

News from Room 110



September 15, 2023

UPCOMING EVENTS:

Monday, September 18 -22

Cross Country Practice

Practices: M- 9:10-9:45am

T-Th- 8:10-8:45am

No Friday practices or days of meet

Monday, September 25

PTA Fall Fundraiser Kickoff

More details to follow

Thursday, September 28

Watch DOG Pizza Night

Multi-Purpose Room 6:30 p.m.

Friday, September 29

Dalton/Ramsey Cross Country Meet

Woodland Middle School

4:00 p.m. - 6:00 p.m.

Friday, October 6

NO SCHOOL!!

Monday, October 16

Watch DOGS begin today!

Tuesday, October 17

Picture Day!

More information will be sent home as this date approaches!

Hello,

I hope this finds you all happy and healthy. We have a first of the school year "bug" making its rounds in our room. Hopefully ALL my students are back to feeling better next week...

We had an amazing second week of school! We did some assessments so we can help your child by knowing where they are and helping them to grow and be successful this year. We also started our first unit in Idaho History about our state symbols. We read and wrote and even did some math!

Next week we will really start getting into the fourth grade curriculum. We are going to be learning about the metric system of measurement and tie that into our place value unit. We will do a lot of word work this year including spelling. Next week will be an introduction/review week. We will continue our symbols unit in Idaho history. We will also be doing a lot of listening, speaking, reading, and writing. In other words we will be very busy!

Just a reminder that students reading minute trackers are due every Monday. I give lots of grace on this time line. The most important thing is that they are reading. 😊

Please check out the upcoming events! There are always a LOT of activities happening! Thank you for ALL you do!

Have a superb week!

Michele Rutherford

FAQs....

Q: How can I help my child be more successful this year?

A: I love when parents ask me this question because I know they genuinely want to partner with me to help their child grow as a learner. ☺

So my answer comes in multiple parts:

1. Make sure your child is getting enough sleep.

I am often surprised at how many kids tell me they are tired at our morning meetings. I tell them they are responsible to make sure they are going to bed when asked etc. They have to learn their own bodies and how much sleep they need– it's a life lesson and different for everyone! Sometimes even Mrs. Rutherford doesn't go to sleep when she should... Lack of sleep is a learning killer not to mention how cranky some people get when they haven't had a good night's sleep! ☺

2. Less screen time more outdoor play.

It's not that screens are necessarily bad, but research shows that screens are replacing healthy outdoor play. This limits a child's imagination and creativity. Also, kids often have more trouble falling asleep at night if they have had a lot of screen time right before bed...

3. Read to your child or with your or have them read to you.

Sharing a good book offers the opportunity to open discussions. Movies are great but they are a passive activity where all images are put into your brain. A book offers the opportunity to visualize the story differently and to better understand a character's point of view. Think about all those books you enjoyed as kid – I bet they still have relevance today and wouldn't it be great to share the good ol' days with your child!

4. Practice those multiplication facts until your child knows them like their name!

Here is my analogy of why this is so important. Knowing your math facts is like knowing sight words in reading. If every time you came to the word "the" and you had to sound it out (or any other sight word) think how cumbersome reading would be. Not knowing those math facts is exactly the same. They are the base for most of the new skills kids learn in the fourth grade...

5. Do what you already are!

Encourage your child to be who they are! Let them know mistakes are how we learn. Help your child to embrace the attitude that learning academics is a lot like learning a sport. There will be struggles and it won't always be easy BUT if you stick to it the payoff is great!

