

# Bronx Lighthouse Charter School



November 10, 2011

Dear Upper Academy Parents,

Welcome to the second marking period of the school year! There are only 23 weeks until the NY State Assessment, so every minute counts from here on out! Here are some tips to help your student get off on the right foot this quarter:

1. Review first quarter grades and teacher comments with your student and help your student set clear ambitious goals for the second quarter report card.
2. Have your student walk you through their agenda and other tools for organization (accordion folder, etc.) and help them identify ways to use these tools more effectively.
3. Discuss the importance of study habits and self discipline and ask your student how you can help them overcome any challenges they may be facing in these areas.
4. Set and enforce a strict "lights out" time to ensure your student gets 8.5 – 9.25 hours of sleep every night. There is increasing scientific evidence that lack of adequate sleep reduces learning in school and impairs test performance.

Please note the following upcoming events/programs:

### Parent Teacher Conferences – November 17th & 18th

The Upper Academy Parent/Teacher Conference schedule is attached. Please note your appointment time and complete and return the attached form if you need to reschedule.

### NEW Academic Afterschool Programs

Targeted small group afterschool instruction for selected students will begin the week of November 21st. Information about these programs will be shared at Parent Teacher Conferences next week.

Shine On!

A handwritten signature in blue ink, appearing to read "Priscilla Forsyth".

Priscilla Forsyth  
Interim Upper Academy Principal

