

□ **MAIN STREET SCHOOL** □
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Dear MSS Families,

Homework



This fall a joint committee comprised of teachers and administrators from both LSS and MSS and a school board member updated the homework policy and guideline for children in the Exeter Elementary Schools. These updated guidelines were approved by the Exeter School Board and are posted on our website in the ‘Exeter Policy Manual’ found in the Exeter School Board section.

The committee set the guideline that students in grades 1-5 will be assigned homework on a regular basis. The rationale for including homework in our school curriculum is that, “Homework is an integral part of the educational process. Homework is a discipline for students to develop organizational skills, responsibility, self-confidence, and good work and study habits. From the earliest grades, students may begin to experience the benefits and application of independent learning. In order to obtain the maximum benefit, homework requires cooperation, active participation, and communication among administrators, teachers, parents and students. Homework has different purposes at different grade levels. Its primary purpose at the elementary level is to foster positive and consistent work habits and individual student responsibility.”

The amount of time for homework that the guidelines recommend as an average amount for students to complete the work is progressive as students advance through the grades. Kindergarten was intentionally not included in the practice of providing required assignments, but optional resources to support the curriculum will be shared regularly with families. Starting in grade one the guideline is for 10 minutes, 4 days per week, which may include reading, spelling, and math. In addition, special projects may periodically require extra time. Grade two increases to 20 minutes, 4 days per week and ten more minutes are added to each grade level through grade 5. Reading is encouraged at all grade levels on a daily basis.

The learning needs for each child can vary significantly. If you have questions or concerns about homework, we encourage you to work with the classroom teacher to help make homework a positive learning experience for your child.

Holiday Celebrations- The holiday season is always an exciting time, especially for our young children. We often have small celebrations or parties at this time of year in recognition of these special times. Please be mindful to support our Wellness, Nutrition, and Physical Activity policy by



helping us have classroom celebrations that focus primarily on healthy snacks and also include non-food ways to celebrate. Listed below are some ideas for ways to support healthy class parties and celebrations.

Non-Food Ways to Celebrate

- Donate a book to the school library or classroom in honor of the child's birthday
- Donate games to the classroom to be used during in-door recess
- Donate playground/physical activity equipment – jump ropes, balls, etc
- Organize an active game(s) that the class can play
- Engage students in a special art project (Teachers may provide suggestions)



Healthy Snack Ideas

- Small bottles or cartons of flavored milk, 100% juice, smoothies and water
- Fresh fruit tray (whole, wedges, slices)
- Fresh vegetable tray (baby carrots, grape tomatoes, celery sticks, cucumber spears, red and green pepper strips, cauliflower and broccoli florets) with reduced fat ranch or yogurt-based dip
- String cheese, cheese cubes, or slices with whole grain crackers
- Low fat pudding cups, low fat yogurt squeeze packs or cups
- Pretzels, low fat popcorn

If you have a question about food and drink items to be sent into classrooms for celebrations, please contact the school nurse. Your efforts to promote healthy nutritional habits for the students in our elementary schools is very much appreciated!

After School Enrichment Instructors- Our next session for After School Enrichment will be taking place near the end of January. We are looking for someone to be a cooking instructor. A modest payment will be provided. Please let Cheri Porter in the front office know of your interest. Cheri can be reached at 775-8945.



CMS Community Event and December Menu- Please find attached a flier from CMS about a holiday event and the December menu.

Sincerely,
Steve Adler

Our mission:

To provide a positive, safe learning environment that fosters a life-long love of learning for all with respect for individual strengths and needs