

Dealing with Adolescence

1. Make sure your child gets at least 8 hours of sleep each night. A tired child can not concentrate, learn and cope well. Encourage your child to eat a balanced diet including breakfast and try to eat meals together.
2. It is typical for children at this age to focus more on appearance, social needs, etc., including the need to dress like others to feel accepted. Please try to help them keep it in perspective.
3. Children who were friends for years often begin to branch out and try new relationships. This is normal but can at times create hard feelings, leaving a former friend feeling left out.
4. Social needs, friends, phones, etc begin to take priority over schoolwork. Anticipate some withholding of details, and you need to keep asking about deadlines, homework, schedules, friends, etc.
5. It is normal for kids to “push” limits, it is our job to keep appropriate firm boundaries and consistently but positively provide the guiding responses.
6. Be a *good Listener*. Sometimes pre-teens do not respond well to questioning. Take the time to really listen. Then engage them in a discussion about their choices and options.
7. Sometimes children need to learn from their mistakes and take responsibility for what they say or do. Turn small mistakes into learning experiences.
8. Schedules can be demanding and will require more attention to time management as responsibility is transferred to your child. Provide input and stick to your expectations.
9. Stay involved. Always know what is going on in your child’s life both at school and with friends.
10. Always offer praise for your child’s achievements and efforts. Positive reinforcement helps build self-esteem.

Helpful Websites

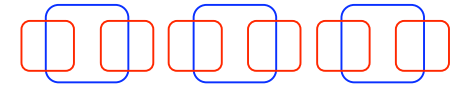
Several important websites on Internet Safety, Instant Messaging and Internet filters are listed below. They are recommended to educate you and your children about being safe while surfing on the Internet. *

<http://www.netismartz.org>
<http://tcs.cybertipline.com>
<http://isafe.org>
<http://www.city-net.com/~ched/help/lingo/chatslang.html>
<http://www.netlingo.com/emailsh.cfm>
<http://www.netnanny.com/>
<http://www.cybersitter.com/>
<http://internet-filter-review.toptenreviews.com/>

Other good Web Resources *

<http://www.nvnet.org/k8/demarest/Pages/DMS.html>
- the home page of the Demarest Middle School
<http://www.glencoe.com> - the math textbook homepage
<http://www.how-to-study.com/> - a good resource for study hints
<http://www.sadlier-oxford.com/student.cfm> - vocabulary study guide information
<http://nlvm.usu.edu/en/nav/vlibrary.html> - a place where students can explore mathematics using on-line manipulatives

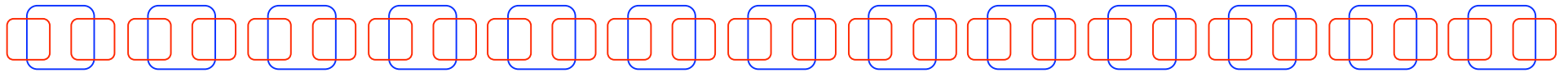
* The Demarest Board of Education does not endorse any of the websites listed above. All information is provided solely for your review and edification.



DMS 6th Grade Parent Handbook

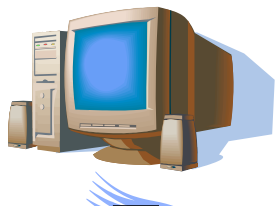


Phone: 201-768-6061
Web site: www.nvnet.org



Rules for Online Safety

1. Keep your computer in a general living area to monitor your child's use of the computer.
2. Do not allow your child to give out any personal information such as an address, telephone number or photo.
3. Never allow your child to meet with someone they have met online without you going with them.
4. Establish rules for going online. Decide on the time of day your child can go online, how long they can stay online and what areas on the internet they can visit.
5. Explain to your child the importance of not giving out their Internet passwords to anyone other than parents.
6. Be sure to check what your child is downloading or installing to your computer to protect your computer and your privacy.
7. Encourage your child to tell you if they come across anything or anyone who makes them feel uncomfortable while online.
8. If you are not very "Tech Savvy", sit with your child and let them teach you.



Helpful Hints for Homework

1. Establish a routine or a set time to do homework. Use a family calendar to plan when work can be done if schedules vary.
2. Ask your child specifics about the school day and what needs to get done.
3. Provide a quiet well lit place for homework. Consider letting your child decide when and where they will study. If your child is comfortable, they are more likely to study longer.
4. Encourage your child to make daily TO-DO Lists. They are wonderful reminders and it feels great to cross things off once completed.
5. Teach your child time management skills such as breaking larger assignments into smaller parts. For example, if your child has a book report due in two weeks, list steps he/she will take to complete it. Include due dates for each step.
6. Be available to help answer questions or to quiz your child when needed, but remind your child that homework is his/her responsibility.
7. Encourage your child to attempt more difficult assignments first when his/her attention is at its best.
8. Allow your child to take short breaks when needed. This helps children to refresh themselves and think more clearly when they begin again.
9. Teach your child to keep his/her notebooks and folders neat and organized to prevent lost assignments and confusion.
10. Once homework is completed, pack all things into their backpack to be ready for the next day.

6TH GRADE SURVIVAL SKILLS

1. Be sure to check your child's assignment book daily to be sure your child is keeping up with his/her assignments. Expect your child to have homework daily from Monday through Thursday.
2. The **Week at a Glance** can be found on the 6th grade teachers' websites. Use this for planning and time management. Some tests and quizzes are listed on the **Week at a Glance** prior to the material being taught. Be assured the material will be covered before the test or quiz.
3. Your child can receive extra help before and after school with a pass from his/her teacher.
4. The following text books can be kept home: math, social studies, science, and language arts.
5. Encourage your child to use the dictionary when determining the meaning and/or spelling of a word.
6. Encourage your child to write in a journal and read for entertainment daily.
7. Have your child participate in everyday learning for example, counting change at the food store, figuring out the correct tip at a restaurant, or keeping a batting average for his/her favorite baseball player.
8. As the school year progresses, social concerns tend to out weight academic interest. Some friendships begin to shift while more male/female interactions occur. During these transitions, please be sensitive towards your child's classmates' feelings when planning parties and other social events.
9. In closing, the 6th grade teachers are looking for growth in teamwork, organization, time management, motivation, self-confidence, independence, and academic integrity.

