

Parent Survival Tips for Middle School Transition

For children going into middle school, there are many anxieties, apprehensions and fears to deal with and overcome. Middle schools are larger than elementary schools, the schoolwork is harder, there are more classes and more teachers- all with different expectations and personalities. If you have a child who is entering middle school for the first time, know that it is normal for your child to express concern.

- 1. Don't be too anxious about your child going to middle school.** Talk about the middle school experience in a *positive* way. Your enthusiasm and support can help make this *BIG* change in your child's school life a positive one.
- 2. Help your child develop an organizational strategy.** Encourage your child to utilize their school assignment book/calendar. Design a study space and set a consistent study time. Buy your child the necessary folders and binders to stay organized. If you are experiencing a financial hardship and are unable to purchase school supplies, please contact your child's school counselor for assistance. With your child, go through their backpack and materials to do a weekly clean-up. Discuss what the next day is going to look like, as well as the following week.
- 3. Utilize Boyertown Middle School West resources.** Explore Boyertown Middle School West's website with your child (<https://www.boyertownasd.org/Domain/10>). You can access "Home Access Center" to check grades and progress. There are *many* other links to important information and updates. Please also check the Week In Review on a weekly basis on the website.
- 4. Talk about social skills.** Talk about traits that make a good friend. Discuss how words and actions can affect other people. Practice skills needed for difficult social situations.
- 5. Openly communicate with your child.** Keep the lines of communication open between your child and school staff. Be informed, listen, and talk to your child.
- 6. Get involved as a parent.** Attend parent-teacher conferences, parent survival night, and/or other events where you can connect with your child's teachers, counselor, and the school.
- 7. Encourage your child to get involved in school activities!** Have them join a team, club, or other extra-curricular activity and attend after-school events, like dances.

8. Help your child to be his or her own advocate. Encourage your child to discuss problems and solutions with teachers on their own but be ready to help as needed. Please contact your school counselor with any social, personal/emotional, behavioral concerns.

9. Take advantage of opportunities to tour the building. Our new student orientation days are August 15th from 9-11am and August 19th from 1-3pm.