



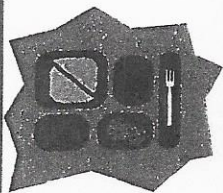
TLJA TIMES

A newsletter for Timothy L. Johnson Academy parents and families.
Timothy L. Johnson Academy 4615 Werling Dr., Fort Wayne, In 46806 (260) 441-8727

November 2022 Newsletter



We are here to serve you and your family! If you have any questions, please contact the school office at 441-8727.



Breakfast & Lunch

All students attending TLJA will receive free school meals. Timothy L. Johnson Academy has been approved to implement the Community Eligibility Provision for breakfast and lunch. This means that parents will not need to fill out the long meal application.

Dear TLJA Family,

I hope this newsletter finds everyone doing well. As we are approaching the winter season as well as the holidays, things get busy and we are always looking for more time to get everything done. This is also a busy time at school as we try to get everything in that needs to be taught prior to our breaks. We are also preparing for some crucial tests. Busy for all. Despite that, it is important to be sure to take a few minutes with our children and reflect on the importance of our families. Thanksgiving is a great time to express to those we care about that they are important to us. Be sure to set time aside for those we love.

Thanksgiving Blessings to all!!
Dawn Starks, TLJA School Leader

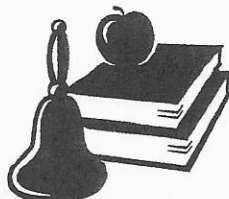


Box Tops

We are in need of your box tops for our school. They will help raise money for equipment and technology for our building. Have your student bring them in to the school office.

It is crucial that all scholars are at school and participating in class instruction each day. Every day of instruction is crucial to prepare for the next academic year and meet the requirements of the present school year. If you are experiencing any problems, please call us at 260-441-8727. We will be glad to assist you as needed.

Please be sure you are handling all computer devices with extreme care!! Repairs are costly to families.



Please be sure to read with your child at least 20 minutes every night!! Please make sure students are getting eight hours of sleep every night.

Parent-
Teacher
Conferences
for all scholars

November
4th
8:00 a.m.
to
4:00 p.m.

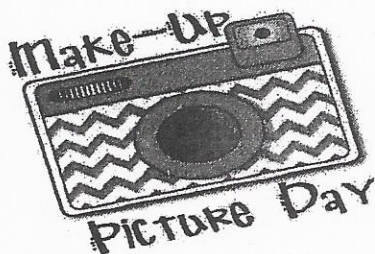
Please be sure to schedule a conference with your child's teacher.

PARENT/TEACHER CONFERENCES SCHEDULED

On Friday, November 4th, TLJ will have its first Parent/Teacher Conference of the year. The times scheduled are from 8:00 a.m. until 4:00 p.m. Please plan on attending to see the strides your student has made since the beginning of the school year. This is also a good time for you to comment on your child's progress and any concerns you may have.

You should have received a note from your child's teacher asking you to sign up for a time to visit with the teacher. Please return the form with the time you request so your teacher may make a class conference schedule.

Remember: There is no school for students on November 4th.



School picture re-take day is scheduled for Monday, November 7th for any student who was absent on the first picture day.

If your student had his/her picture taken but it was unsatisfactory, have the student return the picture packet to the photographer on November 7th, and your student may have his/her picture retaken.

COMING EVENTS

October

10/31 Middle School Basketball Conditioning

November

- 1 Middle School Basketball tryouts
- 4 Parent/Teacher Conferences 8:00 a.m. – 4:00 p.m.
NO SCHOOL FOR STUDENTS
- 7-11 **SPIRIT WEEK**
- 9 Afternoon MS Field trip
JA Sparks
- 16 MS Basketball Game (Away)
6:00 p.m. – Oak Farm
- 17 JA in a Day
- 23 eLearning Day
- 24-25 Thanksgiving Break

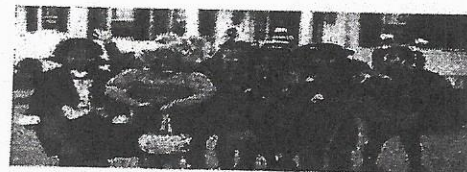
TLJ SPIRIT DAYS

To celebrate this awesome school year, let's show our pride with a week of Spirit Days at Timothy L. Johnson Academy. Everyone, beginning on Monday, November 7th through Friday, November 11th, is encouraged to participate in the daily fun activities listed below. Look around your house to find these items to wear to school.

- Monday – Pajama Day
- Tuesday – Favorite Team Day
- Wednesday – Dress Up Day
- Thursday – Favorite Color Day
- Friday – Wear Red, White and Blue Day

Help your student pick out an outfit to wear to school each day so he/she can take part in the fun and funny days of Spirit Week.

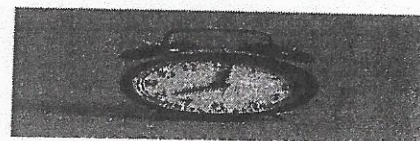
REMEMBER: There is no school for students on Friday, November 4th due to Parent/Teacher Conferences. School and bussing will resume at the regular time on Monday, November 7th.



TIPS FOR A SAFE HALLOWEEN NIGHT

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP)

1. A parent or responsible adult should always accompany young children.
2. Obtain flashlights with fresh batteries.
3. If your older children are going alone, plan and review the route that is acceptable to you.
4. Only go to homes with a porch light on and never enter a home or car for a treat.
5. Remain on well-lit streets and always use the sidewalk.



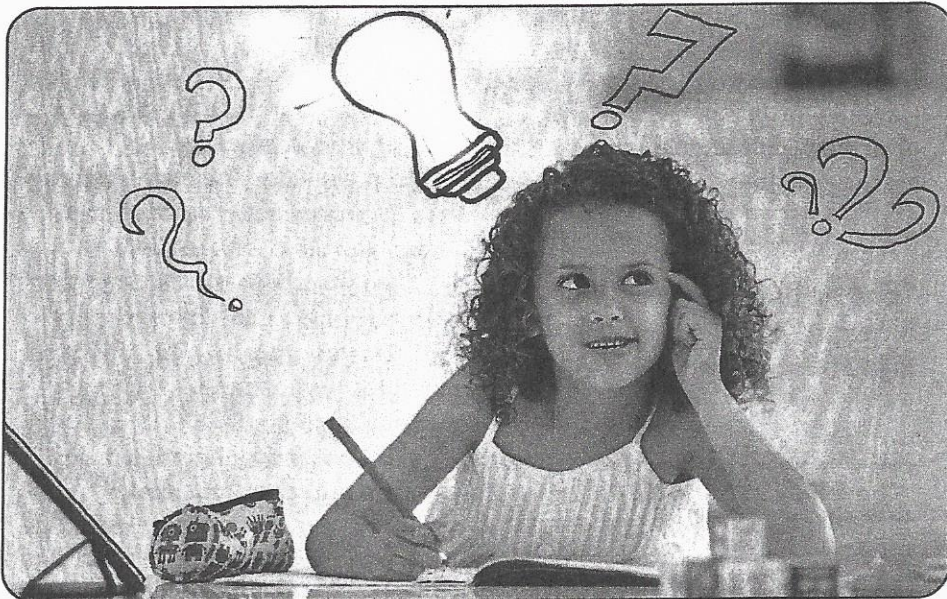
DON'T FORGET TO SET YOUR CLOCK BACK

Daylight Saving Time ends on Sunday, November 6, 2022, at 2:00 A.M. On Saturday night, clocks are set back one hour (i.e., gaining one hour) to "fall back."

JA IN A DAY COMING

On November 17th, Junior Achievement representatives will be here at TLJ to visit classrooms and teach the class from materials received by the classroom teacher.

Elementary School Parents[®] make the difference!



Strengthen thinking skills by asking six types of questions

Talking with your elementary schooler is an effective way to build thinking skills—especially if you ask certain kinds of questions.

Experts recognize six categories of thinking skills. Ask questions that help your child:

1. **Recall knowledge.** Ask about facts your child knows. “Who is the president?” “What is the capital of Virginia?” Words that will help with this include *who*, *when*, *what*, *where* and even *list*.
2. **Explain ideas or concepts.** When your child learns new things, check the depth of comprehension. “How would you illustrate the water cycle?”
3. **Apply knowledge.** How will your child use information in new

situations? “What has our country learned from the Civil War? How can we apply it to life today?”

4. **Analyze.** Many things can be divided into groups, such as types of animals. Have your child compare and contrast groups of things. “How are fish and humans different? How are they alike?”
5. **Evaluate.** Ask for your child’s opinion about things. “How have smartphones changed our lives?” “Why do you think Benjamin Franklin is so famous?”
6. **Create.** Ask your child to create a solution to a problem. Use words such as *invent* and *what if*.

Source: P. Armstrong, “Bloom’s Taxonomy,” Vanderbilt University, The Center for Teaching.

This four-step process can end procrastination



At one time or another, most students put off completing their schoolwork. But

when procrastination becomes a habit, it can negatively affect school performance.

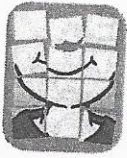
To break the procrastination habit, have your child:

1. **Select just one thing to do.** Sometimes kids put things off when they feel overwhelmed. Tell your child to focus on one assignment at a time.
2. **Set a timer for 30 minutes** and begin working on the assignment. While the timer is ticking, your child should focus only on that assignment.
3. **Avoid breaks.** Your child should get water or a snack *before* starting the timer to avoid interrupting work flow.
4. **Celebrate.** Once the timer goes off, encourage your child to do something fun, such as kicking a ball around outside for a few minutes.

Your child can repeat this process until schoolwork is complete!

Source: R. Emmett, *The Procrastinating Child: A Handbook for Adults to Help Children Stop Putting Things Off*, Walker & Company.

November is a great month to teach and learn with your child



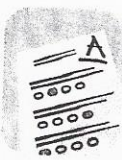
Education doesn't just happen at school—it happens everywhere! And November is a month full of learning opportunities:

- Nov. 4—King Tut Day. With your child, check out a book or go online to learn more about the discovery of King Tutankhamen's tomb.
- Nov. 8—Election Day. Talk to your child about rights, responsibilities and why it is important to vote.
- Nov. 11—Veterans Day. Talk about the sacrifices military people have made for our freedom. Ask your child to make a card for a veteran you know.
- Nov. 14-18—American Education Week. Try to visit the school one day this week to show your support for education.
- Nov. 16—International Day of Tolerance. Talk with your child about the importance of being respectful to people whose beliefs differ from yours.
- Nov. 21-27—National Family Week. Spend extra time as a family this week. Play games, cook meals and read together!
- Nov. 24—American Thanksgiving. Have family members make a list of all the people and things they are thankful for.

"The beautiful thing about learning is that nobody can take it away from you."

—B.B. King

Show your child how to become a more confident test-taker



Test anxiety often comes from self-doubt. When students don't think they will succeed on a test, they often don't.

To help your child become more confident before a test:

- **Take off the pressure.** Tell your child that tests just show the teacher what students have learned so far, and what they need help with.
- **Find out what the test will cover.** Encourage your child to listen carefully when the teacher talks about the test—and to ask questions if needed.
- **Avoid last-minute panic.** Your child should begin to study several days before the test. Cramming the night before a test rarely works.
- **Teach efficient studying.** Tell your child to focus on the not-yet mastered material first.
- **Help connect new material to information your child already knows.** These connections improve students' recall ability.
- **Encourage positive self-talk.** When stuck during a test, your child can say, "I am prepared and I know this. The answer will come to me."
- **Talk about your child's strengths.** Confidence in one area can lead to success in other areas.
- **Visualize success.** With eyes closed, have your child picture all of the test questions answered correctly.

Source: S.M. DeBroff, *The Mom Book Goes to School: Insider Tips to Ensure Your Child Thrives in Elementary and Middle School*, Free Press.

Are you making the most of your report card talks?



Perhaps your child's report card is great. Or maybe it's worse than you feared. Whatever the report card says, it provides a valuable opportunity to talk with your child about school and study habits.

Answer *yes* or *no* to the questions below to see if you are making the most of report card talks:

- ___ 1. Do you take your child's report card seriously and set aside time to review and discuss it together?
- ___ 2. Do you ask if your child agrees with the grades, and why or why not?
- ___ 3. Do you remain calm and try not to make your child feel even more disappointed?
- ___ 4. Do you help your child make a plan to improve or maintain grades for the next grading period?
- ___ 5. Do you contact the teacher if you or your child have concerns or questions?

How well are you doing?

If most of your answers are *yes*, you're turning report card time into learning time. For each *no* answer, try that idea in the quiz.

Elementary School
Parents
make the difference!

Practical Ideas for Parents
to Help Their Children.

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Encourage your elementary schooler to become a leader



Some students seem to be born leaders. They have the self-confidence, friendliness and helpfulness that make other

people want to work with them.

But all children, whether they are born leaders or not, have the ability to *become* leaders. Here are some ways you can help your child develop leadership skills:

- **Look at leaders in the news.**

Whether you're watching a story about a winning football team or a community effort to build a park, help your child see that someone was the leader of that group. Talk about the qualities that make people good leaders.

- **Be a leader yourself.** When you take a leadership role—whether it's at school, in business or in your community—tell your child about

what you're doing and why. "I'm volunteering to help your school raise money so they can purchase more classroom computers."

- **Teach your child** to see things from other people's points of view. Good leaders aren't bossy. They make people *want* to work together.
- **Find leadership opportunities.** Children can learn leadership skills in houses of worship, clubs, Scouts, athletic teams and many other organizations. Family meetings are another good way to develop "home-grown" leadership. Let children take turns chairing the meetings and managing family projects.
- **Don't push.** Pressuring children beyond their abilities destroys self-esteem. If your child seems stressed or unhappy, it's time to lighten up.

Research links nutrition quality to academic performance



Have you heard of the expression "food for thought"? Well, it turns out to be, quite literally, the truth.

Good nutrition really does feed the brain. And it starts with breakfast. Research shows that eating breakfast helps students stay on task and recall information. Eating breakfast regularly is even linked to improved overall school performance.

If your child gets breakfast at school, discuss the importance of eating it. If your child eats at home, keep low-sugar, unprocessed foods on hand. And be prepared for a rushed morning with a healthy breakfast that your child can eat on the way out the door.

Whether you're packing lunch or your child is eating a school lunch, discourage eating high-calorie and high-fat foods. When students eat a meal that is high in fat and sugar, their bodies tend to become very tired—which makes it difficult to concentrate.

Children are typically hungry when they get home from school, so be sure to keep a variety of healthy snacks on hand—fruits, veggies, cheese, yogurt and whole grain crackers.

Try to buy only the food you want your child to eat. Your child can't eat unhealthy food if it's not there.

Source: C. St John, M.P.H., R.D.N., "Proof Positive: Breakfast Improves Kids' Grades, Mood and Weight," Healthy Eating.Org.

Q: My elementary schooler struggled with math last year and now doesn't like it. I understand because I'm not good at math either. How can I encourage a better attitude about math?

Questions & Answers

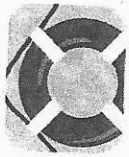
A: Parents' attitudes about math have a lot to do with how well their children do in math. Kids whose parents tell them they didn't like math when they were in school often struggle with math as well. Likewise, children whose parents instill a sense of enjoyment of math tend to perform better.

To help your child develop a positive attitude about math:

- **Set the tone.** Let your child know you believe *everyone* can be successful in math. If you say this often enough, your child will start to believe it!
- **Avoid stereotypes.** Men and women can be engineers. Children of all races can be successful in school. In fact, students who are successful in math can go a long way toward breaking the stereotypes that others may hold.
- **Talk about careers.** Young children may decide that being a Ninja Turtle or an Avenger is a great career choice. Expand the options. Talk about people who use math in their jobs—an airline pilot, a weather forecaster, an architect, an astronaut, a researcher, an engineer, etc.
- **Connect math to the real world.** When you and your child go to the store, bank, restaurant, etc., point out all of the ways people use math. At dinner, challenge family members to tell one way they used math that day.

It Matters: Building Character

What should you do if your child is caught cheating?



You receive a note from the teacher that says your child was caught cheating. Your first instinct may be to

ground your child for life.

Instead, experts suggest setting aside time to talk and really listen to your child. Ask what happened and find out why your child felt the need to cheat.

Here are four common reasons some students cheat:

1. **They are afraid of what their parents will do if they bring home a bad grade.** Make sure your child knows that a low grade would not affect your love. You would be more concerned about the situation than angry.
2. **They have high expectations for their own academic achievement.** Tell your child not to put too much emphasis on grades. Grades don't reflect a person's worth or intelligence.
3. **They think cheating is no big deal.** Explain that cheating is always wrong. Cheaters rob themselves of learning the material and they are unfair to honest students.
4. **They were asked to.** Tell your child that letting someone look at a test or copy an assignment is wrong. A real friend would never ask someone to do that. Help your child role-play turning down a request to cheat: "I'd like to help you, but I don't like cheating. Besides, we could get into a lot of trouble."

Source: J. Craig, Ph.D., *Parents on the Spot! What to Do When Kids Put You There*, Hearst Books.

Teach your child to persevere when faced with challenges

If your child has set a goal to reach, such as earning an A on a project or making the competitive soccer team, achieving it will probably take hard work. And there may be times your child will feel like giving up. That's why it's important to encourage perseverance, especially when things are difficult. Here's how:

- **Discuss past successes.** Did your child save money to buy something? How did your child do it? What did success feel like? What did your child learn?
- **Choose a fun, realistic goal.** Make it something that can be reached quickly. If your child wants to read an entire series of books, start small. Set a goal for your child to read the first book.
- **Listen for ideas.** Kids often mention goals without actually setting them. ("I'd love to be in the talent show" or "I hope I finish my report on



time.") Together, create a step-by-step plan for success.

- **Brainstorm different strategies** to try if your child doesn't meet a goal. And help your child revise a goal if it is too ambitious.
- **Be a cheerleader.** Say things like, "You are really sticking with this. I'm impressed!" Even if your child misses the mark, praise effort.

Use role models to encourage positive character traits



Although you are the primary role model in your child's life, you don't have to be the only one. Here's how to use other role models to instill positive character traits:

- **Talk about relatives, friends or celebrities** who show respect, responsibility, compassion or other desirable traits. Say how much you admire them and why.
- **Share your heroes with your child.** Talk about people such as

Anne Frank, Martin Luther King, Jr., Abraham Lincoln and Mother Teresa. Discuss the traits you admire in them.

- **Together, find or draw pictures of people your child admires.** Ask why your child thinks highly of them. Heroes can be fictional—from books or movies—or people in your family, such as an uncle who helps build houses for people in need or a grandmother who worked to put a child through college.

Helping Children Learn[®]

ELEMENTARY SCHOOL

Tips Families Can Use to Help Children Do Better in School



November 2022

Teach your child that multitasking and schoolwork don't mix

When your child is doing schoolwork at home, stop and consider: How many things are you both trying to do at once? Is your child studying while singing to music? Are you helping while also checking your email?



Multitasking has become a way of life, but not a good one. Research shows that the brain doesn't really focus on several tasks at once. Instead, it moves quickly from one thing to another—not giving anything its full attention.

To help your child concentrate on the assignment at hand:

- **Set a good example.** When your child is talking to you about schoolwork, give it your complete focus. This shows that it is important to pay attention to learning.
- **Schedule enough time** for your child to do tasks consecutively, instead of all at once: read at 4:00, math at 4:30, listen to music at 5:00.
- **Remove distractions.** Multitasking with technology (texting, having TV on in the background, etc.) has a negative impact on studying, learning and grades. Turn off all devices your child doesn't need to do the work.
- **Limit multitasking** to activities that don't require concentration. Your child can listen to music while setting the table or tidying up.

Source: C. Kubu, Ph.D. and A. Machado, MD, "The Science Is Clear: Why Multitasking Doesn't Work," Cleveland Clinic.



Talk with your elementary schooler about honesty and why it matters

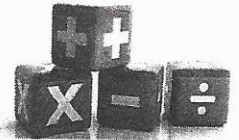
Honesty is a core school value. Most elementary students know the difference between being truthful and lying. But deciding when and how to tell the truth isn't always easy for them. To encourage honesty:

- **Ask what your child thinks.** "Do you want others to tell you the truth?" "Is it ever OK to lie?" Discuss why honesty is important.
- **Talk about what lying does.** "Lying destroys trust. If you lie often, people won't believe you, even when you tell the truth."
- **Create opportunities** for truth-telling. Instead of asking your child, "Did you do this?" say, "Why did you do this?" Praise honesty. If you hear a lie, express confidence that your child will make a better choice next time.
- **Be a model.** Children notice when adults tell the truth—and when they don't.

Source: V. Talwar and others, "Children's Evaluations of Tattles, Confessions, Prosocial and Antisocial Lies," *International Review of Pragmatics*, Brill.

Get the facts about math

Why should your child memorize math facts when the world is full of calculators?



Because math facts are the basis for higher math. When students have to stop and do basic calculations, they lose their focus on the larger concepts. Knowing the facts also gives students the confidence to try more advanced math.

Review respectful behavior

Respectful behavior toward others creates the positive academic environment students need to learn. Encourage your child to:

- **Address** teachers and classmates by name.
- **Be courteous.** Words like *please* and *thank you* make a difference.
- **Avoid interrupting.** Instead, your child can raise a hand to be called on.

Have siblings show the way

Studies show that children who see an older brother or sister reading for fun are more likely to seek out books themselves.



Siblings are also great for suggesting and sharing books, and having conversations about reading material. To make the most of this relationship:

- **Plan weekly family reading time.**
- **Take your children** to the library together. Let your younger child watch the big kids browsing and reading.
- **Ask other older kids**—cousins, babysitters, etc. to bring along a book when spending time with your child.

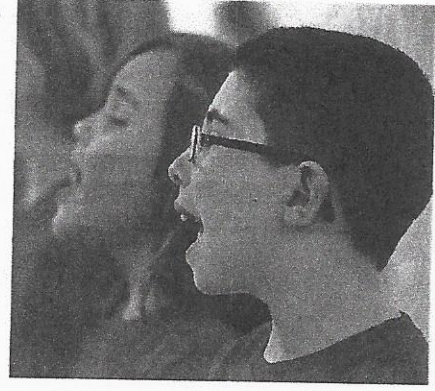
Source: M. Knoester and M. Plikuhn, "Influence of siblings on out-of-school reading practices," *Journal of Research in Reading*, John Wiley & Sons.



Q&A How can I prevent my child from being excluded?

Q: My fourth-grader has never had many friends. One child who used to spend time with mine seems to have moved on to other friends. That group is teasing my child—who now doesn't want to go to school. Should I call the former friend's parents? What else can I do?

A: Social problems at school can have a negative effect on children's emotional and academic wellbeing. When teasing affects your child's willingness to go to school, you must get involved. But calling other parents isn't the answer. It hardly ever works, and could result in more heartache for your child. Instead:



- **Alert your child's teacher.** Explain the problem and ask for support in making your child feel welcome and safe in the classroom.
- **Ask about after-school activities** and clubs at school. Spending time with other students who also enjoy making robots or singing in a special chorus can help your child find a "friend group" at school.
- **Look for organized activities** outside school that might interest your child. Sometimes, a structured setting makes it easier for kids to get along.

If your child continues to struggle with friendships, ask for an appointment with a school psychologist or counselor. They are trained to help students and families with social issues that affect school success.

Parent Quiz

Are you teaching decision-making?

Children make lots of choices that affect their school success: to say *no* to peer pressure or go with the flow, to tackle challenges or give up, etc. Are you helping your child learn how to make wise choices? Answer *yes* or *no* below:

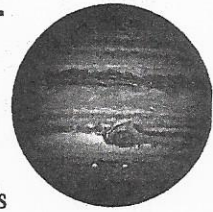
- | | |
|--|--|
| <p><input type="checkbox"/> 1. Do you teach your child that every choice comes with consequences?</p> <p><input type="checkbox"/> 2. Do you explain your thinking to your child sometimes as you make decisions?</p> <p><input type="checkbox"/> 3. Do you involve your child in discussions about family decisions?</p> <p><input type="checkbox"/> 4. Do you encourage your child to ask questions before deciding? "What do student patrol members do?" "Can I change my mind later?"</p> | <p><input type="checkbox"/> 5. Do you let your child make lots of choices and live with their outcomes?</p> <p>How well are you doing?
 <i>More yes answers mean you're offering important lessons in decision-making. For each no, try that idea.</i></p> |
|--|--|

*"It takes courage not only to make decisions, but to live with those decisions afterwards."
 —Mike Krzyzewski*

Connect new information to things your child knows

When your child is learning, connecting new information to something familiar leads to better long-term recall ability than just repeating it over and over. To help your child make meaningful connections:

- **Create a story together.** Weave new information into situations and locations your child knows well.
- **Get the big picture.** Rather than repeating "Jupiter is the largest planet," your child can tie that fact to a broader idea. "Everything about our solar system's biggest planet is big. Jupiter's big red spot is bigger than the Earth."



Source: J.A. Meltzer and others, "Electrophysiological signatures of phonological and semantic maintenance in sentence repetition," *NeuroImage*, Elsevier.

What's the real problem?

Your child is upset about performing poorly on a quiz. It's important not to ignore these feelings. But was that quiz really "unfair" as your child claims? Ask a few questions. "Why wasn't it fair?" "How did you prepare?" If the real story is that your child didn't study, point that out. Your student was irresponsible, not mistreated. Together, brainstorm about what your child could do differently next time.

Reach out to teachers

It's natural for you to have questions for your child's teachers, and teachers want to help. When you communicate:

- **Be patient.** Busy teachers may need a day or two to respond.
- **Be open-minded.** Expect to hear about your child's strengths *and* weaknesses.
- **Be positive.** You and the teacher both want your child to do well.

Helping Children Learn®

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