West Middle School – Homework Tips for Parents

1. Establish a Routine
This is the first step in creating a positive homework pathway for your child. Help students designate a set time and place where they can comfortably hit the books without being disturbed. Create clear boundaries to avoid power struggles.

2. Create a "Learning Space"
For many children, a "learning space" that is specifically set aside for homework can allow them to mentally enter into a "school mode" when they are at home. Stock with necessary supplies.

3. Get Organized
Create a homework calendar that both the parent and the child can clearly access and see. Plan ahead and create a schedule for long-term projects. Learn to set progress goals for assignments each day.

4. Accountability and Responsibility
Require your child's personal accountability for homework and assignments. Parents should have clear rules about writing down assignments in a notebook, or remembering to bring all necessary homework materials, such as books or calculators, home each night.

5. Teach Prioritization
If a project is due in a week, help your child to set up a time line for small tasks each day. Or, if a child is feeling overwhelmed, make a prioritized list of everything that must be done.

6. Check Your Child's Progress
Use Power School (see sidebar). Contact teachers or counselor to address a chronic problem.

7. Be a Study Buddy
Many times, especially when a child feels overwhelmed with a task or assignment, parents can offer support by simply helping their child study. Sometimes the simple act of giving a child attention during difficult tasks can boost a child's morale and effort.

8. Teach your child to ask for help
Often kids don't ask for help because they're afraid of looking dumb. Remind kids to communicate with teachers, and to ask questions! Help them develop the assertiveness skills to ask for help *before* they get too far behind.

9. Encourage and Support
Be your child's academic cheerleader. Approach homework with a positive attitude, and reward your child with specific, positive verbal feedback. Children thrive on verbal support and encouragement. For example, "I love how you always do your assignments with such a great attitude. I admire your ability to do what's assigned with such a great work ethic!"

ZZZZZZZZZZZZZZZZZZ Sleep: The secret weapon for school success

Sleep deprivation affects cognitive skills and academic achievement (and is linked to serious health problems). Well rested children simply feel better, and consequently perform better in school.

1. Teens need about 9 hours of sleep per night. You know your child best.
2. Do your best to stick to established bed times.
3. Encourage your child to begin homework earlier – and avoid putting assignments off to the last minute.
4. Limit electronics in the evening: tv; video games; cell phone, etc.
5. Limit sugary snacks; Stick to caffeine-free drinks.
6. Keep track of time – help your child learn to better estimate how much time homework will take in the evening.

Parent Resources from WMS

Power School
Parents and students can view student grades, assignments, & attendance online.

https://powerschool.tcaps.net/public/home.html

After School Tutoring
Available Mondays and Wednesdays in school library until 4 pm. No sign up required.

Google Calendar
See what assignments are due for each teacher.
www.tcaps.net/wms
Click on *Google Calendar Links* (left menu bar)