

Help your child



- A**ttendance – Regular attendance is very important and closely related to success at school.
- Arriving on time and remaining for the entire day helps your child receive maximum instruction time and develop good work habits.
 - If it is necessary for your child to be absent, call the attendance line.
- C**ommunication – Communication is the key to being involved and informed.
- Attend scheduled conferences
 - Request a conference with the teacher if you have a concern
 - Inform the teacher of any special circumstances that may have an effect on your child's performance or behavior.
- H**ealth – Good physical and mental health contribute to school achievement.
- Establish a bedtime that allows your child to get a sufficient amount of sleep.
 - Provide nutritious meals and snacks.
 - Schedule timely visits to the doctor and dentist.
- I**nterest – Your child needs to know that his or her progress in school is important to you.
- Ask your child questions about his or her day. Ask questions in a manner that encourages them to answer without a simple yes or no. (Tell me about your day . . .)
 - Show your interest by discussing your child's progress on his or her report card and set goals for improvement.
- E**xpectations - Expect the best from your child. Expect your child to use the "ABC" rule. Expect them to:
- Ask questions and ask for assistance when they need help
 - Behave in a manner that allows them and others to learn.
 - Complete class and homework assignments.
- V**olunteer - Show your interest and support by volunteering to assist in some capacity.
- Contact your child's school or PTA to express your interest in helping.
 - Volunteering for one event or activity shows your child that you want to help the school.
- E**ncourage - Encourage and recognize your child's efforts
- Express your confidence in them daily.
 - Display their work in your home.
 - Celebrate and recognize their effort.

Portsmouth City Schools

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Portsmouth City Schools
724 Findlay Street
Portsmouth, OH 45662

(740) 354-4727

www.portsmouthtrojans.net

Research continues to confirm that parents are a vital part of the educational process and of the educational experience of their children. When school personnel work with families to develop meaningful relationships that support learning, children will succeed not just in school, but also throughout life.

A Parent's Quick Guide To Student Success

Lindsey Kegley
Curriculum /
Federal Programs



NUMBERS TO CALL

Portsmouth Elementary	353-6719
East Portsmouth Elementary	776-6444
Portsmouth High/Jr. High	353-2398
Special Education / Early Childhood	354-1849
Transportation	354-3586
Director of Operations	355-4482



PRESCHOOL

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

READING

- Read to your child daily. Let your child select the book.
- Invite your child to read to you and interpret the pictures in the book.
- Have many books in your home. Read stories that rhyme.
- Avoid baby talk
- Talk about new words
- Get a library card. Make regular trips to the library with your child.

- Read to or with your child daily.
- Make listening to a story a regular part of your child's routine.
- Ask your child to retell a story (beginning, middle, end)
- Model good reading habits. Let your child see you reading.
- Get a library card. Make regular trips to the library with your child.

- Encourage your child to read for pleasure. Ask what part of the book he or she likes best and why.
- Ask your child to compare a book to another familiar book. How are the characters alike or different? How are the settings alike or different?
- Get a library card. Make regular trips to the library with your child.

- Encourage your child to read books, magazines, newspapers
- Share books or articles that relate to a teenager's interests: movies, sporting events, sports figures, rock stars, fashion.
- Share books that you enjoyed as a teen.

WRITING

- As you are walking or driving, talk about what you see, hear and smell along the way.
- Discuss what you encounter. Encourage your child to describe, in detail, items of interest.
- Provide a place where your child can "write". Beginning writing can be in many forms: scribbling, pictures, stringing letters or words.
- Invite your child to tell you about what he or she "wrote".
- Keep a portfolio of your child's writing products.

- Read, read, and then read some more.
- Talk about the books your child reads.
- Talk about interesting great sentences in books and about ideas that stimulate the reader's interest.
- Keep a variety of pencils, pens and papers available for your child to use.
- Encourage your child to write letters to friends and relatives, invitations, journals, lists of things to do, and messages to friends and family members.
- If you have access to a computer, save the writing in your child's special file.

- If your child tries to persuade you to give permission for him or her to go somewhere or do something, have your child try to convince you in writing.
- If your child is assigned an essay or report, suggest to your child to set dates for each step (finding topic, prewriting, first draft, revision, editing) in preparing the paper. Encourage your child to share the essay or report with you.

- Encourage your child to write thank you notes, letters to friends, invitations, and journals.
- If your child is assigned an essay or report, suggest to your child to set dates for each step (finding topic, prewriting, first draft, revision, editing) in preparing the paper. Encourage your child to share the essay or report with you.

MATH

- Have your child count common objects, such as cereal and fresh vegetables.
- Play games that include matching and/or counting.
- Have your child help set the table and count place settings.

- Ask your child questions about his or her math work such as, "Can you show me another way to solve this problem?" or "How did you solve that problem?"
- Let your child see the importance of mathematics in all daily activities such as cooking, shopping, paying bills, creating time schedules, etc.

- Read and interpret charts and graphs in the newspaper. Discuss the information with your child.
- When shopping, have your child figure out what an item's discounted price will be. For instance, is an 80% discount the same as 30% off the original price followed by 50% off the sale price?

- Talk to your child's teacher. Ask what you can do at home to strengthen daily lessons.
- Ask your child to explain math homework
- While on a family trip, tell your child the distance that you are traveling. Ask your child to tell you how long it would take to get there while traveling at a speed of 65 miles per hour.

SCIENCE

- Encourage your child to observe nature. Talk about it.
- Help your child keep a journal of drawings or snapshots. Help your child write about the pictures.
- Help your child take care of a plant or small animal or fish.

- Talk about school science with your child. Ask your child's teacher for activities that you can do at home. Check the internet and go to the public library for books with additional activities.
- Ask your child to explain science homework.
- Let your child make daily observations about the weather. Chart the amount of rain, and daily temperatures. Compare data over time.
- Take walks, talk about plants or animals you see. Encourage questioning at all times.
- Visit a science museum, zoo, aquarium, recycling plant, farm or planetarium. Help your child feel the excitement of observation and discovery!

- Talk to your child's teacher. Ask what you can do at home to strengthen daily lessons.
- Ask your child to explain science homework.
- Encourage the use of science skills such as observing, asking questions, estimating, measuring, noticing change, solving problems, testing ideas and exploring new experiences.
- Use the public library as a rich resource for books and magazines on science - videos and DVDs, free internet access, special programs and book talks that relate to science.

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- Provide a scientific calculator.