

Here are some tips to help keep your child on top of assignments and develop good study habits.

**Get to know the teachers and what they're looking for.**

Good questions to ask the teacher are: what are their homework policies, and how should you be involved?

**Create a homework-friendly area.**

Set up a space for your child that is well-lit, and has school supplies like paper, pencils, glue, and scissors all within reach.

**Schedule a regular study time.**

See what your child prefers and make a consistent study time.

**Help them make a plan each night and also plan ahead.**

For large assignments, help your child break up the work into manageable chunks. Create a work schedule for the night if necessary, and take time for 15 minute breaks every hour, if possible. Be sure to ask them regularly if they have any big projects coming up.



**Be a motivator and monitor.**

Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns. Be sure to leave the work for them, so they can learn.

**Keep distractions to a minimum.**

TV, loud music, and other similar disruptions can be distracting and should be avoided.

**Set a good example**

Do your kids ever see you diligently balancing your budget, or reading a book? Kids are more likely to follow their parents' examples, rather than their advice.

**Praise their work and efforts**

Post an aced test or art project on the fridge. Mention academic achievements to relatives and family friends, so your child can have more chances to feel recognized for their accomplishments.

**If there are continuing problems with homework, get help.**

Bring it up with your child's teachers. Some kids have trouble seeing the board and may need glasses, others might need an evaluation for difficulties in their learning process. Some kids may benefit from more accessible approaches, which the school may offer or could provide.



Source: <https://kidshealth.org/en/parents/homework.html>



## Cree WORD OF THE WEEK

# atamiskakiwin

greetings

KTC KIDS  
CHALLENGE  
OF THE WEEK

### SMILE

Give the gift of a smile!  
Try and give your biggest smile to everyone you see this week  
and watch them light up with a big smile themselves!

### LET'S MAKE SOMETHING

## SPOOKY SHRUNKEN APPLE HEADS

Get an adult to help carve to make  
your own SPOOKY dried apple faces!



#### You will need:

- Large apples (granny smith are the best to use)
- a paring knife (leave the carving to an adult)
- lemon juice
- salt
- string or wire
- pens/pencils



#### Steps:

1. Mix roughly half a cup of salt, half a cup of lemon juice, and 8 cups of water. The salt will help draw moisture out of the apples, and the lemon juice will help keep the apple light and uniform in color.
2. Using large apples (since the apples will shrink over time), peel the apples, and place in the salt lemon solution for about 30 minutes. If you leave the tops of the apples unpeeled, the shrunk heads will have little hats (or hairpieces). And if you leave the bottoms unpeeled, you will have a base for the heads to display them.
3. Use a pencil, pen, or chopstick to make indentations for where you want to carve. Get an adult to carve eye sockets, a mouth, and a nose.
4. Tie some string or wire in a way that allows the apple to hang. Dry the apples naturally in a dry area of your home. The process will take at least a week, so make sure to start well before Halloween!
5. Over time, you can use your fingers to accentuate any features.
6. Color in the eye sockets and outline the features, add staples to the mouth, or add yarn to the head for hair.
7. Skewer them on chopsticks or hang them where they can give a fright!

### GAME OF THE WEEK

## October Word Search

O	C	T	O	B	E	R	F	H	G	F	N	Z	I	H
R	R	X	L	W	O	A	A	Y	R	Y	A	Q	A	F
E	Y	A	O	Y	W	R	L	H	E	B	X	L	V	P
D	A	I	K	D	V	P	L	K	M	L	L	S	U	C
X	T	O	V	E	F	H	C	S	C	O	L	M	L	O
P	F	J	S	M	R	R	D	Q	W	Q	P	O	W	R
R	P	T	I	L	E	O	F	E	B	K	B	O	W	N
O	A	U	T	U	M	N	E	L	I	D	R	N	J	M
V	F	A	V	W	T	N	L	N	E	C	V	T	E	A
I	Y	I	Y	J	E	H	S	D	E	S	V	Y	K	Z
V	E	L	T	G	C	C	I	R	E	M	N	U	J	E
J	U	F	N	V	G	R	A	V	T	W	B	I	O	L
W	V	A	E	P	Y	C	A	M	O	Q	W	J	T	R
S	R	M	A	A	S	E	K	R	X	X	K	T	V	Z
O	O	W	H	V	L	F	B	U	I	M	P	Q	Y	O



October  
Harvest  
Halloween  
Pumpkin  
Leaves

Rake  
Scarecrow  
Corn Maze  
Hayride  
Fall

Autumn  
Orange  
Red  
Brown  
Yellow

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NEED TO TALK? SUPPORT IS AVAILABLE!  
Contact your health centre for available supports.