

Parent Pointers

Calendar

High School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Most schools send home a list of important phone numbers. Post it somewhere handy near the phone.	2 Ask about each new class and new teacher. Set aside time every day to talk to your child about school.	3 Teens need to set aside time every day for schoolwork. Have your teen establish a regular study schedule.	4 Help your teen choose an after-school activity or two. Kids in activities get better grades.	5 Review school safety rules with your teen. What behavior could cause suspension? Expulsion?	6 Emphasize the importance of school attendance. Attendance is also important in the working world.
7 Teens need goals that are specific. Help yours set three or four learning goals for this year. Write them down.	8 When is Back to School Night? Write the date on your calendar and plan to attend.	9 Many high schools give out activity calendars. Get a copy and plan to attend at least one event this month.	10 Make sure your teen writes down homework assignments. Give your teen a planner or a small notebook.	11 Make library trips a regular part of your family schedule. Check out a book about careers with your teen.	12 At the start of each study session, have your teen write study goals. Check them off when done.	13 Take a walk or enjoy some other physical activity with your teen.
14 Do an annual allowance review. You may give more, but expect more responsibility in return.	15 Advise your teen to tackle the toughest homework first. It's when teens are most likely to concentrate.	16 Some teachers post homework on a "hotline." If your teen's teacher has one, encourage your teen to use it.	17 Don't want your teen to "judge a book by its cover?" Then don't judge his friends by their clothes.	18 Join your school's PTA or PTO. These organizations help schools in many ways.	19 It's a fact: Teens who work more than 20 hours a week are more likely to use drugs and alcohol.	20 Teens often have trouble saving money. Help your teen set up a regular saving plan.
21 Volunteer for an organization that supports a club or class that interests your child.	22 When was the last time you told your teen you love her? Tell her today.	23 Use your calendar to block out time for family events. Make sure these times are untouchable.	24 Help your teen find the best time to study. For some, the best time is before school.	25 Peers influence clothes, hair and music. Parents have a bigger impact on values and career choice.	26 This weekend, set aside time for your teen to teach you something.	27 Schedule some one-on-one time with your teen. Perhaps you can have breakfast together today.
28 Hear a compliment about your teen? Be sure to pass it on. Teens need positive messages.	29 Find out if your teen's teachers use email. This may be a great way to communicate with them.	30 At your teen's next checkup, let him spend some time alone with the doctor.	<h1>September 2008</h1>			

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<h1>October 2008</h1>			1 Plan one special activity to do with your teen this month. Write it on the calendar now.	2 It's a fact: three out of four teens would like parents to spend more time talking about schoolwork.	3 Pick your battles. On some subjects (sex, drugs) don't budge. Look for compromises on others.	4 Go for a bike ride or do some other physical activity with your teenager today.
5 Teens aren't too old to be read to. Try it—you may be surprised. Or try listening to audio books together.	6 If your athlete is sick, keep her home from practice. Chance of injury is greater when she's ill.	7 Make sure your teen knows school is his job. It comes first—before an after-school job, friends or sports.	8 If your teen challenges you, try not to lose your cool. Ask for a break. Talk when you're in control.	9 Teens can prepare for some jobs while in high school. Check out the school's vocational courses.	10 The American Lung Association says 90% of smokers start before age 21. Talk to your teen about smoking.	11 Take your teen out for breakfast today or prepare a favorite food at home together.
12 To encourage reading, don't let your teen have a TV in his room.	13 Visit the library with your teen. Explore a subject in which your teen is interested.	14 Read an advice column with your teen. Try writing down your own answers to the questions.	15 Cut out a cartoon your teen may enjoy. Leave it by her place at the breakfast table.	16 Avoid compliments that really aren't—"You'd be great if only ..."	17 Ask your teen to play a favorite song. Talk about the lyrics. Share one of your favorite songs with your teen.	18 Keep a basket of books and magazines by the microwave to encourage reading.
19 Encourage your teen to read the newspaper every day this week. Choose a cover story to discuss.	20 Your teen may want to play sports in college. Find out what grades and courses he will need.	21 Having trouble communicating? Write your teen a note. Or send an email.	22 Teens often don't know much about nutrition. Show your teen how to read nutrition labels.	23 Visit the library with your teen. Find a best seller you both would enjoy. Check out two copies.	24 Worried your teen may be on drugs or in a gang? Trust your instincts. Don't wait to take action.	25 Take a walk in the outdoors with your teen. Then come back home for hot chocolate.
26 Tonight, make your teen's favorite dessert for dinner—just because you love her.	27 Most schools have a college and career center. Encourage your teen to visit this week.	28 Limit TV. Too many teens watch too much TV. The result is lower creativity and test scores.	29 Visit the library with your teen. Check out a "how-to" book on a subject in which your child is interested.	30 When your teen is memorizing, it's easier to learn several short lists than one long list.	31 Every parent blows up once in a while. If you do, apologize. Out of control anger is never appropriate.	

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Kern County Supt. of Schools Office
Daryl Thiesen, Title IV/TUPE Coord.

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November 2008						1 It's a fact: Use of many drugs is down. But 3,000 teens start smoking tobacco each day.
2 Most places turn back the clock one hour today. Can your teen find out why?	3 Only half of teens eat breakfast, and hungry teens don't do well in school. Stock up on healthy foods.	4 Have your teen record the first draft of a writing assignment. Next he can type it, then edit.	5 Homework is read by a real person. When teens make it easy to read their work, grades can go up.	6 For teens who study before dinner, keep healthy snacks handy. Hungry teens can't concentrate.	7 Making a "To Do" list can keep your teen focused on what needs to be done.	8 Visit the library with your teen. Check out a book about a hobby or special interest.
9 Have your teen spend 10 minutes at night preparing for the next day. It will make mornings smoother.	10 Memorizing is easier if teens close their eyes and picture the word or material.	11 One night this week, watch your teen's favorite TV show with her. Talk about it together.	12 Stop by your teen's room at bedtime. It's often a good time for conversation.	13 Suggest that your teen study different subjects in different places—English in the kitchen, math in the den.	14 If you and your teen are in conflict, back off. Come back later when you can think clearly.	15 Enjoy exercise together. Make a rule: Talk only about pleasant things while you exercise.
16 See if you and your teen can volunteer at a soup kitchen or other charity together.	17 Let your teen know that if grades drop, driving privileges will disappear.	18 Teens may say, "Everyone else is doing it." Don't cave in—say, "Well, we aren't."	19 Many schools offer peer mediation. It's a great way to help teens resolve conflicts.	20 Visit the library with your teen. Look for a book about a country your teen would like to visit.	21 Success leads to success. Find things your teen can succeed in—sports, computers, a job.	22 With your teen, rake or pick up trash around your neighborhood to make it look nice.
23 Browse in a bookstore with your teen.	24 Don't make it too easy for kids to watch TV. Put a bookshelf, not a TV, in the kitchen.	25 When your teen is upset and you aren't connecting, say, "Help me understand."	26 Suggest that your teen ask himself near the end of a study session, "Can I do one more thing?" Small things add up.	27 Encourage everyone to make a gratitude list. Then share these lists with each other.	28 Changing a tire is a skill every teen should know. Teach your teen today.	29 When your teen wants to talk, stop what you're doing. Listen. You will never regret the time it takes.
30 Spend time with your teen today.						