

# Student Services Department Newsletter

February 1, 2020

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## Guidance

With the new year one whole month in already I thought it would be beneficial to have a reminder of some tips on helping children succeed!! A recent article I read online struck a chord with me because I think as parents it is often easy for forget these simple things and go with easier impulses, however science supports these methods for creating successful kids!!

1. **You can be anything you want to be! Letting kids literally “Be whatever they want to be” falsely sets them up to believe that if they want to be the star quarterback or the winner of American Idol that is a realistic career goal when it’s not. Many kids are not interested in the job outlook for their employment options, they are interested in jobs that are not available or not realistic for their skill sets and we are doing them a huge disservice by letting them think those are real options.**
2. **Home is in the kitchen! Family dinners are easier said than done of course! With many kids running in a million different directions for sports, activities, jobs and friend commitments getting all family members to the table at the same time seems like something that requires a realignment of the solar system!! If you can achieve this massive accomplishment though, kids who eat family meals five days a week exhibit higher GPAs, lower teen pregnancy rates, lower substance abuse rates, obesity rates, and high self-esteem!**
3. **Enforce no screen time! Studies have shown that children’s brains are altered by screen time and unfortunately many kids substitute screen time for social interactions, reading, homework, and family time. If media time is limited to one hour or less a day significant benefits like increased attentiveness and socialization can occur.**
4. **Work it Mom! Studies show that little girls are more likely to grow up and go into the workforce if their mom was a working mother.**
5. **Spread the wealth! Kids who do chores at home are far more likely to achieve professional success than kids who don’t.**
6. **Waaaaait for iiiiiiit! Children who are able to delay gratification similarly grew up to be more successful adults with better social skills, higher test scores, and a lower incidence of substance abuse. They also turned out to be less obese and better able to deal with stress. Finally, the ones who grew up to be professional athletes, musicians, and CEOs exhibited the greatest ability to delay gratification and weather the daily stresses.**
7. **Get your read on! It is no secret that kids who read perform better in traditionally “academic” areas like vocabulary and math but they are also people who grow up to read for fun, which is a great way to reduce stress and unwind at the end of the day.**
8. **It’s a small world after all! Encouraging travel has so many positive effects on children that I am just going to list them and let them speak for themselves!!!**
  - a. **Desire to travel more (76%)**
  - b. **Increased tolerance of other cultures and ethnicities (74%)**

- c. Increased willingness to know/learn/explore (73%)
  - d. Increased willingness to try different foods (70%)
  - e. Increased independence, self-esteem, and confidence (69%)
  - f. More intellectual curiosity (69%)
  - g. Increased tolerance and respectfulness (66%)
  - h. Better adaptability and sensitivity (66%)
  - i. Being more outgoing (51%)
  - j. Better self-expression (51%)
  - k. Increased attractiveness to college admissions (42%)
9. How many times did Michael Jordan fail? Well then your kid can fail too, and you should let them! How else are they going to learn to deal with disappointment? One day your kid isn't going to live with you and have you right there to help them recover so they need to know how to pick themselves back up when they face adversity.

Citation: [https://getpocket.com/explore/item/science-says-the-most-successful-kids-have-parents-who-do-these-9-things?utm\\_source=pocket-newtab](https://getpocket.com/explore/item/science-says-the-most-successful-kids-have-parents-who-do-these-9-things?utm_source=pocket-newtab)

Winter Keystones are done and the 11th grade career unit with their field trip is coming up along with Spring scheduling. Mr. Vogan and Mrs. Kleemook have been busily attending IEP meetings and trying to tie up loose ends before testing season and scheduling hit!

## Nurse

Spring sport and 11th grade physical will be held on Feb. 27, 2020 from 9:00 - 12:00 in the Nurse's Office.

## Library

Schedule your blind date with a book today and see if there is a connection!!!

## Digital Support/Decathlon/Pentathlon

Attending Equations at SRU tomorrow- almost 30 kids attending- numbers are up for Academic Games!! =)

Decathlon Regionals next weekend (Feb 7-8) at Edinboro University. Hoping to make it to States!

