

THE LEARNER

PERSONALIZED LEARNING AT HOME



BUILDING STUDENT OWNERSHIP BOTH IN AND OUT OF SCHOOL

The goal of every Auburn classroom is to become a living educational ecosystem that sparks engagement, achievement and belonging. Every Auburn student has unique passions, needs and skills. This means that each classroom must be responsive to leverage those individualities. To do this, we must increase student ownership through personalized learning.

Personalized learning begins when teachers can:

- Create nurturing learning environments
- Use data to guide instruction
- Find flexible ways to pivot based on student needs
- Encourage student reflection and goal setting
- Foster collaboration and creativity

As our students head home for the summer we look to our parent partners to continue this work. This newsletter includes tips, tricks and resources to personalize education at home.

TABLE OF CONTENTS

Goal Setting - 2

Accommodation - 4

Enrichment - 5

Student Nutrition - 6

Social Emotional - 8

GOAL SETTING

By Brandy Burns Hadfield

Setting family goals will not add more to your plate - it will be your family working together towards a common goal and most of all strengthening your family!

Start by highlighting the great things your family is already doing! This will allow your family to build upon what you are already doing well and provide encouragement to tackle the areas you need to improve upon.



Think about what your family wants to achieve. It is important to first set short-term goals to allow your family to gain positive reinforcement and work to promote family buy-in. Achieving these short-term goals will give you and your family the confidence to push towards bigger more long term goals.

Set your Goal & Make it Visible

When you have chosen your family goal write it down and place it somewhere where everyone can see it and be reminded of it each day.

Moving from Short-Term Goals to Long-Term Goals

Engage in a physical activity once a week (family walk, dance party in the living room) to making an activity jar and pick an activity each day.

Once a week choose a new healthy food to include in a meal to making a family cookbook with healthy recipes your family enjoys.

Have an evening a week for “no screen time” and move into charting your screen time weekly. The goal would be to have each person trying to decrease screen time each week or even make it a competition to see who has the least screen time.

Family Goal Setting with Kids (Academic)

Encourage your child to identify his or goals and dreams and choose goals that are important and meaningful. Help your child pick an achievable goal and map out how s/he can meet that goal. (For example, if the goal is getting a better grade in a class, map out the plan so students can visually see that each project, quiz or assignment is a step toward the ultimate goal.)

Help your child focus on the steps to achieving the goal. Give them words of encouragement and remind them to do their best. Checking in regularly on the progress your child is making will help them remain on target.

As your child makes progress towards his or her goal, help guide them towards taking responsibility for making the steps towards meeting their goal. Take time to reevaluate. What's working? What's not working? Help your child keep a positive attitude and admit mistakes along the way. Make any necessary adjustments to help them achieve their ultimate goal.

Setting and achieving goals is not an easy task. Acknowledging hard work along the way will build your child's confidence and increase their motivation.

ACCOMODATIONS (FLEXIBLE PATH & PACE)

By **Andrea Chiamonte & Erin Gutelius**

Kids are more successful in school when parents are involved. It shows the kids that what they are doing in school is important. Homework is an important part of school but can also be a challenging time at home. You shouldn't have to spend hours on homework assignments every night. It's important for teachers and parents to work together. Parents can contact teachers to get the expectations for homework and discuss any concerns or questions they may have. Here are some tips and strategies to help your child at home.



Set up a homework friendly area

Create a quiet spot that is well-lit. Keep materials such as paper, pencils, pens, scissors, and glue within reach.

Schedule a regular time for reading and homework

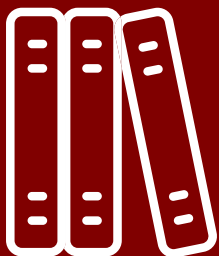
Some kids work better in the afternoon once they have had a snack and time to play, and others may work better after dinner and during evening hours.

Keep distractions to a minimum

When it is homework time, keep the noise level low. No TV or loud music. (Sometimes quiet music can be helpful to keep kids focused.)

Be involved and encouraging

Ask your child about their assignments and give encouragement. Check their homework when it is completed and be available to help if they need it. Give them breaks if they are starting to get tired or unfocused.



ENRICHMENT (CREATIVITY)

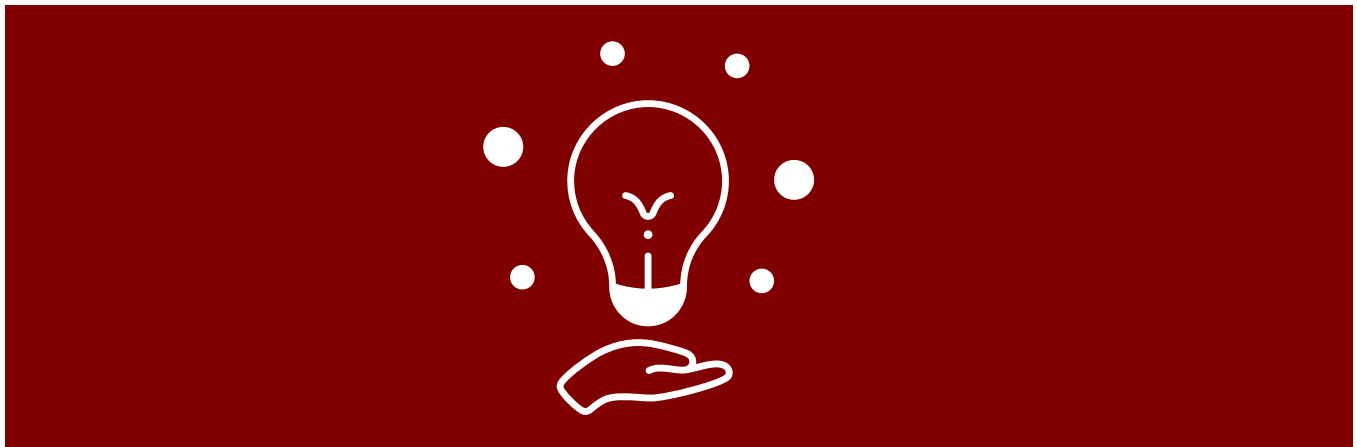
By **Merissa Petrosino**

Has your child ever been so excited about something they are learning that they just can't get enough? You might find yourself wondering what you could do to harness this excitement and continue guiding them on this learning journey. Oftentimes this continuation of learning can be an enriching and engaging experience for children outside of school. Here are some ways we can create enrichment opportunities at home.



Try These Enrichment Strategies

- Have a family book club where everyone reads the same book and then “meets” to discuss it
- Create a board game that uses research as questions and answers for the game
- Have children write a play, songs, poems, or rap songs
- Have a family debate over a topic or common issue that keeps coming up
- Play school at home, where you are the student and your child is teaching you about the topic
- Design a slideshow of what you have learned and give a presentation to other family members
- Have a family podcast that everyone listens to on a topic of interest
- Learn something new together like yoga, karate, etc.
- Watch free virtual field trips (many are on youtube or through zoos and museums)
- Become penpals with a family member that doesn't live close to you



SUMMER STUDENT NUTRITION

By Nicole Beatson

Fruit | Delicious & Nutritious

Types of fruit and their health benefits:

1. **Apples** - They're rich in both soluble and insoluble fiber, such as pectin, hemicellulose, and cellulose. These help you manage your blood sugar levels, promote good digestion, and support gut and heart health.

2. **Blueberries** - They're high in anthocyanin, a plant pigment and flavonoid that gives blueberries their characteristic blue-purple color. This compound helps fight cell damaging free radicals that can lead to disease. Don't worry you won't turn blue!

3. **Mango** - Known as the 'king of the fruits,' mangoes are an excellent source of potassium, folate, fiber, and vitamins A, C, B6, E and K. They're also rich in numerous plant polyphenols that have antioxidant and anti-inflammatory properties.

4. **Cherries** - They are a great source of fiber and potassium, both of which are important for heart and gut health.

5. **Kiwi** - It's high in vitamin C and a good source of fiber, potassium, folate, and vitamin E. It's also a good source of carotenoids, including lutein, zeaxanthin, and beta carotene, which support eye health and become more dominant as fruits ripen.

Why do we need to eat fruit?

Fruit offers SO many health benefits to our bodies! People who eat fruit regularly decrease their risk of some deadly diseases. The nutrients in fruit keep our bodies healthy and happy!



**"Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong."
John F. Kennedy**

The Importance of Physical Activity

Physical Activity Guidelines (Children)

Children from ages 6-17 should be getting at least 60 minutes of moderate to intense physical activity per day!

Here are some examples:

- Running
- Skating
- Biking
- Swimming
- Hopping

Physical Activity Guidelines (Adults)

Adults 18 and older should aim to get at least 150 minutes of moderate aerobic activity per week.

This activity includes:

- Jogging
- Swimming
- Cycling
- Sports
- Dancing

Physical Activity Benefits

- Protects against chronic diseases
- Improves memory
- Improves quality of sleep
- Reduces stress

SOCIAL EMOTIONAL LEARNING FOR THE SUMMER

By Lynn Stock

"Social emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions." SEL is important at home as well as at school. Here are some easy social emotional learning activities for you to try at home.



Start a Gratitude Journal

Regular journaling helps children increase their self-awareness and self-management.

Here are some prompts to get the reflective juices flowing!

- Tell us about someone who was nice to you.
- What is one of your favorite gifts that somebody recently gave you?
- What is your favorite thing about living in your town?
- What is your favorite thing about school?
- What is an event or occasion that you are looking forward to?

Practice Breathing Exercises

Regular breathing exercises or stretching can help increase self-awareness and self-management of emotional responses.

Try 'Rainbow Breathing' to get started:

- STEP 1 - Place your finger at the bottom of the rainbow
- STEP 2 - Breath in through your nose and trace the red arc until you reach the top.
- STEP 3 - When you reach the top, begin to exhale through your mouth and continue tracing.
- STEP4 - Repeat with each color until you feel calm and grounded.

**HAVE A
GREAT
SUMMER**

