

# Parent Academy Newsletter

# Parents

May/June 2024

Hernando County School District

make a difference!



## Improving focus boosts your child's ability to learn

Everybody's mind wanders now and then. But when students regularly "zone out" during class, it affects their ability to learn and retain new information. Studies show that younger students who can't focus tend to become older students who can't focus. And that can mean trouble for your child's education.

To help your elementary schooler strengthen attention skills:

- Remove distractions. Turn off the TV and other screens while your child does schoolwork. Keep noise to a minimum.
- Break down large tasks into more manageable steps. Students can be easily overwhelmed when facing complex assignments. Demonstrate how to divide the work into smaller steps.

Example "First, think about what you want to say. Next, make an outline of your points. Then, start writing."

- Encourage breathers during study time. Don't force your child to work for long periods of time. Instead, have your child set a timer for 20 minutes and take a five-minute break when it goes off. Frequent short breaks help students clear their heads. Remind your child to do this during class, too. Even a 30 second break (maybe by looking into the distance and breathing deeply) can help your child buckle back down and refocus.



Source: A.J. Lundervold and others, "Parent Rated Symptoms of Inattention in Childhood Predict High School Academic Achievement Across Two Culturally and Diagnostically Diverse Samples," *Frontiers in Psychology*, Frontiers Communications.

## Demonstrate respect with six strategies



When it comes to teaching kids about respect, the idea isn't to teach them at all. It's to show them.

When you demonstrate what respect looks like, you'll go a long way toward helping your child become respectful.

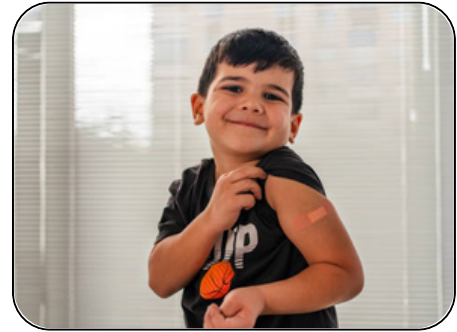
To demonstrate respect:

1. **Be polite.** Say please, thank you and excuse me when talking to your child. Knock before entering your child's room.
2. **Be kind.** Especially when your child messes up. Everyone makes mistakes. Help your child learn from mishaps.
3. **Be compassionate.** Try not to embarrass your child and avoid telling jokes at your child's expense.
4. **Be fair.** Don't pass judgment or punish your child before learning all the facts.
5. **Be dependable.** If you tell your child you'll do something, do it. And when you can't do something, be up front about it.
6. **Be honest.** "Little white lies" chip away at the respect your child feels - or doesn't feel - for you. Kids are always watching what adults do.



## Vaccines and Immunizations Requirements 2024-2025

Be Prepared...



### Public/Non-public Schools Kindergarten Through 12th Grade (Children entering, attending, or transferring to Florida schools)

- Four or five doses of DTaP
- Four or five doses of IPV
- Two doses of MMR
- Three doses of Hep B
- One Tetanus-diphtheria-acellular pertussis (Tdap)
- Two doses of Varicella (kindergarten effective with 2008–2009 school year, then an additional grade is added each year thereafter). Varicella vaccine is not required if there is a history of varicella disease documented by the health care provider.

### Additional Immunization Requirements for 7th Grade Entry

Effective with 2009–2010 school year (then an additional grade is added each year thereafter), in addition to compliance with all other immunization requirements, children entering, attending, or transferring to the seventh grade in Florida schools must complete the following:

- One Tetanus-diphtheria-acellular pertussis (Tdap)

See the Immunization Guidelines: Florida Schools, Childcare Facilities and Family Daycare Homes\* for complete information on school requirements.

### Elementary School Parents make a difference!

Behind every young child who believes in himself is a parent who believed first.

Matthew Jacobsen

### FREE SWIM LESSONS FOR OUR BROOKSVILLE COMMUNITY!

We believe in the potential of every child to learn, grow and thrive-and we believe their safety around water is of vital importance, especially here in Florida.

We would like to offer our Brooksville community a FREE 3-Class Swim Lesson that will help them stay safe around the water. Classes will be held every Saturday from June 15-29 between 12:30-2:30pm. Spots are limited so sign up for your spot. Sign up by coming into the YMCA branch or online.



**YMCA OF THE SUNCOAST**  
1300 Mariner Blvd,  
Spring Hill, Florida 34609  
(352) 688-9622  
suncoastymca.org

The Grandparents Raising Grandchildren Seminar provides vital information and creates a platform for mutual support and community-building. The event stands as a testament to the collaborative efforts of various organizations committed to improving the lives of grandparents and their grandchildren.

Save the Date  
→





**LIBRARY  
SERVICES**

## **Summer Reading Program Age Group: Elementary (6-12)**

Registration for this event will be open from **May 23, 2024 @ 8:00am to June 6, 2024 @ 12:00pm.**

### **Program Description**

#### **Event Details**

Join us at the Main Branch as we kick off our Summer Reading Program with the theme, Adventure Begins at Your Library! Participants will learn about our summer reading programs, be able to pick up a Reading with the Rays game card, and participate in crafts, activities, and a family storytime. Plus, kids who attend will receive ice cream to help celebrate the beginning of Summer!

**Space is limited. Registration is required.  
Registration opens 14 days before the event.**

#### **Disclaimer(s)**

##### **Accessibility**

The library makes every effort to ensure our programs can be enjoyed by all. If you have any concerns about accessibility or need to request specific accommodations, please contact the library at 352-754-4043

##### **Photography During Programs**

While attending library programs, visitors may be photographed by library staff. Photographs become library property and may be used in library promotions. Individuals who do not want to be photographed or recorded are responsible for removing themselves from the area or notifying the photographer of their opt-out status.

### **Main Meeting Room**

Thursday, June 6, 2024

12:00pm - 1:00pm

Contact Info:

Name: Justin King

Email: [juking@hernandocounty.us](mailto:juking@hernandocounty.us)

238 Howell Ave, Brooksville, Florida 34601

(352) 754-4043

## **Have you teamed up with your child's teachers?**

When families and teachers form a strong team, students are the real winners. They learn more and do better academically and socially.



Have you been doing everything you can to build a successful school-home team? Answer yes or no to the questions below to find out:

1. **Have you met** your child's classroom teacher and continued communication throughout the year?
2. **Do you talk** with your child about school each day and review information the school sends home?
3. **Do you monitor** schoolwork?  
If your child struggles with a subject, do you ask the teacher how you can help at home?
4. **Do you make sure** your child attends school each day and has everything needed for assignments?
5. **Have you reviewed** the school Compact with your child, and said that it is important to follow them?

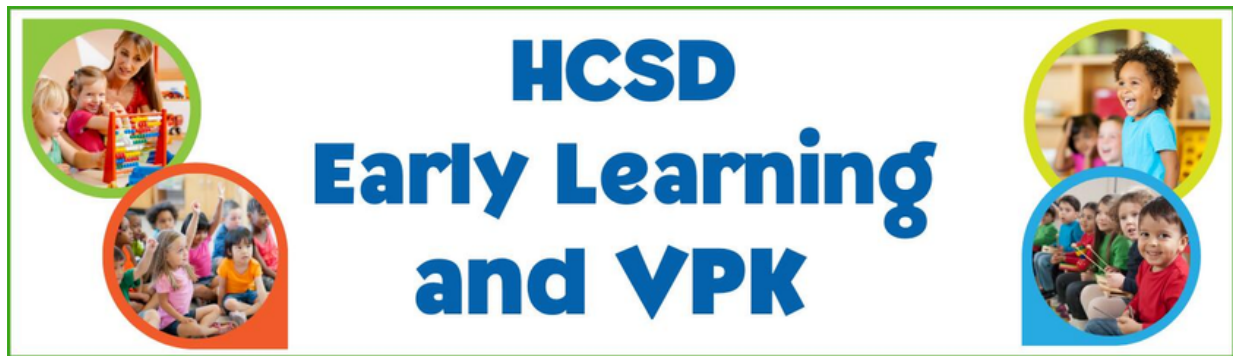
### **How well are you doing?**

Each yes answer means you are helping build a strong family-school team. For each no answer, try that idea from the quiz.

### **Parents don't forget your home learning strategies this summer:**

- Read with your child
- Ask your child questions
- Encourage conversations
- Talk with your child about responsibility
- Eat dinner as a family
- Spend quality family time with your children.





**Hernando School District 2024-2025**

in partnership with Title I

Children must be  
4 years old  
on or before  
**Sept. 1, 2024**

Program follows the  
2024-25 HCS D student  
calendar:

**Student  
Calendar**

**Registration**

Registration Opens  
**March 1, 2024**

FULL DAY PROGRAM!

**Hernando School District Title I-VPK**

**FREE FULL DAY PROGRAM** for students who live in the following school zones:

- Brooksville Elementary
- Deltona Elementary
- Eastside Elementary
- Moton Elementary
- Pine Grove Elementary
- Spring Hill Elementary
- Westside Elementary

**FULL DAY PROGRAM at Chocachatti Elementary**

- Cost: \$100.00/week
- Enrollment at CES VPK will **NOT** guarantee magnet status for students

**Step 1: APPLY** for a **VPK Eligibility Certificate**

- Contact Pasco Hernando Early Learning Coalition at (727) 233-8291 or
- Go to their website <https://www.phele.org>

**Step 2: REGISTER at School**

**\*To register, you must provide a valid VPK Eligibility Certificate**

Bring the following documents with you:

- VPK Eligibility Certificate
- Birth Certificate
- FL Certificate of Immunization (DH Form 680)
- FL physical
- 1 form of proof of residency

**\*Transportation is NOT provided for VPK**

Questions? Contact the Hernando School District's VPK office at (352) 797-7000 Ext. 238

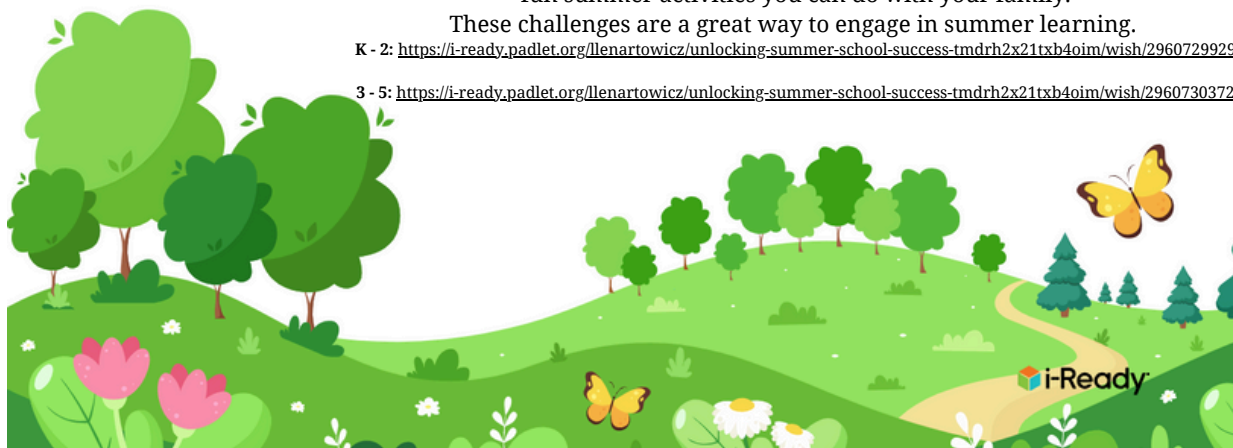
## FAMILY LITERACY CHALLENGE

Parents and guardians please check the Parent Academy Facebook page for fun summer activities you can do with your family.

These challenges are a great way to engage in summer learning.

K - 2: <https://i-ready.padlet.org/llenartowicz/unlocking-summer-school-success-tmdrh2x21txb4oim/wish/2960729929>

3 - 5: <https://i-ready.padlet.org/llenartowicz/unlocking-summer-school-success-tmdrh2x21txb4oim/wish/2960730372>





## Hernando County Schools Food & Nutrition Services 2024 SUMMER MEAL SERVICE PROGRAM



**DATES: June 3rd – July 31st**  
**CLOSED JULY 4th, 5th**

**NO COST BREAKFAST AND LUNCH FOR ALL CHILDREN 18YRS AND YOUNGER**  
**The Following Locations will be providing NO COST HOT MEALS DAILY:**

### Mobile Meal Stops - Must eat on site

**Eastside Elementary School (11:45-12:15)**  
**Lunch: Monday - Thursday**  
27151 Roper Road, Brooksville, FL 34602

**Ridge Manor Community Center(11:00-11:30)**  
**Lunch: Monday - Thursday**  
34240 Cortez Blvd Ridge Manor, FL 33523

**Delta Woods Park(11:00-11:30)**  
**Lunch: Monday – Thursday**  
3400 Deltona Blvd, Spring Hill

**Bridgewater Apartments(11:00- 11:30)**  
**Lunch: Monday – Thursday**  
4300 Bridgewater Club Loop, Spring Hill

**Nantucket Cove Apartments(11:45-12:15)**  
**Lunch: Monday – Thursday**  
400 Cape Cod Loop, Spring Hill

**Elks Lodge (12:00-12:20)**  
**Lunch: Monday – Thursday**  
510 Martin Luther King Jr. Blvd. Brooksville 34601

**Freedom Gardens Apartments(11:30-11:50)**  
**Lunch: Monday – Thursday**  
932 Freedom Way, Brooksville, FL 34601

**Brookhaven Apartments(11:00 – 11:20)**  
**Lunch: Monday – Thursday**  
7781 Crystal Brook Cir, Brooksville, FL 34601

### Open Sites - Must eat on site

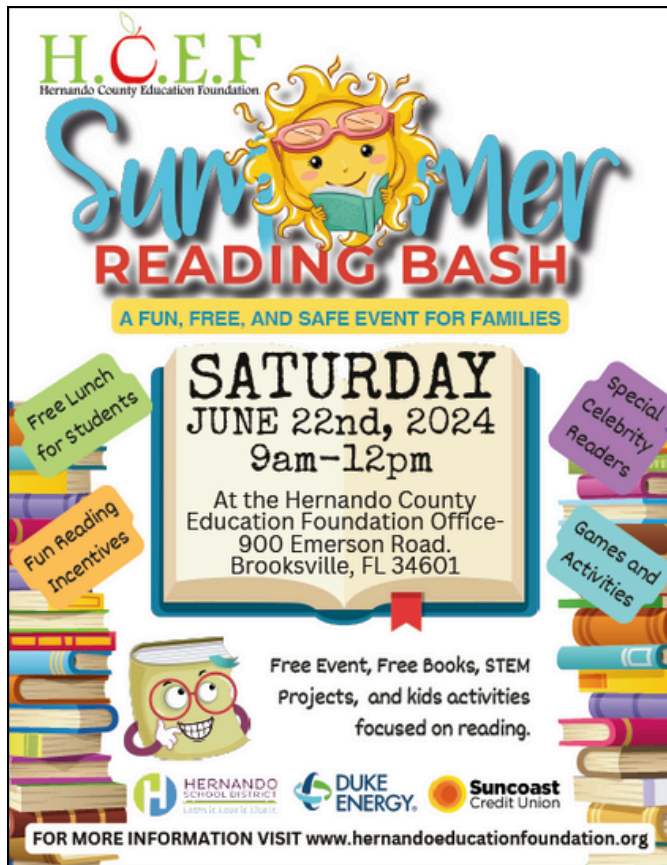
**Hernando High School**  
**Breakfast (8:30 -9:00)**  
**Lunch (11:00-11:30)**  
**Monday – Thursday**  
111 Ernie Chatman Run, Brooksville

**Westside Elementary School**  
**Breakfast (8:30 -9:00)**  
**Lunch (11:00-11:30)**  
**Monday - Thursday**  
5400 Applegate Drive Spring Hill

**“This Institution is an equal opportunity provider.”**



In 2007, United Way of Hernando County brought on the **Annual Stuff the Bus** program. For one weekend during the Summer, United Way of Hernando County, along with the Hernando County Transportation Department, places multiple buses throughout the community at participating Publix Supermarkets locations. We would love for you to consider donating school supplies for our classrooms. Please be on the lookout for these participating Stuff the Bus sites.



### Who We Are

The Parent Academy of Hernando Schools opens the lines of communication between home and school by connecting parents to the resources and information needed to support their child's education. Our Vision is to 'Be the link to your child's academic success.' Our goal is to engage parents in becoming full partners in their child's education by offering them training, information and assistance.

### What We Do

The Parent Academy of Hernando Schools is a Title I initiative that promotes trainings and events for parents to engage in continued collaboration with their schools and the community. We recognize that parents need to make many important decisions throughout their children's educational career about programs, schools and opportunities.

#### Dell Barnes

Manager of Family and Community Engagement  
barnes\_d@hcsb.k12.fl.us  
352.797.7070 ext. 449

#### Jodie Kanneberg

Family Engagement and Community Liaison  
kanneberg\_j@hcsb.k12.fl.us  
352.797.7070 ext. 267