

# Middle Years

Working together for school success

## Short Stops



### ► Year-end planning

The last months of the school year bring special events—band concerts, playoff games, geography bees, school dances. Have your child update the family calendar so everyone can see when these events take place. That way, you can plan transportation and time off from work as needed.

### ► Say a kind word

Put-downs and insults are unfortunately common among middle graders and their friends. Encourage your youngster to do her part to set a positive tone. Instead of saying she doesn't like a classmate's shirt, for example, she could point out what she *does* like (her earrings or the fact that she's helpful).

### ► Warm-weather learning

As it gets warmer, ask your child to think about what he enjoys doing outside (canoeing, amusement-park rides). Then, suggest that he check out the science behind those activities. He might look up key words online ("canoe science," "roller-coaster science") and find out about hydrodynamics or centripetal force—concepts that can help him in science class.

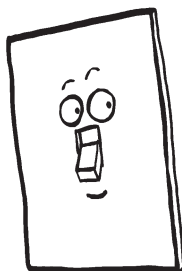
### ► Worth quoting

"A thousand words will not leave so deep an impression as one deed."  
*Henrik Ibsen*

### ► Just for fun

**Q:** When I point up, it's bright.  
When I point down, it's dark.  
What am I?

**A:** A light switch!



## Working in a group

Working with other students on a project can be an exciting change from the ordinary. It allows your middle schooler to use social skills and to collaborate with others. Share these tips for launching a successful group project.

### Pinpoint the topic

Start with brainstorming. At the first meeting, group members can throw out ideas for narrowing down the topic. For example, if the teacher assigns a project on the Civil War, a group might explore the causes of the war or zero in on a specific battle. After listing all the possibilities, each person could pick the option he likes best and give his reasons. Then, the group can vote.

### Find a format

Projects can take many forms, from journals and travel brochures to comic strips and board games. This is the time to be creative. Group members should think about whether their project aims to inform, persuade, or show how to do something. Then, they can come up with several presentation ideas. Have members



list the pros and cons of each and pick the one that best suits the project.

### Divide duties

Group members should list the tasks that need to be completed and choose their jobs (create an outline, research various sections, write each part). They can check the assignment sheet for interim and final due dates and allot a certain number of days for each task. *Note:* Consider selecting a point person to keep track of the progress, compile everyone's work into one file, and submit the project. 👍

## Down to earth

Earth Day is April 22. Here are ways your child can pitch in and help the planet on this special day—and every day:

- Suggest that she pick up trash after school or community events—even if she didn't make the mess. When her friends see her doing it, they just might help, too.
- When you're shopping together, have your middle grader look for products with earth-friendly packaging. She can check package labels to see if they're made from recycled products or can be recycled.
- Let her bike or walk to school or friends' houses when possible. Driving less means less air pollution.
- Your child could join a recycling club at school. Or she might check with your city or county government about helping with Earth Day fairs or computer-recycling collections. 👍



## Word has it...

What's the problem with math word problems? No problem at all—if your middle grader understands how to go about solving them! Here are step-by-step directions that can help:

1. Read the whole problem. What question is it asking? If there is more than one question, focus on one at a time.
2. Underline or highlight key words that tell what you need to do to solve the problem. Cross out words that don't matter.
3. Draw sketches or diagrams to show the problem. That way, you can visualize what is known and what you need to find out.



4. Convert words to math, and write the equation you need to solve it. Plug in symbols for operations (“–” for “how many less”). Put in variables ( $x$ ,  $y$ ) for unknowns, and label them so you know what they represent ( $x$  inches,  $y$  apples).

5. Estimate the answer. That will help you see if your final answer makes sense.

6. Solve the problem.

7. Check your work. You might do the problem backward, starting with the answer, to see if you get back to the original equation.

8. Write the final answer with the correct unit of measurement (volume, distance). 👍

## Parent to Parent

### Back to the library

I used to take my son A. J. to the library regularly when he was younger. But in middle school, the library seemed to slip off our radar screen, and I realized he wasn't reading as much. I thought a trip there might remind him how much he used to enjoy it.

On the way home from soccer practice, I said I wanted to stop at the library for a book. A. J. wandered over to the teen area and started browsing. He found a book that caught his interest and decided to take it home. On the way out, we stopped at the information desk and asked about services for middle graders. My son was happy to hear that he could sign up for free computer classes or after-school tutoring.

I think our trip made an impression on A. J. This week when I had a book to return, he asked if he could go along. 👍



## Q & A Meeting time

**Q** My sister-in-law holds weekly family meetings with her teenagers. How can I start something like that at my house?

**A** Bring up the idea with your family, and explain that family meetings can help you strengthen relationships, solve problems, and make plans. Together, agree on a day and time that's convenient for everyone. You might also decide to take turns running the meetings.

Suggest that the “leader” make an agenda by asking family members beforehand for suggestions. *Examples:* how to share the computer fairly, what to do on Saturday.

During the meeting, the leader can go through the agenda items and give everyone time to talk. At the end, you might have a special snack or play a game. Finishing on a fun note will help your family enjoy each other's company. 👍



## Keep your child drug-free

Research proves it: Parents play a powerful role in helping children steer clear of drugs and alcohol. Try these strategies to send important anti-drug messages to your child.

**Get informed.** Find out about substances children abuse, from cough medicine and inhalants to “club drugs” like Ecstasy. For information, call the National Institute on Drug Abuse (877-643-2644), or check online (try [www.adolescent-substance-abuse.com](http://www.adolescent-substance-abuse.com)).

**Review the risks.** Point out the consequences of drug

and alcohol use, including impaired judgment, brain damage, and even death by accidental overdose. Explain that using drugs or alcohol can cost your child academically—he could be suspended from school. It can also hurt his reputation with friends.

**Set “no use” rules.** Create a clear policy against drug and alcohol use.

Young people say a major reason they avoid drinking or drug use is fear of upsetting their parents. Firm rules give your middle grader an important reason to say no. 👍



### OUR PURPOSE

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

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