

## What can you do as a Parent?

- Have an ongoing dialog as to what your grade expectations are for your student and know what they expect of themselves.

Example: Do you expect a 90% or a 99%? What does your child expect?

- Help your child organize their due dates with a planner, calendar, phone alerts, etc.
- If a teacher uses “Remind” to send out text message reminders to their students, then you sign up too.
- Make sure your child has few, if any absences. If you have doctor appointments that can’t be avoided, try to schedule them at different times of the day so your child is not always missing 1<sup>st</sup> period or 7<sup>th</sup> period.
- Communicate with your child’s teachers. Sending an email with a couple of short questions for the teacher is best. If you keep the email short, you are more likely to get a timely response.

Example: Does Sarah seem to be doing OK in your class? Do you have any concerns about Sarah I should know about?

- Keep up with grades through HAC
- Help your child with time management. If you know your child has an upcoming test, remind them to study. Maybe offer to study with them. If you know your family is going to a cookout on Thursday night, make sure your child knows of the event in advance.
- Help your child develop FOCUSED study skills
- Protect them from themselves!
  - Try to keep them from overextending themselves in too many clubs, activities, and extracurricular events.
  - Help them reach BALANCE in their lives. They are driven and have very high goals, but they are still children and should have some down time.
  - Make them SLEEP and rest when they can.

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