



National Council on Educating Black Children
**Helping Parents Help Children
Make ~**

Good Choices

Parent Newsletter

September 2010

Welcome Back to School

Prepare Yourself and Your Child for a Successful School Year

Summer vacation is over. Parents and students everywhere are preparing to return to school. **Try some of these tactics to prepare for and maintain success this school year.**

- 1) **End Early and Start Fresh.** Getting to bed early enough to allow at least 8 hours of sleep and starting each day with a good breakfast makes a big difference.
- 2) **Make Checklists.** Daily checklists that include putting homework away, setting out clothes, and packing lunch the night before can be a big help. Weekly checklists can include chores and participation in extra-curricular activities.
- 3) **Get Organized.** Create a homework space away from distractions (*No TV, telephone or games*). Day planners are great for parents *and* kids. Write down assignments, appointments, practices, and special events.
- 4) **Create a Homework Basket.** Keep the supplies needed for homework in one place. These supplies should be used only for homework to prevent delays when it comes time to do homework. **CHECK HOMEWORK EVERY NIGHT.**
- 5) **Give Praise.** Create a space on the family fridge to post good grades, special awards, and upcoming exams. Find ways to offer positive feedback.
- 6) **Get Involved.** Sign up to volunteer time with a school program. This will give you great insight on your child and help your entire community.

Mark Your Calendars



Check your child's folders for the dates and times of these important Back-To-School events:

- ✓ **Back-To-School Night**
- ✓ **Parent Teacher Association (PTA) Meetings**
- ✓ **Extra – Curricular Activity (*sports & clubs*) Registration and Practice/Game Dates**
- ✓ **Upcoming Exams and State Assessments**

Perfect Attendance Challenge



Studies show that students who attend classes regularly perform better on tests and tend to feel more comfortable with their classmates and teachers.

Challenge yourself to ensure that your child doesn't miss any time for the first month of school. Reward yourself and your child with a special weekend activity at the end of the first month.

Learn more ways to help your children make good choices and succeed. Contact NCEBC at (317) 283-9081 to be connected with the Indianapolis Community Action Team or ask about the National Parent University Curriculum Initiative.



The National Council on Educating Black Children supports the Indianapolis Community Crime Prevention Program in partnership with Marion County Health and Hospitals Legacy House and its Reclaiming the Village program