

August 2024
A Special Supplement to

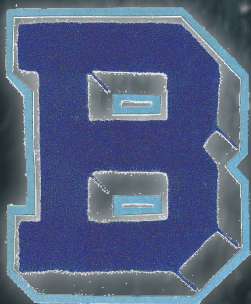
News Journal

Your Guide

to the 2024-2025

Clinton County School Year

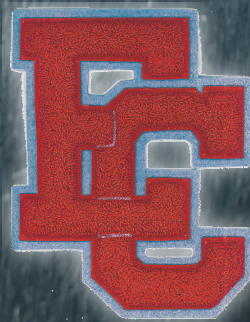
Blanchester



Clinton Massie



East Clinton



Wilmington



Blanchester Local Schools



BLANCHESTER HIGH SCHOOL

953 CHERRY STREET
BLANCHESTER, OH 45107

PHONE: 937.783.2461
NEW SCHOOL HOURS:
7:35-2:38

Blanchester High School has been nationally recognized by US News & World Report as one of the best high schools. Blanchester High School is recognized in the National Rankings and earned a bronze medal. Schools are ranked based on their performance on state-required tests and how well they prepare students for college

MIDDLE SCHOOL

955 CHERRY STREET
BLANCHESTER, OH 45107

PHONE:937.783.3642
SCHOOL HOURS:
7:50 AM - 2:38 PM

PUTNAM ELEMENTARY

327 E BALDWIN STREET
BLANCHESTER, OH 45107

PHONE:937.783.2681
SCHOOL HOURS:
8:55 AM - 3:30 PM

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Blanchester Local Schools

2024-2025 School Year Calendar

2024

8/16	OPENING DAY/TEACHER WORKDAY/OPEN HOUSE
8/19	INSERVICE DAY
8/20	FIRST DAY FOR STUDENTS GR. 1-12
8/27	PRE-SCHOOL/KINDERGARTEN LAST NAME A - M REPORT
8/28	PRE-SCHOOL/KINDERGARTEN LAST NAME N-Z REPORT
8/29	FIRST DAY FOR ALL PK AND KINDERGARTEN
9/20	INSERVICE DAY (NO SCHOOL)
9/25	INTERIMS PUBLISHED
10/11	INSERVICE DAY (NO SCHOOL)
10/14	FALL BREAK (NO SCHOOL)
10/18	END OF 1ST GRADING PERIOD
10/23	REPORT CARDS
11/5	INSERVICE DAY (NO SCHOOL)
11/20	INTERIMS RELEASED
11/27 - 11/29	THANKSGIVING BREAK (NO SCHOOL)
12/2	CONFERENCE EXCHANGE DAY (NO SCHOOL)
12/20	END OF 2ND GRADING PERIOD AND 1ST SEMESTER
12/23-1/3	CHRISTMAS/NEW YEAR BREAK (NO SCHOOL)
12/23-1/3	CHRISTMAS/NEW YEAR BREAK (NO SCHOOL)

2025

1/6	INSERVICE DAY (NO SCHOOL)
1/9	REPORTS CARDS
1/20	MLK DAY (NO SCHOOL)
2/12	INTERIMS PUBLISHED
2/17	PRESIDENT'S DAY (NO SCHOOL)
3/14	END OF 3RD GRADING PERIOD
3/19	REPORT CARDS
3/24-5/9	STATE TESTING WINDOW
4/14	CONFERENCE EXCHANGE DAY (NO SCHOOL)
4/15-18	SPRING BREAK (NO SCHOOL)
5/6	INSERVICE DAY (NO SCHOOL)
5/25	GRADUATION
5/29	LAST DAY FOR STUDENTS/END OF 4TH GRADING PERIOD
5/30	LAST DAY FOR STAFF



Get schooled on vocational training

High school graduates or individuals looking to explore continuing education at any age have various options. Among the most popular options is enrolling in a college or university. Studying a trade in a vocational school is another popular option.

What are vocational schools?

Vocational schools are sometimes referred to as career or trade schools. Vocational schools tend to offer certificate programs that are much shorter in duration than traditional college degree programs, and train students for skilled jobs. Vocational programs prepare individuals for careers in elec-



trical work, hairstyling and cosmetology, certified nursing aids, automotive work, and HVAC services, among others.

Cost of attendance

Cost of education is an important factor when choosing a career, and the cost of vocational school is no exception. The College Board says trade school costs between \$5,000 and \$15,000 on average for a three- to 18-month program. By comparison, the national average for a two-year degree program at public and private colleges can range from \$3,621 to \$15,333 per year. The cost to attend a four-year college is considerably higher, though it varies widely by institution.

NerdWallet reports that, as of 2021, total student loan debt in the United States exceeded \$1.61 trillion. Vocational school can be a much more affordable option than attending college, without the specter of large amounts of debt looming once the train-

ing is over.

An obvious job path

Many higher education concentrations are confronting low enrollment, while vocational programs are doing quite well, according to The Hechinger Report, which covers innovation and equality in education. The reason may be that vocational training presents a clear career path, and a more secure way to a solid job. Mechanic and repair trade programs had an enrollment increase of 11.5 percent from spring 2021 to 2022, indicates the National Student Clearinghouse.

“America is lending money it doesn’t have to kids who can’t pay it back to train them for jobs that no longer exist,” says Mike Rowe, television personality and founder of the Mike Rowe Works Foundation, which offers scholarship money to those who are pursuing the trades. Rowe feels that America has convinced people that the best path for most people is an

expensive education. Meanwhile, the Bureau of Labor Statistics indicates there are more than seven million jobs available across the U.S. that do not require a four-year degree.

Advantages to vocational schools

Trade school students can look forward to some benefits.

- hands-on learning
- more rigid schedule
- efficient time usage
- faster class pace
- small class sizes
- ability for licensure, where needed
- lower costs of attendance compared to other types of schooling
- instructors who are experts in their fields

Vocational schools are an option for students right out of high school or those returning to school later in life. Such schools provide access to millions of rewarding and lucrative jobs that can offer financial security.

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OR 513-323-5135



Tips for finding a tutor

A successful academic career requires a lot of hard work. Although some students grasp their coursework without much difficulty, there are plenty who may need some additional help throughout their academic careers. Before falling far behind classmates, those who could benefit from some additional assistance can turn to tutors for help. Students have plenty of places to look for tutors. School may provide on-campus access to tutoring from fellow students or educators. Students who perhaps didn't meet certain benchmarks during standardized or placement testing may be assigned tutors for resource engagement during

or after school. Private tutoring is another option worthy of consideration. Some tutors work independently or as part of a larger tutoring or test preparatory program. The U.S. Bureau of Labor Statistics indicated California, New York, Texas, and Florida were the states with the highest employment level for tutors as of May 2022. Families who have decided it is time to call in a tutor can follow these guidelines for finding one who is the right fit. Identify the goals of tutoring. It is important to identify where a student needs help. Make an appointment with a teacher or have a college

student speak to the professor to determine where they need help. This information can then be conveyed to prospective tutors. Ask for recommendations. The school might offer suggestions on tutors, or if a student clicks with a particular teacher, past or present, you can inquire if he or she does private tutoring. Friends or family members also may have information about tutors they recommend. Know the learning style. Some students learn best in one-on-one settings. Others may benefit from small group instruction. The learning style will help guide the path chosen for tutoring, as some tutors work individually with students, and others take on small groups. Consider your budget. Pri-

vate tutoring costs money. If money is tight, you may want to consider a free tutoring option if it is offered through school. For example, some colleges provide tutoring services on campus at no cost. Be sure to check credentials. Anyone can put up a tutoring advertisement, but not every person is qualified to tutor. If you will be hiring a professional, ask for credentials. Very often tutors are current or former educators, so it's reasonable to ask about schooling and certification. Also, if a student is struggling with a particular subject, it is best to hire a tutor who specializes in that area of study. Tutors can help students succeed when extra instruction is needed, and families typically have numerous tutoring options at their disposal.



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FREE Movie Event

2023 Rated PG 1h 56m

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Clinton-Massie Local Schools



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PHONE: 937-289-2109

FAX: 937-744-4531

MIDDLE SCHOOL

PHONE: 937-289-2932

FAX: 937-744-4531

ELEMENTARY SCHOOL

PHONE: 937-289-2515

FAX: 937-744-4531

CENTRAL OFFICE:

PHONE: 937-289-2471

FAX: 937-744-4531

SCHOOL HOURS

9:00 - CAR AND BUS DROP OFF

9:10 - INSTRUCTION BEGINS

3:32 - CAR PICK UP

3:35 - BUS DISMISSAL

2024-2025 School Year Calendar

2024

AUG. 12-13	TEACHER IN-SERVICE (NO SCHOOL)
AUG. 14	STUDENTS' FIRST DAY (GRADES 6-12)
AUG. 14-16	KINDERGARTEN ASSESSMENTS
AUG. 14-16	GRADES 1-5 STAGGERED START
AUG 14	(A-H), AUG 15 (I-P), AUG 16 (Q-Z)
AUG. 19-21	KINDERGARTEN STAGGERED START
AUG 19	(A-H), AUG 20 (I-P), AUG 21 (Q-Z)
AUG. 22	ALL KINDERGARTEN STUDENTS (FIRST DAY)
SEPT. 2	LABOR DAY (NO SCHOOL)
OCT. 11	TEACHER IN-SERVICE (NO SCHOOL)
OCT. 14	FALL BREAK (NO SCHOOL)
NOV. 5	ELECTION DAY (NO SCHOOL)
NOV. 25-26	TEACHER IN-SERVICE (NO SCHOOL)
NOV. 27	CONFERENCE EXCHANGE DAY (NO SCHOOL)
NOV. 28-29	THANKSGIVING BREAK (NO SCHOOL)
DEC. 20	2-HOUR EARLY RELEASE
DEC. 23- JAN. 3	WINTER BREAK (NO SCHOOL)

2025

JAN. 6	TEACHER IN-SERVICE (NO SCHOOL)
JAN. 20	MARTIN LUTHER KING DAY (NO SCHOOL)
FEB. 17	PRESIDENT'S DAY (NO SCHOOL)
MAR. 14	TEACHER IN-SERVICE (NO SCHOOL)
MAR. 31-APR. 4	SPRING BREAK (NO SCHOOL)
APR. 18	CONFERENCE EXCHANGE DAY (NO SCHOOL)
MAY 22	STUDENTS' LAST DAY
MAY 23	TEACHER IN-SERVICE (NO SCHOOL)

Parental involvement is a key factor in students' performance

Success in school can carry over to successful experiences later in life. That underscores the benefits of developing skills in the classroom. Students learn in their own way, and at times there may need to overcome various obstacles.

The job of education does not fully fall on educators and administrators. Education begins at home. Research has found that kids benefit significantly when parents and other caregivers are strongly involved in a child's education. A 2020 study published in the *Journal of Prevention and Intervention in the Community* found that parental involvement in a child's education is associated with improved academic performance. Specifically, children whose parents are more involved in their educations have higher levels of academic performance than children whose parents were not as involved.

A 2005 study from researchers at the Johns Hopkins University Center of School, Family and Community Partnerships showed that school practices that encourage families to support their students' math learning at home led



to higher percentages of students scoring at or above proficiency on standardized math tests. Additional research indicates the benefits also extend to other subjects and areas of learning, including language comprehension and expressive language skills.

With so much to gain from parental involvement in students' educations, parents can embrace these strategies to get more involved.

- Develop a partnership with the teacher. Open communication with the

- teacher(s) can help parents stay up-to-date on what is going on in the classroom and learn early on where a student may need extra support. Then parents can offer extra guidance if it is feasible, or look into an experienced tutor.
- Be firm but supportive. Too much academic pressure may cause a child to pull back or even test boundaries, and that can lead to students falling behind in school. Parents must find

the right level of involvement and guide their kids without sounding like good grades are "make or break" the relationship.

- Attend school functions. Parents can go to open houses, back-to-school nights, conferences, and other events held at school to show support and interest in their children's education. Involved parents also build school-based networks this way, which can be called upon if their stu-

dent needs additional support in the future.

- Establish a schedule at home. Students can benefit from a schedule, with regular bedtime, homework time and opportunities to relax. Knowing what to expect and when to expect it can take some of the stress out of learning and studying, according to Nemours health.

Parents working in concert with schools and their children can lead to better academic outcomes.

East Clinton Local Schools

2024-2025 School Calendar

2024

AUG 21	PROFESSIONAL DEVELOPMENT ELEMENTARY OPEN HOUSE 5:00-7:00 PM
AUG 22	PROFESSIONAL DEVELOPMENT HS/MS OPEN HOUSE 5:00-7:00 PM
AUG 23	PROFESSIONAL DEVELOPMENT
AUG 26	FIRST DAY FOR STUDENTS, BEGIN 1ST QUARTER
SEPT 2	LABOR DAY
SEPT 13	1 HOUR EARLY RELEASE
SEPT 27	1 HOUR EARLY RELEASE
OCT 10	PARENT TEACHER CONFERENCES (PM)
OCT 11	1 HOUR EARLY RELEASE
OCT 17	PARENT TEACHER CONFERENCES (PM)
OCT 18	NO SCHOOL – PROFESSIONAL DEVELOPMENT – END OF 1ST QUARTER (WAIVER)
OCT 21	BEGIN 2ND QUARTER
OCTO 25	1 HOUR EARLY RELEASE
NOV 8	1 HOUR EARLY RELEASE
NOV 22	1 HOUR EARLY RELEASE
NOV 27	NO SCHOOL – COMPENSATORY DAY
NOV 28	NO SCHOOL – THANKSGIVING BREAK
NOV 29	NO SCHOOL – THANKSGIVING BREAK
DEC 2	SCHOOL RECONVENES
DEC 13	1 HOUR EARLY RELEASE

DEC 20

60 MINUTE EARLY RELEASE
- END OF 2ND QUARTER

DEC 23-JAN 3

NO SCHOOL - HOLIDAY BREAK

2025

JAN 6

NO SCHOOL – PROFESSIONAL
DEVELOPMENT

JAN 7

SCHOOL RECONVENES
– BEGIN 3RD QUARTER

JAN 17

1 HOUR EARLY RELEASE

JAN 20

NO SCHOOL

JAN 31

- MARTIN LUTHER KING DAY

FEB 14

1 HOUR EARLY RELEASE

FEB 17

1 HOUR EARLY RELEASE

FEB 28

NO SCHOOL- PRESIDENT'S DAY

MAR 13

1 HOUR EARLY RELEASE

MAR 14

PARENT TEACHER

CONFERENCES (PM)

MAR 17

NO SCHOOL -END OF 3RD

QUARTER -PROFESSIONAL

DEVELOPMENT (WAIVER DAY)

MAR 28

BEGIN 4TH QUARTER

APR 16

1 HOUR EARLY RELEASE

NO SCHOOL

– COMPENSATORY DAY

APR 17- 21

NO SCHOOL – SPRING BREAK

APR 22

SCHOOL RECONVENES

MAY 23

LAST DAY FOR SENIORS/
GRADUATION REHEARSAL

MAY 26

NO SCHOOL – MEMORIAL DAY

MAY 29

60 MINUTE EARLY DISMISSAL

- LAST DAY FOR STUDENTS-

END OF 4TH QUARTER

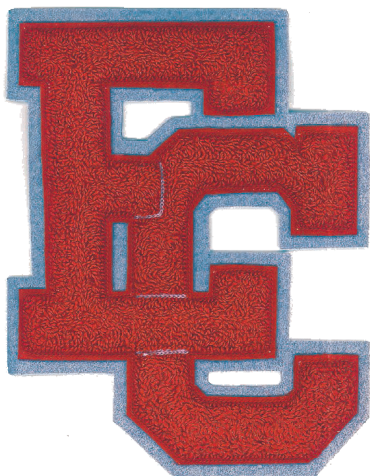
MAY 30

PROFESSIONAL DEVELOPMENT

– TEACHER WORK DAY

MAY 31

GRADUATION @ 6:30PM



EAST CLINTON HIGH SCHOOL

174 LARRICK RD,
SABINA, OH 45169
PHONE: (937) 584-2474

EAST CLINTON MIDDLE SCHOOL

174 LARRICK RD,
SABINA, OH 45169
PHONE: (937) 584-9267

NEW VIENNA ELEMENTARY

301 EAST CHURCH ST.
NEW VIENNA, OH 45159
PHONE: (937) 987-2448

SABINA ELEMENTARY

246 WEST WASHINGTON ST.
SABINA, OH 45169
PHONE: (937) 584-5421

**BOARD OF EDUCATION/
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97 ASTRO WAY
SABINA, OH 45169
PHONE: (937) 584-2461

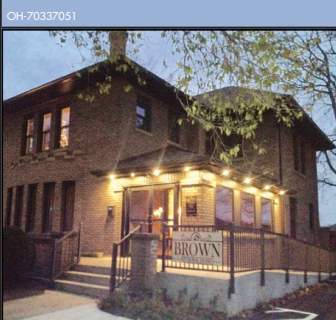


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Fri.—Sat 11:00 am-10:30 pm
Sunday 11:00 am-9:00 pm

OH-70337051

OH-7036324

Wilmington City Schools

Small Changes, Big Impact (School Schedule for 2024-25)

ELEMENTARY

Beginning in 2024-25, staggered start times will be implemented for the school year at both Holmes Elementary and Denver Place Elementary. This change will have the following positive impact at both schools:

Staggered drop off and pickup for parents who have students at both elementary schools

More predictable bus schedules, increasing the likelihood of on-time arrival and dismissal

Recapture lost instructional time by improving transportation route schedules

Additionally, streamlining the food service process for breakfast will cause fewer disruptions to classroom time

SECONDARY

In order to accommodate these changes, the start and end times for both Wilmington Middle School and Wilmington High School have been altered as well. Please note below the slightly earlier start and end times for the WMS and WHS school day.

BELOW ARE THE REVISED START/DISMISS TIMES FOR 2024-25:

WMS and WHS: 7:40-2:30

Holmes Elementary: 9:10-3:35

Denver Elementary: 9:25-3:50

We are excited about the potential positive impact that can be made from making small changes to the school schedule and our transportation/foodservice processes.

VOLUNTEER TO BE A MENTOR!

Wilmington City Schools offers an intervention called Check & Connect that may be used with K-12 students who show warning signs of disengagement with school based on attendance, grades, and discipline referrals. Students that are

at-risk are selected and paired with a mentor.

Please submit our Check & Connect Mentor Opportunity form if you are interested in becoming a mentor to one of these students. Once we receive your completed form, we'll reach out to you with the next steps.

If you become a mentor there are some requirements that must happen:

Attend a full day training prior to beginning mentoring. We'll have an opportunity for training August 8th (9am-3pm)

Three days a month are needed to meet with your student (two times) and attend the monthly mentor training.

Obtain a background check prior to starting your mentorship (\$55).

We're excited about the impact we are already seeing in our first year of this program.



SCAN TO LEARN MORE

Wilmington City Schools



PRESCHOOL (MON-THU):

AM SESSION 9:00AM - 11:45AM;

PM SESSION 1:00PM - 3:45PM

ELEMENTARY SCHOOL DAY:

9:15AM - 3:30PM

SECONDARY SCHOOL DAY:

7:50AM - 2:40PM

Grading Periods	# Days
1st Aug 16 - Oct 13	41
2nd Oct 17 - Dec 15	41
3rd Jan 3 - Mar 8	45
4th Mar 12 - May 23	48
Total Student Days 175	

Teacher PD, Work, & Comp Days 9
Total District Days 184

INSTRUCTIONAL HOURS

PRESCHOOL: AM - 387.75 HRS
PM - 387.75 HRS

ELEMENTARY: 1006.25 HRS

SECONDARY: 1107.75 HRS

CONTACT US

WCS DISTRICT OFFICE
341 S NELSON AVE
(937) 382-1641

2024-2025 School Year Calendar

2024

- AUG 12** STAFF PROFESSIONAL DEV. DAY
- NO SCHOOL
- AUG 13** TEACHER WORK DAY - NO SCHOOL
- AUG 14** FIRST DAY OF SCHOOL
- SEP 2** LABOR DAY - SCHOOL CLOSED
- SEP 23** WAIVER DAY (STAFF PD)
- NO SCHOOL
- OCT 11** LAST DAY OF 1ST QUARTER
- OCT 14** TEACHER WORK DAY - NO SCHOOL
- OCT 15** 1ST DAY OF 2ND QUARTER
- NOV 27-29** FALL BREAK - SCHOOL CLOSED
(27TH - TEACHER COMP DAY)
- DEC 20** LAST DAY OF 2ND QUARTER
- DEC 23** WINTER BREAK - SCHOOL CLOSED
(STUDENTS RETURN ON 1/7/25)

2025

- JAN 6** TEACHER WORK DAY - NO SCHOOL
- JAN 7** 1ST DAY OF 3RD QUARTER
- JAN 20** MLK JR DAY - SCHOOL CLOSED
- FEB 17** PRESIDENTS DAY - SCHOOL CLOSED
- MAR 7** LAST DAY OF 3RD QUARTER
- MAR 10** TEACHER WORK DAY - NO SCHOOL
- MAR 11** 1ST DAY OF 4TH QUARTER
- MAR 24-28** SPRING BREAK - SCHOOL CLOSED
- APR 18** TEACHER COMP DAY - NO SCHOOL
- MAY 21** LAST DAY OF SCHOOL
- MAY 22** TEACHER WORK DAY
- MAY 23** GRADUATION

How families can get ready for a new school year

Children will soon be trading in the chimes of neighborhood ice cream trucks for the bells of school as summer vacation gives way to the start of a new academic year. August through September is prime back-to-school season, with children all across the country stocking their backpacks and shopping for new school wardrobes.

There is more to getting ready for the start of school than making sure pencils are sharpened and tablets are charged. Parents and children can work together to ensure the transition back to the classroom is as seamless as possible.

Adjust sleep and wake times

Summer vacation often means letting loose of schedules for a while, and that may translate into later-than-normal bedtimes and rising a little later in the morning. Everyone in the household will have to reacquaint themselves with schedules that ensure kids get to school on time. A few weeks before the first day of school, start incrementally going to bed at an earlier time and start waking up earlier each morning. Try to plan out the increments so that by the time the last few days of summer vacation wind down, the family is on target with a waking schedule that mirrors the school schedule.

Acclimate to being around people

Although summer vacation may involve trips that



bring children in contact with other people, it may have been some time since they've spent five or more hours per day around 20 to 30 people their age. It may take a transition period to get used to being around a bunch of peers, so families can visit places where there tend to be crowds of kids, such as zoos, aquariums, parks, and trampoline centers. These can be low-pressure locations to dust off social skills.

Know the route or plan for school transportation

Students may be driven independently, ride the school bus, walk or bike, or carpool with others to and from school. Families can establish plans so that getting to and from school is not something kids need to

worry about. Practice routes and timing, taking into consideration that when schools open there will be much more traffic. Parents can reassure children that there will be a learning curve, but all of the kinks generally get worked out during the first week.

Avoid "summer slide"

Most students don't want to think about studying, homework and testing while on summer break, but it can be beneficial to stay current on some lessons. Summer slide refers to the loss of some of the learning achieved during the previous school year over the summer break. Some experts say summer slide is overstated, but it can't hurt for students to refresh their memories on some math,

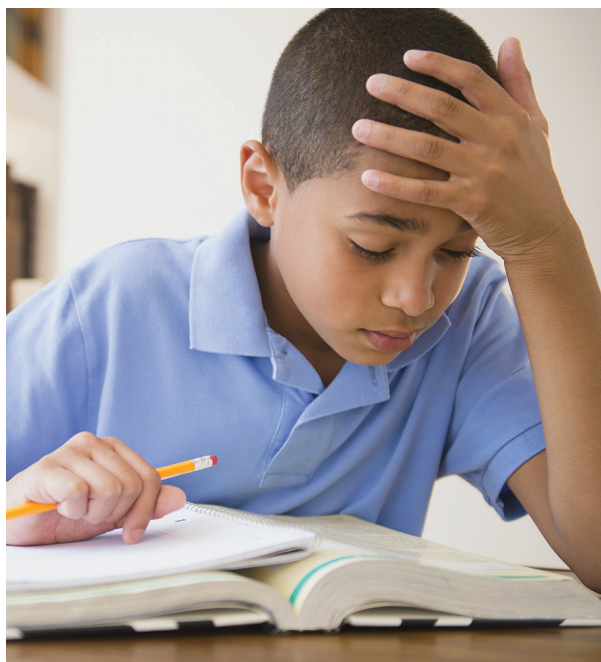
science and language arts concepts over break so that they will be ready to hit the books when the new school year begins.

Prep for school lunches

Children and adults can work together to map out healthy eating options for school lunch. Many school districts have lunch plans that can be purchased through an online account. Participating students simply enter a number or swipe a code at checkout. School lunches are built to be nutritionally diverse and have options that even picky eaters will like.

School is right around the corner, and families should get ready for the routine and needs that go with the academic year as the first day draws closer.

Signs of potential learning disorders



Many things can affect a student's academic performance. The atmosphere in a classroom, life outside of school and interest in the material are just some of the variables that can affect how well students perform. But another variable that's sometimes hard to identify also affects the performance of millions of students each year.

The Learning Disabilities Association of America estimates that around one in five children in the United States have learning and attention issues. Based on a 2017 report from The National Center for Learning Disabilities, the estimate from LDAA equates to more than 11 million students with learning and attention issues. Those issues are not always easy to spot, but parents can learn to look for signs that suggest their children may have a learning disorder. The LDAA notes that learning disorders may manifest differently based on a child's age. The following run-down of age-based symptoms, courtesy of the LDAA, can help parents who suspect their child may have a learning disorder.

Johns Hopkins Medicine notes that experts do not know how to prevent learning disorders in children. However, various treatments, including individual classes, speech therapy and family therapy, can ease symptoms and help children fulfill their academic potential.

Preschool

- Pronunciation problems
- Difficulty finding the right word
- Difficulty rhyming words
- Trouble learning numbers, the alphabet, the days of the week, colors, and shapes
- Difficulty concentrating
- Trouble interacting with peers
- Difficulty following directions or learning routines
- Difficulty controlling pencils, crayons or scissors

Kindergarten through Fourth Grade

- Trouble learning the connection between letters and sounds
- Confusion with basic words, such as "run," "eat" and "want"
- Consistent reading and spelling errors including letter reversals (b/d), inversions (m/w), transpositions (felt/left), and substitutions (house/home)
- Difficulty learning basic math concepts
- Trouble learning about time
- Difficulty learning new skills
- Trouble remembering facts

Grades Five through Eight

- Difficulty with reading comprehension or math skills
- Trouble with letter sequences (soiled for solid, left for felt)
- Difficulty with prefixes, suffixes, root words, and other spelling strategies
- Trouble organizing their bedroom, notebook, papers, and desk
- Difficulty keeping up with papers or assignments
- Trouble with handwriting
- Difficulty with time management
- Trouble understanding oral discussions and expressing thoughts out loud

High School and Beyond

- Spelling the same word differently in a single document
- Difficulty taking on a reading or writing task
- Difficulty with open-ended questions on tests
- Struggling with memory skills
- Difficulty adapting skills from one setting to another
- Struggling with a slow work pace
- Difficulty grasping abstract concepts
- Difficulty focusing on details
- Frequently misreading information

Study tips for high school students

High school is an important period in students' academic careers. High school curriculum tends to be more demanding than pre-secondary education. In addition, at this point in their academic careers, high school students may begin to ponder their future endeavors, including higher education. High school curriculum aims to prepare students for their future, which is why coursework tends to be more specialized, challenging and complex.

It's not uncommon for students to experience some difficulty as they adjust to the demands of high school curriculum. With that in mind, high school students can consider these study tips as they confront the rigors of academia.

- Schedule study time. An analysis from the U.S. Census Bureau found that children are engaging in more extracurricular activities than they did decades ago. Though research has found that participation in extracurricular

activities among adolescents are associated with a range of positive outcomes, including higher academic performance, it's important that students make time for academics in their daily schedules. Much like sports practices or drama club rehearsals are scheduled, study time can be included in students' daily schedules. Students can block off a set amount of time on their schedules each day for studying and commit to it just like they would for extracurricular practices or rehearsals.

- Designate a study space. During the COVID-19 pandemic, administrators at the University of Michigan created a web-based space reservation system to help students secure spaces to study in the face of social distancing limitations. Those efforts underscore the value of designated study spaces, and high school students and their families can create such areas in their homes. A quiet, distraction-free space can facilitate learning and help students excel in the classroom.



- Take notes and summarize while studying. High school courses are more complex and it's easy to get lost in that depth when studying subjects like English or history that feature a lot of reading. Students adjusting to this may find it hard to remember important details when they're reading more in a typical study session than they're accustomed to. Taking lots of notes and summarizing text while reading, such as at the end of each chapter, can help students recall the key points of reading assignments.

- Organize study groups. A weekly study group can help students gain a greater understanding of coursework

and their own perspectives. Different perspectives can help students see materials through a new lens. One student may hit a snag on a particular point, and another may illuminate the issue and make it easier to understand, and vice versa. Sharing perspectives with other students also can help students sharpen their own ideas as they seek to explain themselves during conversations with classmates.

High school curriculum is more rigorous than pre-secondary courses of study. Some simple study tips can help high school students adjust to this more demanding academic environment.

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How families can show their appreciation for teachers

Great teachers go above and beyond for their students. Students benefit from those efforts in the classroom, but many adults also can name one, two or even more educators whose lessons and enthusiasm for learning has benefited them long after the final bell rang on their academic careers.

The efforts of teachers who go the extra mile for their students are worthy of recognition and appreciation. Families who want to express their gratitude to teachers can do so in any number of ways.

- Write a note. A personal note from a student or parents or both can warm the hearts of teachers. Personal letters may not be as common as they

once were, but they remain a thoughtful way to express gratitude and appreciation to people who have had a positive impact on a person's life. That makes a personal, handwritten note an ideal and meaningful way for families to show their appreciation for a teacher.

- Pitch in at school when the opportunity presents itself. Teachers seek a helping hand at various points in a given school year. A teacher might ask for volunteers to assist with holiday parties or special school events or even request help coming up with extra school supplies or items needed for a particular project. In fact, a recent survey from the Association of American Educators found that public

school teachers spend an average of \$673 per year of their own money on school supplies. Parents can express their appreciation for teachers by responding with enthusiasm to requests for supplies. When responding, parents can ask teachers if there's anything else they can do to help and offer to volunteer their services during class parties.

- Organize a class gift. A gift from the class around the holiday season and/or at the end of the year can let teachers know their efforts have not gone unnoticed. By pooling their resources, parents can give teachers an especially nice gift. A night out at a local restaurant or tickets to a show can make for a well-deserved

excursion for educators who often work long past the school day to help students learn.

- Contact higher-ups at the school. An email or phone with a school principal or another higher-up in the local school system is another way for parents to ensure the efforts of a teacher are recognized. Let the higher-ups know when a teacher has made a positive impact on a child and how much their efforts are appreciated.

Many teachers go to great lengths to support their students. Families can recognize those efforts in a host of meaningful ways that will let educators know how much they're appreciated.



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