



# Amsterdam School Title 1 Newsletter November/December 2024



## Reduce Your Child's Holiday Stress

Think the holidays are stressful for you? They can be just as bad for your kid. These strategies can help keep your child calm.

### **\*Stick to routines**

We know things are crazy. You're going to this and that place to shop for gifts, attending parties, planning meals and cooking, and possibly traveling to be with loved ones (or doing the hosting in your own home), but do your best to maintain some consistency. Children experience comfort through a routine, so as much as possible, stick to the same naptimes, mealtimes, and bedtimes that are usual for your child.

### **\*Give a heads up**

Once you've figured out the family's plan for the day, provide your child with a schedule. Simply being in the loop to prepare for what's coming is a huge stress reliever for children.

### **\*Schedule in downtime**

When coming up with your day's events, pencil in some downtime. Even a 15- to 30-minute break can help kids recharge and decrease the likelihood of emotional or behavioral problems later on, so set aside time to read, play games, talk, or even laze around with electronics.

### **\*Let your child vent**

Give your child permission to come to you if he needs to get something off his chest.

### **\*Work up a sweat**

Exercise causes the brain to release endorphins, the body's feel-good chemicals, which can reduce stress, Dr. Reznick says. So make sure your kids get lots of physical activity during the day, whether that's going for a walk, playing in the snow, or putting on music and dancing around the house.

### **\*Just say "no"**

A major way to tame some of the craziness associated with the holidays is to skip out on some activities. You don't have to attend every gathering!

### **\*Keep yourself in check**

Children of all ages look to their parents for cues about how they should think, feel, and act," says Dr. Adams. So make sure you manage your own stress.

*Resource: Parents By Tamekia Reece*

## Dates to Remember

### **\*Thursday, November 7th\***

Parent Teacher Conferences 4-8pm

### **\*Friday, November 8th\***

NO SCHOOL

Parent Conferences 8-12pm

### **\*November 27th - 29th\***

NO SCHOOL

### **\*Wednesday, December 18th\***

Music Program

### **\*December 23rd - January 3rd\***

NO SCHOOL



### **Khan Academy Kids** (ages 2-7)

Or

### **Khan Academy** (1<sup>st</sup> grade & up)

Free, fun, educational apps that assist with reading, language, math and executive functioning. No Subscriptions or Ads!

## Pleasure Reading Strengthens Vocabulary & Comprehension

Your child already does a lot of school-related reading. So why is it important for him to make time for pleasure reading, too? When students read for fun, they don't worry about memorizing every detail for an upcoming test. They enjoy what they read and are likely to read faster. Kids who are able to read quickly also understand more of what they read. Their reading comprehension improves and their vocabularies grow!

To encourage your child to read for pleasure:

- **Show that reading is fun.** If you're reading something you enjoy, share it!
- **Read what your child reads.** Talk about it with them!
- **Listen to audiobooks.** Books that are too challenging to read on their own come to life when they hear books read aloud. This also helps your child's vocabulary and listening skills.
- **Remind your child** that they don't have to finish a book if it is too hard. Encourage them to try another.