



ROSEVILLE AREA MIDDLE SCHOOL

The Raider's Den

THE HEARTBEAT OF 623

News for the week of April 10th - 14th.

21st Century Study Tips - Parent Please Consider!

1. Move Before You Work

Maybe your mom or dad tells you to do your homework as soon as you get off the bus. Ask if you can shoot hoops or run for 15 minutes first. Explain that you're not trying to put off your work. It's just that moving your body may help your brain.

Kids in a school near Chicago do PE first if they're having problems with math or reading. They do much better on tests after they exercise. When you move before you do homework, you can help get your brain ready to study.

2. Listen to Music

When it's time to do your homework, your parents might want you to do it quietly. But maybe you want to put your headphones on and listen to your favorite songs. What's the better thing to do?

There's no easy answer. Some kids study better with music because it helps them ignore other sounds around them. Other kids get so into the music that they forget about what they're supposed to be doing. Try it and see how you do.

Just be sure to pick music that won't have you singing instead of paying attention to your homework. Save those tracks for when you take a break. Then get up and dance for 5 to 10 minutes.

3. Take Breaks

Maybe your parents want you to sit and do your homework until it's done. But a short break might help you focus. When you work on something for a long time, you may start thinking about other things. You might daydream about your soccer game or an upcoming party. Then your mind sure isn't on homework.

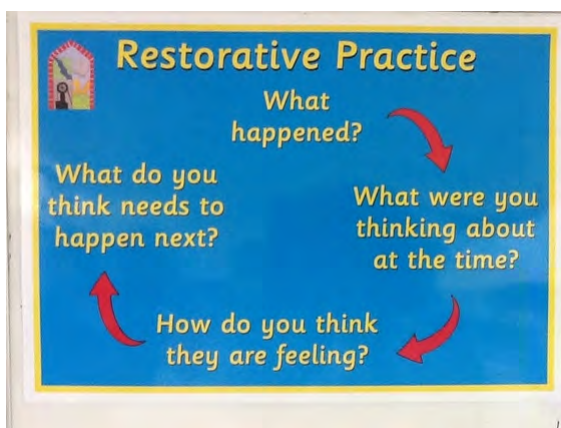
So get up, do some jumping jacks, or take a 10-minute walk. Then come back to your homework. You should be ready to focus again.

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4. Don't Cram for Tests

Don't wait until the night before to study for that big exam. When you have to remember information, it's best to go over it a bunch of times for a few days. That way, you have a chance to really learn it. If you cram, chances are you won't get as good a grade on your test. And you'll forget almost everything you memorized right after your exam.

The key is to figure out what works for you when it's time to study. You may be surprised! Talk with your parents and come up with the best place, time, and way to get your homework done. That way, you won't have to be worried or stressed about it.



During STAR on Mondays, teachers are asked to run community building Circles to transition students back to school from the weekend. Here are some examples of the kinds of questions we have asked students to talk about in their STAR Circles throughout the year:

1. If you were the weather, what weather would you be today?
2. What is something you know how to do that you are proud of or that people might be surprised to find out?
3. If you could choose the talking piece for today's circle, what object would you choose and why?
4. Who is someone you admire and why?
5. What are you like when you are being your best self? (things you say or do; how you act)
6. Make one or more positive statements about yourself.
7. What harm does gossip do? Are there any benefits?
8. Describe a time you learned something the hard way (messed up first and learned how to make a better choice next time as a result of what happened)?

Sometimes, instead of answering questions, STAR Circles do mindfulness activities (stretching, deep breathing) or play team building games. The goal is to create a trusting community in a group that is somewhat smaller than regular classes and to give everyone time to practice calming their body systems in order to make the brain more receptive to learning.

Upcoming Events

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| Friday, April 14 | No School | Good Friday |
| Tuesday, April 18 Wednesday, April 19 | Periods 1 -3 | MCA Testing –Reading |
| Tuesday, April 25 Wednesday, April 26 | Periods 1 -3 | MCA Testing – Math |

For more information about Roseville Area Middle School and the Raider's Den, contact Dr. Brookins, Principal at tyrone.brookins@isd623.org or 651.482.5280.

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