

Middle Years

Working Together for School Success



Short Stops

What I like about you

Is your middle grader sometimes irritable or moody? While it's a normal part of tween development, this behavior can be challenging for parents. Try to focus on what you enjoy about your child, like her generosity or artistic flair. You'll appreciate the person she is becoming, even when she's hard to get along with.

Straw games

The drinking straw was patented on January 3, 1888. Boost your tween's creativity with a "Drinking Straw Olympics." How many events can he invent that use a straw? *Example:* Race to transfer water from one cup to another—dip the straw in one cup, place a finger on top of the straw, move to the second cup, and remove your finger.

Safe winter mornings

Walking to the bus stop or to school in snow and ice may require extra time. Have your child leave a few minutes early so she won't be tempted to run on slippery surfaces. Also, if it's dark out, she should wear a light-colored jacket, hat, and gloves so drivers can see her.

Worth quoting

"I am a great believer in luck. The harder I work, the more of it I seem to have." *Coleman Cox*

Just for fun

Q: I have forests, but no trees. I have oceans, but no water. What am I?

A: A map.



Mixing up study time

Playing sports and games, using technology, and spending time with friends are fun activities your middle grader can use to spice up his study routine. Share these ideas.

Shoot and score

Encourage your child to turn studying into a sport. He could crumple up a used piece of paper for a "basketball" and shoot it into a laundry basket after each review question he gets right. Or he might pretend it's a hockey puck and use a broom to sweep it between two chair legs when he answers correctly.



Read and listen

Have your youngster record himself reading a textbook chapter or class notes into a smartphone or an MP3 player with a microphone. He can play it back while he takes a walk or rides in the car. Saying and then hearing the information will give him two ways to study it.

Play and win

Your tween could play games while he studies. He might use alphabet cereal

to spell history or science vocabulary terms. How many can he spell, and define out loud, in five minutes? Or when solving practice problems for a math test, have him draw a game board-style path and color in a space for each right answer.

Film and review

Suggest that your child and his buddies make a video study guide. They can take turns filming each other as they explain material from their books and notes in their own words. They'll gain a deeper understanding of the material—and have a guide to review later. 👍

Lead the way

Whether your child is on the school year-book committee or dance team, she can practice leadership skills that will help her in school and on the job. Here's how.

Be assertive. Encourage your tween to speak up and use a confident tone. If she shows that she feels good about her ideas, others are more likely to listen. *Example:* "The seventh-grade fund-raiser was such a success—I think it deserves a full-page spread" is more assertive than "Does anyone think we could maybe use a whole page?"

Aim to inspire. Good leaders make others eager to do their best. Tell your middle schooler to pay attention to others' talents and efforts so she can give sincere compliments. ("Your rhythm is really keeping us on tempo!") 👍



Math in your mind

Can your tween solve math problems without writing them down or using a calculator? “Mental math” skills help her know whether an answer is reasonable, build her number sense, and let her solve multi-step and higher-level problems more easily. Share these strategies when you run errands together.

Calculate prices

Your child can use “easy” percentages like 10% or 50% to figure out sale prices in stores. For instance, if a \$40 pair of jeans is now 30% off, she can calculate in her head that 10% of \$40 = \$4. Then, she should multiply by 3 to find the 30% discount and subtract the discount from the original price to get the final price ($\$4 \times 3 = \12 off, and $\$40 - \$12 = \$28$). She’ll appear more confident when shopping with friends if she doesn’t have to pull out a calculator!



Track spending

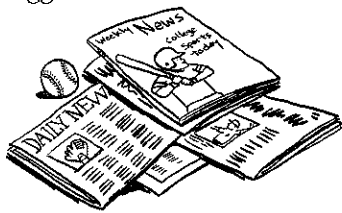
Mental math will help your child keep a running tally of how much she is spending in a store. When you grocery shop, have her figure out what your

total will be at checkout. If bread is \$2.69, milk is \$3.49, and chicken is \$6.99, she can round each number to the nearest dollar and add them ($\$3 + \$3 + \$7 = \13). The longer your grocery list, the more of a challenge it will be. 👍



Use the news

Keeping up with current events will make your child an informed citizen and give him a chance to think critically. Try these suggestions:



- Have him choose a news topic he’s interested in and read about it in multiple sources (national and local newspapers, news magazines). He’ll get different facts and viewpoints. The issue might be whether college athletes should be paid, for example, or what the minimum wage should be. What pros and cons are presented? What conclusions can he draw?

- Encourage him to read newspapers at the library and evaluate opinion pieces. How do the writers feel about a given issue? What evidence do they use to back up their opinions? Suggest that he write a response to one column he agrees with and to another he disagrees with. 👍

Q & A

Digital cheating

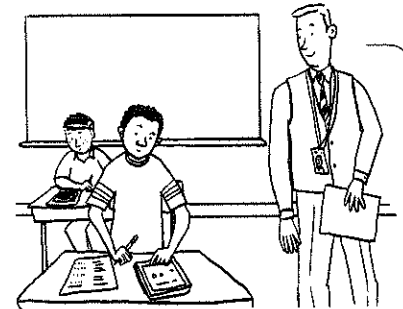
Q I’ve heard that cheating is easier these days because of electronic devices.

What can I do to prevent my son from cheating?

A Cheating has, unfortunately, been around for a long time. What’s different now is that, with instant access to information, it’s easier for students to look up test answers or copy others’ words.

One way to help keep your son from cheating is to share your expectations. Tell him that you expect him to behave with integrity. Then, mention that you’ve heard reports of kids texting themselves answers or downloading reports from the Internet. Make sure he realizes these activities are just as dishonest as old-fashioned cheating, and let him know they can lead to failing grades and—in his case—loss of his phone or tablet privileges.

Finally, remind him to listen carefully to his teachers’ instructions about which apps or windows he can have open during a test or quiz. Anytime he’s unsure about whether he’s allowed to look at a device, he should ask his teacher. 👍



Parent to Parent

Middle school dating?

When my daughter Anna mentioned that some of her friends have started dating, I was surprised. I figured we wouldn’t be talking about this until high school.

My neighbor, who has older children, explained the “middle school definition” of dating to me. Typically, she said, these relationships last only a couple of weeks. They mostly involve texting, walking each other to classes, and eating

lunch together in the cafeteria. When her middle graders asked to go on actual dates, she had their dates come over when she was home instead.

I told Anna that if she has a boyfriend one day, he would be welcome to come

over for dinner or to hang out in the family room when we’re home. She doesn’t seem interested in dating yet, but it’s nice to have a heads-up on what might be right around the corner. 👍



OUR PURPOSE

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

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