

## Everyone a Reader

Rolling Readers Everyone A Reader, the San Diego Countywide reading initiative joined together to help turn the goal of every child reading by the end of third grade into a reality.

Throughout San Diego County, some children experience difficulty learning to read. Often these children need special assistance and massive practice in reading. To meet this need, the Everyone A Reader Tutoring Program was born.

Adult volunteers from all over San Diego will be trained to work one-to-one with children in grades one to three. They will be trained at convenient locations by expert classroom teachers on the reading process including the cueing systems, meaning, structure of the language and graphophonics. Once they have this background information, they will find out how to work one-to-one with the children. This training will be followed by meetings to update and support the volunteers. Each school has a designated coordinator who will also attend the training and have additional training in managing the program and supporting the volunteers at the school site.

After training, the volunteers will go to a school near their work or home and are met by the volunteer coordinator who will help them get started by going over procedures and touring the school. The coordinator will continue to help and support the volunteer. Volunteers will come to the school sites for 1-1/2 hours per week, and work with four students for 15 minutes each. They communicate through observational notes and logging what books have been read. The classroom teacher sees the notes and comments about classroom progress. Everyone A Reader tutors will be trained using the SOAR program from Poway Unified School District.

Children enjoy their tutoring sessions so much that their only complaints have been, "I miss my tutor when he can't come." Just visit a session and note the smiles. Volunteer in your area. Pick up the telephone and call 1(800)711-READ

by: *Jane Slater, Coordinator  
Humanities and Special Services,*

## Health and Nutrition

### EMERGENCY

- For your child's safety, discuss emergency plans for home and school. Include how you would find each other in an emergency evacuation of your home or school. Instruct your child to remain at school and wait for you if there was a disaster before, during or after school, and that the school workers would care for your child until you arrived.

### NUTRITION

- Talk to your children about food choices. Have them go to market with you and read food labels together. Discuss making good decisions at school and not trading nutritious items away at lunch time.

### WEIGHT CONTROL

- Eliminate sugary, fatty snacks at school, day-care and home. Snack on carrots, fruit and pretzels.
- Reduce your child's fat intake to 30% or less of all calories consumed (this is recommended for children over age 2 and for adults).
- Limit TV watching and video game playing to an hour a day to make time for exercise routines.
- Teach your child positive ways to reduce stress through exercise.

*By Mary Blackman, Coordinator  
Health and Physical Education  
San Diego County Office of Education*

## Curl Up With a Good Health Book

- *What's the Matter Sylvie, Can't You Ride?* by Karen Anderson, Dial Press, 1981. For grades K-3: Self-esteem building. Sylvie experiences the trials and tribulations of learning to ride her two wheel bicycle
- *Broderick* by Edward Ormondroyd, Parnasus Press, 1969. For grades 2-5. Shows how perseverance and practice can achieve a goal as

Broderick becomes the most accomplished and renowned surfer in mouse history.

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