

First Grade Homework



Dear First Grade Families,

In recent years, much research has focused on homework's effect on a child's education and mental health. Studies have been unable to identify a correlation between homework and improved academic performance at the elementary level. Too much homework can cause poor academic performance in school, increase a child's negative attitude toward school, and cut into important personal and family time.

In my teaching experience, I have seen students become overwhelmed by academics and lose their love for learning. I work with families that often describe homework as a source of frustration. This causes me to reassess my best practices as a teacher, and to create important learning experiences for my students that are positive and productive.

Your child's homework each night is to practice their weekly spelling words and read a book together with you.

While homework does not improve academics, research suggests these activities do:

- ❖ Play outside
- ❖ Limit screen time
- ❖ Healthy diet & exercise
- ❖ Follow a daily routine and schedule
- ❖ Unstructured play time
- ❖ Complete daily chores
- ❖ Eat dinner together as a family
- ❖ Play games
- ❖ Read books together
- ❖ Early bedtime

I hope that this homework and these daily activities will improve your child's academic success, mental health, and family relationships. I believe that every family is different and it's important that families have options, so if you feel that your child would benefit from any additional homework, check out the e homework resources on our class website, or stop by your local store and let your child pick out a workbook. Keep me updated on how things are going at home and let me know if there is anything I can do to support your child's afterschool learning.

♥ *Ms. Harter*