

WELLNESS WEDNESDAY

WASHINGTON ELEMENTARY SCHOOL

OCTOBER 17, 2018



Helpful Tips on How to Help Your Child Improve Their Super Study Skills

Organization

*Designate a place in your home for studying. This place should be clutter free, have good lighting and be comfortable.

*Keep supplies stocked. Create a drawer or box that is stocked with pencils, glue, scissors, erasers etc. Everything needed will be in arms reach.

*Keep a master calendar of all assignments, projects, tests, quizzes etc.

*Break down and schedule weekly study sessions (i.e. spelling words Monday and Wednesday, math facts Tuesday and Thursday).

*Encourage your child to check their work. Proofreading and editing are important skills to learn.

Concentration

*Learning how to pay attention, focus and concentrate are valuable tools that will make learning all throughout life successful.

*It is hard to pay attention and concentrate on an empty stomach. Make sure that a good breakfast, hearty lunch and healthy snack are provided before learning periods.

*Before starting or while taking a break, help your child use some simple stretching or yoga moves to get their mind and body ready.

*Think about when your child is most focused. Is it right after school or after a period of activity? Set that time as the regular study time.

*Set specific time segments for homework. Break assignments down by task. Allow for a small break to refocus.

*Get the most difficult task or subject done first. This will help provide a sense of accomplishment.

Memorization

Some skills for school success require memorization.

*When memorizing people or facts try to relate them to your life.

*To memorize names combine them into a sentence.

*Create a story to memorize steps in a process.

*Use flash cards.

Test-Taking Tips

*Use flash cards.

*Create timelines.

*Make your own quiz and take it.

*Quiz yourself with help from an adult or study buddy.

*Do chapter reviews or use a study guide.

After School Tips

*Start a routine of helping your child go through their backpack. Have them show you what is in there each day.

*Review completed assignments with your child. Discuss the successes and where there can be improvement. This will help you see in what areas your child may be struggling.

*Have your child talk through their assignments or projects so that you can see what they learned and how they are retaining it.

-By Dr. Joyce Stout

Blue Zones Recipe of the Week



Cauliflower Chickpea Curry & Quinoa

A delicious and refreshing way to enjoy fresh garden tomatoes, this soup is great for hot days and pairs perfectly with good bread (we recommend Ikarian-style Sourdough!). You can also enjoy this hot if you prefer. Each ingredient in this recipe brings something unique to the flavor and complete nutrition of this delectable dish. Canned garbanzo beans and frozen peas are full of fiber and protein, which help you feel full and satisfied. Frozen peas and frozen cauliflower are great sources of Vitamin C, while spinach is loaded with Vitamin A. The canned coconut milk brings all the ingredients together in a rich creaminess. This recipe is a winning combination of nutritious and delicious. After all, eating well should be tasty.

[CLICK HERE FOR THE RECIPE](#)

RUNNING CLUB

COME JOIN YOUR FELLOW EXPLORER FAMILIES EVERY MONDAY, WEDNESDAY, AND FRIDAY AT 7:45AM FOR RUN CLUB ON THE WASHINGTON FIELD!

MEET NEW FAMILIES, ENGAGE IN A HEALTHY ACTIVITY, AND SET PERSONAL GOALS!

Upcoming Events in the Community

SKECHERS PIER TO PIER FRIENDSHIP WALK 10.28.18

WE HAVE 11 DAYS UNTIL THE SKECHER'S WALK AND STILL NEED TO GET MORE WALKERS SIGNED UP. WE CAN DO BETTER, ESPECIALLY BECAUSE WE ARE REDONDO'S LARGEST ELEMENTARY SCHOOL! OUR GOALS THIS YEAR IS 500 WALKERS. THIS IS THE ONLY FUNDRAISER ALL YEAR WHERE 100% OF THE MONEY RAISED GOES BACK DIRECTLY TO THE SCHOOL.

DON'T WAIT. REGISTER TODAY!

[CLICK HERE TO REGISTER](#)

3RD ANNUAL RBEF MAYORS' CUP GOLF TOURNAMENT 11.5.18 LOS VERDES GOLF CLUB

REGISTRATION AND DRIVING RANGE OPENS AT 9:30 AM MEGA PUTT CONTEST AT 11:30 AM AND A SHOTGUN START PROMPTLY AT 11:45 AM.

BOX LUNCH, DRINKS AND COURSE ACTIVITIES PROVIDED. RAFFLE PRIZES AND CASUAL DINNER RECEPTION BEGINNING AT 4:45 PM.

REGISTRATION FEE FOR A SINGLE GOLFER IS \$150.00 AND FOURSOME IS \$500.00.

ALL PROCEEDS BENEFIT THE REDONDO BEACH EDUCATIONAL FOUNDATION.

WATCH D.O.G.S. PIZZA WITH POPS NIGHT 10.25.18

WASHINGTON WILL BE HOSTING ITS ANNUAL PIZZA WITH POPS NIGHT ON THURSDAY, OCTOBER 25TH FROM 5:30-7:00PM IN THE CAFETERIA.

AT THE PIZZA WITH POPS NIGHT, FATHER-FIGURES WILL HAVE A CHANCE TO EAT PIZZA WITH THEIR CHILD AND OTHER FATHER-FIGURES. HEAR MORE ABOUT THE WATCH D.O.G.S. PROGRAM, AND HAVE THE OPPORTUNITY TO SIGN UP FOR THEIR FIRST WATCH D.O.G.S. VISIT.

[CLICK HERE TO RSVP FOR THE EVENT](#)

*"To acquire knowledge, one must study; but
to acquire wisdom, one must observe."*

-Marilyn vos Savant