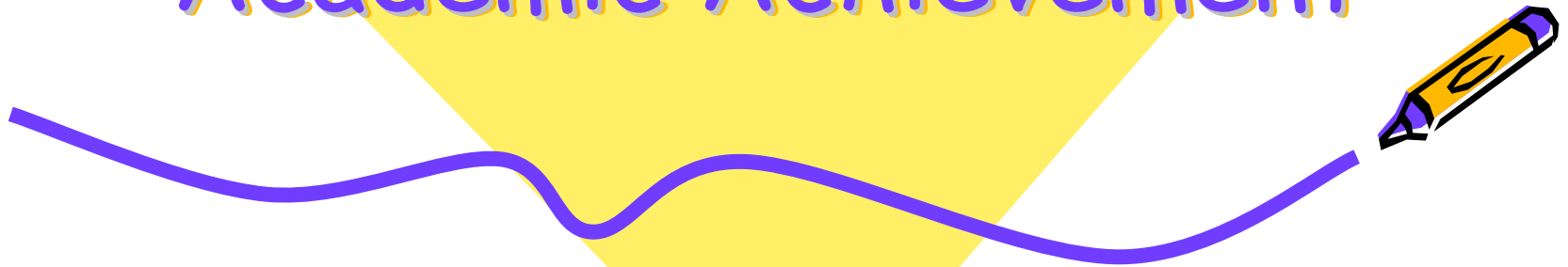




Helping Your Child
R.A.I.S.E.
Academic Achievement

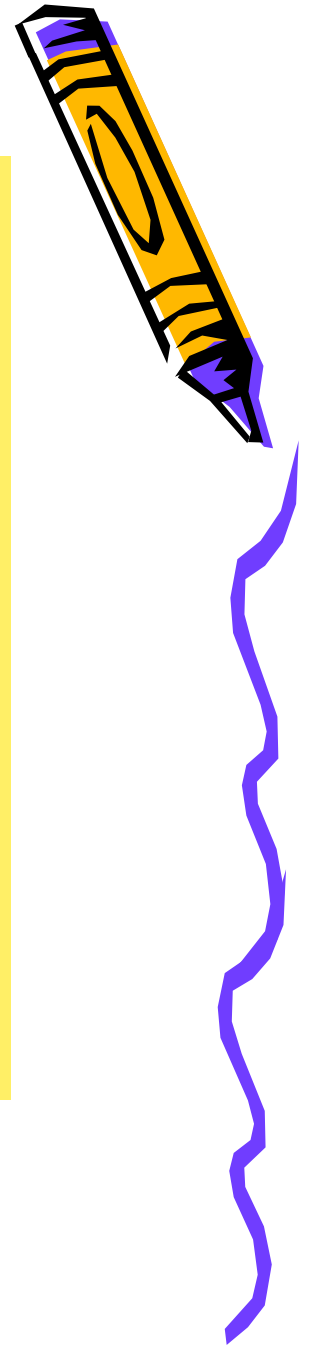


R. - ROUTINE

Set up a study area

*View Learning activities as "practice"
for tests and for life-long learning.*

*Consider establishing a regular
schedule for online practice, if
possible.*

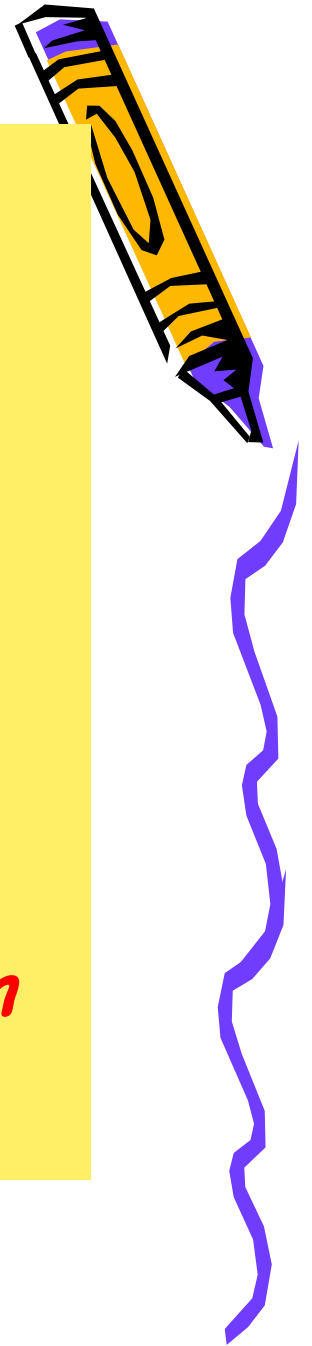


A. - ATTITUDE and ATTENDANCE

Avoid confrontation

Approach testing with a positive attitude

Regular school attendance is important. Contact the school when your child is absent.

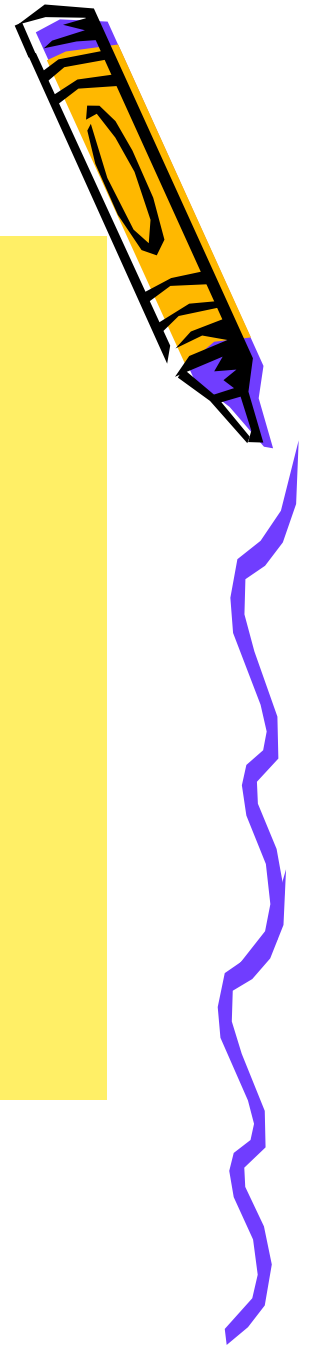


I. - INVOLVEMENT

Establish a relationship with teachers early in the year

Check homework/agenda nightly

Use parent resources at home to help your child prepare for the CRCT, to check grades, and to keep up with classroom expectations.

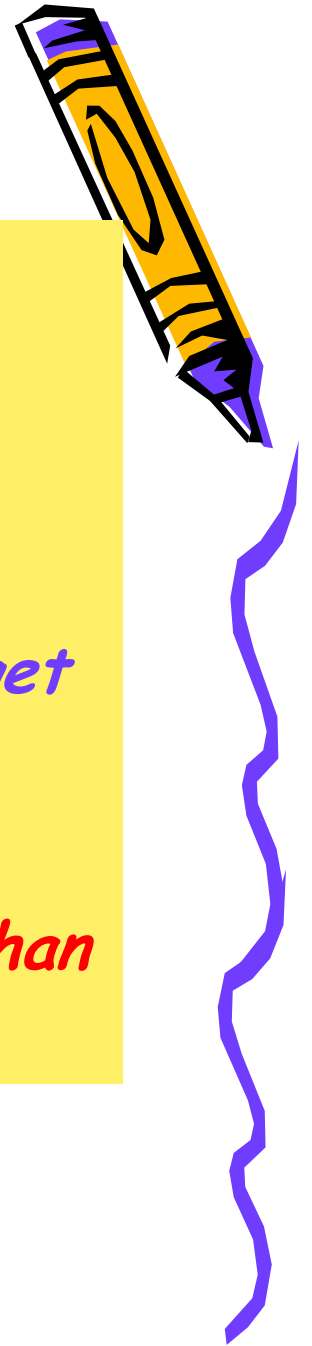


S. - SLEEP

Set an expected bedtime for your child throughout the year

Studies show that children who do not get adequate sleep have more problems with attention, memory, and concentration.

School-age children should get no less than 10 hours of sleep per night.

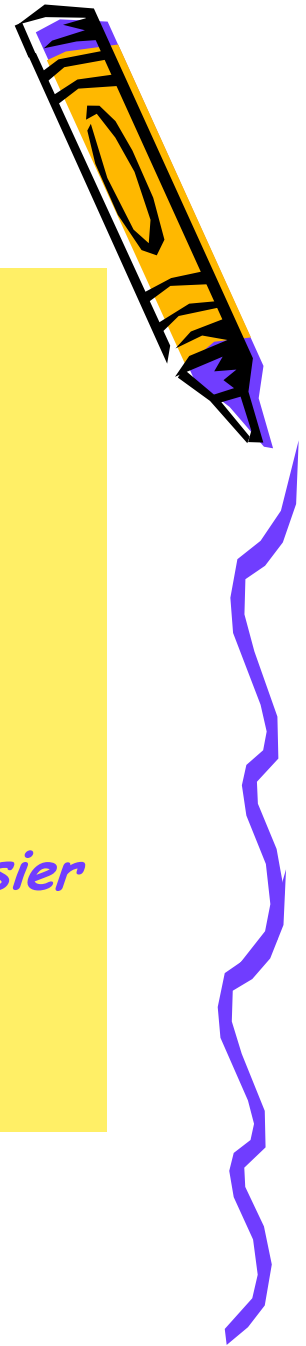


E. - EAT WELL

Avoid: "sugary" foods, soft drinks, turkey

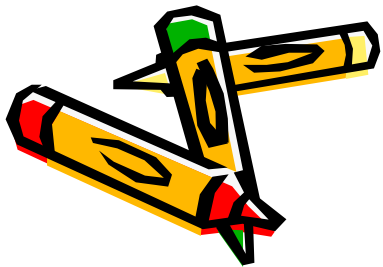
Suggested foods: proteins, red grapes, raisins, complex carbohydrates, water

Eating well before school = Better attention, easier concentration for problem-solving, and fewer errors.



Working together to.....

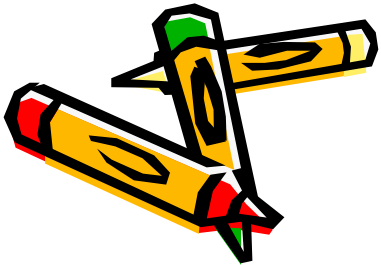
R. - ROUTINE
A. - ATTITUDE
I. - INVOLVEMENT
S. - SLEEP
E. - EAT WELL



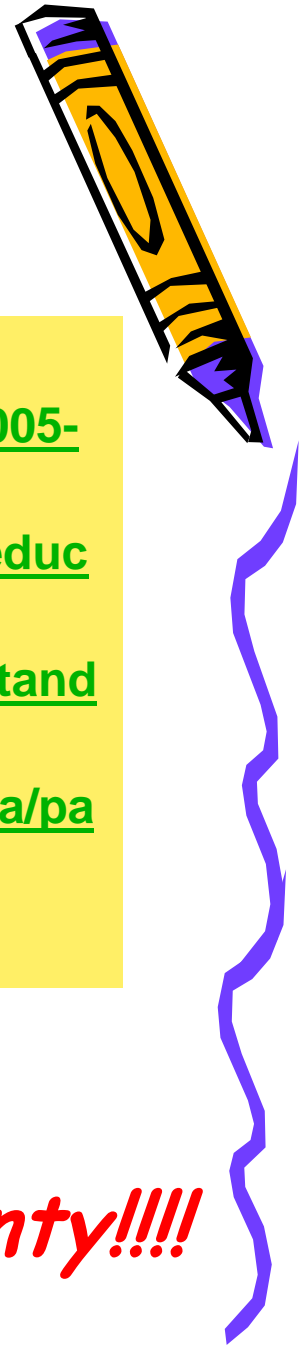
CRCT Scores in Bleckley County!!!!

Suggested Web Sites

- <http://faculty.washington.edu/chudler/slept.html>
- http://www.brown.edu/Administration/News_Bureau/2005-06/05-046.html
- <http://www.theparentreport.com/resources/ages/teen/education/128.html>
- <http://nutrition.about.com/od/nutritionforchildren/a/dietandlearning.htm>
- <http://childparenting.about.com/cs/parentinvolvement/a/parentschool.htm>



CRCT Scores in Bleckley County!!!!



Whose Child Is This?

"Whose child is this?" I asked one day
Seeing a little one out at play.
"Mine", said the parent with a tender smile
"Mine to keep a little while.
To bathe his/her hands and comb his/her hair,
To tell him/her what he/she is to wear,
To prepare him/her that he/she may always be good,
And each day do the things he/she should".

"Whose child is this?" I asked again,
As the door opened and someone came in.
"Mine", said the teacher with the same tender smile.
"Mine, to keep just for a little while.
To teach him/her how to be gentle and kind,
To train and direct his/her dear little mind,
To help him/her live by every rule,
And get the best he/she can from school".

"Whose child is this?" I asked once more,
Just as the little one entered the door.
"Ours", said the parent and the teacher as they smiled.
And each took the hand of the little child.
"Ours to love and train together.
Ours this blessed task forever."

Author Unknown

