



Amsterdam School



Title 1 Newsletter March/April 2022-2023

Study Skills Guide

It's not an exaggeration to say that study skills are life skills. Taking good notes, creating a focused workspace, managing distractions, making plans—any and all of these are skills people of all ages use every single day. Taking time to teach good study skills up front can equip children to succeed in school and beyond. There are a lot of different ways to study successfully. Offer your child options and help them find the strategies that work best for them.

Choose Your Space: Make sure to choose a comfortable, quiet, well lit area that is designated for study while they're using it.

Make Yourself Comfortable: "Comfortable" looks different for every person, so don't assume all kids need to be sitting at a desk to work well. At the same time, they shouldn't be so comfortable that they'll fall asleep! When kids are doing independent reading, let them choose any spot they like. For other work, make sure they have a sturdy writing surface, like a table or lap desk. Ensure they have enough light to see what they're doing, and teach them good posture if they're sitting in a chair so they don't develop stiff muscles.

Manage Distractions: Elementary kids are easily distracted, so their study space should be as calm as possible. If a quiet room isn't available, they might need noise-canceling headphones or even a white-noise machine to help them concentrate. Muting the TV isn't enough—be sure it's off completely. Remind friends and siblings to leave kids alone while they're working.

Gather Your Supplies: One way to eliminate distractions is to make sure you have everything you need in place before you begin. This includes water and healthy snacks! Note: Keep materials neat & organized!

Use a H-work Planner/Take-Home Folder: Make sure to check it daily. Make it a habit!

Choose The Best Study Time: Let kids try doing their homework at different times throughout the day, and see if there are times when they're better at concentrating. If so, teach them to schedule their schoolwork during those times, and make extracurricular choices for them accordingly.

Take Breaks: Students need both physical and mental brain breaks while they study! Remind kids to get up and move around regularly, rest their eyes, and give their brain a break for a few minutes every so often. Younger students should be able to work for about 15-20 minutes before taking a break, with upper grades going as long as 30 minutes. They usually won't need reminders to take breaks, but they might need some help keeping those breaks to no more than 10 minutes or so.

Finding Help: Even when you have terrific study skills, sometimes you need some assistance. Asking for help when you need it is something everyone needs to be able to do. While kids can't expect adults to walk them through every step of the process, they should feel free to reach out for guidance when they need it. Most outside-school communication is between parents and teachers at this point, but kids should be encouraged to ask their own questions during the school day whenever possible. As they get older, parents should do their best to let kids take the lead.

Dates to Remember

March 16-17
NO SCHOOL

March 22
Early Release - 2pm

March 28
End of 3rd Qtr.

April 7-10
NO SCHOOL

April 19
Early Release - 2pm



Anxiety Reducing APPS

Balloon (Breathing Games)
Aumio
Positive Penguins
Cosmic Kids Yoga
MindShift