

Parent Pointers

Calendar

Middle School
Parents
still make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sit down with your child. List goals for the school year—a few for your child and a few for you.	2 Talk about your child's summer. Can he name three things he learned?	3 Give your child a calendar. This will help her plan for school projects.	4 Help your child start a study routine. He should pick a regular time and place to work.	5 Do some research on drug abuse. Make sure you and your child have the latest facts.	6 Choose a recipe with your child. Shop for ingredients, cook and enjoy the results together.
7 Celebrate Grandparent's Day by doing something kind for an elderly person.	8 It's International Literacy Day. Check out books at the library with your child.	9 When disciplining your child, choose consequences that teach rather than punish.	10 Improve your child's diet. Let her choose any fruit or vegetable at the grocery store.	11 Have your child tell you about one of his teachers. Then make a point to meet that teacher.	12 Take advantage of car trips with your child. You can talk privately without interruption.	13 Consider giving your child an allowance. Discuss which expenses it must cover.
14 Plan a fun family activity, such as making pizza or playing miniature golf.	15 Ask your child for her opinion on a current event. This is a good way to build self-esteem.	16 Expect your child to study every day, even if he doesn't have any homework.	17 Choose a storage place for something your child always loses, such as her keys.	18 Help your child make a specific plan for reaching a goal. Encourage his progress.	19 Give your child a say in which chores she does. Post a job chart to remind her and reduce your nagging.	20 Don't pay your child for regular chores. Helping out is every family member's responsibility.
21 Practice your child's favorite sport with him. This can build his skills and self-esteem.	22 Think of synonyms with your child, for example <i>examine/inspect</i> and <i>run/jog</i> .	23 Watch your child's favorite TV show with him. Ask what he likes most about it.	24 Ask your child to tell you something she learned at school today.	25 Plan a "TV-free" day. Read, play games and tell stories instead of watching TV.	26 After watching a TV show, think of a different way the show could have ended with your child.	27 Start a project with your child, such as building a model or fixing something.
28 Honor Good Neighbor Day by doing a good deed for someone, like a neighbor or a teacher.	29 Do a one-on-one activity with your child, such as going out to breakfast before school.	30 Give your child a genuine compliment, such as "I love how you're always on time."	<h1>September 2008</h1>			

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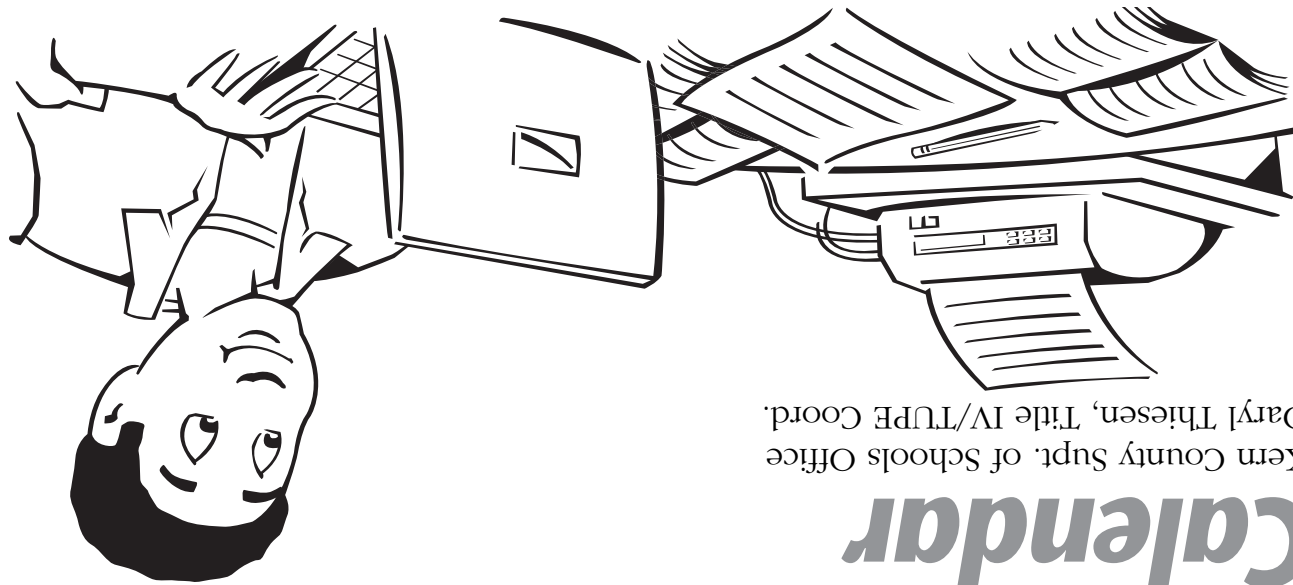
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<h1>October 2008</h1>			1 When your child is talking to you, tune in and really concentrate. Ask questions.	2 Ask your child an interesting question, such as "What do you think the future will be like?"	3 Every day, make sure you say "I love you" to your child before school and before bed.	4 Rethink household rules. Are they right for your child's age and maturity?
5 Teach your child the Golden Rule: "Do unto others as you would have them do unto you."	6 Try to remember your life as a middle schooler. It can help you relate to your child.	7 Have your child write to a lawmaker about an issue she cares about.	8 Have your child start an anger diary. How does he handle anger? How can he improve?	9 Notice whether your child is completing homework on time. If so, praise her responsibility.	10 Brainstorm as a family about ways to make life more efficient and more organized.	11 Do something charitable as a family, such as volunteer or donate used items.
12 Role-play a situation with your child, such as handling peer pressure to cheat.	13 It's Columbus Day. Remind your child that Columbus spotted America in 1492.	14 When your child finishes reading a book, ask about the characters, the setting and the plot.	15 Look at the class schedule of a local college. Which courses interest your child?	16 It's Computer Learning Month. Can your child teach you something about computers?	17 If you don't already have one, start using a family calendar. This builds everyone's organization skills.	18 Plan a meal with your child that includes all the important food groups. Have your child help prepare it tonight.
19 School Bus Safety Week begins tomorrow. Review safety rules with your child.	20 Make a "school project kit" with your child. This can prevent last-minute shopping trips for supplies.	21 Go to the library with your child. Check out a book yourself to set a good example.	22 Let your child choose a decoration for his room. This builds creativity.	23 Plan a family activity for this weekend. Let your child choose what to do.	24 Suggest that your child start a book club. She and friends can read and discuss books.	25 It's Make a Difference Day. Talk about ways your family could make your community a nicer place.
26 Take a look at your child's study spot. Is it organized and free of distractions?	27 Thank your child for something he did today. Everyone needs to feel appreciated.	28 Cut out an article that might interest your child. Discuss it after she reads it.	29 Tell your child three things you love about him. Ask what he likes about himself.	30 Listen to your child's favorite song. Ask what she likes most about it.	31 Suggest that your child plan a dream vacation. Where would he go and why?	

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

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November 2008						1 Give your child a new responsibility. Explain why she is ready for it now.
2 Most places turn back the clock one hour today. Can your child find out why?	3 Find opportunities to compliment your child.	4 It's Election Day. Take your child to the polls with you and discuss the importance of voting.	5 Talk to your child about drugs. Discussion is one of the best kinds of prevention.	6 Start reading a book together as a family. Pass it around until everyone has read it. Afterwards, discuss it as a group.	7 Discuss one of your values with your child. Parents' opinions do matter to kids.	8 Have your child research prices and quality before making a purchase.
9 Look through the classifieds with your child. Does he see his dream job? What about it appeals to him?	10 Suggest that your child keep a homework diary. Which study methods work best for her?	11 Talk with your child about whether his classes are challenging enough for him.	12 Ask your child to name her favorite author. What does she like about him or her?	13 Talk about the consequences of breaking family rules. This can prevent misbehavior.	14 Ask your child a specific question about school, such as "Which class is your favorite?"	15 Have a Fun Day. Play board games, rent a movie, pop some popcorn, read a story.
16 Celebrate Geography Awareness Week by displaying a map in your home.	17 Help your child set a short-term goal, such as missing fewer spelling words on a test.	18 Encourage your child to write a letter to a long-distance relative.	19 Help your child think of a fun, educational volunteer experience to try.	20 Give your child a test tip: When taking a test, answer the easiest questions first.	21 Say something nice to your child before school, such as "Have a great day!"	22 Think of a movie based on a book. Read the book as a family, then see the film.
23 Spend time with your child.	24 Make a list of healthy breakfast-on-the-go foods your child can grab before school.	25 Use some math words in everyday conversation, such as <i>parallel</i> and <i>perpendicular</i> .	26 Write your child a thank-you note. Be specific about something helpful he did.	27 At dinner, have each family member name three things he or she is thankful for.	28 Have your child read aloud to a younger sibling, a neighbor or you.	29 Ask your child's opinion about something. Show respect for her views.
30 Take your child to a museum.						