

# Middle Years

## *Working Together for School Success*

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### **Short Stops**

- **Proofreading Tip** – Get your middle grader in the habit of proofreading her essays and reports carefully with this idea. You could suggest that she looks over the graded papers she gets back and make a list of common mistakes, such as writing affect instead of effect. Then, she should check for those errors – and others – before she turns in her work.
- **Nothing Like a Good Laugh!** – “Inside jokes” can be handy tools for lightening up tense moments. For example, saying “No good will come of that” in a silly-dramatic voice might become a family catchphrase when someone’s doing something they shouldn’t. Or when a conversation gets heated, try freezing, walking backward three steps, and calling out, “Rewind!”

### **Reach the Finish Line**

Like athletes running a long race, students may lose steam toward the end of the school year. Try these ideas to motivate your child to dig deep and keep working hard so he can overcome any hurdles and sprint across the finish line!

#### **Hurdle:** Self-Doubt

**How to Overcome:** If your middle grader isn’t sure he can do well on his social studies test or finish his english paper, remind him of times he stuck with something even though it was tough. (“Remember when you thought you couldn’t play the guitar? You kept practicing, and now you can!”)

#### **Hurdle:** Lack of Motivation

**How to Overcome:** Knowing what he’s working toward can make putting in the effort easier. Encourage your tween to list goals for the rest of the school year (ace his science project or participate more in class). Then, have him think about extra benefits of reaching those goals (having a cool story to share at science camp, getting to know teachers and classmates better).

#### **Hurdle:** Difficult Material

**How to Overcome:** When your child runs into a challenge, like learning a tough math concept, suggest that he ask himself, “How can I get this done?” Answering the “three W’s” can guide him to a solution: *Who* can help? (A study buddy or teacher.) *What* do I need to do? (Extra practice problems.) *When* will I do it? (Twice a week for 30 minutes.)

**Creative Spins on Journaling** - One way to encourage your tween to write every day is to make it something she enjoys doing. These fun journal ideas will let her express herself while she sharpens her writing skills.

**Nature Journal** – Suggest that your child write about the natural world around her. Her journal might include her observations about animals, weather, and constellations. She could also add drawings, quotes, and poems about how being in nature makes her feel.

## **Creative Spins on Journaling, continued**

**Reviews Journal** – Tweens have a lot of opinions! Your middle grader can write a review each time she finishes a book, watches a movie, tries a new product (like a smart speaker), or orders takeout. She'll practice opinion writing and also have a place to look when friends ask for recommendations.

### **Ways to Practice Gratitude**

Inspire your tween to appreciate the good things in life. He'll feel happier and more optimistic with these projects.

- **Springtime Gratitude Tree** - Ask your child to fill a large glass jar halfway with rocks, then insert twigs to make a "tree." Next, have him draw and cut out construction paper "leaves." He could write something he's grateful for on each leaf, then poke a hole in the leaf and hang it on the tree. *Idea - Encourage him to keep a pile of blank leaves nearby so family members can fill in their own "gratitude leaves."*
  
- **The ABC's of Thankfulness** – Give your tween a stack of index cards and a challenge: Write at least one thing he's grateful for each day, starting with A ("Apple pie for dessert") and ending with Z ("Zero trouble with my history test"). He can hole-punch the cards and keep them on a ring.

### **Parent to Parent: Learning English at Home**

Our family speaks Spanish at home. Our daughter, Francisca, is learning English in school and we've learned some of the vocabulary from her. Her teacher mentioned that teaching others is a great way for kids to practice a new language. When we watch TV in English and I don't understand something, Francisca tries to explain. We continue to utilize the English subtitles, so if she needs to look something up she can see the words.

She also downloads audiobooks in English for us to listen to in the car. Francisca enjoys finding books she's already read in Spanish that are available in English to listen to. We sometimes play games like Hangman and Scrabble in English or in both languages, and ask Francisca to define unfamiliar words. We continue to speak mostly Spanish, but our daughter is proud of becoming bilingual and sharing what she learns with us.

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

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