

WASHINGTON ISLAND SCHOOL

Title 1 Newsletter

December 2021

Schoolwide Title 1 programs are designed to generate high levels of academic achievement for all students, especially those most in need of additional support.

Family Engagement and YOU!

Here are some ideas for activities to help you get through the hustle and bustle of the Holiday break:

<https://www.rif.org/sites/default/files/Stressbusting-Holiday-Flyer-2.pdf>

The Reading is Fundamental organization offers lots of resources for family literacy. You can peruse their website to explore all they offer. With children being at home now, the link below will take you to a section that included stories read aloud on video:

<https://www.rallytoread.org/resources> Stories read aloud, including **Santa** reading.

Extended Learning Time (ELT)

*ELT is well underway with students working hard on individually selected learning programs and interventions. Progress monitoring is conducted weekly or bi-weekly to watch student growth. We are aware that many of these learning programs are challenging to students, which is essential actually. As we know, **struggle is productive and serves to cement learning in the brain**. We are proud of our students as they “power through” and build stronger skills.*

Some Resources for You

More On Learning Through Struggle:

<https://www.kqed.org/mindshift/53404/why-normalizing-struggle-can-create-a-better-math-experience-for-kids>

EARLY LEARNING

Resources for parents from Reading is Fundamental:

<https://www.rif.org/literacy-central/parents>

*Here you will find reading and literacy activities, how to help **struggling readers**, and monthly calendars focused on literacy, book recommendations, and more. This may help you during our virtual learning time and during school breaks. Check it out!*

MIDDLE SCHOOL YEARS

*Parents - Please read this short article (“Why **Struggle** is Essential for the Brain”) and discuss it with your children! I compare learning struggle to learning the steps to a piece of choreography. What seems so*

hard in the beginning - the challenge to form solid neural pathways that allow a dancer to physically perform a set of complicated moves and recall when and how to use them - becomes more and more natural, technically proficient, and beautifully graceful. This is the brain at work (along with the body) as skilled dancers will tell you. Mistakes are expected along the way to proficiency. It cannot be so without hard work and practice.

<https://www.edsurge.com/news/2019-10-28-why-struggle-is-essential-for-the-brain-and-our-lives>

HIGH SCHOOL YEARS

*As we all **struggle** with school closure and other challenges, building resiliency is more important than ever. Your teenager may feel unusually stressed, angry, disappointed, untethered, etc., etc. Parents and other significant adults may feel under equipped to help. "Resilience for Teens: Got Bounce," an article from the American Psychological Association, provides "10 tips to build resilience" for your teenager. During the virtual learning period, the following suggestion among the tips, may be one of the most important; **"During a time of major stress, map out a routine and stick to it."***

<https://www.apa.org/topics/resilience/bounce-teens>

2022 is almost here and I wish each and every one of you a most reinvigorating and healthy New Year! We have struggles to engage in and overcome, but by banding together (for the sake of our treasured children), we have so much to look forward to!

Mrs. Foss

Go Bucks!!