

Project C.R.I.S.S. for Parents

**Inside this issue:
Help your child take notes!**

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Building your toolbox
of strategies to help
your child at home!

Do you know C.R.I.S.S.?

Project C.R.I.S.S. is a reading strategy program designed to allow your child to take ownership of his or her own learning. These strategies can be used anywhere in the reading and learning process:

- Before:** Activate background knowledge
 Set the purpose for reading
 Monitoring knowledge
- During:** Active note taking
 Monitoring comprehension
 Organizing learned information
- After:** Transforming information
 Writing and discussing information
 Confirming correct information
 Abandoning wrong information

By becoming aware of how your child learns, you can play a vital role in your child's success.

Parental involvement is a key indicator of success!



**Project C.R.I.S.S. Coordinators
Jennifer Lancaster
Jennifer Story**

**West Aurora High School
1201 W. New York Street
Aurora, IL 60506**

Phone: 630-301-5606
Fax: 630-844-4505
E-mail: jlancaster@sd129.org
jstory@sd129.org
Website: http://www.sd129.org/westhigh/departments/criss/Parent_homepage.html



Strategies in Action!

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TWO-COLUMN NOTES WITH POWER NOTES!

Note-taking is an extremely important skill for all students. A student must be able to read and select the important information from a text and be able to organize it in a logical manner in order to comprehend the subject matter. Once the information is gathered and organized, the notes can be used to review for tests and quizzes, as well as class discussions. Though there are several ways in which a student can take notes, a method taught here at West High is called *Power Notes*. These notes are incorporated with *Two-Column Notes* in order to organize and transform information learned from any content area text.

Let's get started!

- Step 1:** Begin by taking a look at the entire text. Look for the title and subheadings. These will become your power 1's and 2's
- Step 2:** The title is the Power 1. Power 1 is the most important idea or overall concept to be identified. Each of the subheadings are then the Power 2's. These are ways that the Power 1 can be categorized.
- Step 3:** Begin the note-taking procedure by creating a two-column notes page. (see opposite page)
- Step 4:** Write the Power 1 on the top of the page.
- Step 5:** Write the Power 2's in the left-hand side of the page.
- Step 6:** *Option #1*—Reword the Power 2 into a question and write the question as the Power 3 in the right-hand column. As the student reads the text, the student will answer the question and record the answers in their notes as the Power 4's.
- Option #2*—After writing the Power 2's in the left-hand column, information pertaining to the Power 2 is recorded in the right-hand column as a Power 3. Further details of Power 3's are recorded under Power 4's.
- Step 7:** Once the information is recorded, the right-hand side of the paper can be folded over and the student can quiz themselves over the newly learned information!

We Can Eat Smarter!

Fries, pizza, soda, burger! It all adds up to a serious health risk.

America has a supersize problem. The Centers for Disease Control and Prevention (CDC) estimates that about 64% of adults are overweight or obese, which means excessively overweight. Over the past 20 years, the rate of adult obesity in the United States has more than doubled, going from 15% in 1980 to 31% in 2000.

These numbers reflect a troubling upward trend—and not just for grown-ups. Over the same 20 years, the percentage of obese kids ages 9—16 has tripled to 15% of that population. About 9 million children are excessively overweight.

Obesity can lead to serious health problems, including heart disease, stroke, diabetes, cancer and high blood pressure. The occurrence of Type 2 diabetes, once considered an adult disease, has increased dramatically in young people.

What's Eating America?

How did so many people get so big so fast? Health experts point to junk food, huge portion sizes and less activity. The U.S. Department of Health and Human Services (HHS) says that nearly half of all American children do not get enough vigorous physical activity.

“Many factors in a child’s environment favor excessive weight gain,” says Dr. Nancy Krebs, a Colorado pediatrician. “It’s the foods their eating and the amounts their eating, [as well as] a reduction in physical activity.”

Happy Meals and take-out pizzas are low-cost, quick and satisfying alternatives to home-cooked meals. An occasional order of fries won’t harm anyone, but most fast foods are too high in calories, fat, and artery-clogging cholesterol to eat every day. The trend toward supersizing is contributing to the fat problem. In 1957, the average fast-food burger weighed about one ounce. Today, the typical hamburger weighs a whopping six ounces.

The government is also taking action. The U.S. Department of Agriculture is changing its nutritional guidelines. The improved version should be easier for people to use. The USDA is also beefing up its healthful choices in schools. The USDA bought more than 973 millions pounds of fruits and vegetables for school meals, 22% more than in 2002.

A New Recipe for Success

Many families have taken notice of the obesity crisis. They are already making changes to their lifestyles and eating habits. Most important is having the right attitude, says Dr. Naomi Neufeld, the medical director of KidShape Foundation, in California. “Eating healthily and exercising is not done to conform to some image of the perfect body,” she says. “It’s to treat yourself better, because you deserve it.”

Article taken from: *World Report Edition*,
October 31, 2003 Vol. 9, No. 7 by Kathryn

1. We Can Eat Smarter		Power 1: The title of the article
2. Serious health risks	3. 64% of adults are overweight or obese 4. Rate has doubled from 1980 to 2000	Power 2's: The subheading in the article is either written directly from the text or transformed into a question
2. What's Eating America?	3. Childhood obesity has tripled to 15% 4. 9 million adolescents are overweight 3. Major contributors 4. Junk food, big portions, less activity	Power 3's: Details directly relating to the Power 2's. This can be an answer, fact, or support.
2. New Recipe for Success	3. Happy meals and pizza 4. Low cost and easy 4. High in calories, fat, and cholesterol 3. Families making changes 4. Eating healthy 4. More exercise 4. Treat yourself right—you deserve it!	Power 4's: Details or further explanation of the Power 3's if needed.

West Aurora High School
District 129

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Phone: 630-301-5606
Fax: 630-844-4505
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We're on the web!
www.sd129.org

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home!

Are you interested in learning about *Project C.R.I.S.S.* first-hand? Do you want to know how you can help your child at home? West Aurora High School is researching a *Project C.R.I.S.S. for Parents* workshop which is designed to give you, as a parent, a bird's eye view of how C.R.I.S.S. can be used in the content areas and how you can support your child at home.

If you are interested, please call the *Project C.R.I.S.S.* coordinators at:

630-301-5606 or

email: jlancaster@sd129.org or
jstory@sd129.org.

The Principles and Philosophy of CRISS

1. **Metacognition:** Students must be able to assess their own progress, understanding and comprehension of any given text.
2. **Background Knowledge:** The ability to integrate newly learned information with the known information is at the heart of understanding.
3. **Purpose Setting:** Knowing WHY the passage is to be read helps to guide the reading so that students can find information in a deliberate way.
4. **Active Learning:** Students must be involved in the reading by writing, discussing and transforming the information.
5. **Discussion:** Learning is a social process in which ideas must be exchanged and shared with others.
6. **Writing:** Writing is a way of knowing. It helps to clarify and organize our thoughts into clear ideas.
7. **Organization:** Well-organized thoughts can be better remembered.
8. **Author's Craft:** By knowing how the text is structured, information can be easily found saving valuable time and effort.
9. **Explanation and Modeling:** A new concept must be first explained in clear language and then demonstrated several times.
10. **Understanding:** By utilizing a variety of reading strategies, readers learn how to attack problems in more than one way. Understanding goes beyond knowing one piece; the strategy can be applied to many texts across all content areas.



For more information on Project C.R.I.S.S. principles and philosophy, please visit:

www.projectcriss.com