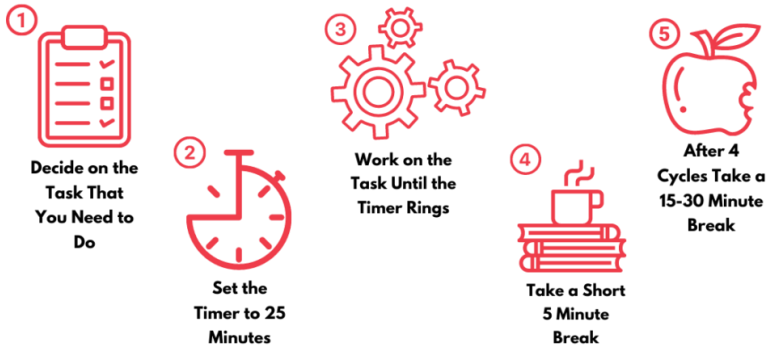




# Community School Connections

♥ February 2021 ♥

## THE POMODORO TECHNIQUE



- ◆ The Pomodoro technique was created in the 1980's with the idea that no one can stay mentally fresh by focusing on a single task for hours at a time.
- ◆ A Pomodoro timer will prompt a student to work on classwork for 25 minutes, then take a 5 minute break. This is followed by another 25 minutes of focused work. After four cycles the student gets a longer break that lasts 15-30 minutes.
- ◆ There are many different Pomodoro timer apps available, as well as website based timers such as the free one on [tomato-timer.com](http://tomato-timer.com). You can also use a simple kitchen timer or the timer on your phone.

Source: <https://elective.collegeboard.org/seven-online-tools-keep-students-engaged-home>

## February is

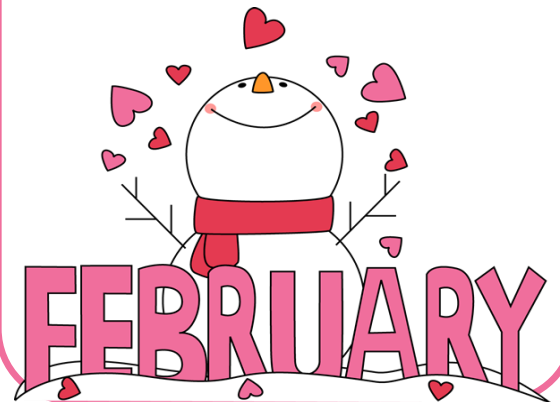
### Black History Month

Though it is important to honor and celebrate Black History all year, what better time than now to expand your knowledge and appreciation?

Adlit.org has a great list of educational resources that they have compiled for Black History Month.

To access them simply visit:

[http://www.adlit.org/fun/reading\\_celebrations/african\\_american\\_history/](http://www.adlit.org/fun/reading_celebrations/african_american_history/)



## Tips for Parents: Supporting Student Attendance

- ◆ Help your child understand why going to school everyday matters. Discuss with them how showing up or logging on to school every day is an important life skill that will help them to be successful in life.
- ◆ Continue to model the behaviors you want to see in your child through the way you manage your own responsibilities.
- ◆ Create attendance goals with your child and track their progress. You can also try giving them small rewards for not missing school.
- ◆ Develop a backup plan to ensure that your child is always able to get to school or participate virtually.
- ◆ Encourage healthy habits and routines for your child. Make sure they are eating, sleeping, and exercising enough.
- ◆ Reach out to the school for assistance and support. The principal, your child's teachers, counselors, social workers, and nurses are all available to help you.

Source: <https://www.theedadvocate.org/9-ways-to-improve-your-childs-school-attendance/>