

CONVERSATION & COFFEE W/ THE COUNSELORS

1ST WEDNESDAY OF
EACH MONTH

7:00AM-7:30AM

SMS LIBRARY

JOIN US FOR COFFEE &
DONUTS

SEPTEMBER 3:

ORGANIZATION

OCTOBER 1:

MOTIVATION

NOVEMBER 5:

ATTENDANCE

DECEMBER 3:

REBUILDING FAMILY
FUN

IMPORTANT UPCOMING DATES

Camp 08/29
Kidwell

School 09/01
Holiday

Grandpar- 09/08
ent's Day
Lunch

Block 09/10 &
Schedule 09/11

A Parent's Guide to Surviving Middle School

You can help your child deal with any concerns and feel excited about new challenges. Reassure your child that it's normal to have concerns about:

- **The Building**– Your child may wonder about getting around a large, unfamiliar building or finding people to eat with in a large cafeteria.
- **The Schedule**– Learning to move from class to class can be confusing when you're just starting out.

- **The Teachers**– Middle school students work with 7 or more teachers every day– each with a different style and set of expectations.



- **The Other Students**– Your child will encounter many new faces.
- **Academics**– Middle school often means more homework and more challenging projects, reports and tests.
- **Friendships**– It's common for middle school students to be concerned about making new friends and being left out if old friends move on to new friends.

Help Your Child Feel More Comfortable

Talking with your child is the first step in easing any concerns.

- **Ask questions**– What are you most excited about? What are you most worried about? How can I help most?
- **Listen Closely**– Listen for unstated feelings and be ready to talk when your child wants to. Give

your full attention whenever you can.

- **Highlight the positives**– Remind your child that starting middle school means: more independence, more extracurricular activities, and feeling and acting more like an adult.

Get oriented! Have your child take part in orientation

programs for students heading to middle school. These may include:

- **Meet the Teacher Night**– Learn the physical layout– where the classrooms, school offices, cafeteria and other facilities are.
- **Get to know the principal, teachers, counselors, and other school staff.**



Guidance & Counseling

Embrace each child for their unique qualities.

Encourage learning through experience.

To Empower for excellence in every area of life.

Christy Smith & Holly McLean

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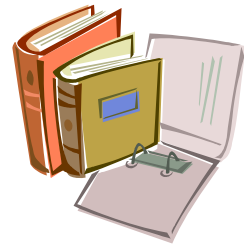
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Some students misbehave because they are trying to attract teacher attention. Surprisingly, many students who value adult attention don't really care if it is positive or negative attention— they just want attention.

-Jim Wright, School Psychologist and Special Education Administrator, New York

Recommended Resources

Every Child Has A Gift



Check out our counseling page at:
<http://www.wallerisd.net/schultz/>

Help Your Child Be His or Her Best

When it comes to academics, you can help your child by:

- Getting organized— Most benefit by using: academic planners, color-coded notebooks for different subjects, three-ring binders with colored dividers. Keep your child supplied with basic materials— paper, pencil, rulers, etc.
- Setting up a study routine— Arrange for your child to have a consistent: place to study (one that's quiet and comfortable), time each day for reviewing class work and doing assigned homework. Help your child make a schedule to help balance all his or her activities, including free time.
- Mastering bigger projects— Encourage your child to: start early, break larger tasks into smaller chunks, and ask for help when he or she needs it. Check on his or her progress regularly.

Nature a love of learning by:

- Praising your child's successes and efforts.
- Making your home a "Learning resource"— Try to keep books, music, magazines, puzzles, and word games around.
- Using your local library.
- Staying active in parent organizations, school board meetings, and volunteer if you can.