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Share with all of your Family, Friends, Supporters, and Students...

Newsletter for parents and families of the Cleveland Metropolitan School District



Oliver Hazard Perry School

The Oliver H. Perry team is focused on ensuring our scholars are the future innovators, caring citizens, creative thinkers, and problem-solvers of their communities. O.H. Perry students ask questions, investigate problems and make connections through inquiry, arts integrated learning, mini-courses, and technology.



Home & School CONNECTION

Working Together for School Success

September 2019

SHORT NOTES

Be considerate
Family meals offer plenty of chances for your youngster to practice being considerate. As you serve yourselves food, you might say, "Make sure to leave enough so everyone gets some." Or if there's one piece of chicken left, encourage your child to ask if anyone wants to split it instead of taking the whole thing for himself.

Tired after school!
As your youngster gets used to the routine of a new school year, she may be more tired than usual. Be sure she's getting 9-11 hours of sleep each night. Also, try to keep evenings low-key by not planning too many activities.

Cardboard box "origami"
Before tossing boxes in the recycling bin, use them to build your child's spatial sense and math skills. Have him pull each box apart at the seams and lay it flat. Can he tape it back together? Idea: Challenge him to make a mini pizza or cereal box using construction paper and tape.

Worth quoting
"Look for the helpers. You will always find people who are helping."
Fred Rogers

JUST FOR FUN

Q: How many eggs did the farmer collect from his biggest rooster?
A: Zero. Roosters don't lay eggs!



The ABCs of school success

School success begins at home! While your child is learning her ABCs, 123s, and much more, she can get the year off to a great start with these other ABCs.

Attend every day
More time in class = more learning. Help your youngster attend school regularly by scheduling doctor appointments and family vacations outside of school hours. Also, she can cut down on sick days by eating her fruits and vegetables, washing her hands often, and getting plenty of physical activity.

Be organized
Forgotten homework? A backpack that doubles as a black hole? Good organizational skills prevent those problems. Together, brainstorm ways for your child to get—and stay—organized. For instance, she could choose a special folder for bringing home and returning homework and use a zipper bag to store pencils and other supplies.



Check in daily
Designate a time each day to sit down with your youngster, talk about what she did in school, and review papers she brought home. You might read a story she wrote or look over her math test, for example. This simple routine shows her that you care about what she's learning. Plus, you'll notice where she's doing well or if she's struggling with anything so you can follow up with her teacher.

Back to school...for parents

School rules keep students safe and let teachers do their job. Show your youngster that parents can help by following rules—just like he does. Here are a few examples:

- Check in at the office as soon as you enter the school building, and be prepared to show identification.
- If you drive your child to school, be familiar with drop-off and pickup procedures. For instance, stay in your car, obey staff and patrol officers, and help your youngster exit the car quickly and safely.
- Follow rules for sending food to school. Is there a no-peanut policy? Are birthday treats allowed?
- Contact the teacher to arrange visits ahead of time rather than dropping in.



Home & School CONNECTION®

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Getting out the door

Mornings help to set the tone for your child's school day. Consider these ideas for a routine that will send him off to school relaxed and ready to learn.

Add a "cushion." Does your youngster need to walk out the door at 8 a.m.? Have him pretend he has to leave by 7:45 a.m. and adjust his routine accordingly. If he's ready early, great! The cushion of extra time will make the morning feel more relaxed—and maybe even give him time to read for pleasure or review spelling words.



Simply breakfast. Make it healthy, ready-to-eat breakfast items ahead of time with your child. Overnight oatmeal, hard-boiled eggs, cheese cubes with fruit, and favorite sandwiches are all good bets. Idea: Let your youngster eat breakfast at school. Enjoying a hot, healthy meal with friends is a nice way to start the day.

Use a musical countdown. Suggest that your child create a song playlist that fits the amount of time he has to get ready for school. Then, turn on the music when he wakes up. Once he's familiar with the order of the songs, he'll know how much time he has left just from listening to the music.

PARENT TO PARENT

Basket of clues
My daughter Asha loves that her teacher begins each morning by giving the children clues about what they'll learn that day. At back-to-school night, the teacher mentioned that this lets them practice reading and thinking logically, so I decided to try it at home.

The next Saturday morning, I left a basket of clues on the coffee table about what our family would do in the afternoon. It included a finger puppet, a tote bag, and a bookmark. I added a message: "We will have fun at this place and bring some of the fun home in the bag." Asha figured out that we were going to the library to watch a puppet show and check out books.

Now on Friday nights, Asha asks me to make a clue basket. Sometimes, she even thinks of an activity she'd like to do and writes clues for me.

OUR PURPOSE
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting resources for education.
A Division of CLE Metropolitan School District
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ACTIVITY CORNER

Time out for nature
Time spent enjoying nature has been shown to reduce stress and improve children's—and adults'—mental health. The outdoors is a great place to learn, too. Enjoy these five activities with your youngster.

1. Search for spiderwebs, and let her "collect" them by taking photos with your phone.
2. Find a place to sit quietly and listen to the birds. Can your child spot the birds that make each sound you hear?
3. Take a few deep breaths, and tell each other what outdoor scents you smell (pine trees, flowers).
4. Look for different types of rocks. She can sort them according to size, shape, or color.
5. Explore favorite outdoor places in all kinds of weather. Splash in puddles on a rainy morning. On a sunny afternoon, observe the shadows that leaves make on the ground as the breeze blows them around.



Persistence pays off

Q: My son is always eager to try activities, such as karate or student council, but then he'll ask to drop out because they're "too hard" or "too much work." How should I handle this?

A: Many youngsters are surprised when something that looks easy turns out to take hard work. Learning to find ways to overcome challenges will help your son stick with activities—and develop persistence.

When he mentions that a karate move or a student council job is taking too much effort, ask him what, specifically, is challenging. Then together, think of solutions. For example, if he's struggling with karate moves that involve balancing on one foot, brainstorm fun ways to improve his balance. Over time, your child will get in the habit of looking for solutions instead of giving up.



2019 Fathers Walk @ OHP Thanks for Supporting!

Our fathers & male mentors came out in full force this morning over at Oliver H.

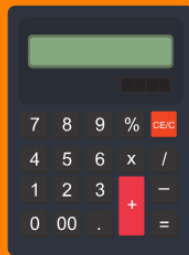
Perry for the [#NEOFathersWalk](#)! Thanks for helping your [Cleveland Metropolitan School District](#) scholars to [#Get2SchoolCLE](#) this morning!!

Dean of Students Anthony H. Brown had a great turnout 🙌



Did you know missing more than 10 days of school in a year can...

reduce math scores by 12 points.



**YOU
can
make it!**

reduce reading scores by 15 points.



Working Together for School Success

Short Stops

Take good risks
Encourage your tween to try an activity that appeals to her, even if she's a little nervous.

Maybe she wants to join the cross-country team (but hasn't run longer distances). Or perhaps she's interested in the improv club but is hesitant about public speaking. Stepping out of her comfort zone will stretch her abilities and build confidence.

Agree to disagree

If your usually agreeable child starts poking holes in your opinions, that's a sign his reasoning skills are developing. Try not to take it personally, and ask him to share his views respectfully. He'll learn that it's okay to disagree, as long as he's polite about it.

Puzzle me this

Crossword puzzles boost your tween's vocabulary. Have her print free puzzles she finds online or get crossword books from a dollar store. Or she and her friends could make crosswords for each other on graph paper or with a website like puzzlemakersdiscovery.com.

Worth quoting

"The way to get started is to quit talking and begin doing." —Walt Disney

Just for fun

Q: Why did the bird build a nest on the car?

A: She knew they would be moving soon!



© 2010 Illustration by: Barbara, Leland & Jeff Woodson

A good attitude = more learning

Starting the year with a positive attitude about school goes a long way toward a student's success. Inspire your tween to develop a winning outlook with these strategies.

Look for positives

Your middle grader can find something interesting about every class. Suggest that he start a list of fun facts, one from each class every week. After a biology lesson on genetics, he might write, "I had a 50 percent chance of having blue eyes since Mom's are brown and Dad's are blue." Encourage him to share his discoveries with you.

Celebrate achievements

Tell your tween to congratulate himself on a job well done. Maybe he earned a higher score on this week's vocabulary quiz than he did on last week's. Or perhaps he picked a topic for his history paper, even though he was tempted to quit.

Fall family fun

Strong parent-tween relationships help kids resist risky behaviors and make family life more enjoyable. Try these ideas.

Outings. Ask your child to find outings that sound fun, such as a fall festival or a paint night. For ideas, she could look in the newspaper or check library and community center websites. Tip: Suggest that she ask classmates where their families like to go on weekends.

Projects. Let your middle grader plan family projects. Perhaps she'll suggest a garage sale. Work together to gather books, housewares, and toys you don't need anymore. She can help to advertise the sale, price items, and greet customers.



put off getting started. Saying "I did it!" will make him feel good about himself and motivated to keep working hard.

Seek help

Successful students know how to get help when they face challenges. For example, your child could post a schedule of teachers' office hours or homework-help sessions in his locker. Then, if he's struggling, he can sign up for a slot. Having a plan in place will help him stay upbeat.



like in middle school? While you probably won't be volunteering in your child's classroom, she still wants your support (even if she doesn't act like she does). Consider these tips for being a partner in her education.



help that are related to your tween's activities. If she plays in the band, you could volunteer to set up for a concert. If she belongs to a book club, you might offer to shelve library books and talk to her afterward about books you noticed. Or if she's an athlete, maybe you'll work at the concession stand during sporting events.

Getting started with community service

Q: My son is required to complete community service hours this year, but he can't decide what to do. How can I help him?



A: Doing community service will let your son help others and gain work experience. The main office or his school counselor may have a list of places where he can volunteer. He could also ask friends, relatives, and neighbors for ideas.

Then, suggest that he choose a job that matches his interests—he'll get more out of it that way. For example, he might participate in a beach cleanup if he's concerned about the environment. Or if he likes working with younger children, he may play games or read with little ones at a homeless shelter while their parents attend job training.

Finally, encourage him to keep track of his work, including names of supervisors, so he'll receive credit—and even have references for a job someday.

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Resources for Educators
13180 Royal Hollow • Front Royal, VA 22630
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www.dadsandmoms.com
ISSN: 1548-5510

Everyday engineering

Tween shoes and clothing to appliances and electronics, just about every product your tween uses was designed by engineers. Help him discover how engineering affects his daily life with this activity.

1. Encourage your child to consider the engineering involved in his favorite products. Maybe his running shoes absorb impact, the smoothie maker purées big chunks of fruit, or his jacket repels rain.

2. Now let him pick a product to redesign. He could decide to add another layer of foam to his shoes. First, he should run a block and rate his comfort on a scale of 1–10. Then, he can add foam, run another block, and rate his comfort again. What happens if he adds even more foam? How much might be too much?



Parent to Parent

The "elevator speech"

When I was looking for a job, I discovered an interesting technique for "selling" yourself in an interview: the "elevator speech." I shared the idea with my daughter

Susan, thinking she could use it to write summaries or make points during class discussions.

I told Susan to pretend she was going to ride an elevator with me and summarize the novel she's reading in

30 seconds or less—about the time it would take to ride from the ground to the top floor of a building.

Susan jotted down what she wanted to say. At first, it took her almost 3 minutes to read it. But she kept trimming her summary until it was about 30 seconds long.

Then, she read it aloud to me. She got to the point quickly, and now she plans to try the strategy in class.



OPEN GYM



Tuesday & Thursday

BASKETBALL

7th & 8th Grade only, 2:30-4:30 pm

Near West Theatre's free after school theatre arts program is here to engage and empower them! **Rise!** is starting up on Monday 9/30 and will last throughout the school year on a rolling basis. Participants will embark on a project to learn acting and movement, write a script (they'll be going into the Shoreway community to hear stories), and make lasting friendships! The program is for ages 9 - 15 and meets Mondays and Wednesdays from 4:00-5:30pm. Healthy snacks are provided daily.

To register, contact Trinidad Snider, tsnider@nearwesttheatre.org. For more information: <http://nearwesttheatre.org/pages/rise20192020>.


Near West Theatre

Picture Day at: **mylifetouch.com**

Picture Day is:
Friday, October 18, 2019
Oliver H. Perry Academy

- 1 Visit:
mylifetouch.com
- 2 Enter
your Picture Day ID
EVTDB2GZG
- 3 Order
your perfect package--and
don't worry about returning
anything on Picture Day!

Lifetouch REWARDS™
Order online and receive
exclusive offers from
Lifetouch Rewards.



Questions? Please contact Customer Service at 800.736.4753.

CMSD Starts Family Partnership Institute

CMSD has created the Family Partnership Institute to provide families with important information on District initiatives, goals, supports and more.

The institute will emphasize the importance of working together to ensure students' success. The free sessions will include a keynote speaker, workshops, a healthy meal, displays by community partners and networking.

The first two sessions will be held Wednesday, Oct. 16 at Lincoln-West Campus, 3202 W. 30th St., and Wednesday, Oct. 30 at East Tech High School, 2439 E. 55th St. Additional sessions will be held Wednesday, Feb. 19 and Wednesday, March 4 at locations that are to be determined. All of the sessions will run 5:30 to 8 p.m.

The Family Partnership Institute replaces the Parent Leadership Institute, which began as a vehicle for networking and information for members of school PTAs, SPOs and principal advisory groups.

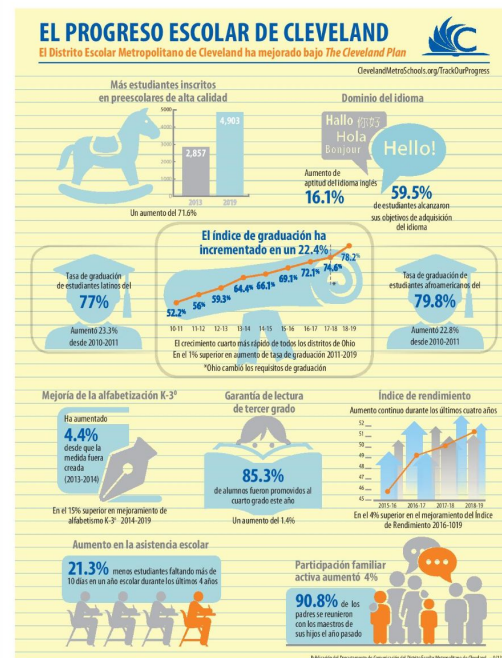
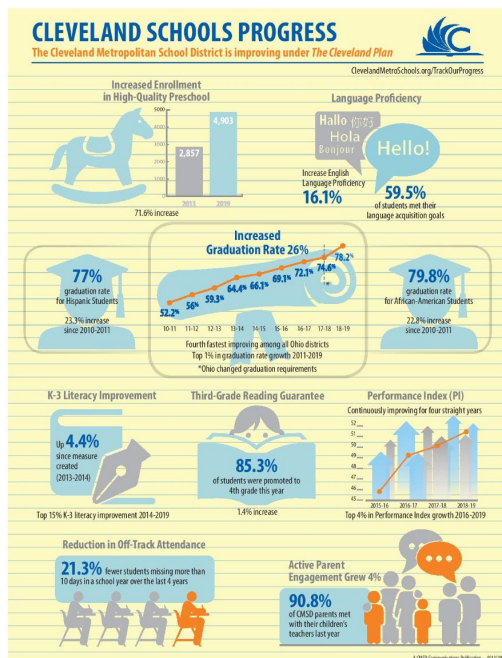
For more information contact Carla Hempstead at 216.838.0336 or by email at carla.hempstead@clevelandmetroschools.org





Vibrant City, Vibrant Schools

Cleveland Metropolitan School District partnered with Cleveland Neighborhood Progress to showcase why CMSD offers great schools and education for the students of Cleveland. From free high-quality PreK, school choice, all-time high graduation rates, and college tuition scholarships with Say Yes to Education, Cleveland Metropolitan School District works with families to ensure the success of every student. Visit ClevelandMetroSchools.org for more information. For more information about Cleveland Neighborhood Progress, visit www.clevelandnp.org



App monitors progress of CMSD



NEW Mobile App This Year!

Track your child's yellow bus

Track your child's yellow bus on your phone with the Edulog Parent Portal!

Download the app at ClevelandMetroSchools.org/EdulogPP

Transportation Hotline
216.838.4BUS

IMPORTANT: When entering your child's information, type his/her CMSD student ID number in the District ID field

free app that will let them track the progress of their children's yellow buses. The Edulog Parent Portal app allows users to monitor the location of a bus in real time. Users can receive notifications and alerts regarding delays or emergencies, or when the student's bus is nearing pickup or drop-off. The app does not track the travel of RTA buses or cars and vans used to transport students.

To download the app (click the image), the parent or caregiver must have the student's District ID number. The District ID number is the same as the student ID number.



Tri-C offers free courses for CMSD parents

CMSD parents and caregivers can take courses and earn college credit, tuition free, with classes offered at two District schools.

The courses, which are also open to parents and caregivers of students who attend partnering charter schools, are being offered through Cuyahoga Community College. Classes in the Tri-C Parent University Learning Series will meet from 4 to 6:50 p.m. on Tuesdays from Sept. 10 through Dec. 17.

Strategies for Success, which will teach planning, time management and other skills that will help a student succeed in college, will be presented at Almira School, 3375 W. 99th St. Fundamentals of Interpersonal Communication will be taught at Harvey Rice School, 2730 E. 116th St.

Note: The courses may be full by the time this newsletter reaches you. Courses will be offered again in the spring semester.



Free Fresh Produce



MetroHealth Outpatient Pavilion
1st Floor Atrium (Near Pharmacy)
2500 MetroHealth Drive

Third Tuesday of Every Month

September 17

October 15

November 19

December 17

10 a.m. -12 p.m.

Bring picture I.D.

In partnership with:



**Greater Cleveland
Food Bank**



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