

## **Transition to Middle School**

We know that the transition from elementary to Middle School can be overwhelming and exciting. Here are few ways to we plan to help your child as well as things you can do at home too.

### **What Parents Can Do at School to help students adjust to Middle School.**

- Maintain a good working relationship with your child's teachers
- Visit the school
- Know and understand school rules
- Attend meetings (PTO, conferences, etc.) and child's activities
- Make sure your child attends school daily
- Volunteer in any way you can

### **What Happens if Parents Get Involved?**

Decades of research show that when parents are involved students have:

- Higher grades, test scores, and graduation rates
- Better school attendance
- Increased motivation
- Better self-esteem
- Lower rates of suspension
- Decreased use of drugs and alcohol
- Fewer instances of violent behavior
- Greater enrollment rates in post-secondary education

## **Social/Emotional**

Making new friends/Finding and connecting with a peer group

Success in sports

Popularity

Being embarrassed by parents in front of other kids

Puberty (pimples, body changes)

Changing before and after P.E. in front of other kids

Having girlfriends and boyfriends

Having someone to sit with at lunch

### **What parents/guardians can do:**

- Be upbeat about what lies ahead
- Recognize their fears
- Offer support
- Hold your child accountable
- Give your child the opportunity to make decisions on his/her own
- Pick your battles
- Give them tools they need to succeed
- Allow them the freedom to make mistakes

### **What school can do:**

- Habitudes lessons teach social/emotional supports and leadership qualities.
- Support staff such as the social worker and school counselor
- Hold your child accountable
- Give your child the opportunity to make decisions on his/her own
- Give them tools they need to succeed
- Allow them the freedom to make mistakes
- Students do not have to dress out if they wear appropriate PE clothes to school.
- Supervision in lunch and make sure no one is eating alone

## **Procedural**

Finding and opening the locker

Finding the bathroom

Not knowing the school rules

Carrying around all those books

Going from class to class without being late

Bringing the right materials to the right class at the right time

Eating in a larger cafeteria

### **What parents/guardians can do:**

- Buy a combination lock before school and have your child spend time trying to open the lock.
- Lockers are not large so decorating them and using locker organization can be hard.
- Go to the school two or three days before school starts and get a copy of your child's schedule. Take a few minutes to walk from room to room with your child.
- Don't buy backpacks that can store 50 lbs. of materials. Smaller backpacks allow for better organization.

### **What school can do:**

- We have teachers in hallways to help with lockers the first couple weeks of school.
- Our Stallion Squad and staff will be out and about the first couple days of school to help students find their way.
- Mr. Sprague will meet with students to discuss expectations and school rules the first week of school.

## **Academic**

Competition for grades

Having more than one teacher

More homework

More long-term projects

Work that is more challenging and requires more effort

Expectations of teachers in different subject areas

Basic tasks such as studying, taking notes, and taking tests

### **What parents/guardians can do:**

- Be the example ... Show the importance of education
- Ask your child about their day
- Set aside a quiet space and time for your child to study/complete homework
- Encourage reading
- Assist your child with their homework and/or check their homework daily
- Set high but reachable expectations for your child
- Stop bringing items to school for the student. Help us teach students responsibility. Don't bring lunches or forgotten work.
- Check their agenda daily. Be the other bookend of the accountability equation.
- Keep technology in a public area at home. Bring devices out of the bedroom. Have students work, and charge devices, in a shared space. And while you're at it, make sure you know your child's usernames and passwords.
- Loosen the reins when they prove they can do it. Step away once your child has proven they can be more independent.
- ENCOURAGEMENT!!!

### **What school can do:**

- Provide rigorous academics while providing supports for students to be successful.
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- Advisory 2-3 days a week will be for completing homework and getting help on questions student may not understand.
- Teachers in various classes will teach some executive functioning skills such as organization, note taking, time management, self-control, and self-monitoring.
- Set high but reachable expectations
- ENCOURAGEMENT!!!