

MR. ROSSER'S TOP TEN TIPS FOR ELEMENTARY PARENTS:

1. **SLEEP**: Ensure that your student is sleeping 9-10 hours per night. Researchers have determined that consistent sleeping habits result in improved memory, concentration, mood and energy.
2. **LITERACY**: Read frequently with your students and make frequent trips to your local library and/or bookstore. Recommended daily reading times vary by grade level, but generally plan on reading to or with your child every day.
3. **ATTENDANCE**: Regular, timely attendance at school is highly correlated with higher academic achievement. Unless your child is sick or has an important appointment, make every effort to ensure that they are attending school every day and that they are on time.
4. **NUTRITION**: Doctors recommend that children eat 5 servings of fresh fruit and vegetables daily. They also recommend limiting sugar and saturated fat intake, so limit their soda and junk food intake. Good nutrition is correlated with improved learning potential.
5. **EXERCISE**: Your student's brain needs to be cleansed and invigorated each day by the burst of oxygen and blood flow that occurs during exercise. Encourage your student to exercise for at least 30 minutes each day. Explore options for organized team sports, performing arts, and martial arts in our community. Or, consider joining them for regular bike rides, hikes, etc.
6. **ORGANIZATION**: Create a homework area in your home where your child can do homework every day. Ensure that this area is quiet and properly stocked with the necessary supplies.
7. **FAMILY TIME**: Depending on your work schedules, attempt to have some regular time every day together. Most families try to organize this time around meals. Research has shown that students from families who spend regular daily time together are much **less** likely to have problems with truancy, law violations, substance abuse and academic difficulties.
8. **COMMUNICATION**: Regular conversations with your child are essential to enhance their personal safety and their academic progress. Talk to your child's teacher on a regular basis about their academic/social development. Attempt to spend time in their classroom to familiarize yourself with the routines and language that your student hears each day while they are at school.
9. **SCREEN TIME**: The American Association of Pediatrics recommends that parents closely monitor and limit their student's screen time (TV, computer, cell phone, video games, etc.). Studies have shown that excessive screen time can lead to attention problems, school difficulties, sleep and eating disorders, and obesity. Children should be engaged in screen time for no more than 1-2 hours per day and that should be high quality content, closely monitored by a parent.
10. **PLAY/FUN**: It is important for children to spend time each day on outdoor play, hobbies and using their imagination and creativity in free play. Some examples would be Legos, Art, Music, or just enjoying time at the local playground.