

WELCOME BACK!

A BAYSIDE ACADEMY PARENTS EVENT

AUGUST 29, 2017

WHO AM I AND WHAT ARE WE DOING HERE?

LAUREN ALEXANDER, M ED. , PPS

M DDLE SCHOOL COUNSELOR

6TH GRADE (LAST NAMES LO- Z) AND 8TH GRADE

PREVENTI ON! COMMUNI TY! EMPOWERMENT!

WHAT DO WE BELIEVE HERE AT BAYSIDE?

BE SAFE

BE RESPONSIBLE

BE RESPECTFUL

WHO IS HERE TO HELP YOU

STEAM (ELEMENTARY SIDE)

- CLASSROOM TEACHERS!
- MARIA VALENCIA, ASSISTANT PRINCIPAL

WHO IS HERE TO HELP YOU

STEM (MIDDLE SCHOOL SIDE)

- STEVEN CHANG, COUNSELOR 6TH GRADE (LAST NAMES A- LI) & 7TH GRADE
- LAUREN ALEXANDER, COUNSELOR 6TH GRADE (LAST NAMES LO- Z) & 8TH GRADE
- CHRISTINE CALVERLEY, ACADEMIC DEAN AND COMMUNITY OUTREACH COORDINATOR (she speaks Spanish!)

WHY SHOULD I SEE A COUNSELOR OR A DEAN OR TALK TO MY CHILD'S TEACHER?

- I notice a change in my child's emotions, behaviors, or attitude
- We are going through a lot at home and I want to let someone know
- We need resources (food, housing, medical, vision, extra uniforms)
- I would like ideas about how to help my child be more successful in school/get to school on time/interact more positively with peers

THE BOTTOM LINE IS...

- WE ARE HERE TO HELP!
- NO QUESTION IS A “DUMB” QUESTION!
- RAISING KIDS IS A CHALLENGE AND IT TAKES A VILLAGE!

How can we start the
year off right ?

TIP #1: STAY ORGANIZED!

“ GO BOX”

1 DAY A WEEK TO ORGANIZE THE BACKPACK AND CLEAN IT OUT

VISUAL LISTS AND CALENDARS

CHECK YOUR CHILD'S PLANNER

TIP #2: TIME MANAGEMENT IDEAS

SCHEDULED HOMEWORK TIME

SET A TIMER (20 MINUTES ON, 5 MINUTES OFF)

WORK ON THE HARDEST SUBJECT FIRST

VISUAL CALENDARS WITH DUE DATES AND REMINDERS

THE "SPEND 3 MINUTES" RULE

TIP #3: CHECK IN!

ASK YOUR KIDS ABOUT THEIR DAY

INSERT LEARNING INTO EVERYDAY LIFE

HELP WITH HOMEWORK WHEN YOU CAN **AND** IN APPROPRIATE AMOUNTS

USING TECHNOLOGY TO HELP YOU CHECK IN!

TIP #3: SLEEP!

SET A BEDTIME: National Sleep Foundation says about 30 percent of kids under 11, and more than half of teenagers, get less sleep at night than is [recommended](#).

3-6 years old need 11-13 hours of sleep = RECOMMENDED BEDTIME 6-8pm

7-12 years old need 10-11 hours of sleep = RECOMMENDED BEDTIME 7:30-9pm

Teenagers need 9+ hours of sleep = RECOMMENDED BEDTIME 10pm

READ BEFORE BED: Turn off the devices at least 1 hour before bedtime and encourage your child to read or read with them

TIP #4: TAME YOUR TECHNOLOGY!

What rules will we have as a family about technology, TIME, HOMEWORK, and social media use?

Create a TECH FREE ZONE or a PHONE HOTEL

Limit the hours of use or make an expectation

“Once you complete _____, you can use your phone for _____ hour(s).”

DON'T ASSUME YOUR CHILD NEEDS THEIR PHONE TO DO THEIR HOMEWORK

TIP #6: BE AN ADVOCATE FOR YOUR CHILD!

By becoming involved [in any way!] with ANYTHING in your child's education, you show them that school is important.

(1) Identify the problem - How does your child experience school? What is working and what issues are occurring?

(2) Help her speak for herself - The ability to see a problem, gather information, think of solutions, and execute them is a skill that will benefit her long after graduation day

TIP #6: BE AN ADVOCATE FOR YOUR CHILD!

(3) Outline your goals for your child: What would you like to see your child be able to do? What would show progress towards these goals?

(4) Reach out! Contact your child's teacher or their counselor. We are a TEAM - share your concerns, your goals, your questions - it is helpful for the school to know what's on your mind and how we can help.

DATES TO LOOK OUT FOR

STEAM (ELEMENTARY SIDE)

NOVEMBER 13 - 17 - PARENT TEACHER CONFERENCES

FEBRUARY 15 - TALENT SHOW

MAY 31 - OPEN HOUSE

STEM (MIDDLE SCHOOL SIDE)

OCTOBER 26 & 28 - PARENT TEACHER CONFERENCES

DECEMBER 14 - WINTER CONCERT

MAY 31 - OPEN HOUSE

SET YOUR INTENTION FOR THE YEAR

WHAT ARE 1-2 GOALS FOR YOUR YEAR?

- GOALS AS A PARENT, AS A FAMILY, AS A COMMUNITY MEMBER

HOW CAN YOU ACHIEVE THEM?

WHO DO YOU NEED TO HELP YOU REACH THESE GOALS?

WHAT KIND OF HELP?

HOW TO GET IN TOUCH

STEAM (ELEMENTARY SIDE): GET IN TOUCH WITH YOUR CHILD' S
TEACHER!

STEM (M DDLE SCHOOL SIDE): GET IN TOUCH WITH THE TEACHER AND
THE COUNSELOR!

STEVEN CHANG, 6TH GRADE (LAST NAMES A- LI) AND 7TH GRADE
SCHANG@SMFCSD.NET OR SCHOOL LOOP

LAUREN ALEXANDER, 6TH GRADE (LAST NAMES LO- Z) AND 8TH GRADE
LALEXANDER@SMFCSD.NET OR SCHOOL LOOP

THANK YOU FOR COMING AND. ...

SEE YOU ON SEPTEMBER 6TH AT 7PM FOR A PTSA
MEETING AND PARENT WORKSHOP

SOCIAL MEDIA 101

TRANSLATION AND FREE CHILDCARE AVAILABLE!