Important Dates

**September 17.** Bernal Home and School Association Meeting. 7-8:30
Bernal Library

OGSD Exemplary Staff Vision Award

Ms. Nicole Bylsma, 8th grade Science Teacher, wins the District’s Exemplary Staff Vision Award! Nicole teaches science in a way that captures the attention and interest of her students. She seeks out approaches that make science curriculum accessible to all students, while helping them connect subject matter to their daily lives. She has created a student-centered environment where students feel respected and valued and reluctant learners feel successful. Congratulations Ms. Bylsma!

Before and After School Traffic

Overall, traffic before and after school has not been bad. Remember to slow down around school, stay off your phone, drop off on school side of street, be extra cautious around crosswalks, and always smile and wave to staff when you see them.

Bernal School kicks off the 2015-2016 School Year with a Smooth Start

School got off to a very smooth start on Monday, August 17, as we scheduled approximately 750 students into their classes.

As we begin the year, it is my pleasure to introduce new Bernal staff to you: Andrew Barham, Science; Randi Taylor-Habib, English; Barbara Tuma, Special Education; Valerie Ruiz, Special Education; Janet Jackson, Theater Arts/Drama; Andrea Fennern, Band; Sean Latimer, long-term substitute teacher for Mrs. Fraschetti; Lelia Strozier, English Language Development, and Sarita Segovia, Girls PE.

Go Broncos!

California Junior Scholastic Federation.

The California Junior Scholarship Federation is gearing up for its Fall 2015 applicants. Students that have received a GPA of 3.6 or higher in the spring of 2014 can apply. Fall 2015 applicants are limited to only 8th graders. Spring 2016 will open up to both 7th and 8th graders. Applications will be available in Math classes starting September 4th, 2015. Applications are due to room 222 by September 11, 2015 to Mr. Li. If accepted, individual invitations will be sent out to the students about our fall initiation.
Keep In the Loop
With SCHOOL LOOP!!!

How are you going to communicate with your student’s teachers about your students’ academic progress and daily homework assignments?

School loop is your answer! If you haven’t registered:
- Go to Bernal.ogsd.net
- Click ‘School Loop’ link.
- Click the ‘Register Now’ button
- Choose the language (optional), then
- choose ‘parent registration’.
- Complete the registration form.

Click the Register Now button.

FAQ

Q: Do parents have full rights once registered?
A: No. Parents may not view published graded until their account has been approved by a school administrator. Some schools choose to use a more restrictive policy that requires approval for both student and parent accounts before they may even log into the system.

Q: Do parents have to register multiple times if they have more than one child?
A: Depends. Parents can add multiple children to their account if those children attend the same school. More info...

Q: Will students and parents have to re-register each school year.
A: No. Their accounts remain active year to year as long as the student attends the school. If a student changes schools, then both student and parent will have to register at the new school.

Q: Is an email address required for student or parent registration?
A: No. It's desirable, but students and parents may enter "@" in place of a valid email address.
Using the Binder Reminder to Set Students Up for Success

Agendas, referred to as a “Binder Reminder” here at Bernal, can help students learn to manage their time effectively. Broncos are responsible to track their own time and manage multiple activities, such as homework, projects, tests, and extracurricular activities, which can be a large jump from elementary school expectations. The efficient use of the Binder Reminder can help prevent students from feeling overwhelmed by their school work and gives them a sense of control. It also helps to prioritize, plan and pace their tasks, and is a communication tool between home and school. As parents, you can help our children take responsibility for their time so they can become efficient time managers, as well as stay connected to the curriculum being taught at school.

Your child's classroom teachers will be teaching students how to make the most from their agendas. But, as parents, there is much you can do at home. The following tips are adapted from Moira Toomey’s “School Agendas: Enabling Children to Manage their Time” and contain many excellent strategies on supporting your teen at home.

1. Set a SITE

- Homework is best done in the same place at the same time of day.
- The site needs to be free from family noise and the distractions of interesting electronics.
- Put the agenda on the desk at the beginning of each homework session.

2. Make it a HABIT/ Establish a ROUTINE

- Take 5 minutes with your child, each day, to review the day’s homework and to check that everything is written in the agenda.
- Open the agenda together.
- Ask questions, discuss the answers.
- Check that notices from school are handed over to you at this time.
- Use the pocket in the cover of the binder for any communication to and from school.

3. CHECK IT OFF

- When the homework item is completed, put a check mark in the box or cross it out. When all the tasks are checked off, the homework for that night is completed.
- If homework completion has historically been a struggle, give a small reward for completed homework at the end of each week.

4. Set PRIORITIES with your child

Ask the questions: What has to be done and is urgent? What is important but can be left until another time? What would be nice if it is done but is neither important nor is urgent?

Examples:
An urgent task would be to study for the test for the following day. An important task would be to begin work on the project due at the end of the week. A nice task would be to color the illustration to a poem.
5. ESTIMATE, PLAN AND PACE
Estimating helps children learn how to predict tasks and plan the completion dates accurately. It also develops the pacing skills needed for sitting tests and exams.

Example: If a project is estimated to take 3 hours then break it down into 3, 1 hour blocks and spread it over 3 days. Write the project in the agenda on each of the 3 days, marking each entry as important.

6. RELAX
Make sure your child has enough down time to relax. Students need time in the day where they are not scheduled, time alone for uninterrupted reading, playing, listening to music or shooting baskets. This relaxation time is as important as structured homework time.

7. COMMUNICATE
Take time each day to review the agenda and check-in with your child concerning the school day. The emphasis should not be on marks and success, but on positive communication.

- Keep the communication open and non-judgmental.
- If homework time can be challenging, try eating a snack before talking. Short tempers can be lengthened with food.
- Communication is three-way, i.e. between yourselves and your child, the school and yourselves, your child and the school.
- Notes can be written directly in the agenda or slipped into the back pocket of the cover.

8. INITIATIVE
When you notice your child taking initiative to plan independently, back off. Let your child practice this new organizational skill alone and reward his/her developing independence. Encourage your child to make decisions independently and stop yourself from rescuing him/her from possible mistakes.

9. SET GOALS
As children mature, the setting of personal goals becomes increasingly important to them. They will ask questions such as: What do I want to become? Who do I want to be? What subjects do I excel at? What skills do I have? What kind of person do people see me as? How much time do I have to pursue all my goals? Find time to talk about these big questions. Both teachers and parents can help to shape the answers to these through reflective conversations with the student.

10. CONGRATULATIONS
Celebrate the small stuff! Verbally show your child your pride though positive statements such as “I knew if you worked hard you could persevere and get that assignment done.” “I know it was hard to skip time with friends because you had a project due, but I am proud of your decision.” Sometimes we assume students know how proud we are, but adolescence can be a volatile time of uncertainty and self-doubt, so positive praise related to safety, respect, responsibility, and integrity (our RISE mantra) can go a long way!