



the GALACTIC GAZETTE

Your home school connection to all things

STARS

Put these into practice At Home!
Study habits
Time management
Accountability
Resourcefulness
Success

STARS motivates students with school wide academic themes. This month we will be working on **Goal Setting**. Research shows that regular and careful goal setting can help children feel that they are taking control of their own learning when working towards something. It also shows that it can have a positive impact on their lives, no matter how small.

Setting goals has also been proven to increase motivation and student achievement. Additionally, goal setting is directly connected to study habits, time management, accountability, resourcefulness, and success. For these reasons, goal setting is a foundational component of STARS. Read "YOUR Mission" below to see how you can support your child at home this month.

YOUR Mission:

Help guide your child through making a goal (big or small, academic or personal) at home. Ask them about their goal and practice making sure it is **SMART**:

- Specific
- Measurable
- Action plan
- Realistic
- Time Limit

(SEE REVERSE)

Research

Would you like to read more on goals? Here is a great article from the Huffington Post on teaching children confidence through goal setting.

<https://tinyurl.com/STARSGoals1>

Additional Resources for Families

5 Tips for Teaching Kids How to Set Goals

<https://tinyurl.com/STARSGoals2>

Goal-setting Activities for Kids

<https://tinyurl.com/STARSGoals3>

Our Classroom Updates

Each teacher will provide classroom updates

Rally news:

Space is limited, but feel free to come and take a peek at our next rally on **Wednesday, September 25th**

11:55-12:30

This month we ask that you "dress your best" - so wear your fanciest outfit!

If you have a TK-2 student, you might try a project like this.

Reasonable goals for this age group might include learning how to tie shoes, adding double digit numbers or to start an afterschool club. Stretch the learning further by helping your child turn this image into a poster, a comic or a story, or other creation to share in class.



Prompt

What will it take for you to be a successful student this school year?

List 3 goals you are setting for yourself to make this possible.

Write to explain how you will work towards these goals this school year.

If your student is in the 3rd-6th grade, try reading this prompt together to get the ball rolling at home.

Students might write, type, journal, paint, create a diagram, or come up with their own brilliant idea that communicates their personal and/or academic goals.

How students and families foster lifelong learning is a choice and a privilege that we want to honor at Bonny Doon Elementary. If your child chooses to practice goal setting in a different way than the above examples suggest, great! Families may decide what to do together or students may decide what to do on their own. Students will be expected to share out and/or show evidence of their learning and practice from home at the end of the month.

"Work at Home" Expectations for Students	Grade Level	Minutes of Reading per night	Minutes of Working and/or Practicing per night
	Kinder	Up to 15	Up to 5
	1st	15	5
	2nd	15	10
	3rd	15	15
	4th	30	10
	5th	30	20
6th	30	30	