



### Getting Your Family Involved

As a parent, you want to guide your child to become a healthy adult. What kind of activities can you do together as a family that will guide your child toward becoming a compassionate adult? Of course, modeling is very important, but getting your family involved in community service and volunteering is another great way. Not only will you show your child that it is “cool” to care for others, but it is also a wonderful way to meet new people.

#### Reasons to Get Involved

*It feels good.* When you commit your time and effort to an organization or a cause you feel strongly about, the feeling of fulfillment can be endless.

*It strengthens your community.* When a community is doing well as a whole, its individuals are better off, too.

*It can strengthen your family.* Volunteering is a great way for families to have fun and feel closer. You could select just one or two projects a year and make them a family tradition.

#### What Kids Can Learn From Volunteering

If volunteering begins at an early age, it can become a part of kids' lives - something they might just expect and want to do. It can teach them:

*A sense of responsibility.* By volunteering, kids and teens learn what it means to make and keep a commitment. But they also learn that, ultimately, we're all responsible for the well-being of our communities.

*That one person can make a difference.* A wonderful, empowering message for kids is that they're important enough to have an impact on someone or something else.

*The benefit of sacrifice.* By giving up a toy to a less fortunate child, a child learns that sometimes it's good to sacrifice.

*Tolerance.* Kids and teens learn that even though many others are far different than they are, individuals can be united by common values.

### November is Family Engagement Month

**Celebrate  
National Parent Involvement  
Day**

**Thursday, November 17, 2016**

### Attendance: A Key to Your Student's Success

Research shows that children who are in school most of the time do better on standardized tests. Studies also show that kids who are absent more often score lower on standardized tests.

Being late for school hurts a child's learning, too. A student who is 10 minutes late every day will miss 30 hours of instruction during the year.

Children can copy notes or make up an assignment, but they can never get back what's most important: the discussions, the questions, the explanations by the teacher and the thinking that makes learning come alive.

Your child's success in school depends on having a solid educational background—one that can only be gained through **regular school attendance**.

#### Here's How You Can Improve Your Child's School Attendance:

- Avoid scheduling family trips or doctor appointments during school hours.
- Don't accept excuses for why your child “must” miss or be late for school.
- Lead by example. If children see parents taking off work for no real reason, they may expect to be able to do the same thing.

*Schools are responsible for teaching your child.  
But schools can't do their job if your child is  
absent.*

## What's the Difference Between *Memorial Day* and *Veterans Day*?

People who work in the military (Army, Navy, Air Force, Marines, Coast Guard) have very important jobs; they help defend [protect from harm] people here in the U.S. and in other countries. Some of these men and women are away from their families for many months at a time. Both Veterans Day and Memorial Day are important holidays in the U.S. to honor people who have been members of the military.

**Memorial Day**, on the last Monday in May, is when we remember and honor men and women who died while serving in the military.

**Veterans Day**, on November 11, is the day to thank all the men and women who have served in the military during wars and peaceful times.

What can parents do with kids on Memorial or Veterans Day? Visit a [memorial](#) or send a card to someone in the military. Do you have relatives who are in the military? Ask them to share some stories about life in the military. Remember to say thanks to a veteran for help keeping us and our country safe.

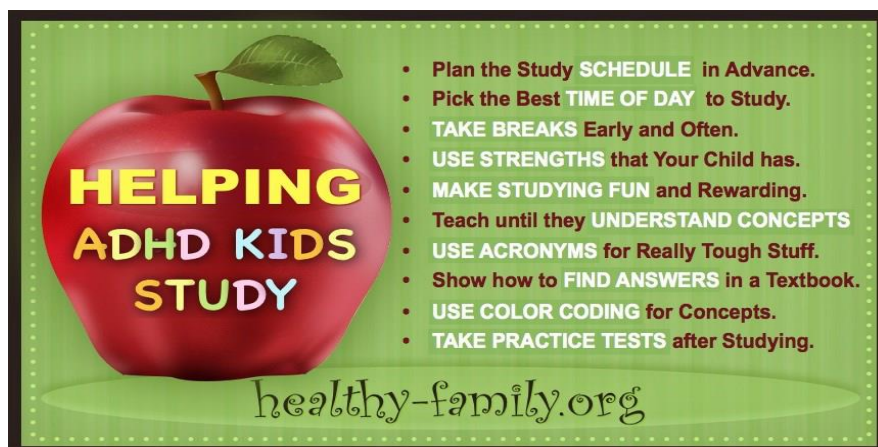


## Help Your ADHD Child Stay Organized

If your child has ADHD, getting organized may can be a challenge. Listed below are some ideas to that may assist you to help your child keep his school things straight:

- Get a multi-compartment backpack. He/she can store specific items in each section.
- Make labeled folders or bins. He/she can put current assignments in one and completed papers in another.
- Use sticky notes. Show your child how to post important reminders where he/ will see them.

**Source:** "School Organization 101: Clutter-Free Backpacks and Bedrooms," [ADDitudemag.com, www.additudemag.com/adhd/article/1038.html](http://ADDitudemag.com/www.additudemag.com/adhd/article/1038.html).



- Plan the Study **SCHEDULE** in Advance.
- Pick the Best **TIME OF DAY** to Study.
- TAKE **BREAKS** Early and Often.
- USE **STRENGTHS** that Your Child has.
- MAKE **STUDYING FUN** and Rewarding.
- Teach until they **UNDERSTAND CONCEPTS**
- USE **ACRONYMS** for Really Tough Stuff.
- Show how to **FIND ANSWERS** in a Textbook.
- USE **COLOR CODING** for Concepts.
- TAKE **PRACTICE TESTS** after Studying.

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