Dear parents,
(français ci-dessous)
Hope this finds you well.
We are well into our second semester now. This could be a great time to review some basics in order for your child(ren) to finish this school year strong!

Routine. This word is so crucial. To both children and adults, routines contribute greatly to mental well-being and academic achievement. Although we are in February it is still not too late to create or improve the routines already in place.
Setting *regular times* for sleeping, studying, eating and even fun activities are simple ways to create a routine with your child(ren). For bigger kids, the routine could even include focus time without any electronics.



Setting. Creating an environment conducive to learning is also important to succeed in school. Is there an area in the house dedicated to studying? If not, a table set up in your child(ren) bedroom, with appropriate lights and school resources easily accessible will do. There your child(ren) could focus on school work away from distractions.



Family time. Human connections are important and children who feel loved, perform better and are more likely to behave in ways that are prosocial. Eating together at the dinner table, doing chores, shopping, or playing a game are simple avenues to communicate love and create meaningful memories and connections.



Goal setting. We are 60% more likely to achieve the goals that we have written down. You and your child could benefit from discussing goals together. Discussing academic goals with your little one(s) can create accountability and boost them to perform- if it is done in an encouraging manner.

I hope you will find those little reminders helpful as we progress into this academic year.
If you have any questions or concerns please do not hesitate to contact me.

Laurence Traore/Tyano
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