

# Back-to-School Resources

## The Parent Resource Center

Fairfax County Public Schools

Communications and Community Outreach

September 2009

### PRC EVENTS



### PRC RESOURCES



### GETTING ORGANIZED



### HOMEWORK HELP



### FCPS INFORMATION and RESOURCES FOR NEWCOMERS



The Parent Resource Center Team  
Fairfax County Public Schools  
Communications and Community Outreach



## THE PARENT RESOURCE CENTER UPCOMING EVENTS

<p><b>Tuesday 9/29/09</b> 7-9 p.m. <a href="#">Register Now!</a></p>	<p><b><u>Getting Organized for School Success!</u></b> <a href="#">Download the flier</a> Join us for a FREE interactive workshop to learn the most effective organization strategies for your child! <a href="#">Dunn Loring Center</a> - Entrance 1 - room 11</p>
<p><b>Wednesday 9/30/09</b> 6:30-10 p.m. <a href="#">Register Now!</a></p>	<p><b><u>It's All About What Your Child Wants to Do!</u></b> <a href="#">Download the flier</a> Transition Planning for parents of children in middle and high school. A FREE three-hour workshop designed to introduce parents and family members to the transition process. <a href="#">Woodson High School</a> - Cafeteria A <b>List of exhibitors</b> – available online at <a href="http://www.fcps.edu/cco/prc">www.fcps.edu/cco/prc</a></p>
<p><b>Friday 10/2/09</b> 10 a.m.-noon <a href="#">Register Now!</a></p>	<p><b><u>First Friday—Parenting With Purpose</u></b> Who Says Parenting Can't Be Fun? <a href="#">Download the flier</a> First Friday is a free workshop for parents. Join us for an interactive discussion of parenting during difficult times. <a href="#">Dunn Loring Center</a> - Entrance 1 - room 11</p>
<p><b>Thursday 10/08/09</b> 10 a.m.-noon <a href="#">Register Now!</a></p>	<p><b><u>Thursday Theater—A New Look at ADHD</u></b> <a href="#">Download the flier</a> Take a new look at some of the issues facing children with ADHD~inhibition, time management, and self-control. Learn effective strategies to support your child at home and in school. <a href="#">Burke Centre Library</a></p>
<p><b>Thursday 10/15/09</b> 7-9 p.m. <a href="#">Register Now!</a></p>	<p><b><u>Bully Prevention</u></b> <a href="#">Download the flier</a> Do you want to “bullyproof” your child? This workshop will help you and your child learn the myths about bullying, how to identify the signs of bullying, and the best way to encourage positive friendships. <a href="#">Dunn Loring Center</a> - Entrance 2 - room 1</p>
<p><b>Tuesday 10/20/09</b> 7-9 p.m. <a href="#">Register Now!</a></p>	<p><b><u>Tough Times, Resilient Kids!</u></b> <a href="#">Download the flier</a> Self-esteem, communication, and positive discipline make all the difference! Join us for a free workshop on effective parenting strategies. <a href="#">Woodson High School</a> - Cafeteria A</p>
<p><b>Thursday 10/29/09</b> 10 a.m.-3 p.m. <a href="#">Register Now!</a></p>	<p><a href="#">Library Open House</a> in the PRC Library <a href="#">Download the flier</a> <b><u>Assistive Technology Services Workshop--Your Computer Can Read a Bedtime Story!</u></b> Learn to use free technology to help your child access reading and writing. <a href="#">Dunn Loring Center</a> - Entrance 1 - room 11</p>
<p><b>Saturday 11/21/09</b> 8:30 a.m.-2:40 p.m.</p>	<p><b><u>Future Quest 2009</u></b> <i>Save the date!</i> <a href="#">Download the flier</a> A FREE career and college forum for students with disabilities, their parents, and professionals. Visit <a href="http://www.VACollegeQuest.org">www.VACollegeQuest.org</a> for more information. <a href="#">George Mason University</a> Johnson Center</p>



## THE PARENT RESOURCE CENTER

# RESOURCES

**The Parent Resource Center provides a network of support and resources.  
*Download our brochure.***

### **Books, DVDs, and CDs**

Search our Lending Library - <http://www.fcps.edu/cco/prc/prclibry.htm>

- Teaching Responsible Homework Habits by Lee Canter
- The School-Savvy Parent by Rosemarie Clark, M.Ed., Donna Hawkins, M.Ed.
- How Difficult Can This Be? (DVD) by Richard Lavoie
- Student Output (DVD) by Mel Levine, M.D.
- Time for School (DVD) Model Me Kids
- Successful Strategies for Twice-Exceptional Students by Kevin D. Besnoy, Ph.D.
- Hassle-Free Homework by Faith Clark, Ph.D., and Cecil Clark, Ph.D.
- Study Strategies Made Easy (DVD), by Leslie Davis, M.Ed., and Sandy Sirotowitz, M.Ed.
- Finding Help When Your Child Is Struggling in School by Lawrence J. Greene
- How to Do Homework Without Throwing Up by Trevor Romain
- Strategies for Organization, Preparing for Homework and the Real World (DVD) by Michelle Garcia Winner
- Games for Math by Peggy Kaye
- Teaching Gifted Students With Disabilities by Susan Johnsen
- I Need Help With School by Rebecca A. Moyes
- The School Survival Guide for Kids With LD by Rhoda Cummings, Ed.D. and Gary Fisher, Ph.D.
- Your Child: Bully or Victim? Understanding and Ending Schoolyard Tyranny by Peter Sheras

- How to Help Your Child With Homework by Jeanne Shay Schumm, Ph.D.
- The Active Learner, Help Your Child Learn by Doing by Susan Moke and Michael Shermis
- Social Skills Training: For Children and Adolescents With Asperger Syndrome and Social-Communication Problems by Jed Baker
- The Anti-Bullying Handbook by Keith Sullivan
- School Success Takes Teamwork (DVD) by Richard Robin
- Parents on Board: Building academic success through parent involvement (DVD) by Active Parenting, Inc.
- Social Awareness Skills for Children by Marianna Csoti
- Homework Success for Children With ADHD: A family-school intervention program by Thomas Power
- Social Skill Strategies: A social-emotional curriculum for adolescents by Nancy Gajewski
- Learning Outside the Lines by Jonathan Mooney and David Cole
- How to Compromise With Your School District Without Compromising Your Child by Gary Mayerson
- Smart Kids With Learning Difficulties by Rich Weinfeld, Linda Barnes-Robinson, Sue Jeweler, and Betty Roffman Shevitz
- Seven Steps to Homework Success: A family guide for solving common homework problems by Sydney S. Zentall
- Helping Your Child With Homework: For parents of children in elementary through middle school by Nancy Paul



# GETTING ORGANIZED FOR BACK TO SCHOOL

## Getting Ready to Go Back to School

The anticipation of returning to school brings excitement and anxiety to parents and children alike. First-day jitters, new routines, structured schedules, and separation anxiety affect millions of students each fall. Planning and organizing are key factors in helping parents and children smoothly transition into the new school year.

If you have a daily routine that works, keep it. Children find comfort in daily routines. Parents can help children by making changes to schedules a few weeks before school begins so the children are familiar with the changes. This list of strategies can help your child get ready to go back to school.

### **1. Use checklists.**

Help your child get into the habit of keeping a "to-do" list.

### **2. Organize homework assignments.**

Before beginning a homework session, encourage your child to number assignments in the order in which they should be done.

### **3. Designate a study space.**

Your child should study in the same place every night. This doesn't have to be a bedroom, but it should be a quiet place with few distractions.

### **4. Set a designated study time.**

Your child should know that a certain time every day is reserved for studying and doing homework.

### **5. Keep organized notebooks.**

Help your child keep track of papers by organizing them in a binder or notebook.

### **6. Conduct a weekly cleanup.**

Encourage your child to sort through book bags and notebooks once a week.

### **7. Create a household schedule.**

Try to establish and stick to a regular dinnertime and bedtime.

### **8. Keep a master calendar.**

Keep a large, wall-sized calendar for the household, listing the family's commitments, schedules for extracurricular activities, days off from school, and major events at home and at school.

### **9. Prepare for the day ahead.**

Before your child goes to bed, he or she should pack schoolwork and books in a book bag.

### **10. Provide needed support while your child is learning to become more organized.**

Help your child develop skills by copying checklists and schedules and taping them to the refrigerator.

*List compiled by Coordinated Campaign for Learning Disabilities*  
<http://life.familyeducation.com/parenting/organization/36373.html>

# **GETTING ORGANIZED FOR BACK TO SCHOOL**

## **What Parents Can Do to Help Their Children Get Organized**

By Sandra F. Rief, M.A.

Organization Tips for Students With ADHD

<http://life.familyeducation.com/parenting/organization/29675.html?detoured=1>

- Helping to Organize Your Child's Workspace and Materials
- Helping With Time Management and Awareness
- Other Ways Parents Can Help

## **Organizational Problems and the Beginning of the School Year--Rick Lavoie**

Or "I know the bus is here...but I can't find my backpack and I think that I left my coat at Taylor's house."

[http://www.Idonline.org/article/Organizational\\_Problems\\_and\\_the\\_Beginning\\_of\\_the\\_School\\_Year](http://www.Idonline.org/article/Organizational_Problems_and_the_Beginning_of_the_School_Year)

## **Helping Your Child With Organization and Study Skills--Joan Sedita**

*Learn how to implement a variety of strategies to help organize your child based on his or her skills and organization style.*

[http://www.Idonline.org/article/Helping\\_Your\\_Child\\_with\\_Organization\\_and\\_Study\\_Skills](http://www.Idonline.org/article/Helping_Your_Child_with_Organization_and_Study_Skills)

- Study Skills
- Organization Strategies
- Homework, Study Space, and Time Management
- Curriculum Help

## **How to Take the Stress Out of Back to School**

### ***Three Ways to Cut Down the Stress of Starting Back to School***

- Start getting everyone ready for their new routines by turning in early now.
- Pack a lunch.
- Have a routine, and stick to it.

<http://shine.yahoo.com/event/backtoschool/user-post-3-ways-to-cut-down-the-stress-of-starting-back-to-school-491534/>

# **GETTING ORGANIZED FOR BACK TO SCHOOL**

## **Mom's Back-to-School Survival Guide**

<http://www.funbrain.com/brain/SweepsBrain/backtoschool.html>

## **Do It Now! Tips to Get Ready for Back to School**

By Cynthia Ewer

Editor, [OrganizedHome.com](http://OrganizedHome.com)

Author, [Houseworks: Cut the Clutter, Speed Your Cleaning, and Calm the Chaos](http://Houseworks: Cut the Clutter, Speed Your Cleaning, and Calm the Chaos)

[http://childparenting.about.com/gi/dynamic/offsite.htm?zi=1/XJ&sdn=childparenting&cdn=parenting&tm=8&gps=306\\_508\\_1276\\_586&f=00&su=p946.1.250.ip\\_p284.9.336.ip\\_&tt=2&bt=0&bts=0&zu=http%3A//organizedhome.com/content-58.html](http://childparenting.about.com/gi/dynamic/offsite.htm?zi=1/XJ&sdn=childparenting&cdn=parenting&tm=8&gps=306_508_1276_586&f=00&su=p946.1.250.ip_p284.9.336.ip_&tt=2&bt=0&bts=0&zu=http%3A//organizedhome.com/content-58.html)

## **Excited About Going Back to School?**

<http://childparenting.about.com/>

- Speed Up Morning Routines.
- Helping Your Child Make Friends.
- When Can a Child Walk to School Alone?
- School Bus Safety.
- Too Sick for School?

## **School Organization Tips for Students With ADHD or Learning Disabilities**

***Help your child with ADHD or learning disabilities develop school organizational skills that will bring success--and end clutter.***

By [Donna Goldberg](#)

<http://www.additudemag.com/adhd/article/760.html>

## **ADHD School Organization Help**

***School organization and cleaning tips to help children with attention deficit clean the clutter from their lockers, desks, and bedrooms.***

The Organized Student

<http://www.additudemag.com/topic/adhd-learning-disabilities/school-organization-help.html>



# HOMWORK HELP

## Study Skills Guide for Students by Education Atlas

Developing effective study skills, improving reading comprehension, discovering your own personal study style, learning to manage your time more efficiently, and learning the best way to prepare for exams are just a few of the topics covered in "The Study Skills Guide for Students."

<http://www.educationatlas.com/study-skills.html>

### Effective Communication: Improve Writing, Mechanics, and Grammar

**Effective Communication empowers students not only in school but also in every facet of life.**

These video chapters and web resources will help students with their written and verbal communication skills. Content areas included are grammar, composition, and mechanics from kindergarten to grade 12.

[http://school.discoveryeducation.com/homeworkhelp/english/english\\_homework\\_help.html](http://school.discoveryeducation.com/homeworkhelp/english/english_homework_help.html)

### Math: Master the Basics

**Welcome to the fun and challenge of mathematics!**

On this page, you will find resources to help students master the basics of mathematics of numbers and number operations. Videos and tutorials explain basic operations and help with the mastery of math skills in addition, subtraction, multiplication, and division--essential building blocks for success in mathematics.

[http://school.discoveryeducation.com/homeworkhelp/homework\\_help\\_home.html](http://school.discoveryeducation.com/homeworkhelp/homework_help_home.html)

### Science: Master the Basics

**Science is part of the world all around us.**

On this page, you will find resources to help students connect science content to things they can see and experience. Videos, interactive explorations, and interactive videos engage students and encourage them to explore more on their own with your help.

[http://school.discoveryeducation.com/homeworkhelp/science/science\\_homework\\_help.html](http://school.discoveryeducation.com/homeworkhelp/science/science_homework_help.html)

### Hail to the Chief: A Guide to the Executive Branch

**Presidents and presidential elections in the United States are issues we review and find fascinating, no matter how close we are to Election Day.**

These video chapters and web resources will help students understand the election process, as well as the powers of and people behind the U.S. presidency.

[http://school.discoveryeducation.com/homeworkhelp/socialstudies/social\\_studies\\_homework\\_help.html](http://school.discoveryeducation.com/homeworkhelp/socialstudies/social_studies_homework_help.html)

# **HOMEWORK HELP**

## **Grade-by-Grade Guide:**

### **What Will Your Child Learn This Year?**

From kindergarten to high school, read about what your child will learn this year and get help with homework, projects, and other important topics relating to your child's grade.

<http://school.familyeducation.com/elementary-school/high-school/57914.html>

### **Being an Efficient Homework Helper: Turning a Chore Into a Challenge by Regina G. Richards**

To assist parents and students, this article presents some tools to help turn their homework into an enjoyable challenge. It focuses on some general preliminaries, basic strategies, and motivation.

<http://www.idonline.org/article/5606>

### **Tips for Raising a Successful Student by Maya Cohen**

Numerous factors contribute to a child's success in school, but research groups such as the [Harvard Family Research Project](#) agree that parental involvement and influence weigh heavily among them. The key is to make learning an enjoyable activity rather than a chore.

<http://school.familyeducation.com/parents-and-teacher/education-and-parents/51325.html>

## **Time Management**

Did you catch that? Time really can't be managed. You can't slow it down or speed it up or manufacture it. It just IS. Time management is MANAGING YOURSELF when following some basic time management principles.

- Understanding Time Management <http://edis.ifas.ufl.edu/HE795>
- Basic Time Management Principles <http://www.teachkidshow.com/teach-your-child-time-management/>
- Time Auditing [http://www.d.umn.edu/kmc/student/loon/acad/strat/time\\_audit.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/time_audit.html)
- Time Use Chart - [http://www.d.umn.edu/kmc/student/loon/acad/strat/summary\\_active.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/summary_active.html)
- Where Does Your Time Go? - [http://www.d.umn.edu/kmc/student/loon/acad/strat/eval\\_summary.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/eval_summary.html)
- Plan a Weekly Schedule - [http://www.d.umn.edu/kmc/student/loon/acad/strat/plan\\_week\\_sched.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/plan_week_sched.html)

[http://www.d.umn.edu/kmc/student/loon/acad/strat/time\\_manage.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/time_manage.html)

# **HOMEWORK HELP**

## **Study Strategies Home Page**

[http://www.d.umn.edu/kmc/student/loon/acad/strat/study\\_strat\\_enr.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/study_strat_enr.html)

- Test-Taking Strategies - [http://www.d.umn.edu/kmc/student/loon/acad/strat/test\\_take.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/test_take.html)
- Note Taking - [http://www.d.umn.edu/kmc/student/loon/acad/strat/ss\\_notetaking.html](http://www.d.umn.edu/kmc/student/loon/acad/strat/ss_notetaking.html)
- Motivation - <http://www.d.umn.edu/kmc/student/loon/acad/strat/motivate.html>

Homework Center–Info Please

<http://www.infoplease.com/homework/>

Help organize your child’s homework

<http://homeworktips.about.com/od/homeworkhelp/a/organizecolor.htm>

Motivation: The Key to Academic Success

[http://www.ldonline.org/article/Motivation%3A\\_The\\_Key\\_to\\_Academic\\_Success](http://www.ldonline.org/article/Motivation%3A_The_Key_to_Academic_Success)

What Is Your Child’s Learning Style--Emily Graham

<http://www.schoolfamily.com/school-family-articles/article/826-what-is-your-childs-learning-style>

ADHD: Building Academic Success

[http://www.ldonline.org/article/ADHD:\\_Building\\_Academic\\_Success](http://www.ldonline.org/article/ADHD:_Building_Academic_Success)

Goal Setting for Children With Learning Disabilities: Your Role Is Important by Dale S. Brown

[http://www.ldonline.org/article/Goal\\_Setting\\_for\\_Children\\_with\\_Learning\\_Disabilities%3A\\_Your\\_Role\\_is\\_Important](http://www.ldonline.org/article/Goal_Setting_for_Children_with_Learning_Disabilities%3A_Your_Role_is_Important)

Helping Your Child With Homework

<http://www.ed.gov/parents/academic/help/homework/homework.pdf>

Cómo ayudar a su hijo con la tarea escolar -- La serie de Ayudando a su niño

<http://www.ed.gov/espanol/parents/academic/tareaescolar/tareaescolar.pdf>

Special Education Resources

<http://school.discoveryeducation.com/schrockguide/edspec.html>



# FCPS INFORMATION



## **Become a new Keep in Touch Plus subscriber**

Receive **Keep in Touch** e-mails

<http://www.fcps.edu/kit/> and get all special education and PARENT RESOURCE CENTER news directly.

## **Back-to-School Night Schedule 2009-10 School Year**

<http://www.fcps.edu/news/backtoschool.htm>

<a href="#">Cluster I</a>	Herndon, Langley, and McLean Pyramids
<a href="#">Cluster II</a>	Falls Church, Madison, and Marshall Pyramids
<a href="#">Cluster III</a>	Annandale, Stuart, and Woodson Pyramids and Thomas Jefferson High School for Science and Technology
<a href="#">Cluster IV</a>	Hayfield, Mount Vernon, and West Potomac Pyramids
<a href="#">Cluster V</a>	Edison, Lee, and South County Pyramids
<a href="#">Cluster VI</a>	Lake Braddock, Robinson, and West Springfield Pyramids
<a href="#">Cluster VII</a>	Centreville, Chantilly, and Fairfax Pyramids
<a href="#">Cluster VIII</a>	Oakton, South Lakes, and Westfield Pyramids

## **FAIRFAX County Info:**

<http://www.fairfaxcounty.gov/opa/getfairfax/>

## **Choose a Child Care Provider With a Permit or License**

<http://www.fairfaxcounty.gov/ofc/new-to-fairfax-county.htm>

## **Fairfax County School Readiness Collaborative**

<http://www.fairfaxcounty.gov/ofc/SchoolReadCol.htm>

## **Early Learning Guidelines (2005-06 grant—70-page booklet online)**

[http://www.fairfaxcounty.gov/ofc/Docs/ELGuidelines\\_Final.pdf](http://www.fairfaxcounty.gov/ofc/Docs/ELGuidelines_Final.pdf)

## **FCPS INFORMATION**



**To be held on October 18 and 19, 2009!**

View the list of colleges participating\* in the 2009 [College Fair](#) and **College Night**  
**College Night** - <http://www.fcps.edu/dss/FCPSCollegeFairNight/index.htm>

## **FCPS INFORMATION FOR NEWCOMERS**

### **Starting School for Students New to FCPS**

<http://www.fcps.edu/start/allgrades.htm>

### **Here Is Information on Starting School in Fairfax County Public Schools**

<http://www.fcps.edu/start.htm>

### **Starting School for Kindergarten Parents**

<http://www.fcps.edu/start/kindergarten.htm>

### **FCPS Site (more about moving into the county):**

Here is the site for boundaries for schools. You just type in a number and a street name, and your base (neighborhood) schools will come up:

<http://boundary.fcps.edu/boundary/>

### **How to Find the Right School**

<http://www.fcps.edu/about/choose.htm>