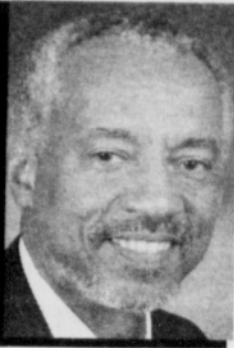


# Helping Your Child Do Well in School

## Parent's Corner

BY RON HERNDON



Parents Preamble: I will ensure my child receives a quality education. If I don't fight for my child's education, no one else will. It's worth the effort. My child's future depends upon me.

The following can help your child do well in school: Make sure your child attends school every day and is on time. One day's lesson builds on the previous day's as well as the next day's lesson. When children miss school, they miss a series of sequenced lessons and instruction. Often teachers don't have time to individually help students catch up who are frequently absent. Primary school children should be in bed by 8:30 p.m. All screens off: TV, Facebook, twitter, text messaging, cell phones and Internet. Diet is also very important. Children need a healthy breakfast every morning.

At the beginning of the school year, parents should ask teachers to share a copy of the curriculum for each class their child attends: Reading, math, science, art, music, social studies, and history. Ask teachers what the curriculum anticipates a child will learn between September and the first grading period, and the first report card. If teachers expect your child to learn either more or less than the information covered in the curriculum for the first grading period, ask why? Make sure you clearly understand the teacher's response and ask for the response in writing.

After receiving the new school year's first report card, schedule time to meet with each of your child's teachers. Prior to the meeting, carefully check your child's report card. Compare what the teachers an-

tipated your child would learn with the skills and information your child actually learned. The information and skills learned should be on the report card. If your child is on track for learning everything that was intended, ask what you can do to help ensure your child stays on track for the next

grading period. And a big thank you is in order for the teacher! Good teachers don't hear this enough.

If your child has not mastered the skills and information that had been projected for the first grading period, ask teachers what steps will be taken. What is the written plan to help your child catch up? Ask what can you do at home to help your child catch up? Are there resources to locate tutors to help your child catch up?

This is very serious. Make sure everyone (teacher and parent) knows what is planned, and what each will consistently do to help the child catch up. Ask for a weekly summary from each class indicating if your child is making progress. If your child is on track to catch up, great. If not, get in writing what additional steps will be taken to make sure your child catches up and performs at grade level. This is extraordinarily important. Every time report cards are received during the year it is crucial this process is followed.

All too often, when children fall behind in first, second and third grade, they never catch up and become one of the numbers representing academic failure. The result is potential wasted, talent not developed, and child and society lose.

During this school year, there should be no surprises about your child being on or off track. All of your efforts are focused on preparing your child to be college bound!

*Ron Herndon is a long-time advocate for educational opportunities for African-American children. He has served as director of Head Start in Portland since 1975.*

# Postal Workers Rally

continued ▲ from page 3

Association of Letter Carriers, Branch 82, representing about 1,200 letter carriers in the Portland metro area.

"We want fellow citizens to understand the issues better."

At a rally to save the U.S. Postal Service last Wednesday, speakers presented ways the USPS can become financially stable and continue universal postal service six days a week long into the 21st century.

"The American public has been misled by their own Postal Service officials. It's time to set the record straight," said Kevin Card, President of the Oregon State Association of Letter Carriers. "The Postal Service is not broke. Congress created this mess and they

have the power to fix it."

The social and economic value of the USPS was addressed by community representatives and elected officials, and prior to the rally, Portland Mayor Sam Adams and City Council members discussed a letter expressing support of the long-term viability of the USPS, which provides vital services for the citizens they represent.

"We are grateful to Mayor Adams and the Portland Commissioners for their civic leadership, understanding and support," said Cook. He said the USPS offers a choice for reliable, secure national network for commerce and communication, but if the continued dismantling of the public's universal postal network is allowed, he questions the unity of the country.

# Handling the Henna Business

continued ▲ from page 4

and repetitive florals of Morocco to Arabic's thick, bold lines and animal-free florals.

The henna plant grows wildly in Africa, the Middle East, and Southeast Asia, varying widely in use among cultures and regions. Traditionally, henna is used medicinally or for religious purposes, but most often the ink decorates people's bodies in celebrations, usually weddings and pregnancies.

However, henna, has become so popular that henna artists can be found tattooing in all corners of the world. People wanting temporary body décor for special occasions from wedding to Baliwood-themed parties, or even a souvenir from the Saturday Market keep at least twelve artists practicing henna just in Portland.

The process of henna-making is simple. Lemon juice, sugar, essential oils are combined with henna powder, which she imports in bulk from Pakistan. The henna paste must sit for 24 to 48 hours before Mason can seal it in a cone and once the tip is cut off, the henna is ready to be applied to the skin.

In 5 minutes or less, Mason can whip up a quick flower design, but for more intricate designs, such as those for a bride, she may spend one to three hours. Depending on one's body chemistry and the region from which the henna was distributed, in two to three days the henna darkens on the human skin from a dark orange to a maroon or brown color and lasts for one to three weeks.

Although Mason has little ambition to return to nursing, she embraced a role as doula for close friends and family, supporting mothers before birth and helping them adjust after the new baby arrives. So who are her favorite henna clients? Pregnant bellies.

Mason enjoys talking with expecting mothers at the very end of their pregnancies, "One baby kicked and moved every time the cone touched the belly," she said, "It turned out lopsided."

As a Muslim henna tattoo artist, Mason draws on artistic ideas from a range of cultures as well as inspirations from nature and everything around her, but when ink touches skin, she likes best to roll with it—free hand.

Visit Camille Mason for a henna tattoo when Free Hand Mehndi re-opens to the public the week of Oct. 5.

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