



6th Grade... A New Adventure!

PARENT COFFEE |

MIDDLE SCHOOL-BRAIN DUMP

Accountability

Self Advocacy

Wants/Interests/Clubs/Sports

Social

Expectations

Decisions

Work

Hard

Homework

PE/HEALTH

Careers

Exploration

Limits

Socializing



THE BASICS...

SLEEP

- Adolescents need an average of 9-10 hours a day for optimal growth and bodily function

Nutrition

- Food fuels the brain! Breakfast and lunch are both really important! Skipping meals can make your brain sluggish.

Attendance

- It is important in middle school too!! There are already procedures in place for make up work.

Social Media

- See next slide

SOCIAL MEDIA

- 6TH Grade hallway has a no cellphone policy. If we see it we take it.
- On-line gaming
- Teach your student social media etiquette –
“if you wouldn’t say it in front of your mother, don’t write it in a text”
- Know what your student is doing on social media!!!
- This stuff is permanent and it moves fast!!
- Rule of Thumb- My SM friends should be my actual friends (a.k.a people I actually know) in real life.
- Resource: <http://besavvyparents.com/>

E.Q.

Emotional intelligence (**EQ**) is the ability to identify, use, understand, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict

Understanding and getting along with people helps us be successful in almost any area of life. In fact, some studies show that EQ is more important than IQ when it comes to doing well in school or being successful at work.

6TH GRADE E.Q. GROWTH

- Self Awareness – “know thyself”.
 - Understand how your emotions affect your behavior

Self Management –

- Being able to control your behavior
- Being able to set and work towards goals
- Accountability

Social Awareness -

- The ability to understand and respect the perspectives of other people (teachers, peers, parents)
- How to interact well with others from diverse backgrounds

*Home and School, we should be
PARTNERS!!!!*

BEST PRACTICES

Find a balance- to little to MUCH

- Be okay with natural consequences

Develop a mutualistic relationship with your students teachers.

- Communicate with teachers utilize email
- Understanding
- For our students perception=reality

Teach to advocate/communicate

Model

- Sometimes our anxiety becomes their anxiety
- The behaviors we want to see

Begin with the end in mind

- Short term- 8th grade
- Long term- College

HOW MUCH SHOULD I BE INVOLVED?

Great!

Ask your child to check PowerSchool once a week, and bring you the printout so you can go over it together.

Expect your child to bring his/her agenda home each night (with something written in it!).

Have one day a week where your child sits near you and organizes the binder(s). Have a **box** at home for papers your kid thinks he doesn't need anymore.

TOO little? TOO much?

I never check PS...

I check PS every few hours!!

My child can't find his agenda...

I transfer all of the agenda information to our family calendar so I can track when the grades upload to PS!

My kid is just a disaster. I can't even bring myself to LOOK at that binder!

I (my child's tutor) organizes the binder for him/her. My child is not mature enough to do this yet.



**SOMETIMES IT SEEMS LIKE IT'S HARD
TO GET THROUGH TO MY CHILD...**