

**Dear Parents/Guardians,**

The "Character Word" for the month of April is "Perseverance". It's a choice to persist, dig deep and take action when it feels like the world is working against you. It's the willingness to overcome exhaustion, resistance and unpleasant circumstances. It's the courage to work hard, stick-to-it and press on no matter what.

I will be doing Academic & Career unit for school counseling lessons for month of April. We will explore various careers and educational options. The students will be creating an Academic and Career Plan Portfolio (ACPP). This is an important milestone in his/her primary school journey in Loudoun County Public Schools. . Your student will have the opportunity to explore information and resources about various careers. Your student will update the Academic and Career Plan Portfolio throughout their elementary experience. This document is accessible by your student through his/her LCPS Go account in their Google Drive folder and/or a copy will be available in his/her student record. We know that abilities and interests will likely change over time. However, the goal is to help elementary school students begin to think about the future. We will learn about different interests and explore careers that would match their interests. Students will learn about relationship between education and specific career.

**We are approaching SOL season. Please encourage students to study and review on daily basis.**

As you know that there is no single right or wrong way to study. Each child is an individual and each will find something different that works. Certain important

practices will make life easier for everyone in the family when it comes to study time and organization. However, some of them may require adjustment from other members of the family.

1. Turn of the TV set. Make it a house rule that whenever it is study time, it is "no TV" time.
2. You will need to set rules about the family phone during study hours. You may need to place restrictions on the length of calls during study time. You may want to keep the phone available in case your child needs to call a classmate to confirm an assignment or to discuss difficult homework.
3. Designate specific areas for homework and studying. Some suggestions are the child's room or the kitchen/dining room table. Eliminate as much distraction as possible.
  - A table that allow for all necessary supplies as pencils, pens, paper, book and other essential works.
  - Encourage the use of a calendar or small book or pad for writing down assignments.
4. Consistency is a key factor in academic success. Serving meals at a standard time is helpful. Some students prefer to study soon after arriving at home in the afternoon.
5. Teach your child that studying is more than just doing homework assignments. Encourage your child to do such things as
  - Learn to skim material
  - Take notes while reading a chapter.
  - Learn to make flashcards for quick review of dates, formulas, spelling words etc.
  - Learn to study tables and charts.

- Learn to summarize what has been read in his/her own words.
6. Help your child feel confident for tests. Explain to your child that cramming the night before test is not productive. It is better to get a good night's sleep. Remind your child to read the directions carefully and completely before beginning the test. Skip over questions for which they do not know the answers right away. They can return to those questions at the end.
  7. During study time, watch for frustrations. No learning can take place or be accomplished if the child is angry or upset over an assignment.

I will continue to have lunch groups for the rest of the school year. Students need parental permission for group participation. Please feel free to contact me with your questions or concerns.

Sincerely,

Supriya Thomare

School Counselor