



Recess is as Important as Math or Reading

"Recess is most children's favorite period, and parents and teachers should encourage that trend," according to the American Academy of Pediatrics. "Recess can be a critical time for development and social interaction. It helps children practice conflict resolution if we allow them unstructured play, and it lets them come back to class more ready to learn and less fidgety." Recess time can be included in the recommended 60 minutes of active play every day for all children.



Family Time / Quality Time



Dr. Tammy Pawloski, professor of Education at Francis Marion University, offers the following tips for parents to engage with their children every day.

- ✚ "Unplug technology---Take some time away from the electronics, mom and dad's included. Do outside activities or read together.
- ✚ Communicate---Have conversations that stimulate vocabulary. Ask questions that stimulate thinking.
- ✚ Allow kids to help---Enable them to have executive function skills. Let them organize some things in their lives.
- ✚ Age appropriateness---Don't entertain kids under 3 years old with technology. Engage **with** them."

Remember to Exercise
Your Right to Vote
November 4, 2014.



- If you are not registered to vote you may:
- ❖ Register online through the SC State Election Commission's online portal.
 - ❖ Register in person at your local board of registration or DMV office.

Did You Know choosing a homework **only** space will help make homework time easier? Have your child help choose this space. He can be responsible for making sure needed school supplies are there and organized.



Review your school's Parental Involvement Policy and Home/School Compact for Achievement. Your comments are very important to us. Please complete the comment page and return to your school.

If you have not received a copy of these documents, you may stop by or call your school office.

FPES 821-2500
GPS 821-1400
PES 821-2000
SGES 821-4800

