



SEPTEMBER 2022

SEL Monthly Challenge: With the return to school comes the return to the stress of homework. You can lessen that frustration by creating a homework space in your home. It can be anywhere: a desk, table, chair, couch, bed, or even a mat on the floor. Most important is that it is a space free from distractions, that has your organized supplies.

Creating a consistent homework space will help your brain prepare to focus on the task at hand: homework! Here are some tips for creating a productive space, from the National Resource Center on ADHD:

- Both the student and parent can be involved in creating the perfect space.
- Choose a space that has good lighting and is comfortable (but not TOO comfortable).
- Organize supplies (such as pens, pencils, paper, rulers, or calculators) into a bin or other container for spaces that have multiple uses or for a portable homework station.
- Remove or lessen distractions as much as possible, including phones and tablets not being used for homework.
- Use a timer for break times (this is when you can check your phone!).
- For younger children, choose a space where parents can monitor, but not hover.

When the student has completed the challenge, a picture or video must be added to Class Dojo story. Students in the K-4th grade will post on the K-4 Dojo page and students in the 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points on class Dojo.