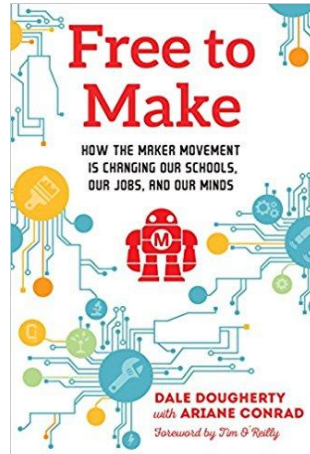
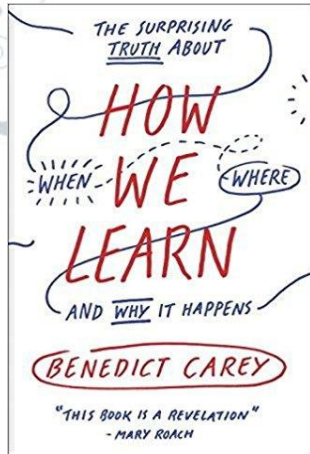


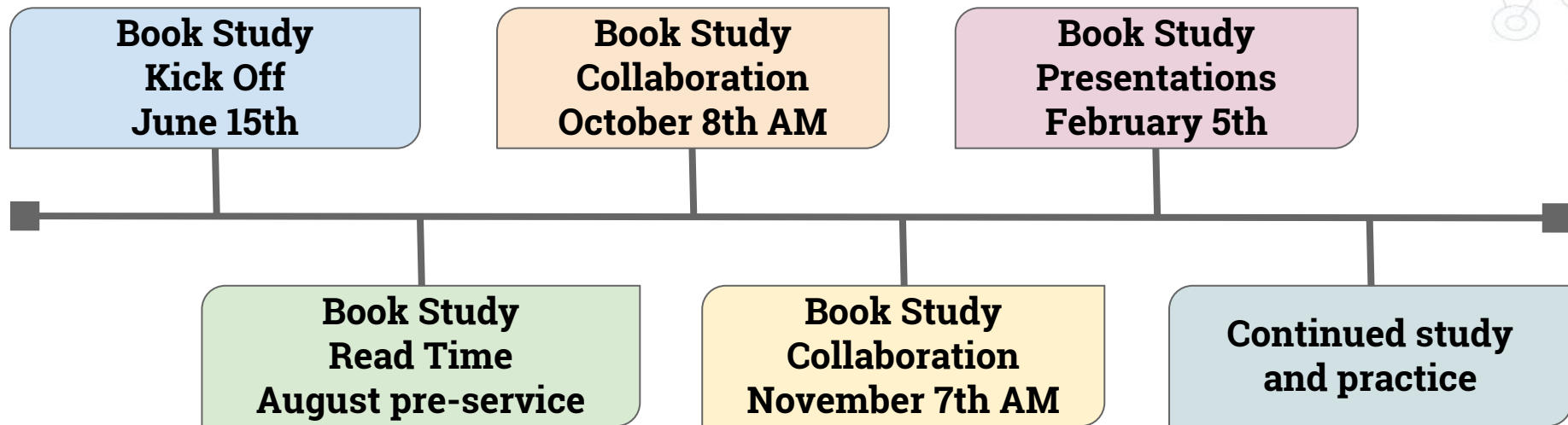
UCFSD Elementary

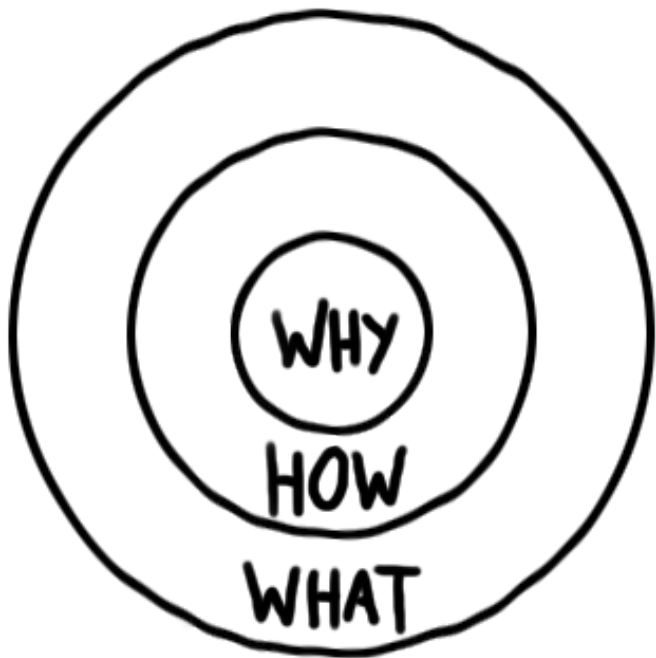
How We Learn

2018-2019



Book Study Details





Our Why...

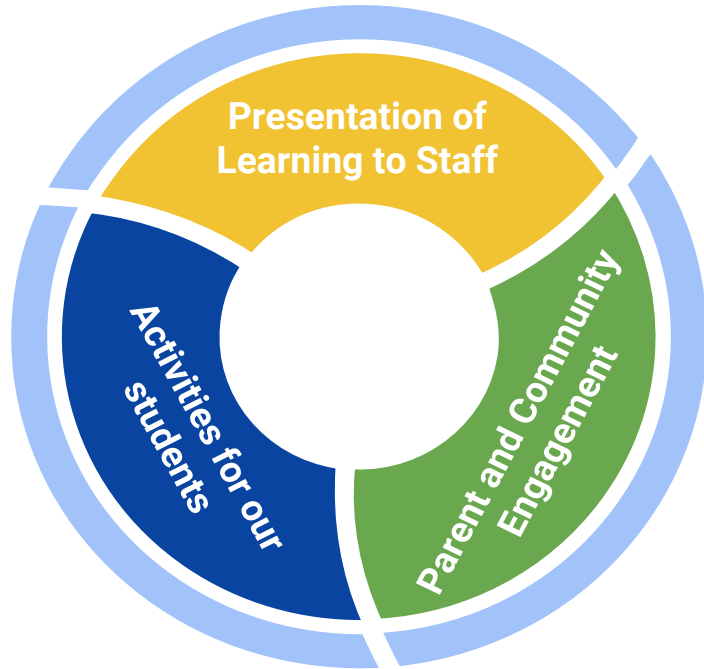
"Learning is at the core of everything we do in school. From academic, social-emotional, and the physical, understanding how we learn is key to our success as educators."

- Mike, Shawn, Clif, and Michelle

Team Challenges to Build Excitement

- ★ **Empower:** One of the key components of Empower is to find one's own learning. You are empowered to work together and find the knowledge to escape the room!
- ★ **Innovator's Mindset:** One of the key components of Innovator's Mindset is 8 Things to Look for in Today's Classroom. You must work together to find the 8 things!
- ★ **Free to Make:** One of the key components of Free to Make is to utilize available resources to solve a problem. Use your resources to create a water balloon launcher to hit a target!
- ★ **How We Learn:** One of the key components of How We Learn is making connections and fostering relationships. Use the Makey-Makey device and principles of electricity to connect yourselves and create a circuit of learning!

Learning through 3 Lenses



- ★ Inform our practices -- presentation of learning
- ★ Activities and resources for staff to use in our classrooms
- ★ Opportunities, resources, and ideas to support parent and community engagement



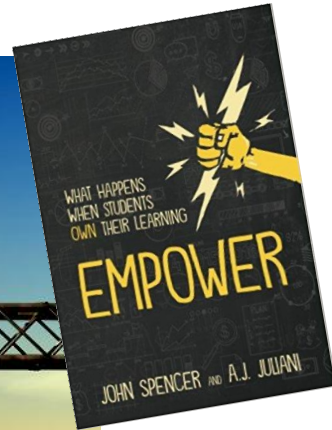
2018–2019 UCFSD Elementary Book Study – How We Learn

Top 10 Employee Skills 2020

1. **Complex Problem Solving**
2. **Critical Thinking**
3. **Creativity**
4. **People Management**
5. **Coordinating with Others**
6. **Emotional Intelligence**
7. **Judgment and Decision Making**
8. **Service Orientation**
9. **Negotiation**
10. **Cognitive Flexibility**

Source: Future of Jobs Report, World Economic Forum

Skills For Tomorrow



Notice how empowerment opportunities for learning build the same skills employers are looking for.

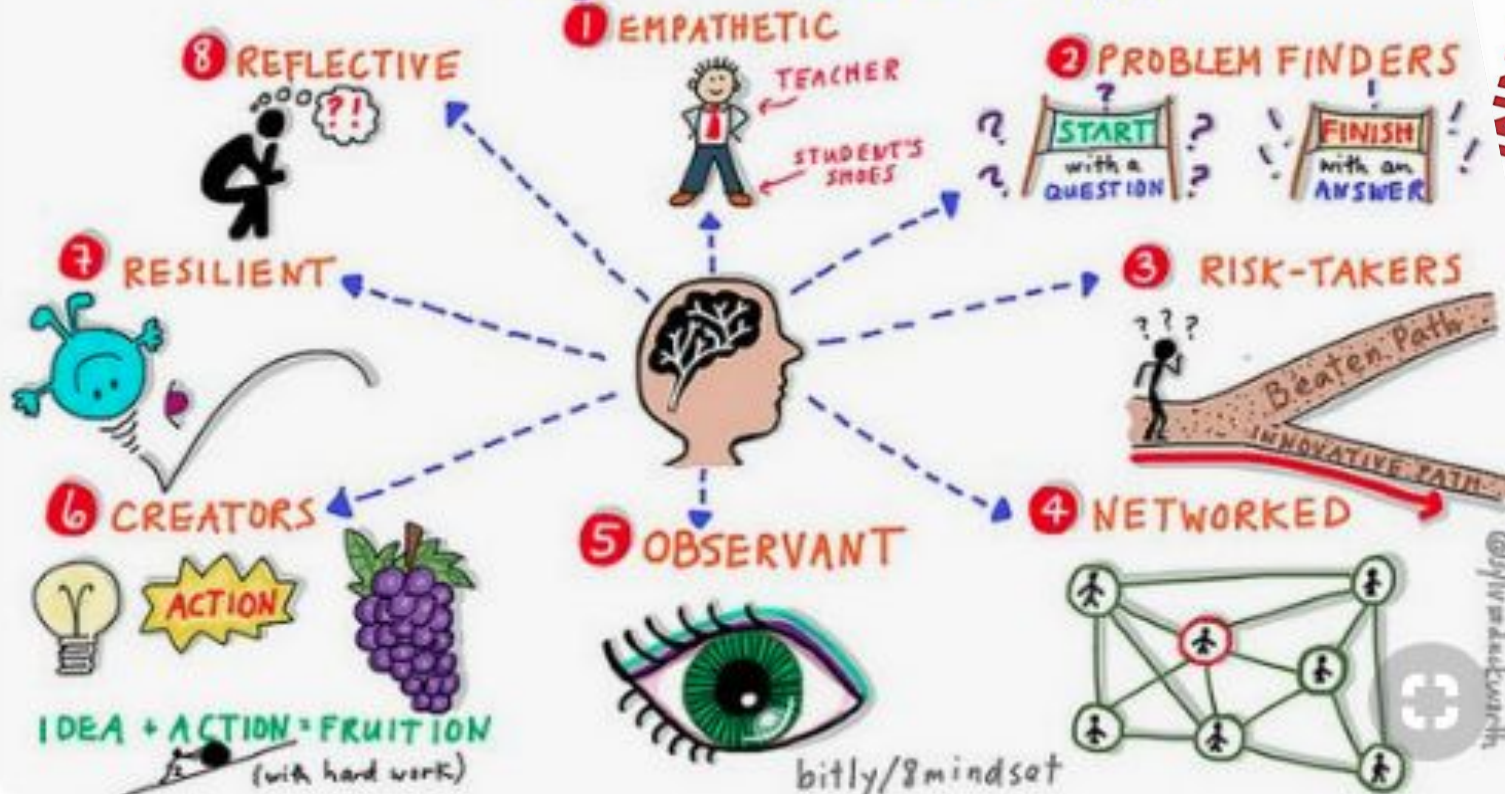
Extension Activities

CHECK OUT THIS LINK TO A GOOGLE DOC FULL OF IDEAS!!

8 Characteristics of the Innovator's Mindset

By George Couros @gcouros

The innovator's mindset: The belief that abilities, intelligence and talents are DEVELOPED, leading to the creation of BETTER ideas. 💡

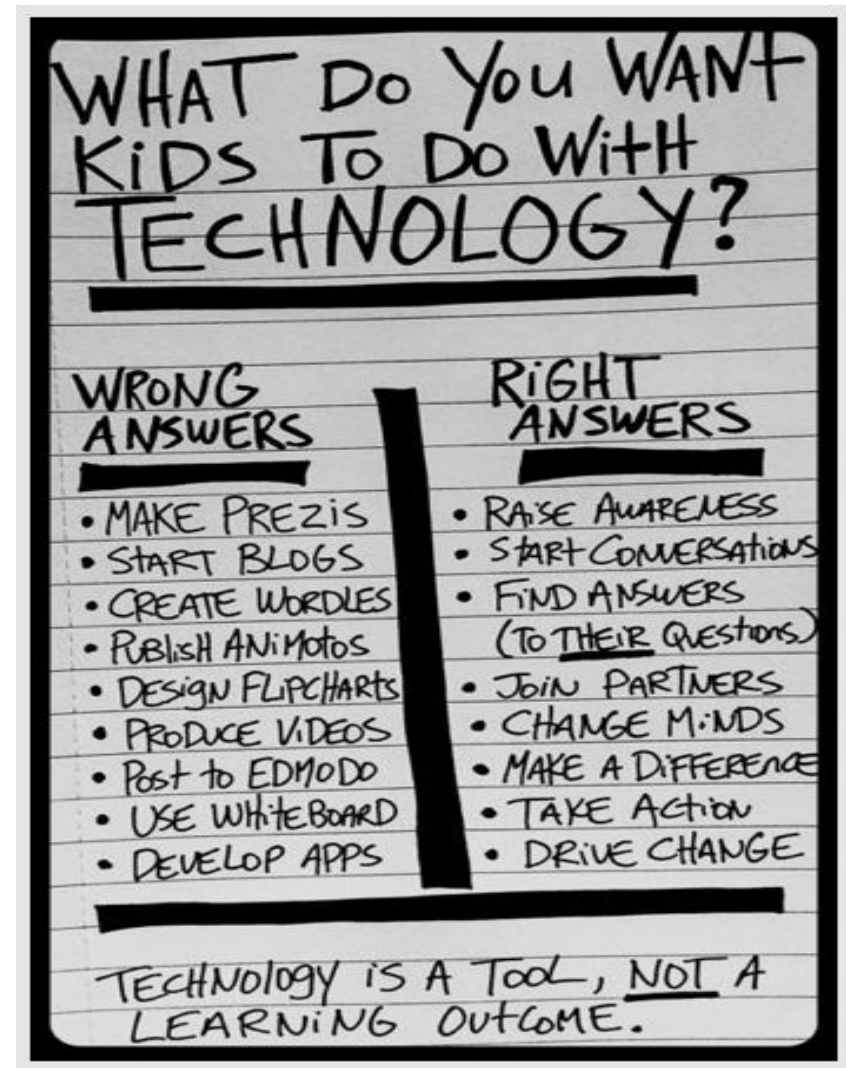


The INNOVATOR'S Mindset
Empower Learning,
Unleash Talent, and
Lead a Culture of
Creativity
George Couros

How does this relate to how we learn?

- *Be Curious
- *Try NEW things
- *Don't be passive
- *Explore
- *Take Risks
- *Loyalty and Love
- "Alone we are smart, but together we are brilliant."
- *Be adventurous
- *Learn from failure and defeat, but don't focus on it
- *Drive your own learning
- *Stay excited and motivated

**Celebrate
Mistakes by
turning them
into opportunities
to learn**



MAKERS

dream big,
take risks,
explore
options,
imagine new
possibilities,
show
courage,
express
creativity,
& embrace
challenge.

Kristin Venardale
VENSPIRED

“Making is essential to what makes us human.”

“While humans are not alone in using tools, no other animal makes them.”

- We are hands-on learners.
- Brain-based learning; difference between passive/active learner
- Learning through play and failure
- Understanding vs. experience

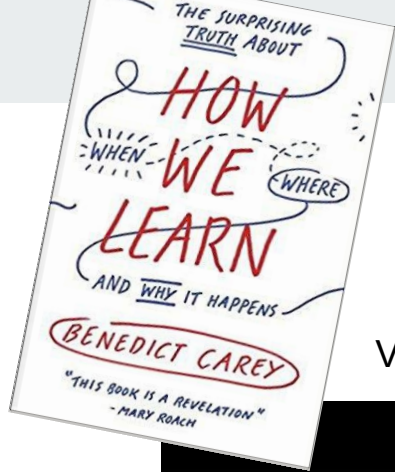


Activities & Resources For Teachers

[Click Here](#)



Study Tips For Parents



Video Resource:

THE 9 BEST
SCIENTIFIC
STUDY
TIPS



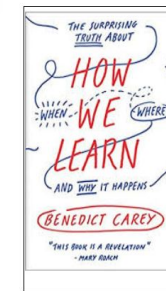
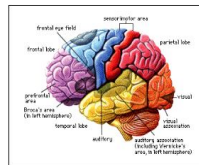
Study Tips and Your Child

How We Learn by Benedict Carey

2018-2019

The Research

- Continuing to test yourself on learned information increases your storage and retrieval strength of what you already remembered.
- Varying the student study environment is beneficial.
- Each alteration of the study routine further enriches the skills being rehearsed, making them sharper and more accessible for longer periods of time.
- Spacing out studying can increase the amount you remember later on. (Cramming works for the short term, not the long term)
- Disengaging from a study task and returning to it later will help the brain retain and deep storage and retrieval strength.



We studied, but why did my child still fail?

- Just reading the information is not studying.
- Memorizing facts shows immediate improvement, but not long term learning.
- Once we feel we can remember information right now, we often stop studying. However, it's important to come back to information that you already know so your brain can restore it in a new way giving the brain more connections.

Studying At Home

- Set up a "study box" with all of the materials your child will need (ie pencils, pens, flashcards, etc.)
- Have your child study in different rooms at different times of the day. (ie. study the same material on the couch in the morning and study on the deck after school)
- Study information you have to memorize for 10 minutes every day.
- Study information you have to understand for 30-60 minutes over a few days.
- Allow for breaks. It's okay for your child to take a break to take a walk or play a game, and then go back to studying.
- Review notes and rewrite information without looking.
- Quiz yourself immediately after studying/reading the material.
- Use earplugs or headset to block out external noise, if needed.
- Use pictures to enhance understanding and retrieval of information
- Most importantly, find what works for your child by trying a variety of ways to study.**

Sleep and Your Child

SLEEP TO REMEMBER



REMEMBER TO SLEEP

Sleep and Your Child

How We Learn by Benedict Carey

2018-2019

Sleep Guidelines

The AASM released the guidance in a two-page statement and plans to detail the research behind it at a later date. Following are the recommended minimum and maximum hours each age group should regularly sleep during a 24-hour period for optimal health:

Ages 4-12 months: 12-16 hours (including naps)

Ages 1-2 years: 11-14 hours (including naps)

Ages 3-5 years: 10-13 hours (including naps)

Age 6-12 years: 9-12 hours

Age 13-18 years: 8-10 hours

Healthy Sleep Tips

Set a regular bedtime:

- Going to bed at the same time each night signals to your body that it's time to sleep. Try not to go to sleep more than an hour later or wake up more than 2 to 3 hours later than you do during the week.

Exercise regularly:

- Finish exercising at least 3 hours before bedtime.

Relax your mind:

- Avoid violent, scary, or action movies or television shows right before bed.

Unwind by keeping the lights low:

- Light signals the brain that it's time to wake up. Try to avoid TV, computers and other electronics, and using your phone (including texting) at least 1 hour before you go to bed.

Create the right sleeping environment:

- Studies show that people sleep best in a darkroom that is slightly on the cool side. Use a nature sounds or white-noise machine (or app!) if you need to block out a noisy environment.

Wake up with bright light:

- Bright light in the morning signals your body that it's time to get going.

Ideas from Book

• Sleep improves retention and comprehension of what was studied the day before. Study all material for an exam a minimum of the day before the exam, or if possible, at least take a nap in between studying and taking the exam.

• If you need to recall information, go to bed at your regular time and get up early to do a quick review.

• Naps of 1-1.5 hours often contain both slow wave deep sleep REM. People who study in the morning do better on an evening test if they have had a 1.5 hour nap.

Sleep Matters!



Establish consistent sleep times!



Social Media and Your Child



Screenagers Trailer: Growing up in the Digital Age

Social Media and Your Child

How We Learn by Benedict Carey

2018-2019

iGen by: Jean Twenge

The UCFS Wellness Committee is working to create awareness and conversation around the topic of the "iGen" generation. iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps why they are experiencing unprecedented levels of anxiety, depression, and loneliness.

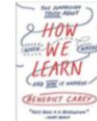
iGen is a highly readable and entertaining first look at how today's members of iGen—the children, teens, and young adults born in the mid-1990s and later—are vastly different from their Millennial predecessors, and from any other generation. Click on the link below if you would like to learn more:

<https://www.ucfsd.org/wellness/igen>

How to Raise Kids in the Digital Era

Mentor not monitor. Technology is a powerful tool that can be useful. You need to learn the platform with your child. Your children should understand that technology is not outside of your authority.

[How To Raise Kids in the Digital Era](#)



Blue Light Ruins Sleep?

From The National Sleep Foundation

The reason that blue light is so problematic is that it has a short wavelength that affects levels of melatonin more than any other wavelength does. Light from fluorescent bulbs and LED lights can produce the same effect.

Normally, the pineal gland in the brain begins to release melatonin a couple of hours before bedtime, and melatonin reaches its peak in the middle of the night. When people read on a blue light-emitting device (like a tablet, rather than from a printed book) in the evening, it takes them longer to fall asleep; plus, they tend to have less REM sleep (when dreams occur) and wake up feeling sleepier—even after eight hours of shut-eye.

Sleep-Friendly Light Patterns:

Get exposure to sunlight or bright, blue-rich white light in the morning.

Reduce exposure to bright and blue-rich light in the evenings, at least two hours before bedtime.

Turn off close-range electronic devices (which emit blue light) at least one hour before bedtime.

Keep electronics out of the bedroom, including electronics and accessories like nightlights, chargers and sound machines that have small blue lights.

How Much and When?

[American Pediatrics Association Guidelines](#)

Many American parents are looking for better ways to handle their children's tech use. To help guide them, the American Academy of Pediatrics has established recommendations for children's media use. The current recommendations advise:

- For children under 18 months, avoid screen-based media except video chatting.
- For children 18 months to 24 months, parents should choose high-quality programming and watch with their children.
- For children 2 to 5, limit screen time to one hour per day of high-quality programming.
- For children 6 and up, establish consistent limits on the time spent using media and the types of media.

Screenagers: Growing Up in the Digital Age

Screenagers is a documentary created and directed by Delaney Ruston, a physician and film director, to describe growing up in a tech saturated world where a balance needs to be drawn between screen time and screen free time. Click on the picture below to see the official trailer:



Links to Teacher Book Study Presentations

Empower

Innovator's Mindset

Free to Make

How We Learn

The work begins now.

Reflect on the learnings from each book.

What inspires your teaching?

What changes do you need to make to your teaching practice?

View teacher created student activities.

Work with grade level teams.

Share information with parents and community.