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San Bruno Park School District educates and empowers all students to thrive academically, socially and emotionally to be contributing members of society.

November 1, 2015

Dear SBPSD families,

Happy November! Fall is my favorite time of year. I love cooler days and leaves changing colors and falling from the trees. There are also a number of things to look forward to this month. I hope all parents of K-5 students were able meet with teachers for parent/teacher conferences October 23-30. If you were not, please do not hesitate to contact your child's teacher to arrange a time to meet. We want to communicate with you regarding your child's progress and educational program!

[Dates to look forward to include the following:](#)

- We have the opportunity to appreciate and thank the many veterans in our community who have served our nation both home and abroad. In their honor, we will not have school Wednesday, November 11. Be sure to tell a veteran you are grateful to them and for them.
- Schools will also be closed in observance of Thanksgiving November 25, 26, and 27. I trust you will be able to spend quality time with family and friends over that break to share in fellowship and gratefulness for all you have.
- Parkside School will conduct their parent/teacher conferences November 16, 17, and 18. Be sure to contact your child's teachers to schedule those appointments.
- Additionally, middle school report cards for quarter 1 will be complete on November 6.
- Chamber of Commerce is generously hosting Superintendent Coffee Hours monthly at the Entrepreneurial Center on San Mateo Avenue! Join us from 10:30-11:30 on Wednesday, November 18.
- For those who cannot come to a coffee hour during the day, we are hosting coffee hours at the district office during the evening on the following dates from 6:30-7:30: Wednesday, November 18, Wednesday, 1/6, Thursday, 2/18, and Thursday, 4/7. Join us for one or all! We'd love to have you.

I would like to remind you to give your input to Paula Bradley and David Woltering from City Hall regarding **Safe Walk n' Bike Routes in San Bruno**. Look at the district website or your school's webpage or Facebook page for additional information as to how to do that. They want to hear from YOU! Our city is creating a plan and writing grants to improve the safety of our walking/biking paths throughout San Bruno. Help them create the very best plan to best meet your needs!

Running Club is going extremely well! MANY students, K-5 have already earned their Associates Degree by running 3 miles toward college! That is AWESOME! It is really exciting to hear students talking about how many laps they have run/walked toward college. They also are discussing what the various degrees are and which ones they want and why. We know that the earlier we talk to our students about options for their future, the more likely it is that they will make personal goals and work toward them for their personal futures. That is our goal. We want all students prepared for **CHOICE**. **We definitely are COLLEGE OR CAREER BOUND in SBPSD!**

Some things you can do to help promote college or career readiness in your child include the following:

- **ENCOURAGEMENT**
Give your child praise for **effort** and **completing** assignments. Encourage him or her to try their hardest on all projects and assignments. (again, getting to that perseverance mentality)
- **AVAILABILITY**
Encourage your child to do their work independently, but be available to help when needed.
- **ROUTINE**
Set aside time each day for homework and chores. You may want to use a calendar to keep track of due dates and tasks.
- **INVOLVEMENT and SUPPORT**
Talk to your child about school and homework. Ask your student to share their homework, projects and other school work with you. Ask how things are going. Be willing to contact their teacher when problems arise.
Help your student prepare for spelling tests or other tests by quizzing them at home.
- **EXPECTATIONS**
Set expectations for when homework is done, when your child may watch TV, play video games, play on the computer, and talk on the phone. Discuss how many minutes they should spend on homework, watching TV, playing video games, etc. If your child does not have homework, have him or her read for at least 30 minutes.

Middle School Students Plan

Really? I need to think about life after high school while my child is in middle school?

Yes, you really do. Research shows that progress a child makes toward post-secondary and career readiness by the end of eighth grade is critical to their future success. In one study, only 2 out of 10 eighth graders were on track for successful college-level course work by the time they completed eighth grade.

As parents and teachers, we need to remember that our kids are like sponges. They soak up everything that comes their way!

- Children **dream big**; that's what's great about them.
- Remember that your child's dreams **aren't about you**. As far as kids are concerned, anything is possible.
- As children grow and develop they will begin to **show interest in many different things**. They will start to give more attention to certain things that really interest them, some of which will turn into dreams.
- If our goal is to help our children achieve their dreams, we should **show them how** and help lead the way. 😊

We also promote college or career readiness by encouraging our students to develop **resilience** and **perseverance**. You can help at home! Encourage your child to change his/her way of thinking about certain things, such as:

INSTEAD OF...

- I'm not good at this!
- I'm awesome at this
- I give up!
- This is too hard!
- I can't make this any better

TRY THINKING...

- What am I missing?
- I'm on the right track
- I'll use some strategies I've learned
- This may take some time and effort
- I can always improve. I'll keep trying.

- I can't do math.
- I made a mistake.
- I'll never be as smart as her.
- It's good enough.

- I'm going to train my brain in math.
- Mistakes help me improve!
- I'm going to figure out what she does & try it!
- Is this really my best work?

Lastly, I would like to invite your feedback and input as to how to get these monthly newsletters and our District newsletter, **THE CONNECTION**, to you easier and more efficiently. At this point we are placing the monthly newsletter and the monthly district CONNECTION on the district webpage, the school webpages, and on the school Facebook pages. I attended one of the parent club meetings last week and they suggested emailing them to the teachers and having the teachers forward them to you parents. Would that help? I want to communicate in the best way possible. Send me your ideas!

Have a wonderful November and Thanksgiving season. We are very grateful to each and every family we serve. Thank you for working with us!

Sincerely,

Cheryl Olson

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What we see depends mainly on what we look for. ~ John Lubbock



PROUD SCHOOLS IN A PROUD COMMUNITY
San Bruno Park
School District
EXCELLENCE TOGETHER