

October 04,
2019

WWW.SPRINGBLUFFPIRATES.COM

573-457-8302

mbauer@springbluffpirates.com



Pirate News

Every Friday Early Dismissal @ 2:03pm



Parent-Teacher Conferences

Parent/Teacher conferences will be held on Tuesday, October 22 from 4:30-7:30 pm and Thursday, October 24 from 4:30-7:30 pm. Middle school/special area teachers will be stationed in the cafeteria to ease parents' transitioning between each of the teachers for conferencing. K-5 teachers are scheduling their conference times, so please contact your child's teacher if you have not received an appointment time.

Voter Registration

Anyone 17.5 years or older can register to vote on October 22, from 3:30-7:00 in the school lobby. Don't forget your photo ID.

Attachments this week:

- Amazon Smile Flyer
- MSHSAA Pre-Participation Form
- MO Baptist Flyer- Anxiety & Stress
- Home & School
- Middle Years

Upcoming Events	
Franklin Co. Sheriff Dept. Open Door Event	10/10
United Way Hats & Boots Day 1st Quarter Ends	10/11
Sports Club Meeting @ 5:30	10/14
STUCO trip to CRUSH Summit	10/17
Great Shake Out Earthquake Drill	10/17
School Board Mtg @ 6:30	10/17
Chili Supper & Carnival 5:00-8:00	10/18
Parent Teacher Conferences 4:30-7:30	10/22 & 10/24
NO SCHOOL	10/25
Fall Parties 1:45-2:45 pm	10/31

Monday, October 7th is the "World Day of Bullying Prevention." Lets STOMP out bullying and #BlueUp (wear blue) on 10/07/19.



The Spices have arrived, and we are in the process of sorting and double-checking. They will be ready to go home on Friday, Oct. 11. Parents may want to make arrangements to pick up large orders. We can accommodate you either before or after school or other arrangements can be made.

Updated Volleyball Picture Schedule

Tuesday, October 8th, 2019

5th Girls	4:00	7th Girls	4:30
6th Girls	4:15	8th Girls	4:45

Hats & Boots Day

Friday, October 11th

Hats \$1.00 Boots \$1.00



Sports Club Meeting

There will be a meeting on October 14th @ 5:30pm for all basketball & cheer coaches in Mr. Leagues room.

Chili Supper & Carnival
October 18th 5:00-8:00pm



Spring Bluff Pirates

Ways to Stay Informed this Year:



@springbluffrxv



@springbluffpirates

Website: <http://www.springbluffpirates.com>

Coaches Needed!



3rd Grade Boys Basketball Head Coach
 3rd Grade Boys Basketball Assistant Coach
 4th Grade Boys Basketball Assistant Coach
 Cheer Assistant Coach

Diana Wiese
 K-8 School Counselor
dwiese@springbluffpirates.com

COUNSELOR'S CORNER
Online Safety Tips:

- * Learn the popular websites and Apps, and know your student's passwords.
- * Utilize the Parental Controls that are available for Apps, phones, computers, game systems, and tablets.
- * Ask your student to use their computer in an open area, such as the living room or kitchen.
- * Talk with your students about how to make smart and safe choices online. They will encounter unsafe information and/or images at some point, and they need to know how to handle it.
- * Make sure all App information is set to "private" and discourage chatting with online strangers.

Tips from Title I

PLAY GAMES! "The number one indicator of student success is vocabulary." The more students read, the larger their vocabulary, and then the more texts they can understand and apply. The following games are fun, and great for vocabulary: *Pictionary, Charades, Headbanz, & Scrabble*

Amazon will donate 0.5% of the price of our eligible Amazon Smile purchases to the Spring Bluff Educational Foundation with no extra cost to you. SEE ATTACHED FYLER!!!

Red Ribbon Week
October 28—November 1st

Major League Monday: Hit Drugs out of the Park (Wear your favorite baseball team)

Twin Tuesday: Pair Up against Drugs (twin with someone)

Western Wednesday: Give Drugs the Boot (wear western gear)

Throwback Thursday: Make Drugs History (dress from another decade)

Freaky Friday: It's Crazy to do Drugs (crazy hair or clothing)

Physical Form

Physical forms are now good for two years. If your son or daughter is planning on participating in basketball, cheer, wrestling, or track and field and has a physical from last year it will still be good for this year. **Insurance information will need to be updated annually.** Please print and complete the forms attached to this newsletter and return to Britney Block prior to your child's first practice.

Go Pirates! Sporting News & Events

Monday, October 7th	5/7 Volleyball @ Strain Japan 6:00 pm
Thursday, October 10th	5/8 Volleyball @ R-2 6:00 pm
Saturday, October 12th	6th Volleyball Tourney @ Borgia TBA



A Simple, Automatic Way to Support the
Spring Bluff Educational Foundation



Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to the Spring Bluff Educational Foundation with no extra cost to you.

Start Now!

1. Visit smile.amazon.com
2. Choose "Spring Bluff R-Xv Educational Foundation"
3. Bookmark smile.amazon.com so that the foundation benefits every time you shop!

MSHSAA PRE-PARTICIPATION DOCUMENTATION – ANNUAL REQUIREMENTS

INTERIM MEDICAL HISTORY	
<p>Note: Complete and sign this form (with your parents if younger than 18). Note: An injury or medical condition results in a separate medical release.</p>	
Name:	Date of Birth:
Date:	
Sex assigned at birth (F, M or intersex):	How do you identify your gender? (F, M or other):
List past and current medical conditions:	
Have you had surgery since your last Pre-Participation Physical Examination (physical)? If yes, list those surgical procedures:	
Medicines and supplements: List all current prescriptions, over-the-counter medicines and supplements (herbal and nutritional):	
Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, stinging insects):	
Have you been diagnosed with any medical or health condition since your last PPE (physical)? If yes, please describe:	

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of Athlete:
Signature of Parent(s) or Guardian:
Date:

PARENT PERMISSION (Authorization for Treatment, Release of Medical Information, and Insurance Information)

Informed Consent: By its nature, participation in interscholastic athletics includes risk of serious bodily injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. **PARENTS, GUARDIANS, OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN MSHSAA-SPONSORED SPORT WITHOUT THE STUDENT'S AND PARENT'S/GUARDIAN/S SIGNATURE.**

I understand that in the case of injury or illness requiring transportation to a health care facility, a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be transported via ambulance to the nearest hospital.

We hereby give our consent for the above student to represent his/her school in interscholastic athletics. We also give our consent for him/her to accompany the team on trips and will not hold the school responsible in case of accident or injury whether it be en route to or from another school or during practice or an interscholastic contest; and we hereby agree to hold the school district of which this school is a part and the MSHSAA, their employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities related to the interscholastic program of his/her school.

In the event of an emergency or when the Parent(s) or Guardian is unable to directly supervise health care services needed by the student for injuries or illnesses sustained at any athletic practice, conditioning exercise or contest, I also give my consent to the rendering of necessary health care services for the student by a qualified provider (QP) covering the athletic practice, conditioning exercise or contest, including an athletic trainer, physician, physician assistant, nurse practitioner or other medically-trained professional licensed by the State of Missouri (or the state in which the student injury or illness occurs) and who is acting in accordance with the scope of practice under their designated state license and any other requirement imposed by state law. In emergency situations, the QP may also be a certified paramedic or emergency medical technician for the purpose of providing emergency health care and transport. Health care services are defined as services including, but not limited to, evaluation, diagnosis, first aid, emergency care, stabilization, treatment and referral. I further authorize the QP who provides such health care services to disclose such information about the student's injury or illness, diagnosis, care and treatment in the professional judgment of the QP to the student's athletic director, coaches, school nurse and any classroom teacher required to provide academic accommodation to assure the student's recovery and safe return to activity. If the Parent(s) or Guardian believes that the student is in need of further evaluation, treatment, rehabilitation or health care services for the injury or illness, the student may be treated by the physician or provider of his or her choice.

To enable the MSHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in the MSHSAA member school, I consent to the release of any and all portions of school record files to MSHSAA, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received, and attendance data.

We confirm that this application for the above student to represent his/her school in interscholastic athletics is made with the understanding that we have studied and understand the eligibility standards that our son/daughter must meet to represent his/her school and that he/she has not violated any of them. We also understand that if our son/daughter does not meet the citizenship standards set by the school or if he/she is ejected from an interscholastic contest because of an unsportsmanlike act, it could result in him/her not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I consent to the MSHSAA's use of the herein named student's name, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

We further state that we have completed that part of this certificate which requires us to list all previous injuries or additional conditions that are known to us which may affect this athlete's performance or treatment and we certify that it is correct and complete.

The MSHSAA By-Laws provide that a student shall not be permitted to practice or compete for a school until it has verification that he/she has basic health/accident insurance coverage, which includes athletics. Our son/daughter is covered by basic health/accident insurance for the current school year as indicated below:

Name of Insurance Company:	Policy Number:
Signature of Parent(s) or Guardian:	Date:
Has this student incurred a medical condition since their last physical examination?	<input type="checkbox"/> Yes <input type="checkbox"/> No

STUDENT AGREEMENT (Regarding Conditions for Participation)

This application to represent my school in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have studied and understand the eligibility standards that I must meet to represent my school and that I have not violated any of them.

I have read, understand, and acknowledge receipt of the MSHSAA brochure entitled "How to Maintain and Protect Your High School Eligibility," which contains a summary of the eligibility rules of the MSHSAA. (I understand that a copy of the *MSHSAA Handbook* is on file with the principal and athletic administrator and that I may review it in its entirety, if I so choose. All MSHSAA by-laws and regulations from the *Handbook* are also posted on the MSHSAA website at www.mshsaa.org).

I understand that a MSHSAA member school must adhere to all rules and regulations that pertain to school-sponsored, interscholastic athletics programs, and I acknowledge that local rules may be more stringent than MSHSAA rules.

I also understand that if I do not meet the citizenship standards set by the school or if I am ejected from an interscholastic contest because of an unsportsmanlike act, it could result in me not being allowed to participate in the next contest or suspension from the team either temporarily or permanently.

I understand that if I drop a class, take course work through Post -Secondary Enrollment Option, Credit Flexibility, or other educational options, this action could affect compliance with MSHSAA academic standards and my eligibility.

I understand that participation in interscholastic athletics is a privilege and not a right. As a student athlete, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and laws of my community, state, and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state, and country.

I have completed and/or verified that part of this certificate which requires me to list all previous injuries or additional conditions that are known to me which may affect my performance in so representing my school, and I verify that it is correct and complete.

Signature of Athlete:	Date:
Have you experienced a medical condition since your last physical examination?	<input type="checkbox"/> Yes <input type="checkbox"/> No

PARENT AND STUDENT SIGNATURE (Concussion Materials)

I accept responsibility for reporting all injuries and illnesses to my school and medical staff (athletic trainer/team physician) including any signs and symptoms of a CONCUSSION. I have received and read the MSHSAA materials on Concussions, which includes information on the definition of a concussion, symptoms of a concussion, what to do if I have a concussion and how to prevent a concussion. I will inform my school and athletic trainer/team physician immediately if I experience any of these symptoms or if I witness a teammate with these symptoms.

Signature of Athlete:	Date:
Signature of Parent(s) or Guardian:	Date:

EMERGENCY CONTACT INFORMATION

Parent(s) or Guardian	Address	Phone Number
Name of Contact	Relationship to Athlete	Phone Number
Name of Contact	Relationship to Athlete	Phone Number



Anxiety and Stress in Children: The Angst Project

October 2019

Signs of stress and anxiety in children often show up as physical or behavioral changes. Children respond differently to stress depending on their age, individual personalities, and coping skills, which can cause many parents to overlook the underlying issues that may be causing their child's behavior. It is important for parents to recognize the signs of childhood stress and to look for the possible causes.

Anxiety

When children do not outgrow the fears and worries that are typical in young children, or when there are so many fears and worries that they interfere with school, home, or play activities, the child may be diagnosed with an anxiety disorder. Signs of anxiety in children include:

- Difficulty concentrating
- Behavioral changes, such as moodiness, aggression, a short temper, or clinginess
- Fears (fear of the dark, being alone, or of strangers)
- Being very worried about the future and about bad things happening (general anxiety)
- Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty (panic disorder)
- Development of a nervous habit, such as nail biting
- Withdrawing from family or friends
- Refusal to go to school
- Getting into trouble at school
- Decreased or increased appetite
- Complaints of stomach aches or headaches
- Bedwetting
- Sleep problems or nightmares

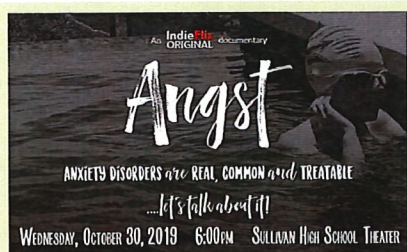
The first step to treatment is to talk with a healthcare provider, such as your child's primary care provider or a mental health specialist, about getting an evaluation. A mental health professional can develop a therapy plan that works best for the child and family.

7 Tips for Helping Your Child Manage Stress

- 1. Stop over scheduling** - One of the biggest stressors for kids is being over scheduled. Kids are expected to pay attention and perform in school for seven hours, excel at extracurricular activities, come home, finish homework, and go to bed just to do it all over again the next day. Kids need downtime to rejuvenate.
- 2. Make time for play** - Focus on play that isn't pressured where there is no lesson, competition or end goal. Younger kids will do this naturally, but older kids may forget how to simply play.
- 3. Make sleep a priority** - Sleep is vital for everything from minimizing stress to boosting mood improving school performance. Create an environment that facilitates sleep by keeping electronics out of your child's bedroom.
- 4. Teach your kids to listen to their bodies** - Teach your kids to understand their own bodies and the physiology of stress. Encourage them to listen to what their bodies are saying. While it's normal for a child's stomach to feel jumpy on the first day of school, leaving class because their stomach hurts or waking up repeatedly with a headache is a sign there's too much going on.
- 5. Manage your own stress** - Stress is really contagious. When parents are stressed out, kids are stressed out. If you're living in an environment with one thing after another, your kid is going to pick up on that. It is important to show your kids how to relax and effectively deal with stress.
- 6. Make mornings calmer** - A disorganized home is another stressful trigger for kids, and this is especially evident in the mornings. Making mornings smoother sets the tone for the day.
- 7. Prepare your kids to deal with mistakes** - For kids, a lot of stress comes from the fear of making mistakes. Remind them that they're not supposed to know how to do everything or do everything right. Also, while making good decisions is an important skill to learn, the skill that might be even more important is learning how to recover from a bad decision.



BJC Medical Group
of Sullivan
573-468-4186



Wednesday, October 30th, 2019
Doors Open: 6:00pm
Film Begins: 6:30pm
Sullivan High School Theater

The Angst project is an IndieFlix Original documentary designed to raise awareness around anxiety, with an emphasis on youth and families. The film includes interviews with kids, teens, experts, and parents. Our goal is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. There will be a panel of health care professionals available after the screening to answer questions. The film and corresponding materials provide tools, resources, and hope and is recommended for kids ages 10 and up. There is no cost for this event, however, to better prepare, we ask that you please RSVP at the link below if possible.

www.showclix.com/event/angst-

Home & School

Working Together for School Success

CONNECTION®

October 2019

Spring Bluff R-XV School
Mrs. Jeannie Jenkins, Superintendent

SHORT NOTES

Estimate everything!

Weave estimation into daily life to build your youngster's math skills. While cooking, you might ask, "How many cherry tomatoes do you think are in that container?" Or in a waiting room, challenge her to estimate the number of ceiling tiles. Have her count to check. The more she practices, the better she'll get at estimating.

Take initiative

Part of developing initiative is learning to recognize what needs to be done. Instead of guiding your child through each step in a task, get him in the routine of figuring out what to do next. If he's clearing the table and forgets to wipe it off, say, "Take a look at the table—what's the last step?"

Family fire drills

Use National Fire Prevention Week (October 6–12) to create a fire escape plan with your youngster. Encourage her to draw a map of your home with two exits per room and a meeting place outside. Then, hold a fire drill. *Note:* Studies show that many kids sleep through smoke alarms, so be sure your plan includes waking everyone up.

Worth quoting

"Learning is a treasure that will follow its owner everywhere."

Chinese proverb

JUST FOR FUN

Q: What do you get when you cross a stream and a brook?

A: Wet feet.



Secrets of better behavior

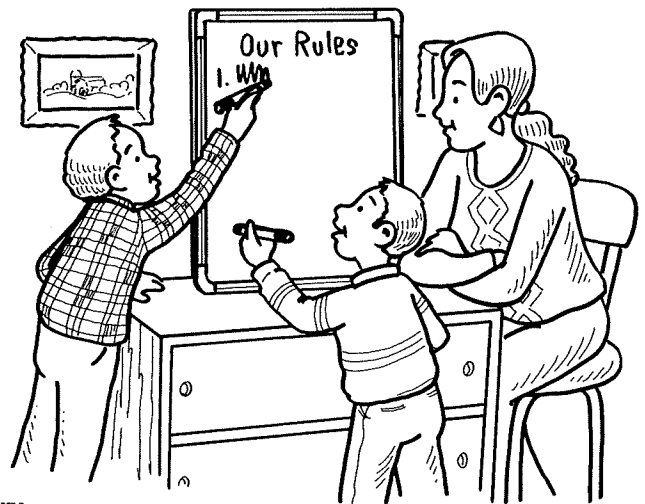
It's no secret that parents want their children to behave appropriately. But what really works? Try focusing on teaching your child to behave rather than punishing him for misbehavior, and you're likely to see better results. Consider these tips.

Be a mirror

Your youngster looks to you for guidance, so model the behavior you expect. For example, if he sees you staying calm when you're angry, he'll be less likely to throw fits when he's upset. Talk through your actions, too. You might say, "I had a stressful day at work. I'm going to relax with my book for a little while so I'm not cranky."

Make rules together

Children find it easier to remember and follow rules that they have a role in creating. Sit down together, and write a list. Be sure your youngster understands the reason behind each rule. For instance, ask, "Why shouldn't we leave things on the stairs?" (Because someone could trip



and fall.) *Tip:* If you need to add or change a rule, include him in that discussion, too.

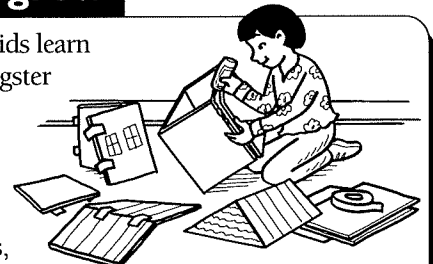
Highlight success

When you praise your child, emphasize the good feelings he gets from behaving well. Saying "You must be proud of yourself for waiting so patiently" gives him a sense of accomplishment. That feeling of pride will motivate him to repeat the behavior in the future.♥

Mistakes make your brain grow

Did you know that mistakes actually help kids learn more? Use these ideas to encourage your youngster to make the most of her mistakes:

- Give your child room to "mess up." You might suspect that masking tape isn't strong enough to hold her project together. But she'll gain more from the experience if she tries, fails, and comes up with a new solution all by herself.
- Help your youngster put mistakes in perspective. Perhaps she forgot to include an important point during her class presentation. Ask her what part went well—maybe her graphics were cool and her classmates seemed interested in her topic.♥

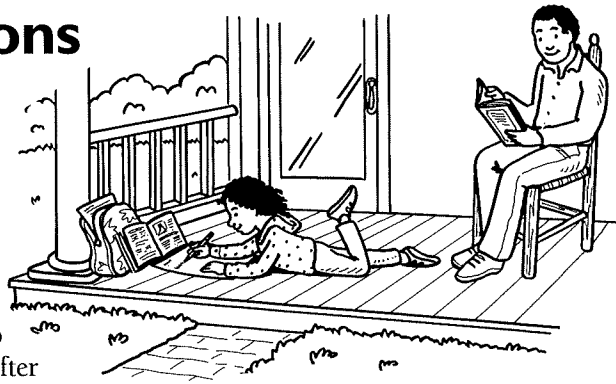


Homework solutions

Whether your child is new to homework or has been doing it for years, your support can help her do her best. That's important, because homework reinforces what she's learning in school. Here's how to set her up for success.

Find a good schedule

Set aside a specific time for homework so it becomes a habit, perhaps right before or after dinner. Also, suggest that she figure out a plan that works best for her. She could start with the easiest assignment to gain momentum or get the hardest one out of the way first.



Eliminate distractions

Make sure your child turns off electronics before she starts homework. Also, you might encourage everyone in the house to have "quiet time" while she does her assignments. Maybe you'll read or pay bills while younger siblings color, for instance.

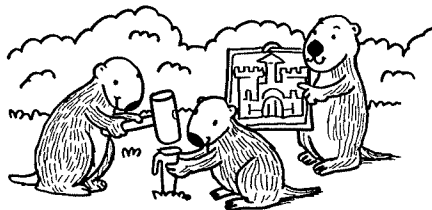
Troubleshoot problems

When your youngster gets stuck, offer to help—but avoid telling her the answers. If she's confused by the directions, try reading them together. Or if she's struggling with an addition problem, offer to walk her through a few sample problems in the back of her math book.♥



PARENT TO PARENT Engineer a maze

Ever get lost in a corn maze? That's what happened to our family last week at a fall festival. When we made our way out, the farmer explained that engineering and technology were used to create the maze.



My son Mason was fascinated. We learned that a designer drew the maze on a computer. Then, an engineer generated GPS coordinates, which guided the farmer as he mowed the corn into the maze.

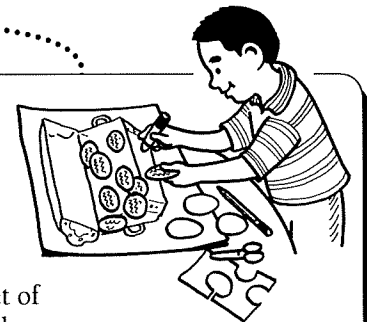
At home, Mason decided to create his own maze. He drew a castle-shaped design and plotted it out in the yard with tent stakes. Next, he arranged pool noodles, lawn chairs, and other outdoor items between the stakes. When it was ready, he invited friends over to go through his maze.

Now Mason is busy planning his next maze. I can't wait to see what it is!♥

ACTIVITY CORNER

Be a true friend

Children who form friendships with classmates tend to do better in school. Inspire your youngster to "treasure" his friends with this writing activity.



- 1. Draw:** Have him draw a treasure chest on a sheet of paper and make "coins" by cutting circles out of yellow paper.
- 2. Identify:** Take turns naming things you each value in a friendship. *Examples:* Being loyal, enjoying the same things, helping each other. Your child can write each idea on a separate coin.
- 3. Discuss:** Let him glue the coins onto his treasure chest. As he adds each one, you can both share real-life examples from your own friendships. Your youngster might say, "Raul and I like to read together at language arts time," and you could say, "My friend Jess helped us by bringing meals over after your sister was born."

Hang up his treasure chest as a reminder of qualities he'll look for in his classmates—and will remember to show in himself.♥

Q & A The parent-teacher team

Q: I want to be more involved in my daughter's education. Where should I start?

A: Teaming up with your child's teacher is a great way to get started. Send the teacher a nice email, perhaps about a classroom activity your daughter enjoyed, and let him know you'd like to stay in touch throughout

the year. You might ask if you can volunteer in the classroom or from home.

Also, look over papers the teacher sends home. You'll see how your child is doing in various subjects.

Then, if she's struggling with anything, you can reach out to the teacher for advice.

Finally, tell your daughter that you and her teacher are a team, with the same goal—helping her succeed in school.♥



OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

ISSN 1540-5621

Middle Years

Working Together for School Success



Short Stops

Making an entrance

Teach your child to enter a room confidently. Have him practice walking into the kitchen or living room with his back straight and head high, then greeting you while looking you in the eye. He'll make a good impression on others and feel more self-confident.

Count on counselors

Remind your middle grader that her school counselor is there to help her in all kinds of ways. She might ask the counselor about opportunities that match her interests, such as an engineering competition or a writing workshop. Her counselor can also listen if your tween needs help with issues like stress or relationships.

Proofing around town

Here's an easy way to show your child why proofreading is important. Together, look for signs on highways or buildings that contain punctuation or spelling errors or confusing wording. *Examples:* "Sport's Store." "Tables for eating customers only." Who can find the funniest example—and then tell how to fix it?

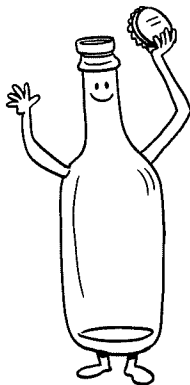
Worth quoting

"We will be known by the tracks we leave behind." *Dakotan proverb*

Just for fun

Q: I have a neck but no head, and I wear a cap. What am I?

A: A bottle.



Brain-friendly studying

Active study strategies like drawing, moving around, and teaching information to others help to cement material in your tween's brain. They also make studying more fun! Share these techniques.

Make a meme

Encourage your middle grader to create memes inspired by topics she's studying. For Newton's laws of motion, she could draw herself as a soccer goalie blocking a shot. This shows that an object in motion (the ball) stops when a force (the goalie) acts upon it. Her caption? "Thanks for the win, Newton!"



Get moving

Combine fitness with studying. Have your tween list six movements, such as lunges, burpees, and toe touches, and number them 1–6. As she finishes studying each page or section, she can roll a die and review out loud while doing the matching exercises (describe the three branches of government as she does three lunges).

Record a podcast

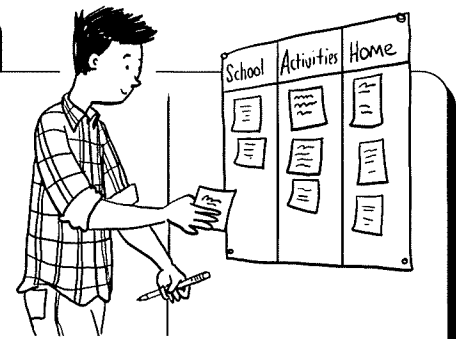
If your child can teach a concept to someone else, that means she really understands it. Suggest that she record a podcast explaining an algebraic formula and share it with a classmate, for example. *Idea:* She and her friends might make a group podcast interviewing each other about a historical event or science lab. 👍

A successful juggling act

Middle graders juggle classes, responsibilities at home, and activities. Help your tween keep all those balls in the air with this system.

Sort tasks. Each week, have your child create a three-column chart for School, Activities, and Home. Then, he could list obligations: "French essay due Thursday" under School, "Get supplies for cross-country car wash Saturday" under Activities, and "Do laundry" under Home.

Use time wisely. Your tween can choose tasks to match his pockets of time. For instance, if you say you'll take him to buy car-wash supplies in 10 minutes, he might sort his laundry in that small time slot. Then, maybe he'll start on his essay when he gets home and has an hour before dinner. 👍

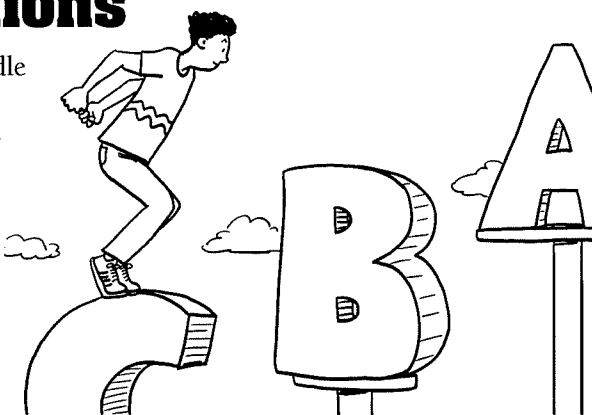


Effective expectations

Setting a high achievement bar for your middle schooler will inspire him to leap high. Follow these steps to put realistic expectations in place.

1. Decide what's doable. Perhaps your child got a C in English last year. Rather than expecting him to earn an A this year, tell him you expect him to bring up his grade.

2. Focus on what matters. Keep communication clear by saying exactly what you mean. If your middle grader wants to quit the debate team, you might say, "I expect you to stick to your commitments" rather than "You have to do debate." That means he'll need to finish the competition



season, but he can switch activities next semester if he still feels the same way.

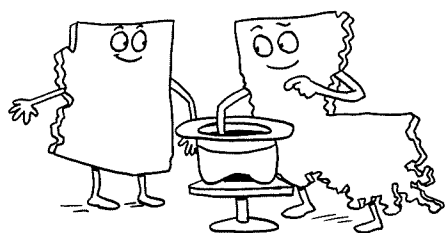
3. Handle setbacks. Part of meeting expectations involves making adjustments. Let your tween know not to be discouraged by one low grade or one challenging debate. Have him ask his teacher how a low score will affect his average,

then make a plan to raise it. Or he could plan to spend extra time practicing for his next debate. 👍

Are we there yet?

Arizona, Missouri, Louisiana... does your child know where each state is located? Help her explore geography by playing this game.

Materials: large U.S. map, paper, pencil, scissors, hat, game tokens, die



Ask your middle grader to list all the states' names on a sheet of paper (she can refer to the map) and cut them apart to make 50 slips. Put the slips in a hat, and let each family member pick one.

Place the U.S. map on the floor, and have each person put a token on the state you live in. Then, take turns rolling a die and moving that number of states—with the goal of reaching the state she drew. The first player to land on her state wins. 👍



Q & A

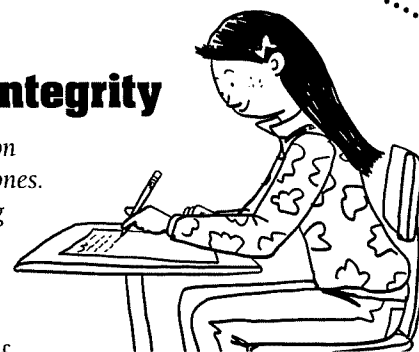
The importance of integrity

Q I've heard that some students cheat on tests by looking up answers on their phones. How can I keep my daughter from doing something like this?

A Tweens may not consider "e-cheating" to be as serious as copying from a classmate's paper. Explain to your daughter that any type of cheating is wrong and that you consider honesty more important than high grades.

Role-play what to say if a classmate asks her to cheat, perhaps by texting answers. For instance, she could say, "I like to do my own thing" or simply "No thanks." She'll feel good about doing what's right.

Also, remind her to obey school rules for technology use like leaving her phone at home or in her locker. This will help her avoid the temptation to cheat and make it easier to resist pressure from others. 👍



Parent to Parent

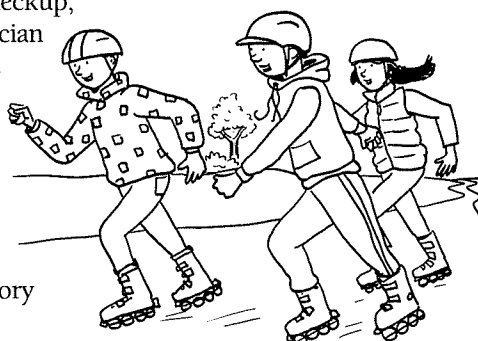
On the move

When my son Rory was younger, he'd spend hours playing outside with his friends. Now that he's older, he and his buddies would rather play video games.

At his annual checkup, I asked the pediatrician how much exercise Rory needs. The doctor said children—and adults—should be active at least an hour a day. He suggested that when Rory has a friend over, I

encourage them to do something active. And he recommended that we stay active as a family, maybe by going for walks or bike rides.

Rory must have been paying attention to the doctor, because he recently invited some friends to go rollerblading. And this Sunday after dinner, we're going to ride our bikes around the neighborhood. I'm looking forward to being more active, too! 👍



OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfecustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5540