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# FRONT PAGE NEWS

## TITLE I SCHOOLS



### Balanced Reading Diet

It is very important for students to have a balanced reading diet of both fiction (stories that are not real) and non-fiction (stories based on real life facts and information). For every fiction book students read, they should also read a non-fiction book.

Select a few of these questions to ask your child when reading at home. Have him go back to the book/article to support his response.

#### Fiction

##### Stories that are Not Real

- ❖ Who are the main characters in the story?
- ❖ How did the characters solve the problem in this story?
- ❖ When and/or where did the story take place?
- ❖ What happens at the beginning, middle and end of the story?
- ❖ How are the characters different or alike?
- ❖ What is happening in the story?
- ❖ Do the pictures help you understand the story?



#### Non-Fiction

##### Stories Based on Real Life

- ❖ What is this book about?
- ❖ What does the author want you to learn from this book/article?
- ❖ What is the main idea?
- ❖ What is the most important idea or part of this book/article?
- ❖ Do the pictures give you a hint to what will happen next?
- ❖ Look at the table of contents and find the page number for.....

### Winter Activities to Keep Your Child Active

Don't let the winter weather keep your children from staying active. Try these activities to keep your children moving during the winter months.

- During TV commercial breaks, get up and get moving doing simple exercises such as: jogging in place, squats, sit ups and jumping jacks.
- Dancing is always fun. Have your children select the music, turn the music up and have fun!
- Do chores together: dust, sweep, wipe off the table. Pick jobs based on age and ability.

### Develop a Routine for Nightly Homework

- Most children need 15-30 minutes of physical activity to refresh and relax before beginning their work.
- Begin with the most challenging assignment. Your child will have more energy at the beginning of her homework time.
- Build in short breaks. Encourage your child to pause for 10 minutes after finishing the first part of her work.
- Spend some time on a long-term assignment; read a chapter for next week's test, do some research for an upcoming project or revise a paper that is due in a few days.
- Finish up with easier assignments. The end of homework time can be used to complete assignments that are typically not difficult for your child.

