

MIDDLE SCHOOL PARENT NEWSLETTER

TIPS, IDEAS, AND ADVICE FOR MIDDLE SCHOOL PARENTS

CONVERSATION PROMPTS

Here are some questions to ask your child this month.

- ▶ What are the names of some new friends you've made at school so far this year?
- ▶ What is a subject you enjoy outside of your "core" classes, such as art, music, or PE?
- ▶ Do you have a class or teacher this year that you think you're really going to like?
- ▶ What is one personal goal and one academic goal you have for yourself this school year?



FOCUS ON: WORKING TOGETHER FOR SUCCESS

Everyone at school wants your child to enjoy and have a successful year. To make sure this happens, it is important to work together as a team. Here's how you can help.

- ▶ If your child is new to the school, be sure to visit the building sometime over the summer. Many middle schools hold special visitation days for new students. Help your child locate their locker, homeroom, the main office, and other important parts of the building.
- ▶ Stay informed. Attend parent programs, meetings, and parent-teacher conferences. Read newsletters and regularly check the school website for news and updates.
- ▶ Get to know your child's teachers. Learn how to best communicate with them, and how to stay informed on your child's progress in each class.
- ▶ If you or your child ever have concerns, talk to a teacher, administrator, or school counselor. When staff and parents work together, great things can happen. Don't hesitate to reach out!

TALK ABOUT IT!

A new school year can be a time of uncertainty. Talk to your child about what's happening in school, and be a good listener. Check in frequently with them about how they are feeling, and whether they are nervous or worried about anything.

HELP YOUR CHILD GET ORGANIZED FOR THE YEAR AHEAD

A new school year is an excellent time to make sure your child is continuing to develop the organizational skills necessary for success.

Use a planner. If the school does not supply a planner, allow your child to choose and purchase one to use. Encourage them to write in homework assignments, due dates, and special events. Learning how to use a planner now is a skill that will help your child stay organized for years to come.

Have a system of folders and binders.

Students should have a folder or binder for each class to help keep papers and class notes organized. Also, have a folder designated for any forms or papers that require your attention.

Keep a clean backpack. Have your child clean their backpack at the end of each week and remove any trash and loose papers.

SEL SPOTLIGHT: BUILDING RELATIONSHIP SKILLS

Relationships skills refer to the ability to build and maintain happy, healthy relationships with others. Share the following tips with your middle schooler to help them work on building these important skills.

- ▶ **Actively listen** to what others have to say.
- ▶ **Be present and not distracted** (by your phone or other people) when you're with someone else.
- ▶ **Take an interest** in others' thoughts and opinions, even if they're different from yours.
- ▶ **Learn to trust others**, and let them know they can trust you in return.

SMART STUDYING

When doing homework, encourage your child to alternate between subjects and types of assignments. For example, your child might start with reading a language arts assignment, switch to math, and then complete a social studies assignment.

FAMILY FUN: MAKE FRUIT SMOOTHIES

Fruit smoothies make a quick, nutritious breakfast or snack on busy school days, can be customized to your taste, and are something older children can easily help make. Added bonus: cooking is a fun way to spend some quality time together!

Here's a simple recipe to try:

2 cups of frozen strawberries

1 medium banana

1/2 cup of liquid, such as water, milk, or dairy substitute

sweetener to taste (approximately 1–2 tbsp)

Add ingredients to blender and blend until smooth. Makes two 8-oz smoothies.

