

Helping Your Child Get a Successful Start at School on Opening Day

Parents have the leading role in preparing their child for school and seeing to it that he gets the right start. I hope that this article will help somewhat in preparing your child for school this fall.

Your child should have training in personal health, independence in looking after himself and ability to get along with other children and with adults, before he goes to school. Do not become anxious if your child seems slow in getting started in school. Remember that it is a very different kind of life than that he led at home. Remember, too, that all children do not grow at the same rate anymore than they all cut their teeth, learn to talk or learn to walk at the same time.

You can help him in the following ways: Show a sincere interest in his school activities and in the things he brings home. Encourage him to feel that he is a "big boy" now and to understand that school is his "job" and to feel pride in it.

If he does not seem happy in school life go to the school to visit. Watch him in the class activities and try to see why he does not fit in well. **TALK THE PROBLEM OVER WITH HIS TEACHER AND PRINCIPAL.**

In regards to your child's health habits—your child should get up early enough so that he has plenty of time to do the following without undue haste: Wash and dress properly, brush and comb hair, eat a warm nourishing breakfast, attend to toilet, wash hands and brush teeth (using own toothbrush). Hurrying and worrying about being late to school may upset a child for a whole day.

I believe it always advisable to know when to keep your child home from school. Your child should be kept home if he has any of the following: Acute cold, swollen glands, skin eruptions or rashes, fever, sore throat or earache, discharging nose, or general signs of listlessness, weakness, drowsiness, flushed skin and headache.

When a child enters school he becomes at once a member of group. You can help him to fit into that group and to take part easily in the routine of the school day by seeing that he has the following habits well developed: Take off and put on his wraps and hang them where they belong. (A LOOP SEWED ON CLOTHING WILL MAKE THIS EASIER.) Wash and dry hands reasonably well, take care of himself when going to toilet and wash hands afterward, cover his mouth when he coughs or sneezes, keep hands and other objects away from mouth, proper use of handkerchief, use caution in crossing roads and streets, care of own property and respect for that belonging to others, eat quietly with mouth closed and speak clearly and without "baby talk." (It is necessary that the child has correct speech habits before he can be taught reading.)

If you will follow the following instructions and ideas it will help your child to get ready to read.

Your child should understand that he will probably not receive "a book" as soon as he goes to school. Most children who have not had the chance to go to kindergarten are not ready to read from a book in the first weeks of school. They must develop certain abilities and understandings, which are built up through a "Reading Readiness" program. This may take five or six weeks, or it may take several months for some children. Before a child is ready to read in a primer he should be able to do the following things:

1. See clearly the details of printed words, (the necessary development of eye muscles which this requires some, for most children, between six and six and one-half years of age. Some children need special exercises to train their eye movements. This training is given in the Reading Readiness program.)

2. Handle crayons, scissors, pencils and other schoolroom tools with good control. Little children's large muscles develop first; then the small muscles of the hands and fingers develop. Some children must have many weeks of practice before they can handle crayons, pencils and scissors well enough to do the detailed seatwork which must accompany the reading program.

3. Work and play easily with the group. Informal games and discussions and many kinds of cooperative work and play in the Reading Readiness program help to build up the shy child's self-confidence in group activities.

4. Look at pictures understandingly and talk about what he sees freely and in good sentences.

5. Retell a simple story with correct order of events.

6. Enjoy working at a task for fifteen or twenty minutes and keep his attention on it.

7. Show interest in books, signs and other reading matter.

In our schools manuscript writing is taught in first and some in the second grade. This kind of writing is easier for children to learn because it is simple and the letters are not connected. Because it resembles printed letters it aids them to see the relation between reading and writing. The change to regular handwriting is made after the children develop more mature muscular control, usually in late second or in early third grade.

Work, with the school, not against it, and make your child's school experience as harmonious and successful as you can through your wholehearted cooperation.

C. A. Meyer

Student Insurance Plan Sponsored by Schools

WHO MAY PARTICIPATE—Any elementary or secondary school, public or private, in the State of Oregon is eligible to participate in this Mutual Benefit Plan. You may

enroll only one pupil, or the entire student body—any number accepted. Teachers and school employees may participate if the students of their school are enrolled in the Plan. Registration must be kept separate, however. Under this Plan, subject to specified limitation, children may be covered against accidental bodily injury that may occur from the time they leave home in the morning for school until they return home at the close of school, for the current school year, providing they travel the nearest direct route while going to or from school. Bicycling to or from school by the nearest direct route is covered. Children are covered on the school grounds, in school buildings, in physical education classes, and while at, or travelling to or from, other authorized school activities under the direct supervision of the school.

COST—The fee is \$1.25 per student for elementary schools and \$1.50 per student for junior high and high schools (which includes physical education). The fee is \$1.25 for teachers and other employees of the school. (If all students of a school system under the same administrative head are covered 100%, the rate will be \$1.25 per student.)

COVERAGE—Coverage will be effective upon receipt of the fee by the Principal of the school. Schools may register 100%, based on their average daily membership as filed with the Superintendent of Public Instruction the previous year. Transferees with fees paid will be covered until the end of the school year, provided the premium has been paid by the student. If paid by the School Board, coverage is not transferable to another school. Boarding school students will be covered during the day between the hours of 8:00 and 4:00 P.M. only.

REPORTING INJURIES—Injuries must be reported to the Principal within 24 hours, except when the accident occurs on Friday. In that case the injury must be reported by 10:00 A.M. the following Monday. Requisitions for treatment must be obtained from the Principal of the school. (Forms provided by the O.S.A.A.) Students must report to a doctor within 10 days from date of injury. All injuries must be attended by REGULAR PRACTITIONERS OF SURGERY AND MEDICINE, OR OSTEOPATHY AND SURGERY, AS LICENSED BY THE STATE BOARD OF MEDICAL EXAMINERS.

MAXIMUM BENEFITS—On any one injury the Mutual Benefit Plan will pay up to \$300.00 total for hospital, x-ray, and doctor bills, said hospital benefit not to exceed \$75.00. In the payment of doctors and hospitals, the schedule of rates shall be on the basis of family rates but shall not exceed those of the State Industrial Accident Commission, effective as of July 1, 1949. The maximum dental benefit allowed for any one injury is \$40.00.

PAYMENT—All claims will be paid by check, made payable to the doctor or hospital, copy of same being sent to the Principal of the school for his files. Form 13-S, (Statement of Physician, Dentist, or Hospital) must be completed and signed by attending physician (or hospital) and mailed to the O.S.A.A. office within sixty days from date of injury.

LIMITATIONS OF PLAN—This plan does not cover the following conditions: physical weakness of fainting, hernia or rupture, athlete's foot, boils, poison oak, rash or skin infections, sickness or disease of any nature, or any injury caused by dog bites. Medical attention required for injuries received prior to the time the student was covered will not be paid. Self-inflicted injuries,

such as foreign bodies placed in nose, ears, or mouth, will not be covered. Injuries caused by altercations, fights, or scuffling will not be covered. Ambulance service, and medicines, given either by mouth or hypodermic, will not be covered. Neither will the cost of braces, belts, dentures, eyeglasses or other mechanical appliances be covered, or the repair of same. Skiing (under any conditions,) intramural boxing or wrestling will not be covered.

THIS PLAN DOES NOT COVER ATHLETIC PRACTICE OR COMPETITION BETWEEN SCHOOLS, BUT DOES COVER INTRAMURAL ACTIVITIES, WITH THE EXCEPTION OF BOXING AND WRESTLING AS NOTED.

Children will not be covered while riding in a private passenger car driven by a minor or anyone not approved by the school. They will

not be covered on Saturdays, Sundays, or holidays, or at any time they are absent from school. Students may not transfer from one doctor to another without written permission from the O.S.A.A., or referral from the first attending physician. Diathermy must be authorized in advance by the O.S.A.A. office. A case once settled by payment of a request will not be reopened if the check sent has been presented for payment. All payments will be secondary to any other coverage carried by the student.

LIABILITY—The O.S.A.A. shall not liable for medical, dental or surgical treatment, or hospitalization furnished more than sixty days from date of injury. The schools would appreciate payment on the opening day of school to take complete advantage of this outstanding school insurance opportunity.



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