

News from the Nest 2.0

PARENT EDITION VOLUME 11 APRIL 2015

Welcome Fischer Families!



Welcome to News from the Nest 2.0! This online newsletter is specifically created *for* parents *by* teachers. It will serve as a useful tool in providing educational tips and strategies, as well as developing systems that parents can use to work with their children at home on the academic skills being stressed in the school program. We hope that this information serves as a positive medium in strengthening the relationship between home and school.

Quarter 4: Staying Focused

We are one week into 4th quarter for the 2014-2015 school year! With the end near, and spring fever in the air, it is important for students to remember to stay focused until the very end. According to schoolfamily.com, the following are helpful tips for students to stay focused at school:

- **Sleep:** the National Sleep Foundation & American Academy of Pediatrics, agree that middle school aged children should get between 9-11 hours of sleep each night.
- **Nutrition:** eating a healthy breakfast with fruit & protein (such as eggs), healthy grains, low-sugar cereal, etc. a healthy lunch & dinner through the day will help focus with a steady source of energy throughout the day.

- **Daily Exercise:** walking, riding a bike, playing at the park, or a team sport can help children focus in school.

Here are some helpful tips for students to stay organized:

- ⇒ **Keep school supplies in one place.**
- ⇒ **Make "to do" lists.** Include school and non-school tasks, and check off tasks as they are completed.
- ⇒ **Create a study spot to do homework.** A place that is quiet, and has enough light, a hard work surface, no distractions, all materials and a chair.

DRESS CODE

With warm weather (hopefully) right around the corner, it is important for all students to follow Fischer's dress code. The dress code can be found in the handbook (located in your child's assignment notebook). It includes, but is not limited to, items such as: undergarments must be covered at all times, bare midriffs are not permitted, and shorts and skirts must come to at least fingertip length with arms fully extended.

APRIL EVENTS:

- April 15th: Fischer Family Night 6:30-8 p.m.
- April 15th: Residency Paperwork due for 6th & 8th Grade
- April 23-24: Spring Musical
- April 29th: 6th Grade Orientation
- May 2: Fischer Family Fun Run

PARENTAL MEASURES TO SUCCESS

FALCON

TRIVIA:

What does AFOOFA (our school motto) stand for?



TECH-TIP

For more tips and information on how to help your child be a successful student, scan this QR Code or click on the website below:



Answer: All For One and One For All

<http://www.schoolfamily.com/middle-school>