Welcome to the New School Year!

Hello and welcome to the start of the 2013-2014 school year! This newsletter will be sent out every other month during the school year to keep you informed of the events and activities that the Student Services Department has planned for the upcoming weeks. Each newsletter will discuss various topics that are relevant at Riverside Brookfield High School and keep you updated of important dates.

**Just a Reminder:**

We want your student to be successful! The Student Services Department is available to meet with you and/or your student at any time for an appointment. Please refer to page three for contact information.

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Get your student back into school mode! Here are some tips to help your student study:

1. **Set a schedule**

Have studying be a part of your student’s daily routine to avoid last minute cramming.

1. **Eliminate distractions**

Encourage students to stay away from cell phones and internet usage to prevent being distracted while studying

1. **Take breaks**

Breaking up studying into smaller sections can help your student focus on the material

1. **Get enough sleep**

Studying while sleep deprived can impact your student’s understanding of the material

**Be Aware of Bullying: Discuss Bullying With Your Student**

Did you know that nearly one third of all school-aged children are bullied each year (Pacer’s National Bullying Prevention Center)? Many of these students do not report being bullied. Help your child recognize bullying by having discussions with them. By

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Let’s Talk

In a survey administered at the end of last school year, students in the class of 2016 indicated they wanted more information regarding college. It’s never too early to discuss college with your student. Encourage your student to visit our College and Career Resource Center, visit the Naviance website, or make an appointment with their counselor.



Naviance is a tool that allows

students to learn more about their interests, search careers that fulfill those interests, search for colleges and track admission statuses. In addition, parents and counselors can access their students’ Naviance usage and suggest schools for the student to access. Students can also check how their ACT Scores and GPA compare to other students from RB who applied to the same college. We also strongly encourage you to log on to the Naviance website from the RBHS website to track your student’s usage.

www.naviance.com

COLLEGE!

***A Few Common Myths About College Finances:***

**1: My income is too high**

-Financial aid is not based solely on income. Fill out financial aid forms.

**2: My student’s grades are too low**

-Grades are not everything. Financial aid is still available to those with lower grades.

**3: My taxes must be complete before I file for financial aid**

-You want to file for financial aid as early as possible! If necessary, file forms based off of tax estimates

Please join us:

**College Planning Tips for Seniors and Parents**

September 10 from 7-8pm

Help your student prepare for college by attending this informational session at RBHS.

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… having these conversations with your student, you are demonstrating care and support for them. Here are some tips regarding what to say to your student when discussing bullying:

1. Use TV shows and other media to start a conversation about someone’s behavior. Then direct the conversation towards if they’ve seen that behavior occur at school.
2. Encourage children to talk with you after school. Have general conversations about their day and discuss the good and bad parts.
3. Ask your student what you as the adult can do to help stop bullying. Discuss their suggestions and make sure to follow through.
4. Ask your student to describe what bullying means to them and what it looks like.
5. Focus on offering comfort and support for your student when they disclose being bullied.

**References:**

<http://www.usnews.com/education/high-schools/articles/2012/08/24/3-tips-for-parents-to-teach-healthy-study-habits-to-teens>

<http://www.stopbullying.gov/index.html>

[www.naviance.org](http://www.naviance.org)

<http://www.pacer.org/bullying/>

What’s Coming Up at RBHS:

September 4:

Executive Functioning Presentation………………6pm-6:45pm

Parent Open House……7pm-8:45pm

September 10:

College Planning Tips for Seniors and Parents…………………7pm-8pm

October 1:

Freshman Focus: Successful High School Experience……..7pm-8:15pm

October 2:

Freshman Parent Night…..6pm-8pm

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