October 2018

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Get going with breakfast

your tween start the day ready to learn.

nutritious breakfasts to make at home.

Or encourage her to eat a healthy meal

she receives school lunch at a reduced

price or for free, her breakfast will be

Let your middle grader know it's

roundings as he walks. He'll avoid

serious injury from falling, running

into objects, or stepping into traffic.

Explain that he shouldn't play elec-

while walking-including to and

from the bus stop or school.

Conserve resources

Worth quoting

Just for fun

his pillow?

tronic games, listen to music, or text

Ask your youngster to help your family

be more environmentally friendly. Have

bulbs, recycle more items, take reusable

her research ways you can conserve

bags when you shop). Then, try to

adopt one of her ideas each month.

"Every strike brings me closer to the

next home run." Babe Ruth

resources (switch to low-energy light

important to keep his eyes on his sur-

reduced cost or free, too.

Walk this way

Together, come up with quick and

in the cafeteria with friends. Note: If

Eating breakfast will help

Pine Hill Middle School Home of the Panthers

Working Together for School Success

Fween discipline that works

Your middle schooler wants more freedom. You want to keep him safe and set age-appropriate limits. How do you balance his need for independence with the need for rules and consequences? Try these strategies.

Let's review

Go over the rules you have in place and get his input. He'll be happier to comply if he has a say in them. Perhaps he thinks he should be able to go to friends' houses on school nights, and you agree to that for one night a week. Explain your reasons, and be clear you have the final word. Also, lay out consequences so he knows what will happen if he breaks the rules.

Expect to be tested

Tweens tend to push the limits to see how serious parents are and may argue to get out of consequences. Stay calm and on point ("Nevertheless, we agreed you wouldn't eat in your bedroom"). Stick to the consequence you set (having him wash his bedding to get rid of food

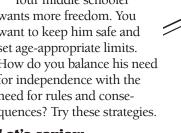
Speak up!

Participating in class can help your tween get more value out of school and learn to express herself. Encourage her to contribute with these tips.

Find your zone. Suggest that she participate in ways she feels comfortable with and then expand her "toolbox." She might start

off commenting on assigned readings she enjoyed. Eventually, she may speak up when she agrees with someone's viewpoint or to offer a different one.

Mix it up. Class-wide discussions aren't the only opportunity to participate. When your middle schooler works in smaller groups, she could ask and answer questions, make observations, or give opinions. These steps can build confidence for talking in front of the whole class. $\in^{\mathcal{C}}$



Q: Why did the boy put honey under A: He wanted to have sweet dreams.



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stains). He'll see he can't slide by and will be more likely to follow the rules in the future.

Reflect on actions

The goal of discipline is to teach your child good judgment. He can learn a lot by reflecting on his actions. Say he breaks a rule, like heading to a social outing without finishing his homework first. Ask what he thought would happen. Maybe he didn't think you'd notice. What happened instead? He has to miss an event this weekend as a result. How could he avoid this situation next time? 🕰



Middle Years

Real-world reading

Nonfiction reading is a big part of everyday adult life-at work and home. To help your middle grader learn to pick out and analyze important information, encourage her to read more nonfiction texts now. Here are some easy ideas.

Follow a process

What: Recipes, game directions, how-to manuals

Why: These texts teach youngsters to navigate logical sequences of steps and identify key details.

How: Let your tween read and share directions as family members cook or play a game. Or have her read instructions

Notable notes

Good notes can help your tween remember what was taught in class, create study guides, and review for tests. Share these steps for being an excellent note taker.

I. Prepare beforehand. Your child will have an easier time keeping up with the teacher if he has read the assigned handouts or chapters. Why? He'll be familiar with the material and vocabulary.

2. Learn each teacher's style. To emphasize crucial material, one teacher may use hand gestures, while another may write phrases on the board. Your middle grader should write that information down and star or circle it.



3. Ask questions. If your child doesn't understand something, he could jot a question mark in the margin of his notes. Then, he can ask about it when the teacher invites questions. Most likely some-

one else has the same question and will be glad he spoke up. 🖒



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Learning to have grit

Q I've heard that kids need "grit" to be successful. What is it, and how can I teach it to my 12-year-old?

A Grit involves perseverance, courage, and resilience-basically sticking with tasks or goals until you see them through. Having passion will help your child to develop grit, enabling

her to stay with something when the going gets tough and to overcome problems along the way.

You can foster grit in your middle grader by explaining it and pointing out examples, such as a coworker who learned to read as an adult. Or bring home library books about famous people who persevered. For instance, Dr. Seuss had his first book rejected by 27 publishers before it was accepted.

Setting up a family challenge can give everyone a chance to be "gritty." Have each person choose something they want to do that might be difficult but is possible. The key? No one is allowed to quit! $\xi^{\mathcal{C}}$

Get to know new friends

When my son was in elementary school, I

always knew his friends. Once he got to middle school, he started hanging out with classmates I'd

never heard of.

It worried me to let Jake spend time with kids I didn't know. I asked him to invite them over, and meeting them in person helped put me at ease and gave me a

way to connect faces with names. I asked for their phone numbers and their parents' numbers as well. That way, I could contact them if they were with Jake and I couldn't reach him. Calling

middle school social scene. ೯್ರ

as you put together a bookcase or figure out how to operate a new phone or microwave.

Follow the facts

What: News articles. menus, travel guidebooks

Why: Your child will get familiar with the organization of expository text, which seeks to inform or educate readers.

How: Talk about news articles you read and what you learn, and inspire her to do the same. If you order carryout food, have her read menus and place the order. When you visit new places, ask her to scan guidebooks and share facts. She can play tour leader, suggesting sights and activities your family will enjoy. 😭



