will be so much better off in the long run! Be a glider, not a helicopter! :)" — Janna Houston (2nd Grade)

"Make sure your child gets enough sleep each night. If they are well rested, they will be set up for success during the day. Their growing bodies and brains need 10-11 hours of sleep each night according to the National Sleep Foundation." — Abby Spencer (School Counselor)

"Parents can ask students to bring home their subject notebooks to see what they're doing in class and notice work habits and effort on class activities and assignments." — Nicole Trevino (1st Grade)





"Read with your child every night. Ask your child daily is there anything they want to tell you or talk about. Play with your child....get into their world!" – Mona Harper (Kindergarten T.A.)

"Have a recharging place outside of children's room for electronic devices. Make sure your child has a regular bedtime so he/she gets the recommended number of hours of sleep for their age. As part of their nighttime routine, read with your child. As they get older, have them read to you." – Jennifer Riggert (Music)

"Children often lose sight of how their actions and words will make someone feel. Explicitly teaching your child to be empathetic towards others will help them to show kindness and respect in their daily life." – Tierney McDride (1st Grade)

"When you talk to your child after school, instead of saying "Did you have a good day?" which is too general and will only yield "yes" or "no" responses, ask pointed, specific questions such as "Who did you sit beside at lunch today?" "What did you play on the playground at recess?" "Tell me one thing you learned in math today." Or even, "If there was a zombie apocalypse, which one of your teachers would last the longest, and why?" (Or some other silly question)." – Martie Sirois (Special Education T.A.)

"Getting a child to do something you need or want them to do can be a challenge at times. Try adding music to your child's routine and surroundings in a fun and meaningful way. Make-up a song that starts off their morning in the right direction. Hearing someone sing a song about waking up may get a different reaction than being told "wake up." Make a game out of cleaning up such as trying to pick up 10 items in under a minute or shooting the toy animals into the bin like a basketball. It's amazing how much faster a child will participate in a chore or activity when listening to music or turning it into a game. Studies have also found that adding music is "paramount for developing a strong vocabulary, triggering recall and strengthening social skills."

Children are always watching even when we think they aren't. Their minds are like little sponges that amaze me every day. In a secure environment, with you watching, your child may be able to complete activities and routines more independently than you might think. Place unbreakable items that your child uses often in an easy to reach location. Next time, instead of getting out the plastic bowl, spoon and cereal box, see if they can independently do it themselves. Other activities might be making their bed, packing their book bag, packing their lunch, cleaning up their room, setting out their homework to complete, taking a bath, packing a sports bag, etc. The key is setting up the structure that works best in your home with them first and then being consistent with the routines each day." – Marisa Chandler (Kindergarten)

"Set up weekly meetings to review your kids' schedule for the week ahead. Establish a "Family Time" whether it is before school, dinnertime or bed time. Use an egg timer to get your kids to focus on a task. Have your kids pack their backpacks or gym bags the night before and leave them by the door. Make homework caddies that can be distributed throughout the house- include things like: scissors, pencils, crayons, markers, calculators, erasers, list of sight words or spelling words, etc. Set your clocks 10 minutes fast. This helps everyone be on time." – Alene Horner (1st Grade)

"Let your children see you reading and enjoy it!" – Anonymous

"Tell family tales. Children love to hear stories about their family. Talk about a funny thing that happened when you were young." – Sherry Gupton (IRT)

