



# FRONT PAGE NEWS

## TITLE ONE SCHOOLS



### American Academy of Pediatrics

#### Making the First Day Easier

- ✦ "Remind your child that there are probably a lot of students who are uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- ✦ Point out the positive aspects of starting school: It will be fun! Your child will see old friends and meet new ones. Refresh positive memories about previous years, when your child may have returned home after the first day with high spirits because he/she had a good time.
- ✦ Find another child in the neighborhood with whom your youngster can walk to school or ride on the bus.
- ✦ If you feel it is appropriate, drive your child (or walk with her) to school and pick her up on the first day."

### Title One Annual Meeting

At the beginning of each school year, our Title One schools host a meeting for parents to explain the Title One program, what it means for their school and how parents can be involved.

Parents are informed of:

- ❖ The school's participation in Title One;
- ❖ Title One requirements;
- ❖ The Parental Involvement Policy;
- ❖ The Family-School Compact for Achievement;
- ❖ Their rights as parents to become involved;
- ❖ Their rights as parents to participate, as appropriate, in decisions about the education of their children; and
- ❖ Their right to request the qualifications of their child's teacher.

### Food for Thought!

Eating breakfast is the best way to get the brain ready to learn. A healthy bowl of cereal, whole-wheat toast and fresh fruits are quick options that will do the job.

If your child packs lunch, be sure to include foods that are both tasty and healthy. Healthy lunch options include lean meat sandwiches on wheat bread, low-fat milk, fresh fruit or raw vegetables. Try to avoid carbonated beverages, high calorie juice drinks and high fat sweets.

Cleveland Clinic Children's Hospital



**Did You Know** attending school regularly helps children feel better about school and themselves? Start the year off right, have your children at school, on time, every day.



### Dates to Remember

September, 2014

- 1 Labor Day (Holiday)
- 10 Collaborative Planning
- 22 25<sup>th</sup> Day  
(Interim Reports Issued)