

Young School  
*Celebrating A New Season*  
Dr. Peter E. Harrison, Principal

Congratulations on the impressive work that you have done in preparing your child for active participation at Young School. We have learned through the stories that many of you have shared, some of the reasons why you believe that your child has made a smooth transition to school and is reaping the rewards that come with feeling comfortable, confident, and competent. We thank you in advance for allowing us to share some of these “nuggets of wisdom”, as follows:

- ◇ Pre-teaching prepares children for new encounters, such as riding the school bus, figuring out what to do during recess, deciding where to sit at lunch, or scheduling a play date with a new friend from school. By pre-teaching, we are referring to providing your child with an idea of what to expect and some tips that will help him/her experience success. We are not suggesting that you cover A-Z, but simply a bit of a “heads up” will prove advantageous as your child navigates this new experience.
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- ◇ Maintaining predictable routines at home allows your child to channel their energy to the most important priorities. This approach helps to shield them from unnecessary distractions and reinforces a sense of personal security. A regularly scheduled time for reading, brushing teeth, and getting in bed serves as an example of establishing a predictable routine.
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- ◇ Children, by their very nature, mimic the behaviors of the adults in their lives. You know very well that your child is acutely aware of your strengths and challenges. I guess this fact makes us human! Given that this cause-effect relationship is undeniable, how do we respond? An idea worth pondering may be, “what you sow is what you get”!
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- ◇ What you eat is what you get! A great book that I read recently shared that “learning begins in the stomach, because fundamental building blocks of the brain and body begin with nutrition” (Given, 1998). Other references share that “enzymes in the stomach act on meats, beans, seeds, nuts, grains, and other protein foods to trigger the release of different amino acids, including the important tyrosine. Once in the bloodstream, tyrosine travels to the brain and becomes L-dopa; L-dopa loses atoms and triggers the release of dopamine that shoots from thousands of midbrain cell endings to produce a general feeling of alertness, attentiveness, quick thinking, rapid reactions, motivation, and mental energy” (Wurtman & Suffes, 1996/1997) (Pert, 1997). As you can read, this isn’t new news! We know that we must take care in what we put in our child’s “engine”, given the affect on their performance. You may be interested in learning more about the influence that nutritional choices have on student learning. If you get an extra minute, check out how simple sugars affect the learning process!
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◇ Reading with your child and listening to your child read has positive affects on their performance in school. Please give your child the advantage. Open up a book and enjoy some quality time with your child!

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◇ Get physically fit with your child! Find some unstructured fun activities that you and your child can enjoy together. Throwing the frisbee, a game of whiffle ball, “keep it up” with the soccer ball, and break dancing are a few examples that you can try!!

### *Young School Core Values*

**Honesty...Respect...Responsibility...Compassion...Citizenship...Fairness**