

Middle Years

Working Together for School Success



Short Stops

Finish strong

As your child thinks ahead to summer, he may be tempted to relax his efforts in school. Explain that staying focused in every class will help him learn and prepare him for end-of-year tests. And by keeping on top of final projects, he'll prevent a last-minute scramble.

Spring clothes

Now is a good time to review the school dress code with your tween so you're on the same page about what to wear. For instance, maybe bike shorts, tank tops, or flip-flops aren't allowed. Suggest that your child keep school clothes and shoes separate from those for working out or wearing around the house. This will make choosing outfits easier.

Publish a book review

Have your middle schooler think more deeply about her reading with this idea. After she finishes a novel, she might enjoy writing a review that will give others a good idea of what the book is about. Let her publish her review at an online bookstore for others to read. *Note:* Be sure she doesn't use her real name.

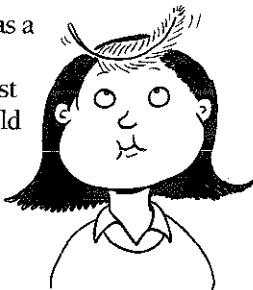
Worth quoting

"A good laugh is sunshine in the house." *William Makepeace Thackeray*

Just for fun

Q: I'm as light as a feather, but the world's strongest person can't hold me for long. What am I?

A: A breath.



Electronics: Creating a balance

Technology lets middle graders do research with the touch of a button or video-chat with relatives who live far away. Too much technology, however, might cause your tween to feel isolated and to sit still much longer than is good for her. Consider these ways to keep her usage in check.

Set the stage

Encourage face-to-face interaction by putting away devices (including yours) at established times, such as during meals, family outings, or a sibling's lacrosse game. When you're using a device and your child interrupts, switch your attention to her. She'll see that the person in front of you is more important than what's on the screen.

Wait for social media

Most social media sites require users to be 13 or older, yet some children are using fake birth dates to create accounts. Let your middle schooler know she must be old enough *and* get your okay to join. Consider setting up a family account, but



keep the password to yourself. She can send you photos or links to post.

Harness the good

Suggest that your tween take advantage of technology to connect with family members or to do research. She might play an electronic version of a board game with a cousin in another town. Or if she's stumped on a craft project, she could look up instructions online. Also, let her use the internet to research extracurricular activities or summer programs. 👍

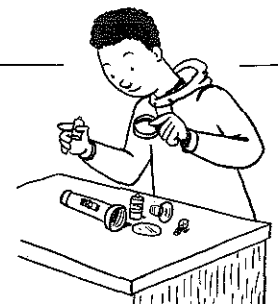
Tinker with engineering

STEM activities are popular with tweens these days. Encourage your child to explore the "E" in STEM with these engineering ideas.

■ **Take apart.** Have him disassemble—and then reassemble—simple mechanical objects like a pen or flashlight. In the process, he can figure out what each part is used for and how it works.

■ **Design.** Let your middle grader draw an invention to solve an engineering problem. He might sketch a more efficient system for delivering clean water to areas that lack it, for instance.

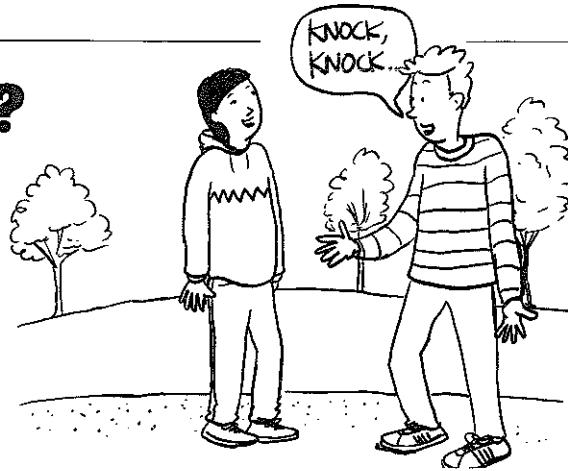
■ **Build.** Suggest that your tween use household materials to engineer projects related to what he's studying in class. If he's learning about thermal energy, he could make a pizza-box solar oven. 👍



Funny—or not?

Joking around is a good way for tweens to let off steam and bring people together. But humor may also hurt people's feelings—or even be considered bullying if it's done repeatedly to make someone feel bad. Here's how to help your child draw the line.

Demonstrate differences. Show your middle grader that a joke that's funny to one person might not be funny to someone else. Let him and friends or family members list types of jokes they think are humorous (such as knock-knock jokes) on one piece of paper and those



they don't (like practical jokes) on another. Then, share lists. Your tween may be surprised if what appears in his "funny" category falls into another person's "not funny" one.

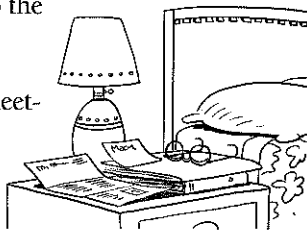
Think it through. Before your child tells a joke, suggest that he consider how it will affect those around him. Is the topic one that somebody might be sensitive about, such as weight? Could the joke come across as a put-down? If so, he should avoid it. *Tip:* If he'll feel the need to say "Just kidding" or "No offense" afterward, that's a sign the joke may be hurtful. 👍



Parent to Parent Still in touch with school

Recently, I started feeling bogged down with the school-year routine. I wasn't keeping up with papers my daughter Molly brought home. When another parent mentioned a meeting I didn't know about, I realized I had to get back to being more involved.

Thanks to the other parent, Molly and I attended a meeting for next fall's cross country team. We



learned about summer conditioning and signed up for coaches' updates. Had we skipped the meeting, Molly might have missed out on participating altogether.

Now I've started opening school emails right away. I also have Molly put papers on my nightstand so I'm reminded to read them before bed. Staying in touch has made me more enthusiastic about her school and activities. And I think it makes Molly feel good in knowing I care. 👍

Facts about opioids

The opioid epidemic is making headlines everywhere. Take steps now to protect your tween from these highly addictive, and potentially deadly, drugs.

Be informed

Opioids include prescription pain relievers such as Vicodin, oxycodone, and fentanyl. Heroin is also an opioid.

Be cautious

Middle graders may be prescribed painkillers after a sports injury or a wisdom tooth extraction, for example. Ask the doctor or dentist about alternatives to opioids. If your child is given medicine, dispense each dose to her. Keep it locked up between doses, and discard any leftovers.

Be observant

If you notice that your tween has mood swings, withdraws from family and friends, or loses interest in favorite activities, talk to her pediatrician. 👍



Q & A A successful IEP meeting

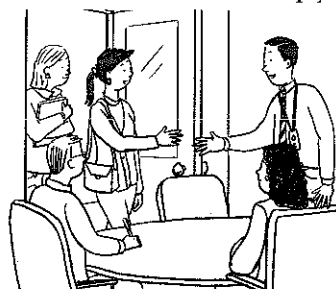
Q My son was just diagnosed with a learning disability. What can I expect at our first IEP meeting?

A An IEP (Individualized Education Program) meeting lets you talk with an entire team about how everyone can help your son learn.

Before the meeting, write down questions and concerns. Get your son's input, too. What does he feel he's doing well? What is hard for him? What goals would he like to set?

This meeting can be emotional for you as a parent, since you'll hear about what your child struggles with. There will also be a lot of information to absorb. Consider taking along a spouse, friend, or relative to provide support and to help you remember what was said.

Also, remember that you're a key part of the IEP team. If there's an accommodation you think could boost your son's success, such as keeping one set of textbooks in his locker and another at home, it's important to speak up. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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 www.rfeonline.com
 ISSN 1540-5540