



March 2017 Parent Newsletter

www.arkansased.gov/divisions/communications/my-childmy-student

Setting Goals

Setting short-term and long-term goals with your child is important, as goals help your child focus on achieving important milestones. The feeling of accomplishment upon achieving a goal is priceless.

Check out <https://www.oxfordlearning.com/help-your-children-set-goals-for-success-top-ten-t/> and <http://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/> for tips on setting goals. Also talk to your child's teacher about academic goals, as well as extracurricular activities, that will help your child, and don't forget to celebrate your child's progress.

As a family, set some goals you can achieve together. This will serve as an example for how your child can accomplish personal goals. You can find a step-by-step action plan at http://www.sparkparenting.com/Tip_Sheet_Family_Goals.pdf.

Consider asking yourself or your child's teacher the following questions.

- What are my child's short-term and long-term goals?
- How can I support my child so he/she reaches his/her goals?
- What activities and classes will help my child meet his/her goals?
- What types of goals can we set as a family?

Severe Weather Preparedness

Every family needs a severe weather plan. The Department of Homeland Security offers tips for all weather-related emergencies at <https://www.ready.gov/>. The National Weather Service also has a lot of helpful information at <http://www.weather.gov/safety>. To learn more about the National Weather Service Forecast Office in Little Rock, visit <http://www.weather.gov/lzk/>.

It is important to create an emergency kit that is quickly accessible. See <https://www.ready.gov/kit> for ideas of what to include in your kit. Remember to replace any missing or expired items every year.

Be sure to also talk to your child's teacher about the school's weather preparedness plan. Discuss dismissal and communication procedures, and learn more about the drills that are conducted at your child's school. Talk to your child about these plans, and remind him or her about the proper procedures.

Consider the following questions as you plan for the upcoming severe weather season.

- What is my family's plan in case of severe weather?
- What does my child need to do if he/she is traveling to or from school during severe weather?
- How do I communicate with my child's school if severe weather occurs?
- What should be included in my family's emergency kit?