

Navigating Middle School



...this time as a parent

MIDDLE SCHOOL: A dress rehearsal for life

Kids:

Issues become more “adult”

Can seem like they are regressing in maturity

Stuck in between - can't be a kid, can't be a grown up

Parents:

Middle school is supposed to be messy.

Allow mistakes and allow the consequences **before** they really do damage a life

Emphasize effort and keep a sense of humor

Provide prospective

SELF ADVOCACY/COMMUNICATION

Kids:

Class size: teachers go from 25-30 students, to 130-150

Bathroom breaks: students **MUST** ask permission (and they should!)

Parents:

Leave more of the communication to your kid.

Resist the urge to shoot a quick email off to the teacher about an assignment or field trip money.

Have your child find out and report back to you the next day.

What if my child has a 504 or IEP?

SLEEP

Kids:

Teens have a different circadian rhythm that children and adults

Bodies don't start to make melatonin until about 90 min later

Parents:

Remove devices from the bedroom

Consider stopping screen time 30 min before bed

Model the behavior you'd like your student to have

GRADES / GRADING SYSTEMS

Kids:

Students should ask how each teacher sets up their gradebook if the teacher doesn't tell them

- Categories / percentages
- Content knowledge VS completion, preparation, effort, attendance

Parents:

Learn how to use Infinite Campus

Talk to your kids about your expectations for grades before they come home

LOCKERS

Kids:

Don't underestimate how much stress these might create for your student

They DON'T have to go between EVERY class!

Parents:

Practice at home with a combination lock to decrease anxiety



ORGANIZATION

Kids:

Different expectations for each class/teacher

Multiple folders/notebooks VS one giant binder

Locker shelf

Planner

Parents:

Loosen your grip on their backpack.

You should not have to re-pack their backpack every night after homework.

Do a weekly or bi-weekly backpack check in front of them.

Hold them more accountable for forgotten, lost or missing items.

No more bringing lunch, a book, cello, a backpack.

SOCIAL INTERACTIONS

Kids:

1. **Making Friends**
2. **Bullying**
 - What IS and is NOT bullying
 - It's really not as rampant as the news would like you to believe
 - Cyberbullying

Parents:

There is no room mom?

Trust me, your kid does not need you in the building. Frankly, they shouldn't want you there.

Questions?



20 THINGS
WE SHOULD

SAY MORE

OFTEN