

**Attached is the Parent End-of-Year Survey. Please complete for each of your children and their unique classroom experience.**

**Every classroom that has 100% returned will have an ice cream party.**

**Thank you for a great year.**

**Mrs. Starks**

## End-of-Year Parent Survey

Thank you for entrusting your child to me this year! I believe we have achieved a lot and grown even more. However, there is always room for improvement. Please help me by completing the following survey and returning it to me.

5-strongly agree      4=agree      3=unsure/neutral      2=disagree      1=strongly disagree

**My child felt happy in the classroom**

5                      4                      3                      2                      1

Comments:

**My child was motivated to learn**

5                      4                      3                      2                      1

Comments:

**My child feels safe at school**

5                      4                      3                      2                      1

Comments:

**I am satisfied with my child's progress this year**

5                      4                      3                      2                      1

Comments:

**I am satisfied with the amount of homework my child received**

5                      4                      3                      2                      1

Comments:

**I am satisfied with the overall discipline at my child's school**

5                      4                      3                      2                      1

Comments:

**I am satisfied with my communication with the teacher**

5                      4                      3                      2                      1

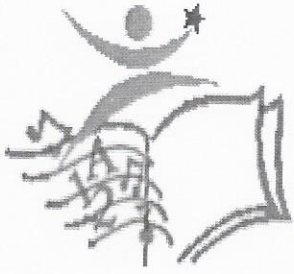
Comments:

The best think about this year for me was:

The best thing about this year for my child was:

In the future, please keep in mind:

Thank you for taking time to provide valuable feedback that will help me as I plan for next year's class! If you need to discuss any of this with me in person, please contact me to set up an appointment.



**TIMOTHY L. JOHNSON ELEMENTARY SCHOOL**  
**4625 WERLING AVENUE**  
**FORT WAYNE, IN 46806**  
**(260) 441-8727      (260) 441-8727 FAX**

**INTENT TO RETURN**

FOR SCHOOL YEAR 2022-2023  
 TO  
 TIMOTHY L. JOHNSON ELEMENTARY SCHOOL

February 14, 2022

Dear Parents and Guardians:

In order to plan for our 2022-2023 classes, we would ask that you please pre-register your student for this coming school year. With the TLJ Elementary Academy growth we have experienced, it is important you pre-register your student for the coming school year in order to make sure a seat in the classroom is held for your child. Many exciting plans are in the future, and we want your child to be a part of those plans. When we receive your *Intent to Return* form, we will secure a spot for your child.

-----PLEASE COMPLETE AND RETURN TO SCHOOL-----

It's time to reserve your child's space for next fall, the 2022 - 2023 school year. Please return this form as soon as possible to the school office. If not returned your child could lose his/her space for next year.

Child's Name	Please circle child's <u>current</u> grade level					
	K	1	2	3	4	5
Child's Name	Please circle child's <u>current</u> grade level					
	K	1	2	3	4	5
Child's Name	Please circle child's <u>current</u> grade level					
	K	1	2	3	4	5
Child's Name	Please circle child's <u>current</u> grade level					
	K	1	2	3	4	5

My child/children \_\_\_\_\_ Will attend \_\_\_\_\_ Will not attend Timothy L. Johnson Elementary School next year. Please send home pre-enrollment forms for me to complete for the 2022-2023 school year for my students.

\_\_\_\_\_  
 Parent or Guardian Name (please print)

\_\_\_\_\_  
 Phone #



# ENROLL NOW!



Summer  
Advantage USA

## FREE 5-WEEK SUMMER PROGRAM

June 13th - July 15th

Monday - Friday | 8 AM - 2:30 PM



### TIMOTHY L. JOHNSON LEADERSHIP ACADEMIES GRADES K-8

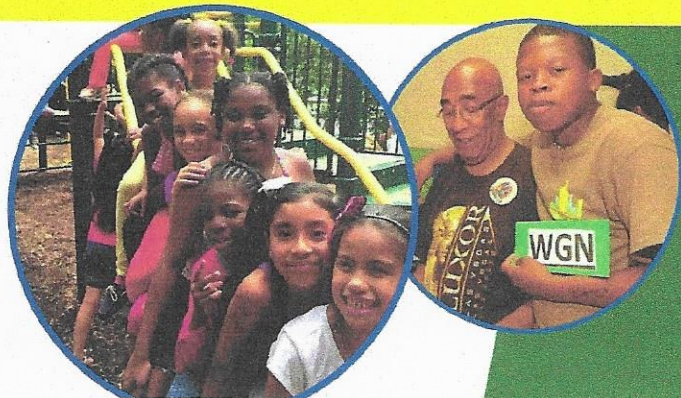
[SUMMERADVANTAGE.ORG](http://SUMMERADVANTAGE.ORG)

### WHY SUMMER ADVANTAGE?

We bring the learning and the fun! Our free summer learning program helps scholars catch up or accelerate their learning over the summer while having fun. We provide positive learning experiences so that our scholars can flourish academically, explore the world around them, and build confidence as leaders.

### WHAT WE OFFER

- ✓ Healthy breakfast & lunch daily
- ✓ Fun and exciting activities like field trips, celebrity guest speakers, community service, sports, the arts and so much more!



Timothy L.  
Johnson  
Academy  
Elementary School



## QUESTIONS?

Contact SA at 866-924-7226





## SPRING BREAK COMING SOON

Beginning on Friday, April 1<sup>st</sup>, and continuing until Friday, April 8<sup>th</sup>, there will be no school for students and staff as we enjoy the spring-like weather during Spring Break.

The staff wishes a safe and exciting Spring Break for all of our students and their parents.

School will resume at its normal time on Monday, April 11<sup>th</sup>.

## Important Dates to Remember and mark your calendar:

### March

- 9 2hr. Delay
- 11 Snow Make-up Day  
NO SCHOOL
- 23 2hr. Delay

### April

- 1-8 SPRING BREAK  
NO SCHOOL  
School Resumes –  
Normal Time on  
Monday, April 11<sup>th</sup>
- 15 GOOD FRIDAY – No  
School for students or  
staff
- 26 Fort Wayne Parks Dept.  
Gr. K-4 Students  
Plant Delivery 9:00 a.m.

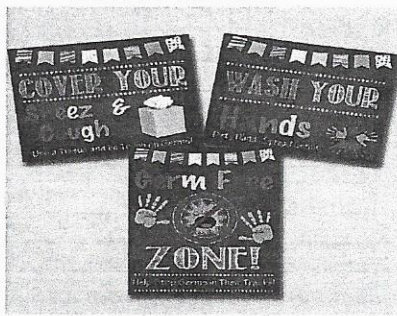


## LEMON PLUM

The Lemon plum was first bred in Israel. Varieties were later taken to Chile where the sweet plum is now primarily cultivated and exported. It is a relatively new variety to the United States, first showing up in American markets in 2010. Some believe the Lemon plum to be either the same or closely related to the Inca plum, a variety introduced by Luther Burbank of Santa Rosa, California in 1919. It is now protected by Slow Food USA under The Ark of Taste project as means to catalog and preserve heirloom foods threatened with extinction.

Lemon plums are a small variety with an unmistakable protruding end, reminiscent of the shape of a lemon. They share the same bright yellow coloring that later deepens to a reddish magenta, usually showing its first blushings of color at the characteristic rounded tip. Lemon Plums have a firm crisp texture that become quite soft and juicy if left to fully ripen. Lemon plums can become quite soft when they are fully ripe and are then best eaten fresh, out-of-hand. When they are still yellow and their flesh is crisp and slightly acidic, they can better hold their texture in baking applications such as tarts and cakes. Add the sliced fruits to fresh salads and cheese plates or mix the plums into smoothies with berries and other seasonal fruits. Complimentary pairings include other stone fruits such as peaches, apricots and almonds, berries, vanilla, cream, ginger, cardamom, nutmeg, cinnamon, chocolate and yogurt. Most Lemon plums sold outside of South America are under-ripe and should be left to ripen on the counter before eating. Lemon plums are available for a few short weeks in the early spring.

Their citrus themed moniker has no bearing on flavor, as they are not at all sour but pleasantly sweet with perhaps a touch of tangerine on the finish. Lemon plums are botanically classified as *Prunus salicina* and are known for changing color as they mature, earning the nickname 'Chameleon' plum. They get their commercial name from their unique shape that is indeed similar to that of a lemon. Though rare outside of their native home of Chile, their international popularity is growing. Lemon plums are high in vitamins A and C, potassium, calcium, phosphate and dietary fiber. These nutrients are important for a strong immune system, a healthy digestive system, lowering cholesterol levels, and prevent the negative effects of free radicals.



Remember: If your child has had a fever and/or has had diarrhea or vomiting, they must be both fever free and not suffering from intestinal flu for 24-hours before returning to school.

Please call the school if your student will not be at school because of illness.

## MARCH FRESH FRUIT AND VEGGIE SCHEDULE

	1 NO SCHOOL eLEARNING DAY	2	3 Blackberries	4
7 Red Grapes	8	9 2-hr Delay Green Pepper Strips	10 Kiwi	11 NO SCHOOL
14 Carrot	15	16 Red Raspberries	17	18 Red Plum
21	22 Colored Peppers	23 2-hr Delay Banana	24	25 Zucchini Coins
28 Blueberries	29 Yellow Tomatoes	30 Orange	31	

### NO SCHOOL ON MARCH 11<sup>TH</sup>

Remember, since Friday, March 11<sup>th</sup> was designated as a SNOW MAKE-UP DAY, there will be No School on Friday, March 11<sup>th</sup>.

School buses will operate at their regular times on Monday, March 14<sup>th</sup>.

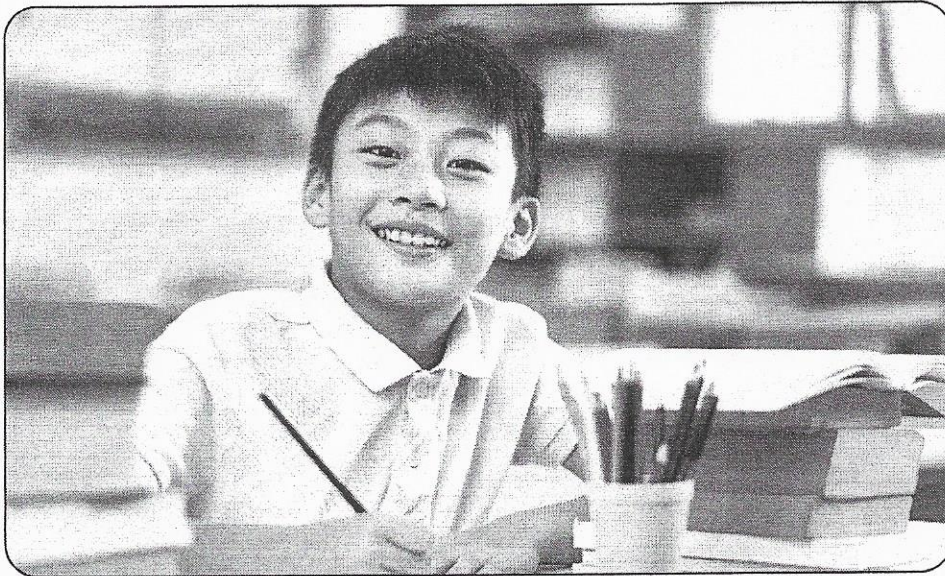


# Elementary School Parents<sup>®</sup>

March 2022  
Vol. 33, No. 7

*make the difference!*

Timothy L. Johnson Academy



## Ask questions to strengthen reading comprehension

**M**uch of your child's school success will depend on reading comprehension. Comprehension is much more than being able to read the words. It also means understanding the *meaning* of those words.

To boost reading comprehension, encourage your child to:

- **Summarize.** Talk with him about the material. Ask him to recall facts (such as characters, setting and plot), but also ask questions that require deeper thinking: What problems did the characters face? How does the story progress from beginning to end? Why did things turn out the way they did?
- **Make connections.** Ask your child what he has already learned or experienced that relates to the

story. Is the story like or unlike others he's read?

- **Solve problems.** Ask your child how the characters were affected by one another's actions. Can he imagine things from different viewpoints? If your child took a character's place, would he make the same decision the character made? How might his choices have changed the story?
- **Apply knowledge.** Ask your child to explain the message or moral of the story. Did the author have a clear opinion? If so, what was it? Does your child agree? How can your child apply what he's read to his everyday life?

Source: "Reading Comprehension and Higher Order Thinking Skills," K12 Reader.

## A set of house rules can make discipline easy



Children who are expected to follow rules at home are much more likely to follow rules at school. And when students follow the rules, there is more time for learning!

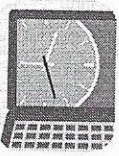
To make rules memorable, create a short list of house rules. These should be rules and consequences that govern the things that are your biggest concerns. In one family, it might be behavior toward siblings. In another, it might be helping out around the house.

Come up with a catchy phrase that sums up both the rule and the consequence. For example:

- **If you hit, you sit.** Any physical action toward a sibling will result in a time out.
- **If you partake, you take part.** Every family member has responsibility for meal time—from setting the table to clearing the dishes.
- **Pick up or pay up.** If your child doesn't put her belongings away, place them in a closet. Once a week, she can earn them back by completing a small chore.



## Reduce recreational screen time by tracking it and setting limits



Researchers have looked at the difference in children's brain activity when reading a book versus consuming screen-based media. The researchers found that brain activity increased while children were reading and decreased while they were viewing screen-based media. Their findings highlight the importance of limiting recreational screen time for healthy brain development.

The first step is to help your child become aware of how much time she actually spends staring at a screen for fun. Have her track the time she spends watching TV, playing digital games, texting friends and surfing online. She may be surprised how quickly those minutes add up.

If your child is spending less than two hours a day in front of a screen on non-school activities, she is on the right track. More? It's time to set limits.

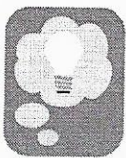
Studies show that when parents set *any* media rules, kids' screen time drops by an average of more than three hours a day.

Source: T. Horowitz-Kraus and J.S. Hutton, "Brain connectivity in children is increased by the time they spend reading books and decreased by the length of exposure to screen-based media," *Acta Paediatrica*.

**"Technology is so much fun but we can drown in our technology. The fog of information can drive out knowledge."**

—Alvin Toffler

## Strong thinking skills enhance learning and problem solving



Your child is feeling overwhelmed by a big history project. Or he's gotten stuck while trying to write a research paper. What do you do?

Helping your child understand how he thinks and approaches problems is one of the best ways to support him. Strong thinking skills bolster your child's learning—and give him the ability to solve real-world problems.

Help your child:

- **Become aware of *how* he thinks.** Educators call this *metacognition*, or the ability to think about the thinking process. Effective thinkers have a plan before they take action. They know if they need more information in order to make a decision. And if they get new information later, they adapt their plan. If your

child is struggling, say things like, "Let's think this through." Also help your child see his strengths as a problem solver. "Remember that when you make a plan, things seem to fall into place."

- **Draw on past knowledge** to address current problems. Your child may not have had an assignment just like this project, but he has worked on other big projects. What did he learn about how he works best?
- **Focus on effort.** "It's not that I'm so smart," Albert Einstein once said, "it's that I stick with a problem longer." So when your child gets discouraged, help him see the progress he has already made, and let him know he *can* reach his goal.

Source: A.L. Costa, *Developing Minds: A Resource Book for Teaching Thinking*, Association for Supervision and Curriculum Development.

## Are you helping your child live a healthy lifestyle?



Health and well-being help children learn their best. Are you setting your child up for success by helping him establish healthy habits? Answer *yes* or *no* to each question below to find out:

- \_\_\_ **1. Do you enforce a regular bedtime?** Being well-rested will help your child focus in class.
- \_\_\_ **2. Do you make sure your child starts the day with a nutritious breakfast?** Research shows that students who skip breakfast don't do as well in school as students who do eat breakfast.
- \_\_\_ **3. Do you encourage your child to eat nutritious snacks, including fruits and vegetables?**
- \_\_\_ **4. Do you teach your child that smoking and substance abuse will hurt his health and ability to learn?**
- \_\_\_ **5. Do you help your child find an outlet for stress, such as exercising or writing in a journal?**

**How well are you doing?**

Each *yes* means you are helping your child establish healthy habits. For each *no* answer, try that idea in the quiz.

Elementary School  
**Parents**  
make the difference!

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# Set the stage for a successful transition to middle school



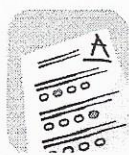
Will your child be heading to middle school next year? If so, the time to start preparing for that exciting transition is now.

At school, teachers are helping students get ready. At home, you can do the same thing. To support your child's progress and independence:

- **Learn about the middle school.** Read its website regularly. Sign up for notifications on its social media pages. Visit the school. Ask for a tour. The more comfortable you and your child are at the school, the easier it will be to adjust.
- **Build school spirit.** Learn about the school's clubs, teams, classes, colors and mascot. Talk about your child's interests. What new and exciting things do students learn and do in middle school? Attend a student performance or game together.

- **Encourage important habits.** Your child should stick to a daily homework routine and practice staying organized. These skills will be critical in middle school and beyond.
- **Find out about summer activities** for rising middle schoolers, such as library reading programs. Ask the school for suggestions.
- **Attend events** for new students and families. Join the parent-teacher organization and ask about the volunteer opportunities. Introduce yourself to staff and other parents.
- **Find a mentor.** Do any of your neighbors or friends have children currently attending the middle school? Perhaps one could talk to your child about what it's like.
- **Keep communicating.** Talk with your child about any concerns or questions she may have.

# Help your elementary schooler succeed on standardized tests



Standardized tests have been used to measure student achievement and ability for many years. But it's important

to remember that one test doesn't represent a child's total abilities.

A student may get high grades on his classwork, for example, but be too anxious on test day to think clearly.

To help your child succeed on tests:

- **Make schoolwork a priority.** Students who do well on tests tend to be the ones who study and finish assignments on time. They also miss less school than other students.
- **Communicate with teachers.** In addition to finding out how your child is doing throughout the year, find out about test details. Ask the teacher questions, such as, "Which skills do the tests measure?" "How should I help my child prepare?"
- **Develop healthy routines.** Your child needs adequate sleep and a nutritious breakfast every day before school. See the quiz on page two for more ways to adopt healthy lifestyle.
- **Promote reading.** Most tests require reading, so make sure your child reads often. Reading skills get stronger with regular practice.
- **Reduce anxiety.** Help him stay calm and positive. If he is nervous, he can take deep breaths and tell himself, "I can do this!" Remind your child that you will love him no matter what test score he earns.

**Q:** My fifth-grade daughter is late for everything. She turns homework in late. She starts projects at the last minute. How can I help her break this self-sabotaging habit?

## Questions & Answers

**A:** Unfortunately, time management doesn't come naturally to elementary schoolers. Instead, parents must teach them how to plan ahead.

Show your daughter how to:

1. **Get organized.** Encourage her to keep her backpack, room and study area neat. A child who can't organize her belongings is likely to have trouble organizing her thoughts and actions as well.
2. **Prioritize.** Help your child list everything she has to do under one of three headings: "Must Do," "Would Be Nice to Do" and "Can Skip This." Remind her that items on the must-do list (like homework) have to come first.
3. **Make a schedule.** After your child sets her priorities, help her figure out when she can actually do those "must-dos." That's where a schedule comes in. Some kids can draw up a schedule for the whole week and stick to it. Others need to make a schedule every day to keep on track.
4. **Stick to the schedule.** This may be the hardest step of all. Few children want to spend a sunny day doing research for an upcoming paper when five of their friends are planning to go on a long afternoon bike ride. Encourage and praise your child for staying on track. And don't forget to leave some time in the schedule for fun!



# It Matters: Social Emotional Learning

## Show your child how to develop social awareness



When children have the ability to understand and empathize with others, they are able to form solid connections

with classmates, teachers and friends. Social awareness allows kids to feel compassion for others—even when their background, beliefs and culture may be different.

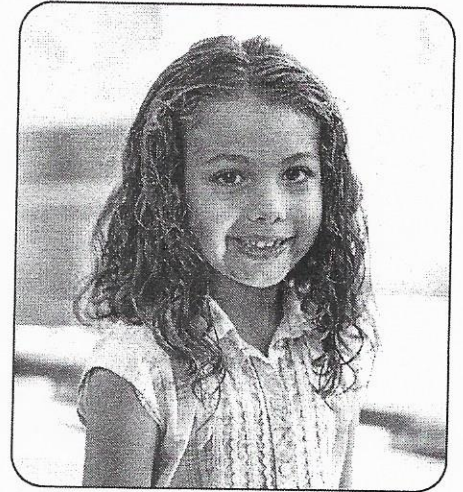
It's important for children to see all people as equal and to accept and recognize the strengths of people who are different from them. To guide your child:

- **Remember** that you teach by example. Do you use slurs? Have you formed opinions about people based on their color, religion or culture? If so, your child may, too.
- **Talk about** your family background. Unless you are a Native American, someone in your family came here from another country. Remind your child that at some point, everyone has struggled to find their place.
- **Let your child** know it's never OK to judge, insult or treat someone badly because of their appearance or background.
- **Talk about** prejudice and stereotypes. Remind your child that background does not show how smart a person is, how good they will be at sports, or even what kind of food they like.
- **Explain** that rules and laws have not always treated everyone fairly, and that we are trying to change that.
- **Welcome** people of many backgrounds into your family's life. Encourage your child to do the same.

## Four strategies help you talk with your child about feelings

Children who understand their feelings—and know how to talk about them—are less likely to act out and more likely to express themselves in productive ways. To get a conversation going about feelings:

1. **Make a list** of different feelings: happy, sad, angry, disappointed, frustrated, scared, mad, etc. Have your child draw a picture of each emotion.
2. **Ask your child** how she is feeling every day. Then talk about the things that make her feel that way. Listen carefully and be understanding. Don't ever tell your child that she shouldn't feel the way she feels.
3. **Point out** your child's feelings. Say, "You look happy to be outside," or "You seem frustrated that you haven't figured out the answer to that homework question yet."
4. **Talk about healthy ways** to cope with feelings. If your child is angry, she can take a deep breath and count to ten. If she is sad, she can hug a stuffed toy. If she is discouraged, she can try a different strategy.



## Boost relationship skills by resolving conflicts productively



Whether it's a fight with a friend, a misunderstanding with a teacher or an argument with a sibling—all kids experience conflict in their everyday lives.

To help your child resolve conflicts productively, encourage him to:

- **Avoid name-calling.** Teach him to use "I messages" to explain how he feels instead of "you messages" that blame the other person.
- **Hear the other person** out and try to understand their point of view.
- **Think before he acts.** Many times, a situation gets out of hand because people allow their emotions to control their actions.
- **Consider a compromise.** Your child is more likely to resolve a conflict successfully if he looks for a solution where everyone gives a little and gets a little, too.
- **Ask for help** when he needs it. Sometimes it takes a mediator to resolve a conflict. A parent or teacher may be able to help.
- **Stand up** for the rights of others who may have been wronged in the conflict.
- **Be willing to apologize** when he is at fault.



# Helping Children Learn<sup>®</sup>

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School



March 2022

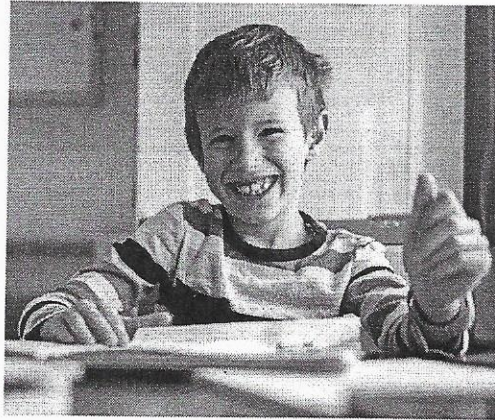
## There is more for your child to learn after the test is over

Elementary schoolers understand the idea of learning material for a test. But does your child know that he can learn a lot from the test after he takes it? Unless your student gets a perfect score every time, he will benefit from some after-the-test review.

When your child receives a graded test, have him:

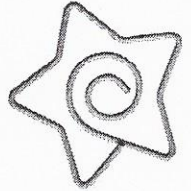
- **Take note** of which answers he got right and which he got wrong. He should correct any wrong answers and make sure he understands the material.
- **Identify the types of errors** he made. Mistakes generally come in two forms: carelessness and lack of preparation. Did your child rush through the question, or should he have studied more before the test?
- **Plan adjustments** for future tests. Brainstorm together about how your child can reduce careless errors. For example, he could read each question twice and double-check his work before turning it in.

For mistakes based on lack of preparation, the solution is more studying. Your child should start to review several days before the test. Then he'll have time to ask the teacher about anything he doesn't understand. The last day should be spent going over everything one final time, not learning new material.



## Instill the courage to try

It takes courage to speak up in class, to overcome fears and to do what's right. Explain to your child that courage doesn't require physical strength. He can build it by trying new things and learning from the results. Then be sure to praise his courage when he does!



## Match tasks with time

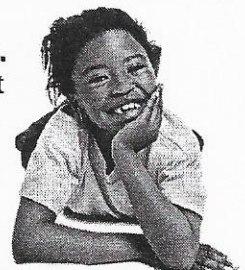
Some students dawdle and never complete tasks. Others are perfectionists who never stop working. Time management is important for both types of children. To teach it:

- **Talk** with your child before she starts a task. Decide on a reasonable amount of working time.
- **Provide** a five-minute warning before time is up.
- **Evaluate** progress. If she still has work to do when the time is up, help her think of ways to work differently or get help.

## A peaceful home promotes your child's well-being

Stress affects health and makes it harder for students to focus on schoolwork. To make your home a haven from life's stresses:

- **Practice stress-busters.** Teach your child to take deep breaths or play some relaxing music when she feels stressed.
- **Stay organized.** Avoid stressful hunting by keeping items in assigned places.
- **Prioritize sleep.** Your child needs nine to 12 hours a night.
- **Share good news.** Have everyone report on at least one good thing that happened every day.
- **Laugh.** Swap jokes and funny stories.



## Set an example to encourage reading

Your child learns by watching you that the things you regularly spend time doing are important. Show her that reading is one of those things!

To be a reading role model:

- **Sit down with a book,** newspaper or other reading material every day. Talk to your child about why reading is worth your time.
- **Look up a word** in the dictionary when you read one you are unsure of. Ask your child if she knows its meaning.
- **Read a tidbit aloud** when you come across something you think your child might find interesting. She may even be motivated to read the rest herself.
- **Join your child.** When you see her reading, pick up something to read yourself. Get comfortable and enjoy the time together.
- **Give books as gifts.** This shows your child that you think books are valuable. Encourage her to give books as gifts, too.





## Q&A Big projects defeat my child. How should I help?

**Q:** My fifth grader becomes forgetful and scattered when faced with a big project. I have to hold her hand to help her get the work done. How can I teach her to tackle projects responsibly?

**A:** Big projects seem overwhelming to lots of kids. And it's hard for students to handle them responsibly until they learn how.

To teach your child to manage, help her:

- **Break the project into pieces.** Explain that even massive projects can be divided into small, manageable tasks. For example, "Don't think of it as a huge report. Think of it as reading, making an outline, writing an introduction, etc." Remind your child that she knows how to do these things.
- **Set deadlines** for each part of the project. Have her write them on a calendar. Point out approaching deadlines, but let her do the work.
- **Make a supply list** right away. Of course, she'll need your help to get the supplies. But she can give some careful thought to what she needs. If she forgets something? She'll have to figure out how to do without it.
- **Face the consequences.** If your child delays and you scramble to help her finish on time, she'll learn to rely on you, rather than on herself. She may stumble the first few times she does a project on her own, but learning from the "bumps and bruises" she gets will help her in the long run.



## Parent Quiz

### Are you ready when frustration strikes?

Students need to know how to cope with the minor snags and hassles that occur in everyone's life from time to time. Are you helping your child learn to deal with frustration? Answer *yes* or *no* to the questions below:

- \_\_\_ **1. Do you understand** that it isn't your job to protect your child from all of life's ups and downs?
- \_\_\_ **2. Do you encourage** your child to keep trying when he is stuck? Ask questions to help him think of solutions.
- \_\_\_ **3. Do you help** your child name his feelings? "You're frustrated that this assignment is taking longer than you'd hoped. You'll get it done."
- \_\_\_ **4. Do you emphasize** the link between effort and outcome?

- \_\_\_ **5. Do you point out** real-life stories of people who have overcome challenges?

#### How well are you doing?

*More yes answers mean you are teaching your child to work through frustration. For each no, try that idea.*

"Patience removes frustration. Practice restores confidence. Perseverance makes it happen."

—Charles F. Glassman

## Investigate the weather

Wind, rain, freezing temperatures and warm sunshine—in many places, March can have it all. This month, help your child:

- **Track temperature.** Have your child record each day's temperature on a graph. She can also graph the number of days that are wintry, rainy and spring-like.
- **Build vocabulary.** Together, look up the meanings of weather words like *inclement*, *frigid*, *front* and *vortex*.
- **Go online** to find information and activities for kids. Try: Extreme Weather ([www.extremescience.com/weather.htm](http://www.extremescience.com/weather.htm)); SciJinks (<https://scijinks.gov>); Web Weather for Kids (<https://eo.ucar.edu/webweather>).



## Discover real wonder women

Celebrate Women's History Month by reading a biography together. If your child likes:

- **Science**, try a book about Mary Anning, whose seaside fossil discoveries advanced the field of paleontology.
- **Music**, learn more about country music superstar Dolly Parton, whose charitable efforts include distributing more than 165 million books to young children.
- **Sports**, read about Gertrude Ederle, who was the first woman to swim the English Channel—and set a speed record doing it.

## Space out study sessions

True learning—the kind that your child will retain long-term—requires time to review and think about the material. Your child will get more out of multiple, short study sessions spread out over time than one long one. Discourage cramming the night before a test, which can increase anxiety and interfere with clear thinking.

Source: G. Dewar, Ph.D. "Spaced learning: Why kids benefit from shorter lessons — with breaks," Parenting Science.

### Helping Children Learn®

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