





As an essential member of your child's learning community, you play an important role helping them take their learning deeper. There are 5 simple ways you can support your child's learning at home. Whether it is the more formal learning connected to their schooling, or the incidental, unplanned learning through play, exploration, and life experience; these 5 strategies will help you, help your child become a lifelong learner. November's issue focused on "taking an inquiry stance" while December focused on "supporting conceptual understanding" and January's focus was "Prioritizing Reflection". Here is strategy four for the month of February:

- a. Invite and Involve Their Voice
 - i. Let them express themselves.
- b. Support Their Choices
 - i. What choice are you making for yourself as a learner?
 - 1. Accept and build on the good choices they make for their learning.
- c. Emphasize Ownership
 - i. You're in the driver's seat.
 - 1. Your student will have several teachers in their lifetime. The one constant in your student's life, is your student. Your student is in charge of their learning.

Students who are balanced understand the importance of intellectual, physical, and emotional balance to achieve personal well-being for themselves and others. They are able to assess and understand their strengths and limitations in order to support their learning and personal development. They recognize their interdependence with other people and with the world in which they live. Students who are BALANCED are healthy and are aware that eating properly and exercising is important in their lives. They understand it is important to have a balance between the physical and mental aspects of their bodies. They spend time doing many different things. ~IBO.ORG~

Ways Parents Can Help Students to be Balanced at Home

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