



## Holiday Cheer

December is a time of celebration for many groups of people with different ethnic backgrounds. Christmas, Hanukkah, and Kwanzaa are just a few of the special holidays that we celebrate at the end of the year.

This year, why not do some research at the library on a holiday that differs from your family tradition? You may discover some fascinating customs. Visit your local library to learn more or do some research on the Internet. Let your child gather facts and take notes. Then, with the teacher's permission, your child can share what he learned with his classmates.

Here are some websites to get you started:

- [Christmas Traditions Around the World \(Santas.net\)](http://Santas.net)
- [Christmas Around the World \(TheHolidaySpot.com\)](http://TheHolidaySpot.com)
- [Christmas Around the World \(The-North-Pole.com\)](http://The-North-Pole.com)



**Catapult Learning wishes  
you and yours a very  
Happy Holiday Season!**

## A Recipe for Writing



During the cold winter months, your children will be in the house looking for interesting, fun activities. As a parent, you will want to spend quality time with them and not have them glued to the TV all day. Stir up some imagination with this fun writing activity:

**Materials you will need:** cookbooks, index cards, pencil or pen.

Flip through a few cookbooks with your child. Take turns reading recipes aloud. Then, have your child write pretend recipes about different topics. For example, he or she might choose "friendship", "excitement", or the "world's greatest football player".

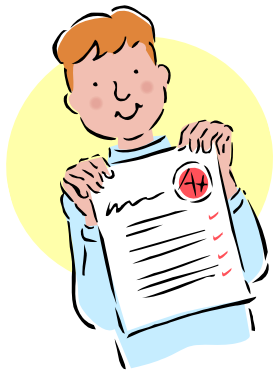
Help your child get started by asking questions: What ingredients are needed? How do you put them together?

Here's an example using "friendship":

One cup of love, three tablespoons of advice, two teaspoons of special secrets, and a few pinches of laughter. Put the love in a pillowcase. Add the other ingredients just before bedtime. Sleep on it. In the morning, eat a large helping of "friendship" for breakfast.

\*from Resource for Educators, a division of Aspen Publishers, Inc. 2002

# Boosting Grades in the New Year



For many students, January will mark the halfway point in the school year. Now is a great time to look at your child's performance thus far. If you are not happy with his or her grades, as a parent, you can do something to help.

Though the school year may be half over, it is never too late for your child to raise his or her grades and begin adopting good study habits for years to come. Here are six tips to help your child earn better grades at school in the New Year.

- 1. Get plenty of rest.** Never underestimate the importance of getting enough sleep. Make sure your child gets at least eight to nine hours of sleep every night.
- 2. Eat right.** Make sure your child eats three balanced meals per day including plenty of fruits and vegetables. Poor nutrition and lack of sleep will make your child too tired to concentrate in school. Also, be sure to feed your child breakfast every morning.
- 3. Create a study routine.** Set aside specific time each week for you and your child to review his or her school lessons and assignments. Know when tests are going to be given, so you can help review test notes at least three days before.
- 4. Be committed to homework.** Have your child do his or her homework as soon as he/she gets home from school and go over it with him/her. If you are not home after school ask your child's caretaker to go over homework, if possible.
- 5. Begin good note taking when your child is young.** When the teacher repeats a phrase or writes something on the board, have your child get in the habit of writing it down.
- 6. Don't forget praise.** Especially when he or she is struggling in a particular subject. Let him or her know that you are available for help when you are needed.

## WINTER WORD SEARCH

Find the words listed below, in the grid and circle them. Cross them out once you find them.

|           |         |        |
|-----------|---------|--------|
| CAP       | FROST   | SKATE  |
| COAT      | ICE     | SKI    |
| COCOA     | MITTENS | SLED   |
| COLD      | QUILTS  | SLEET  |
| FIREPLACE | SCARF   | SLEIGH |
| FLU       | SHOVEL  | SNOW   |

