

HIGH SCHOOL OF ART AND DESIGN

Manuel A. Ureña, Principal

Website: artanddesignhs.org



Parent Newsletter: 2018-2019

September Issue

The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking."

— **Albert Einstein**

Why Do We Go Back to School in the Fall?

written by: Andrea Campbell

Why do North American children have summers off and return to school in autumn? Is this the way it works everywhere across the US? When do the children go to school in other parts of the world? What is better: to attend year-round or take three long months off?

- **Working on the Farm**

Originally, it was thought—like an old wives' tale—that children took summers off school because they needed to help work on the farm. Ken Gold, assistant professor at City University New York suggests that historically, kids in rural areas actually helped the family plant crops and gardens in the spring and took fall off to help bring in the harvest. It was actually in the city where children went for 248 days out of approximately 260 workdays in a typical year.

- **Diverse Educational Opportunities**

If you begin to study schools around the world, you will see many variables such as village schools and city academies. While many

schools have computers and science labs, there are probably as many that lack such technology. Can you imagine going to a school where there are no desks or books? One established similarity is that children go to school all over the world, in Kenya, Peru, Australia, India—everywhere.

- **A Few Reasons for Summer Break**

Well, yes, it is hot. Many older school buildings do not have air conditioning. Can you imagine how sleepy and lethargic a room of people who are sweltering can become?

In addition, people needed some sameness called "standardization." If some kids were to take time off in winter while other families want to go on holiday in the summer but a single

mother needs to work more in the spring, it could become a mess. Guidelines are needed to make the days uniform.

- **Shall We Make a Full Stop or Skip Right Through?**

Some people believe students don't get enough time off; that they do not fall behind the learning curve during summer break and that too much of a good thing leads students to be nervous. These challengers believe students suffer from the anxiety of leaving their parents and they benefit from relaxing more and shaking off the perils of peer pressure, bullying and teachers checking their work all the time. Are American children really falling behind other countries in academic excellence?

- **Down Under Schools**

Australia has seasons that are opposite of North America, so how is their school different? In Australia, the school term begins at the end of January and ends in mid-December—fully 200 days a year but the term is divided into about nine weeks with two weeks off in-between. They attend from 9:00 am to 3:00 pm and wear both uniforms and hats. Elementary children often sit outside for reading or to go over rules. There may be kookaburras in the trees, but the students often use email.

In Kenya, where many live in small huts, the schoolrooms may have tin roofs and students often sit on straw mats and do chores such as, sweep the floors or cut the grass. They will attend school six days a week from January to November alternating with thirteen weeks in school and eight weeks off. Their materials are scarce.

Rainforest children in Peru get to school by canoe, floating down the Amazon River, and their schoolroom is a hut with a dirt floor. Young adults teach lessons such as reading, writing and geography. Children learn mostly from their parents about fishing, collecting fruits and how to grow manioc, rice and bananas.

- **Northern Climes for School**

The Inuits are tribespeople in Canada and Alaska. Their school year begins in August and ends in May. They study English and their native language, science, math and computers. The tundra can be harsh and winters brutally cold—and in a land of ice and snow, dogsledding, skiing and skating are popular. Sustaining life by fishing and creating clothes from furs and skins is paramount and dictates when education can be performed.

Russian students start school September 1 and the academic year ends in May. Their typical day runs from 8:30 am until 3:00 pm, much like American schools. Their education is only mandatory until the eleventh grade. After that, teenagers often choose between going to a vocational school to learn a trade, or hammer away at entry examinations in preparation for university. More than half the population is college educated.

China schools are open from the beginning of September to the middle of July for six days a week. Their long days, from 7:30 am typically until 5:00 pm makes their education seem extreme, but there is respite with a two-hour lunch period. Math and computer technology are favored subjects. There are also summer classes and many study for examinations during this time. They are highly athletic as children, often competing in gymnastics, Ping-Pong and soccer. The children also enjoy kite-flying, jump rope and video games.





Mark Your Calendars

EVENTS



September 10

Rosh Hashanah – **School Closed**

September 11

Rosh Hashanah – **School Closed**

September 12

9th Grade Assemblies

September 13

Election Day All PE Classes meet in the auditorium

September 14

10th Grade Assemblies

September 17

11th & 12th Grade Assemblies

September 19

Yom Kippur – **School Closed**

September 22 & 23

High School Fair (Borough-wide)

September 26

A&D Curriculum Night 5:00-8:00

September 27

Student government elections

September 28

COSA sponsored 9th & 10th grade Mixer



October 1

Progress Report due

October 3

Open House 5-8 pm

October 4

PTA & SLT meeting 4-8:00

October 8

Columbus Day – NO School

October 10

PM School begins

October 13 & 14

Borough Fair

October 14

COSA Breast Cancer Walk

October 16

Open House 5-8 pm

October 20

Middle School Portfolio Development 9-12 pm

October 23

End of Marking Period

October 26

Grades Due
COSA Halloween Party

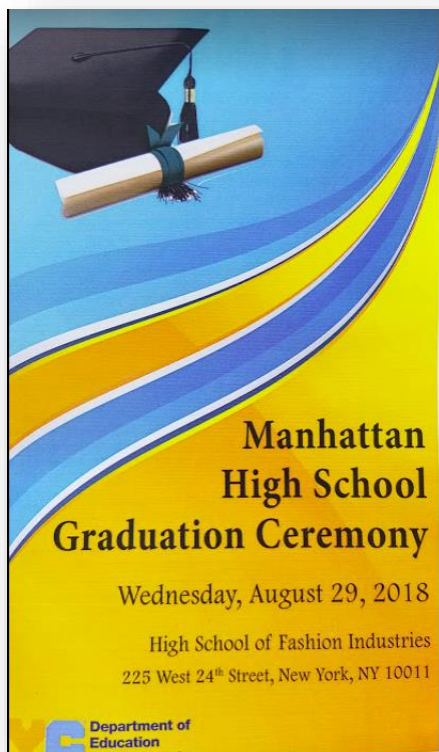
THE SPOTLIGHT *on Art and Design*

Freshman Bridge Program: Art and Design conducted its second Freshman Bridge Program from August 28th to the 30th. One day was dedicated to team building activities which were spearheaded by the **Global Kids Network**. Day two was dedicated to live drawing and was spearheaded by **Ms. Reingold and the arts department**. Day three was dedicated to College and Career Readiness and was spearheaded by **Ms. Daly and supported by our new Guidance Counselor, Melissa Montero, Mr. Familia, Ms. Montesino, and Ms. Fernandez**. A special thanks to all who staff who participated in this very successful event; we had over 200 students. Below are some pictures of the event:



THE SPOTLIGHT *on Art and Design*

Congratulations to all of our August graduates. The graduation took place on August 30, at Fashion Industries. Below are some pictures:





on Art and Design

A message from Mr. Harchol (OUSTANDING Film Teacher)

Dear Art and Design Community,

I hope you are enjoying your summer! I just returned from ABC Studios, where our film students had an **unprecedented win: a total of \$34,000 won for their Public Service Announcements** at the 2018 ABC/Disney Get Reel With Your Dreams Competition hosted by ABC's Sade Baderinwa. The films will also be screened in taxi cabs around the city.

Here is the breakdown, as well as links to the films:

1st place, \$12,000, SOPHOMORES, *Spin the Barrel*, by William Reymann, Stefanie Taormina, Ylana LaSalle, Michael Morales

Link to the film:

https://drive.google.com/open?id=1HYMEBDbNFvQvRbt_oANF74PR3rugZ7QJ

2nd place \$10,000, JUNIOR, *Home*, by Esther Paturel

Link to film: No link to the film yet, because Esther filmed and submitted this film entirely on her own!

4th place, \$5,000, SOPHOMORES, *Monsters*, by Mame Toure, Francesca Giovannetti, Tatiana Nunez, David Vera Ruiz, Elias Veliz

Link to the film: <https://drive.google.com/open?id=1Y7zXAI7gFQzx4mJwulv4h4U6kT6jbJ2Y>

6th place, \$3,000, SOPHOMORES, *Disconnect*, by Jahsenda Aderibigbe, Jasmine Chu, Mikayla Pabon, Julia Pasato, Tyler Gurdon, Kalhiana Figueroa

Link to the

film: https://drive.google.com/open?id=1EmiM8_VlZEOCwC1hBUHSYzboTwUqONmx

7th place, \$2,500, SENIOR, *Just Because*, by Pavel Ashcheulov

Link to the film: <https://drive.google.com/open?id=1YsQp-kp7xbufVSXXZE9cZ6YvCLRafPw->

9th place, \$2,000, SOPHOMORES, *End Domestic Violence*, by Fidan Soltanova, Isabella Velez, Jacqueline Ramirez, Krishay Taylor

Link to the film: <https://drive.google.com/open?id=1gPyh2Sk5cn1DZSmwX5VN8dgLdZVRL-Y6>

Enjoy the rest of your summer and get ready for next year - much more to come!

Mr. Harchol

Film/Video Teacher, High School of Art & Design

Congrats to these students and Mr. Harchol!!!

Below are some pictures:





on Art and Design

Cham Prom: a prom held for children graduating at the Children's Hospital at Montefiore who are too sick to attend school and thus receive their instruction in the hospital. Last year many of our students created the 90s theme artwork.

A message from Mr. Brinegar regarding this event:

Please see link below for the video produced by the Children's Hospital at Montefiore in the Bronx. It's a short clip, and well worth the time to see how meaningful our students' community engagement can be. These types of partnerships are uniquely crafted and impactful on so many levels, and I just wanted to thank Katie at CHAM for thinking of the High School of Art & Design and for purchasing the supplies for the 90's prom wall banners.

From all of us at the High School of Art & Design, keep doing the work you do on behalf of your kids and know we are true alliances in bringing experiences like this to life.

Thank you so much for your support at the CHAM prom!
Here is a beautiful recap of the event by Sandra Stakic and to show what your generosity and time helped pull together.

<https://youtu.be/c2016sMwZRM>

Katie Adelhardt, CCLS
Certified Child Life Specialist
Child Life Department

The Children's Hospital at Montefiore
The Pediatric Hospital for Albert Einstein College of Medicine
3415 Bainbridge Avenue, Bronx, NY 10467

Below are some pictures...





on Art and Design

THANK YOU to the PTA for the **Welcome Back Staff Appreciation** breakfast on September 4th. All staff were very appreciative. We look forward to another amazing year with the PTA as our partners in education!!!

Staff
★ ★ ★ ★ ★
Appreciation



thank
you!



on Art and Design

A message from Ms. Alexander (Fashion Teacher):

At the end of last school year, I worked with one of my sophomore students, Ronald Taylor, to enter a fashion design competition with Pratt Institute. He made it through the first round where the task was to design a collection. For the second round, they chose one of his designs and supplied him with specific fabric to use. We worked together to make the gown, and he won first place and a photo shoot that included his design as well as multiple other well-known brands and was featured in an online fashion magazine.

Congratulations to Ronald and Ms. Alexander!!!



THE SPOTLIGHT *on Art and Design*

Please join us for PHOTOVILLE this September.

The Photography students will be showing their work at the outdoor photography festival in Brooklyn Bridge Park.

The festival takes place on Thursday, September 13th – Sunday, September 16th and reopens from Thursday, September 20th – Sunday, September 23rd – the last day.

Come support the students of the High School of Art and Design!



From left to right: Photographs by Joana Lazo, Amirah Capers and Immy Harwood-Matthews

Please see the PHOTOVILLE website for details and directions:

www.photoville.com



HUGE thank you to the PTA for their generous support! And thank you all for supporting the Photography Department and our amazing students!

The PTA Corner



First General First PTA Meeting of the Year Wednesday September 12th, 6:30PM

Please join us at our first meeting of the year and our first Pot Luck Dinner.

Let's start the year off strong! Meet the Principal and the Executive Board. Super important Election for Recording Secretary! Sign up for ways you can help. Many opportunities to help our incredible talented students.

Please bring a potluck dish and help us start off the year with a party! We will make the meeting quick so we can all share our home cooked dishes after the meeting. Bring food, dessert, or drinks anything you wish to share. Its a nice way to mingle and meet our A&D family members!

Executive Position Open! Recording Secretary

We mentioned it above but we need to stress this: our executive board needs a recording secretary! We cannot exist officially if we don't have a recording secretary! This position allows co-secretaries. So you can split the duties with other parents and lighten the workload. Thank you so much for considering to run and help your child's school!

Full details about the position are here: <https://artanddesignpta.org/expedited-election-september-2018>. Please contact us with any questions or if you wish to run but can't make the meeting.

Photoville Student Exhibit!

The PTA was approached by Photography teacher Brenna McLaughlin right before school ended last year, regarding a unique opportunity for the students taking Photography as their major - a shared exhibit space at the annual **Photoville** show! Located in Brooklyn Bridge Park, the festival takes place Sept 13 - 16, and then Sept 20 - 23. We agreed to fund it and the kids are busy working on their prints for the show. About 100 pieces will be shown, representing about 100 students spread across three grades, including last year's seniors. You can see details about the purpose of the exhibit here: <http://photoville.com/telling-story-and-selling-idea-teaching-creativity/> Our congratulations to all the students whose work will be shown. And big thanks to Ms. McLaughlin for spearheading the effort.

Upcoming Events

There will be more of these informative emails coming, but for now, here's a quick list of upcoming events.

[Click here to volunteer for these upcoming events](#)

Curriculum Night- Sept 26

October PTA Meeting-Oct 4

A&D Open Houses-Oct3,16 and Nov 1,9

Borough Wide High School Fairs- Sept 22-23 and Oct 13-14

October Bake Sale-Oct 26



Announcements

- **STUDENT AGENDAS/PLANNERS:** During the third week of school students will receive a customized 2018-19 school year agenda/planner book. This planner has been produced exclusively for A & D students, and in addition to its usefulness as a time-management tool, it contains several pieces of vital information. The planner contains the Student Handbook, which outlines policies and procedures applicable to every student; tools for specific instructional techniques, such as Accountable Speaking, Reading, and Writing; a list important academic dates, such as SAT registration; and much more. Encourage your child to use the school issued agenda books to copy homework, and assignments.
- **PARENTAL ENGAGEMENT TIME:** Every Tuesday after school we will have 40 minutes dedicated to parental engagement. During that time teachers plan to conduct student lead parent/teacher conferences, parental outreach via email and phone, student academic updates on Pupilpath, and meetings with parents. The goal is to strengthen the partnership and communication between parents and the school; an essential component of student success.
- **CURRICULUM NIGHT:** On Wednesday, September 26th from 5pm-8pm, Art and Design will be holding its annual Curriculum Night. During the event, parents and guardians will have a chance to walk through a “day in the life” of their child. Teachers will host 10-15 minute class sessions to describe the expectations, goals, challenges and materials involved in their classes.
- **LUNCH FORMS:** Lunch forms will be distributed to all students during the second week of school. It is essential that these forms be returned as quickly as possible, in order for us to potentially qualify for federal Title I funding; an amount close to 1.2 million dollars.

High School Parent Pointers Calendar

High School of Art and Design



THE
PARENT
INSTITUTE®

Parent Pointers Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2018						1 Take your teen to the library. Check out two copies of the same book so you can read together.
2 Find quotations that will motivate your teen. Post one on the mirror she uses. Put up a new quote every few weeks.	3 Teens know their shortcomings. They need you to remind them of their strengths.	4 Teens often tell you as much through behavior as through words. "Listen" to your teen's body language.	5 Talk about ways your teen can show his teachers respect: arriving to class on time, turning in work and participating.	6 Help your teen improve her vocabulary. Do a crossword puzzle together today.	7 Be sure your teen knows that your rules apply when he's at a friend's house, not just at home.	8 Ask your teen for suggestions of nutritious snacks to have on hand.
9 Start having weekly family meetings. Talk about family news and goals. Celebrate successes.	10 Teach your teen to cheer herself on. Positive self-talk, such as "I can do this" will keep her motivated.	11 Encourage your teen to use sticky notes to write down things he needs to remember.	12 Expect your teen to attend school every single day.	13 Students remember more from two 20-minute study sessions than from one 40-minute session.	14 Talk to your teen about her commitments outside of school. Make sure she has time to complete homework.	15 Have your teen figure out the average of something, such as family members' height in inches.
16 Remind your teen that using inappropriate language will lower others' opinions of him.	17 Ask your teen to draw a diagram of something she is learning in school.	18 Review school safety rules with your teen. What behavior could cause suspension? Expulsion?	19 Encourage your teen to ask at least one question in each of his classes.	20 Don't use screen time as a reward or punishment. It will make it seem even more important to your teen.	21 Remind your teen to use you as a scapegoat if necessary: "Sorry. My mom needs me at home tonight."	22 Is your teen getting enough exercise? Take a brisk walk together today.
23 Try to have a family meal at least once every day.	24 To encourage saving, consider matching your teen's savings with an equal contribution.	25 Encourage your teen to take responsibility for her work. Remind her only once that she has homework.	26 Stop fighting with your teen about clothes. Give him a budget and guidelines. Let him take responsibility.	27 Help your teen see that she can't control others, but she can control how she reacts to others.	28 Encourage your teen to review his class notes every day.	29 Do you have a home improvement project to do? Ask your teen to help.
30 Talk to your teen about the dangers of vaping.						

High School Parents[®]

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High School of Art and Design

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Help your teen make an easy transition to high school

Whether your teen loved middle school or couldn't wait until it was over, the transition to high school is a pretty big deal. In high school, classes are harder, and teachers have higher expectations. And what about your teen's friends? Some may be in other classes and some may be at other schools. How will she ever fit in?

To support your teen as she goes through this change:

- **Help her create a schedule.** Your teen will need to spend more time on homework. Her extracurricular activities may take up more time, too. Work with your teen to set a schedule that includes all of her responsibilities. Encourage her to keep track of everything on a calendar.
- **Establish some tech downtime.** Don't let your teen keep her phone in her room when she goes to bed. She can charge it in the kitchen. Don't allow phones at the kitchen table, either. Use mealtimes for family conversation.
- **Promote good study habits.** The first marking period is critical. Help your teen set a regular study time. Make sure she regularly checks her grades on quizzes and homework. If she feels like she's falling behind, encourage her to talk to her teachers about getting help right away.
- **Ask her about school every day.** How does your teen feel she is adjusting to the social aspects of high school? Let her know you are available to talk.

Attendance should always be top priority



Attendance can make the difference between graduating from high school and dropping out.

Educators talk about the importance of attendance, but that message is more effective when you support it at home.

To promote regular attendance:

- **Discuss the importance** of showing up on time—whether it's at school, a job or an appointment. Set a good example for your teen by always striving to be on time.
- **Don't make staying home** a treat. Consider making a "no screen time" rule on sick days. Your teen will be less likely to say he's sick just to get out of going to school. If he really is sick, he can stay home, rest and read.
- **Set a goal** and offer your teen a reward for reaching it. Start with a short-term goal at first—like perfect school attendance for an entire month. Then, decide on a reward. Even something as simple as a special lunch together can be a motivator!

Help your teenager uncover hidden strengths and interests



High school gives teens lots of opportunities to learn more about themselves. Help your teen discover his strengths

and interests by encouraging him to:

- **Read.** Reading a variety of material exposes your teen to new ideas and pursuits. Suggest that he read anything and everything he can.
- **Talk to people.** Tell your teen to ask people about their jobs. He should ask what they like best about them. Do any of the jobs sound interesting to him? Your teen might ask his friends about their hobbies and interests.
- **Try new things.** The easiest way for your teen to find out if he's

good at something is simply to try it. Challenge your teen to join a new organization or club at school, or sign up for a class online.

- **Research.** Suggest that your teen go online and search for hobbies and careers that seem interesting to him. He may find something he'd like to try.

“Try not to get lost in comparing yourself to others. Discover your gifts and let them shine!”

—Jennie Finch

Teach your teen that persistence leads to success in school & in life



Sometimes it seems easier to give up on a tough assignment than to push through and complete it. However,

that won't get your teen very far in life. Life is full of difficult jobs and tasks, so it will benefit her to develop persistence as soon as she can.

Persistence and determination will foster your teen's success in school. Large projects will seem less overwhelming—and her grades will probably improve as a result.

Challenge your teen to see difficult assignments and complex projects through to the end. To encourage her:

- **Notice your teen's progress.** Say things like, “You're really coming along with that.” Your teen will love the pat on the back.
- **Teach your teen to cheer herself on.** Positive self-talk, such as,

“I am going to do this” or “I can do a great job on this,” can help her through the most difficult tasks.

- **Be a role model.** If you've been putting off a big chore, such as cleaning out a closet, decide to do it. Say, “Today, I am going to work until I get this finished.” Then keep your word.
- **Offer your help.** If your teen is struggling to complete something, a little help may motivate her to stick with it.
- **Treat your teen to something special** when she finishes a challenging task. You could watch a movie together or cook a fun dinner. When your teen shows persistence through a tough task—she deserves to celebrate!

Source: M. Borba, *Parents Do Make a Difference: How to Raise Kids with Solid Character, Strong Minds and Caring Hearts*, Jossey-Bass.

Can your teen handle school & a part-time job?



Having a part-time job can help teens learn responsibility. But it can also overwhelm their ability to focus on

schoolwork. Answer *yes* or *no* to the questions below to see if your teen is ready to balance school and a job:

- ___ **1. Does your teen show that she can use time responsibly?** Are you confident that she can handle her schoolwork *and* a job?
- ___ **2. Have you agreed on the total number of hours your teen can work each week?**
- ___ **3. Does your teen understand that if her grades suffer, she will have to quit her job?**
- ___ **4. Have you and your teen discussed how she will manage the money she earns?**
- ___ **5. Does your teen have a plan for how she will get back and forth to work without disrupting your entire family?**

How is your teen doing?

More *yes* answers mean you and your teen are prepared for her to get a job. For *no* answers, try those ideas in the quiz.

High School Parents
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Study shows listening to music while studying hinders learning



Some students listen to music almost non-stop. There's a playlist for walking to the bus.

There's a playlist for times when they're with friends. They listen until their coach or their teacher makes them take the ear buds out!

But should your teen listen while he's studying? A reading comprehension study gives a clear answer: *No*.

Researchers in Cardiff, Wales, set out to find answers to several questions. How does listening to music affect learning something new? Does it matter what type of music students listen to while studying? Would it make a difference if the music had lyrics?

Students were divided into groups. They were asked to learn new material under different conditions. Then they took a test on what they had learned. The answers were clear and consistent. Students who studied in silence did

much better. Their grades were up to 60 percent higher than those of students who listened to music.

Whether students heard pop, rap, hip hop or heavy metal made almost no difference. It's not the type of music—it's the act of listening. When students are listening, their brains don't focus efficiently on learning.

The students who studied in silence said they had fewer distractions. It was easier for them to concentrate on the task at hand.

There are times when listening to music can be helpful. For example, it might relax your teen before a test. But mastering new content is hard. It takes focus and attention. So to make the most of study time, make sure your teen turns off the music.

Source: N. Perham and H. Currie, "Does listening to preferred music improve reading comprehension performance?" *Applied Cognitive Psychology*, John Wiley & Sons, Ltd.

Q: My son would make a great secret agent. If he does not want you to know something, he will not talk. Unfortunately, last year he kept the secret that he was in danger of failing math until it was almost too late to do anything. How can I get him to open up about things that are really important?

Questions & Answers

A: It was so nice when teachers sent home those folders with all the week's work. But when students get to high school, it's not as easy to find out what's going on in the classroom. You are right to make the effort. Talking about school is important for you and your son.

However, as you learned last year, teens don't always have the best judgment about what you need to know. So as the school year starts, work to open up communication with your son—and with the school.

Interestingly, one solution may be to get your son to open up about things that are not so important. Involve him in a household project. Take him for a drive. Go for a walk. When the two of you are focused on some other task, conversation may come more easily.

Talk about everyday things. And be sure to talk *with*, not *at* your son. Try to do at least as much listening as talking. Let him take the lead in the conversation. If he wants to talk about football, let that be the subject.

Meanwhile, stay in touch with the school. Be sure your teen's teachers know how to contact you—and contact them if you have concerns. Your son may never be a chatterbox, but you can find out what you need to know.

Help your high schooler prepare for different testing formats



The tests your teen takes in high school will probably be longer and more complex than those she had in middle

school. She may also face different formats—more essays and fewer multiple choice, for example.

Your teen needs to study for all kinds of tests, but certain types of practice can help her do better with different types of questions. Share these hints to help her prepare for:

- **Essay tests.** Your teen should create sample questions based on the main ideas in the material she is studying. Then she should practice writing answers to these questions in paragraph form. She should write clear,

complete sentences and include as much pertinent information as she can.

- **Short-answer tests.** For fill in the blank and other short-answer questions, your teen needs to know facts. Memory techniques, such as making a mental picture of what she is reading may help. Chunking, which is learning facts in groups instead of one at a time, is also useful.
- **Problem-solving.** Your teen will find these tests in math or science. To do well, she will need to know how to set up the problem and how to do the calculations. Daily practice, even when there is no assigned homework, is the key to mastering these types of tests.

It Matters: Responsibility

Expect your teen to know & follow all school rules



If your teen is caught driving faster than the speed limit, saying, “I didn’t know” won’t keep the police officer from

giving her a ticket. The same is true for school rules. As the new year begins, your teen needs to become aware of the “rules of the road” that affect her when she is in school.

Make sure you and your teen understand rules about:

- **Attendance.** What are the consequences for skipping a class? For being late? If your teen is home sick, how should you let the school know? Also, find out what types of absences are considered excused and what types are considered unexcused—along with their consequences.
- **Clothing.** Does your teen know what she can—and can’t—wear to school? You don’t want to spend money on back-to-school clothes that your teen can never wear to school, so make sure she finds out!
- **Homework.** At the beginning of the school year, teachers explain their policies about homework and late assignments. And since rules may vary from class to class, it’s especially important for your teen to pay attention.
- **Mobile devices.** Many teachers allow mobile devices, but require students to turn them off in the classroom. Make sure your teen is aware of the consequences for device misuse. Emphasize to your teen that she should never use her phone or tablet to cheat or to take pictures of teachers and classmates without their permission.

Self-discipline can help your teen develop responsibility

Research shows that self-discipline has a positive impact on students’ grades, test scores and attendance.

To promote self-discipline:

- **Avoid rescuing your teen.** If he forgets his homework, let him experience the consequences. He needs to learn how to think ahead and solve problems.
- **Avoid doing things for your teen** that he can do for himself. Yes, it might be faster for you to clean his room. But he needs to learn how to pick up after himself.
- **Encourage your teen** to participate in activities that develop self-discipline. Playing a musical instrument requires your teen to practice regularly.



Team sports require your teen to show up for training on time and give it his all.

Source: A. Duckworth and M. Seligman, “Self-discipline outdoes IQ in predicting academic performance of adolescents,” *Psychological Science*, SAGE Publications.

Teens should take responsibility for developing healthy habits



Your teen can’t learn if she’s too groggy to concentrate. That’s why establishing healthy habits is critical to her

success in school. A commitment to nutrition, exercise and sleep will help your teen start each school day ready to learn.

Encourage your teen to:

1. **Eat healthy** and well-balanced meals and snacks. She will benefit from nutritious foods such as whole grains, produce and lean protein. She should eat breakfast every day, even if it is a granola bar or piece of toast in one hand and a banana in the other as she runs out the door.

2. **Get regular exercise.** A strong body, fueled by regular physical activity, will help her stay alert during the school day. Your teen should make sure she gets some sort of exercise every day. Even a short walk after school can reduce stress and help her be ready to tackle her homework.
3. **Get a good night’s sleep.** Teens need plenty of rest in order to function properly throughout the school day. The American Academy of Pediatrics recommends that teens get between 8.5 and 9.5 hours of sleep each night.

Source: K.T. Alvy, *The Positive Parent: Raising Healthy, Happy and Successful Children, Birth-Adolescence*, Teachers College Press and the Center for the Improvement of Child Caring.