



Merriam-Webster defines advice as a, "recommendation regarding a decision or course of conduct". Often times, advice is compiled through our own life experiences, those moments where we grow as individuals, and then expensed to others in hopes of learning from the past. Through this paradigm, advice can be categorized as a form of nostalgia, yet any recipient of such precious life tokens must be willing to look them over with a careful eye, for the right advice at the right time can change a life forever.

Today I would like to share some advice with you. Kids need to read. A lot!

In our hectic world of homework, extracurricular activities, and the daunting tasks of our day-to-day lives, reading is often put on the back burner. Unfortunately, such a decision can leave an everlasting effect on the lives of our children. Reading for 20 minutes a day, either independently, or collectively with a parent can make a world of difference. Consider these facts. A child who reads for 20 minutes a day will be exposed to 1,800,000 words per year, will have read for a total of 812 hours by the time they reach 4th grade, and will place, on average, in the 90th percentile on standardized assessments. On the flip side, a child that reads for 1 minute per day will only be exposed to 8,000 words per year, will have read for a total of 42 hours by the time they reach 4th grade, and will place in the 10th percentile on standardized assessments.

The benefits of reading are truly endless. It has also been linked to memory improvement, stress reduction, mental stimulation, strengthened analytical processing, improved focus and concentration, wider schemas, and better writing skills.

The best news yet... it is never too late to become a family of readers. My advice, start with small goals that can be achieved quickly. Reserve time throughout the week that is protected from television, computers, or video games. A small chunk of time where everyone turns off their devices and picks up a book.

Become familiar with your local public library. All too often students abandon reading because they haven't found a book they actually enjoy reading. According to Donalyn Miller, author of *The Book Whisperer*, young readers should be exposed to a wide array of book genres (e.g., realistic fiction, fantasy, historical fiction, science fiction, biographies, etc.), as soon and as often as possible. She argues, "No matter how much instruction students receive in how to decode vocabulary, improve

comprehension, or increase fluency, if they seldom apply what they have learned in the context of real reading experiences, they will fail to improve as much as they could” (p. 25).

School book fairs provide an excellent outlet for families to build up their home libraries at a fairly reasonable price. Just as beneficial, a portion of the proceeds are donated back to the school to replenish and update school libraries. Buffalo Ridge will host a Scholastic Book Fair in October between the dates of the 7th through the 11th. If you get an opportunity, stop by as a family. It's a fun experience, and an investment that is sure to pay off.

It's hard to believe that the months of August and September are now in our rear-view mirror. The school year has flown by, but so many amazing memories have been shared among our BRE herd. Field Day was a blast, and our Rockslide training has provided an excellent start to our Tuesday mornings. It has been a year full of learning, but also one doused with the smiles and laughter of our young Buffalos. Leading Buffalo Ridge has been a dream come true, and I am so honored and excited to be partnering with each and every one of you. Thank you for believing in us.

### Upcoming Events

October 1st	BREA Restaurant Night at Red Robin
October 5th	Rockslide Book Fair
October 7th-11th	Conferences Book Fair
October 14th-18th	Fall Break 
October 24th	BREA Movie Night
October 31st	Halloween Parade



Warmly,

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