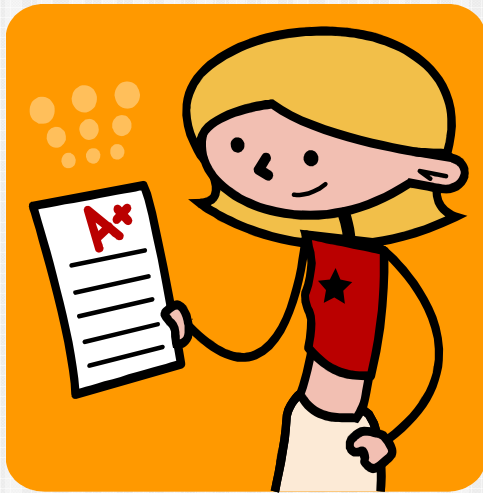


# Southern Kern Unified School District

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Preparing Your  
Child for Middle  
School Success

# Introduction

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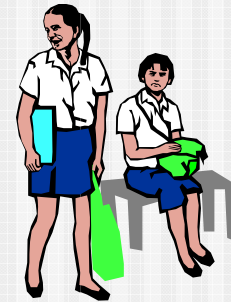
- Middle School Transition
- New Environment
- Academic Challenges
- Social, Physical, and Other Changes
- Worksheets: Focusing on the Positive and Plans for the Negative



# Middle School Transition

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- Tougher Academics
- New Type of Daily Schedule:  
Different or Changing Teachers,  
Classes, and/or Periods
- Friendship Changes
- New Surroundings
- Different Students: RES and WES  
student at TMS



# Middle School Transition Cont.

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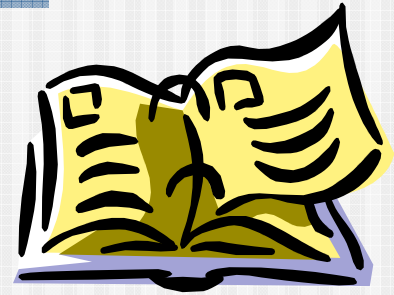
- Changing Body, Mind, and Self
  - Body
  - Emotions
  - Thinking Skills
  - Sense of Identity and Independence
  - Priorities: image, friends, and social interactions
- Important Decisions: bullying, drugs, sexual pressure, etc.



# Middle School Transition Cont.

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## ■ Help Guide Your Child to:

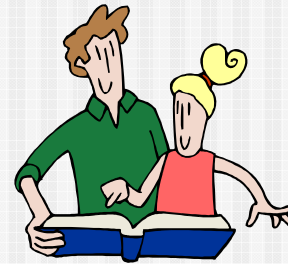


- Keep up with schoolwork
  - Establish Goals and plan how to achieve them
  - Understand his/her changing body
  - Pick positive friends and activities
- ## ■ These skills will set the stage for success for high school and beyond

# Middle School Transition Cont.

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- Be Involved. Knowing that you value their education promotes a powerful message. It will help your child:
  - Get good grades
  - Avoid negative behaviors
- Every parent can make a positive difference!





# New Environment

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- School Tour: 6<sup>th</sup> Grade/New Student Orientation: Learn basic in and outs of the school, meet other new students, possibly meet teachers.
- Review bus routes with your child
- Help your child learn his/her class schedule



# New Environment Cont.

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- Review and discuss the school handbook with your child
- Be sure you both understand the policies, rules and consequences for such things as:
  - Dress Code
  - Discipline Policy/Code of Conduct
  - Cell Phone Policy





# Academic Challenges



- Increase in amount and difficulty of work expected
- Believe in your child and have high expectations. If he/she knows you believe in them then they are more likely to believe in themselves.
- Stay Positive: Your child will follow your lead

# Academic Challenges Cont.

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- Help your child connect school work with real life
- Ask about school daily: What your child may have learned and/or what happened outside of the classes
- Keep your child learning year round: Find ways for your child to enhance skills even during summer vacation



# Academic Challenges Cont.

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- Teach your child organizational skills: use planner to record assignments, color coded subject notebooks, keeping all materials in one spot, etc.
- Help your child learn to manage his/her time wisely: Use of schedules, prioritize tasks, scheduled homework/study time, etc.
- Always remember that your child learns from watching you.

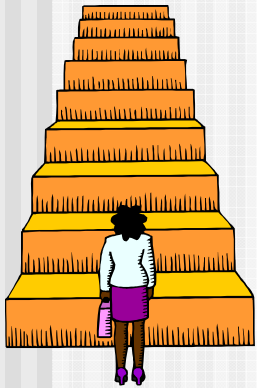


# Academic Challenges Cont.

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## ■ Other Helpful Tips:

- Break difficult projects up into smaller increments
- Schedule each step
- Help your child with note-taking skills
- Write down all key information
- Use abbreviations when taking notes
- Monitor our child's progress
- Review graded material and tests

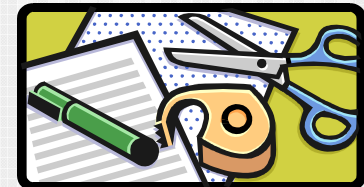


# Academic Challenges Cont.

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## ■ Other Helpful Tips Cont.:

- Find a good spot at home for your child to work with little to no distractions
- Make sure your child has plenty of supplies: pencils, pens, highlighters, paper, etc...
- Check to make sure your child stays on top of his assignments
- Be available to help your child if needed
- Help your child develop a schedule for homework





# Academic Challenges Cont.

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Form a team with your child's teacher:

- Meet your child's teacher
- Learn each teacher's practices
- Make sure you stay in touch with the school throughout the school year
- Make sure your child attends regularly
- Attend Parent-Teacher Conferences
- Help your child get along with you're his/her teacher



# Academic Challenges Cont.

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Get Involved:

- Volunteer at school: School Site Council, school events, sports, etc...
- Remember that EVERY parent has something to offer
- Advocate education: Attend school board meetings, vote on educational issues, etc...
- Attend school events



# Social, Physical, and other Changes

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## Changes in the Social Scene:

- Middle school can end and/or change relationships between students
- Middle school can be the start of new friendships
- Cliques tend to form in Middle School
- Interactions with students can be more difficult
- These social issues can have a big impact on your child

# Social, Physical, and other Changes Cont.

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## Changes of Adolescence:

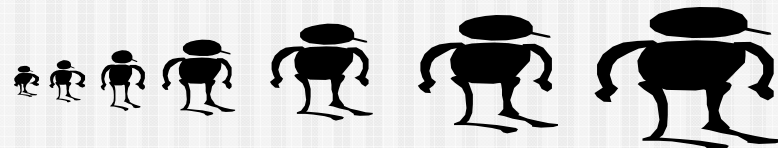
- Body Changes: growth spurts, voice changes (boys), sweat and body odor, etc..
- Mental and Emotional Changes: better abstract/rational thinking, worry about physical development, self-conscious, romance, etc...
- Searching for Self-Identity: begin to have different interest, express different opinions, etc...
- Emotional Roller Coaster
- May feel like your child is pulling away from you
- Make sure you keep lines of communication open

# Social, Physical, and other Changes Cont.



Helping your child make good choices:

- Peer pressure grows during middle school
- Negative activities your child could face: bullying, sexual pressure/harassment, drugs, alcohol, body image problems, gang activity, etc..
- Keep your child informed and warn of negative consequences
- Support School Prevention Programs
- Bullying Problems



# Social, Physical, and other Changes Cont.

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Helping your child make good choices  
cont.:

- Install strong values and morals
- Teach good decision-making skills
- Teach your child to be assertive
- Make sure your child knows how to say no
- Practice and Role Play Helps





# Social, Physical, and other Changes Cont.

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Make sure to Promote Positive Activities and Relationships:

- Getting involved at school has many benefits
- Reduce unsupervised after-school hours
- Encourage involvement in school and in making positive friends
- Help your child become involved in positive out of school activities
- Friends can be helpful in making your child feel connected to school and safe



# Social, Physical, and other Changes Cont.

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Make sure to Promote Positive Activities and Relationships Cont.:

- If your child has difficulty making friends be sensitive and encouraging
- Help your child develop good social skills
- Make sure you get to know your child's friends and their parents
- Talk to your child about what makes a true friend

# Social, Physical, and other Changes Cont.

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Discipline helps your child become a responsible adult:

- Keep an open mind
- Be clear about rules
- Be consistent
- Let your child experience natural consequences
- Respect your child's privacy



# Social, Physical, and other Changes Cont.

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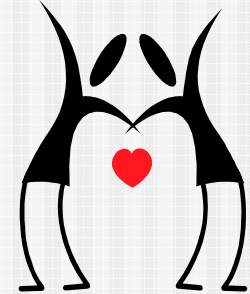
Discipline helps your child become a responsible adult cont.:

- Monitor your child
- Teach responsibility
- Praise and Reward- Don't just criticize and punish
- Set a limit on "TV screen/video game" time
- Make sure your child is safe online



# Social, Physical, and other Changes Cont.

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As your child gets older stay connected with him/her:

- Keep lines of communication open
- Regularly let your child know he/she is loved
- In order to get your child to talk: avoid “yes” or “no” questions, ask about his/her friends, be persistent but not too nosey.
- Make sure that you listen carefully
- Spend time with your child by planning activities with him/her that he/she would enjoy

# Social, Physical, and other Changes Cont.

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Stay alert to for problems and talk to  your child right away at the sign of:

- The use of inhalants, tobacco, alcohol, or other drugs
- Eating disorders
- Bullying or other problems
- Get your child help right away if he/she has thoughts of suicide





# Worksheets

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- Focus on the positive: Educational opportunities, social opportunities, and other opportunities
- Make a plan for dealing with any questions or concerns that your child might have



# Resources

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- More info on middle school transitions: List of resources in workbook
- Speak to school staff for homework help suggestions
- Free or low-cost health insurance for children: List of resources in workbook

# Review of how to help your child succeed in school

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- Help your child get excited about all school activities
- Try to ease your child's transition
- Be understanding of your child's physical, emotional, and social changes
- Help your child with academic challenges
- Become a team with your child's teachers
- Teach your child to make positive choices
- Get support if needed
- Remember- Involvement is key!

# Thank you for all that you do as a parent! You make a difference!

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If you have specific school site questions, please contact the school your child attends. Thank you!