



December Newsletter

UPCOMING EVENTS

Tue 12-3: Crisis Team Meeting
(7:05 am)

Wed. 12-4: Faculty Meeting
(7:05 am)

Tue. 12-10: Orchestra Concert
@ South HS (7:00 pm)

Wed. 12-11: Guitar Concert @
South MS (6:00 pm)

Tue. 12-17: SEL Team Meeting
(2:45 pm)

Wed. 12-18: Leadership Team
Meeting (2:45 pm)

Wed. 12-18: Choir Concert
(6:00 pm)

Fri. 12-20: Teacher Workday
12-20 - 1-6: Winter Break for
Students

FAMILY AND CONSUMER SCIENCE

Mrs. Welsch

T'was the month until semesters end.
All the children were cooking until then.
They cut, they've sautéed, and soon they will bake.
Breads, cookies, but not any cake.

Their skills are improving with cooking and cleaning.
I hope this helps give their life more meaning.
The days go by fast, with oodles of fun,
Hard to believe we are almost done.

Mrs. McCollum

How quickly the semester has gone. My classes started the semester in the kitchen making two items for three meals—breakfast, lunch and dinner. We finished the cooking unit by making homemade bread and cake in a mug. In addition to making great tasting food, we learned about nutrients and the effect they have on our bodies.

The students moved to the sewing room and they are learning the parts of the sewing machine. They are learning about different stitches and will use the knowledge to make their final project, a cute pillowcase.

MISSION STATEMENT

The mission of South Middle School is to ensure a high quality education for all students in a safe, equitable, learning environment. This mission is best accomplished through a partnership including students, family, community, teachers and staff, preparing students to become life-long learners in an ever-changing world.

ACCIDENT INSURANCE

USD #305 is pleased to announce the availability of a Student Accident Insurance Plan. The plan is underwritten by Student Assurance Services, Inc. and is designed to help cover medical expenses resulting from accidental injury to your child.

Participation is not

mandatory; however, all parents are urged to consider this valuable protection for their school age children. A variety of coverage plans are available with the premium as low as \$16. If you would like additional information or have questions about the coverage, please visit their website at

https://www.sas-mn.com/k12enronline/links/2019/ks/e1511_1513ks.html

DIGITAL LITERACY

Digital Literacy is a required elective course for 8th grade students. The class was formally known simply as “Keyboarding”, however it has evolved into much more than that. We still learn and memorize the basic computer keyboard and we do this using proper technique and touch-typing methodology.

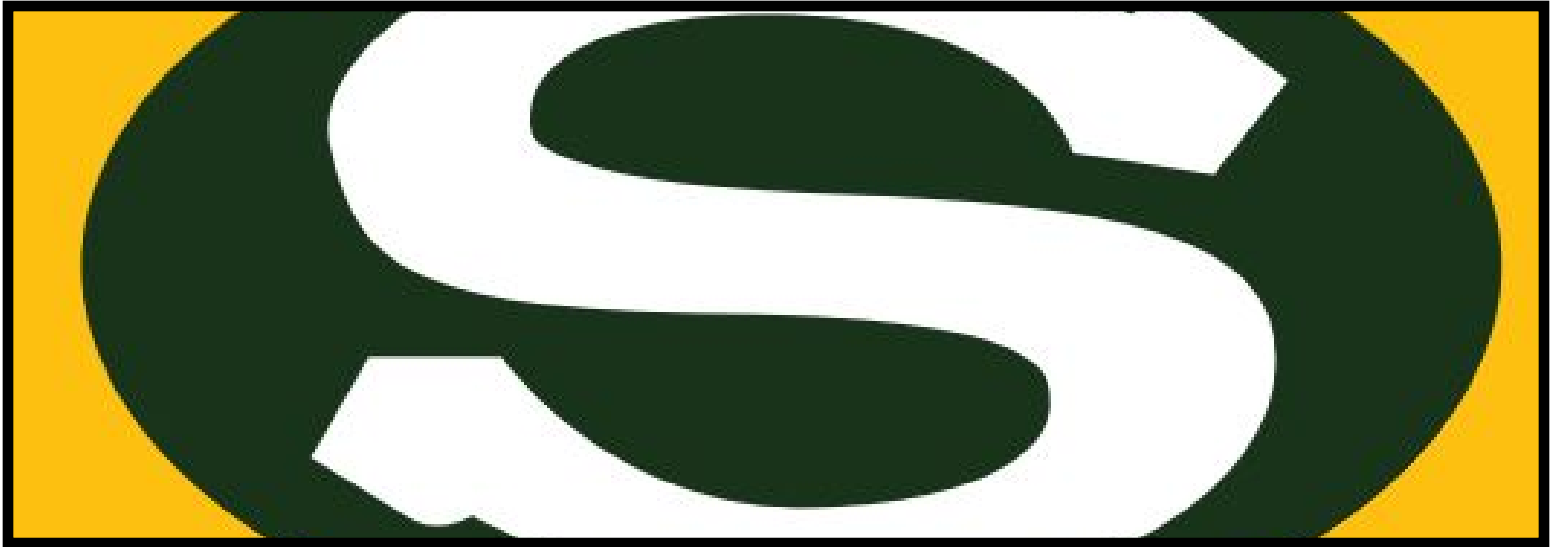
The class prepares students for introductory computer applications at the high school level. Besides striving for keyboarding mastery, we also work to use critical thinking skills to make good decisions concerning digital life.

We strive to achieve improved Internet Safety and Security Learning Goals. We look at the benefits and risks of online communication. The class explores the role of digital media in student’s lives, their communities, and culture, and learn how good digital citizens harness these tools responsibly.

We discover the fact that the Internet is a public space, and then develop skills to protect privacy and respect the privacy of others. Exploring the ethics of online relationships, both negative behavior to avoid, such as cyber-bullying and hate speech, and the positive behaviors that support collaboration and community. The class is an 18 week course that the students take either in the fall or spring semester.

DENTAL SCREENINGS

SMS will be providing free oral health screenings on December 11th and December 12th during the school day. The screenings are conducted by a registered Dental Hygienist and is not a substitute for an examination by a dentist and will in no way interfere with any treatment received from a dentist. All students will be screened unless there is parent / guardian notification otherwise. Students will be bringing home a form to opt-out of the screening if parents / guardians so choose. In addition to the screening, fluoride varnish applications will also be available at no cost to the student.



CAREER & LIFE CLASS

CLP classes had the opportunity to attend a Career Expo in Hutchinson last month thanks to a generous gift from The Salina Education Foundation. The students enjoyed all of the information shared and especially the hands-on booths. Numerous students left this experience stating, "That was cool, now I know what I want to do!"

We have successfully completed Unit One-Who Am I and Unit Two-Career Discovery. We are now working on Unit Three-Life Skills. Mock interviews will begin this week to determine who has the skills required to get the job.

SHS counselors will be here Dec. 2 and then again Dec. 9 to get the current CLP students enrolled in their freshman classes. Look for the enrollment forms to come home and please sign and return asap. If you have any questions, feel free to call me.

TEEN VAPING STATISTICS

- In 2018, 20.8 percent of high school students had reported using an e-cigarette at least one day in the past 30 days.
- In 2018, 4.9 percent of middle school students had reported using an e-cigarette at least one day in the past 30 days.
- E-cigarette and traditional cigarette use increased 38 percent among high school students and 29 percent among middle school students from 2017 to 2018.
- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes contain other harmful substances besides nicotine. Often students do not know what they are inhaling.
- Using an e-cigarette is often referred to as "vaping" or "juuling."
- E-cigarette devices can be used to deliver marijuana and other drugs.
- A single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.
- Nationally, approximately 50% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger.
- E-cigarette flavors are the primary reason youth report using e-cigarettes.
- Many youth report using e-cigarettes because they are curious about these products, and because they believe these products to be less harmful than conventional cigarettes.
- Approximately 1/3 of middle and high school students who have ever used an e-cigarette had reported using marijuana in the device.

-(Statistics gathered from the U.S. Food and Drug Administration and the Center for Disease Control and Prevention).

VETERAN'S DAY ASSEMBLY



PICK UP AND DROP OFF

As you are aware student pick up and drop off can be a hassle at South Middle School. Our building is landlocked on four sides with city streets. While it is wonderful to be a true neighborhood school, it does present issues for dropping off and picking up students. As a school we will have administrators at crosswalks and we are constantly reminding our students to use crosswalks. As parents and guardians, you can help us by dropping off your student on the curbside, closest to the school sidewalk. It is dangerous to drop off opposite the curb and have your student walk across the street. If you do choose to drop off, opposite the curb, remind your student to walk to the cross walk to cross on to campus. Thank you for your help in this matter.

TEACHER OF THE MONTH

Congratulations to 6th Grade English and Reading teacher, Lynn Harris for earning December teacher of the month!



8TH GRADE PRE-ENROLLMENT

South High School counselors will be pre-enrolling South Middle School 8th grade students during their Career and Life Planning class on December 2nd and December 9th. Students enrolled in Career and Life Planning for the second semester will pre-enroll shortly after they return from Winter Break in January. The 8th grade parent enrollment night at South High School will occur Tuesday, February 28th at 6:30 pm at South High School. South High School counseling and administrative staff will be available to explain the enrollment process to students and parents / guardians. We strongly encourage all of our 8th grade parents to attend.

FERPA

In accordance with Family Educational Rights and Privacy Act (FERPA), USD 305 has designated certain information as directory information. This information is considered public information which may be released from the school district without your prior consent. Please inform your school building in writing that any or all of the directory information should not be released without your prior consent (by August 31, 2019 to ensure it is not included in a parent directory). The following information is considered directory information:

- A. The student's name, address, telephone number, date of birth, picture
- B. Parent's name, address, and telephone number
- C. The student's major field of study and class designation (i.e. first grade, tenth grade)
- D. The student's participation in officially recognized activities or sports
- E. The weight and height of members of athletic teams
- F. Dates of attendance (period of time during which a student was enrolled in an educational agency or institution, i.e. academic year, spring semester)



GIRLS BASKETBALL

The Lady Cougar Basketball season has reached the midpoint.

The Lady Cougars are working hard and showing improvement each day. The 8th Grade "A" team is currently 4-4, while the 8th Grade "B" team is 7-1.

Meanwhile both 7th Grade teams currently have identical 4-3 records. The highlight of the season is both 8th Grade teams taking 1st Place in their divisions at the Fort Riley Invitational Tournament!

We have a fantastic group of young ladies representing the South Middle community, and we encourage everyone to take the opportunity to come out and support the Lady Cougars!

WRESTLING

Our wrestling season is off to a great start! So far, we have competed in 2 tournaments and 2 duals. At the Concordia tournament we had two wrestlers finish 1st in their weight class, two, finish 2nd, and six finish 3rd. Our team is currently 3-4 in duals including a big win over Lakewood on November 19th. Our next meet will be hosted at SMS on December 3rd against Hutchinson, Chapman, and Concordia.

BOYS BASKETBALL

The 7th and 8th grade boys' basketball started our season on October 28th with our first team practice. Our schedule consists of 16 games which started on the road on November 21 versus Hutchinson. The boys have been putting in a lot of hard work and are focused on improving each and every day. Our next two home games are November 25 (McPherson) and December 19 (Hutchinson). Our full schedule can be found on the Boys Basketball page through the South Middle School website. We look forward to seeing you at the games and showing your support for SMS athletics.

DILLONS REWARDS

SMS Families, you can support the South Middle PTO by using your Dillon's Plus Shopper's card. A percentage of all purchases are allotted to our PTO. Here's how to enroll in the Dillon's Community Rewards program:

o Visit www.dillons.com/communityrewards

o **SIGN IN** to your existing online account or **CREATE AN ACCOUNT**

o Find and select **SOUTH MIDDLE SCHOOL PTO** or **ORGANIZATION #VN011** and click **SAVE**

o **SHOP** at Dillon's and scan your existing Plus Shopper's Card

TECHNICAL EDUCATION

Industrial Technology Education is a class that we focus on teaching basic shop safety, work ethic, quality of work and communication skills. Some of our projects we work in teams, and we also have individual construction projects. We work with the STEM Concept's (Science, Technology, Engineering, Math). Basic Drafting, construction skills, hand tool, and power tool usage are the fundamentals of our shop work. Safety is the highest priority and stressed at a very high level. Students will bring home small projects made in class, made of metal, acrylic and wood. Our department did receive some new woodworking equipment, which we will be using to make some larger projects in the future. We did receive a grant for a CNC Laser Engraver/Cutter, we are learning the basics of how to use it at this point and will be making it part of student projects as we move forward.



STUDENT COUNCIL

Student Council hosted PENNY WARS Nov. 15 – 26. Thank you to everyone who participated! On December 13th Stuco will use the money raised to Drop and Shop. Drop and Shop is when Student Council takes a day to purchase and wrap Christmas gifts for students and their families in need who attend Salina South Middle School. Make sure you check back next month to find out which Advisory classes won breakfast pizza parties and the total amount of money donated.

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 7:00 Crisis Meeting 3:30 8GBB @ Junction City 4:30 7GBB vs. Junction City 4:30 WR @ South Middle	4 7:05 Faculty Meeting	5 5:00 GBB vs. Newton 5:00 BBB @ Newton	6	7 9:00 WR @ Great Bend Tournament
8	9 3:30 GBB @ Hays	10 4:30 WR @ South Middle 7:00 Orchestra Concert @ South High School	11 6:00 Guitar Concert @ SMS	12 4:30 7GBB @ Abilene 4:30 8GBBB vs. Abilene	13	14
15	16 4:00 GBB vs. Lakewood 4:00 BBB @ Lakewood	17 2:45 SEL Team Meeting 5:00 WR @ South Middle Advanced Guitar Tour	18 12:00 PTO Meeting 2:45 Leadership Team Meeting 6:00 Choir Concert @ South High School	19 5:00 GBB @ Hutchinson 5:00 BBB vs. Hutchinson END OF QUARTER 2	20 TEACHER IN-SERVICE	21
22	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL <u>CHRISTMAS DAY</u>	26 NO SCHOOL	27 NO SCHOOL	28
29	30 NO SCHOOL	31 NO SCHOOL				
						

December 2019

South Middle Breakfast

Breakfast Prices Elementary Breakfast: \$1.70 Secondary Breakfast: \$1.85 Reduced Breakfast: \$0.30 Adult Breakfast: \$2.30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<ul style="list-style-type: none"> Fudge Pop Tart (180 Cal) Fruited Yogurt (90 Cal) Wholegrain Cereal (100 Cal) Fruit Choice (80 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Apple Frudel (210 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Banana Muffin (170 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Bacon & Egg Pizza (200 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Chocolate Donuts (280 Cal) Wholegrain Cereal (100 Cal) Fruit Choice (80 Cal) Assorted Juices (65 Cal) Milk (103 Cal)
9	10	11	12	13
<ul style="list-style-type: none"> Chocolate Chip Oatmeal Bar (150 Cal) String Cheese (80 Cal) Wholegrain Cereal (100 Cal) Fruit Choice (80 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Mini Cinnamon Rolls (240 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Chocolate Muffin (179 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Egg Breakfast Burrito (155 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Grape Filled Crescent (220 Cal) Wholegrain Cereal (100 Cal) Fruit Choice (80 Cal) Assorted Juices (65 Cal) Milk (103 Cal)
16	17	18	19	20
<ul style="list-style-type: none"> Cocoa Cherry Bar (200 Cal) String Cheese (80 Cal) Wholegrain Cereal (100 Cal) Fruit Choice (80 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Chocolate Chip Mini French Toast (210 Cal) Syrup (80 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Blueberry Muffin (170 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	<ul style="list-style-type: none"> Sausage and Gravy Breakfast Pizza (210 Cal) Wholegrain Cereal (100 Cal) Fresh Fruit (55 Cal) Assorted Juices (65 Cal) Milk (103 Cal) 	No School Winter Recess
23	24	25	26	27
No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess
30	31	1	2	3
No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess

Breakfast Milk Choices Daily:

More Details: usd305.nutrislice.com/menu/south-middle/breakfast/

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December 2019

South Middle Lunch

Lunch Prices Elementary Lunch: \$2.80 Middle School Lunch: \$3.05 High School Lunch: \$3.15 Reduced
Lunch: \$0.40 Adult Lunch: \$3.80

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Choose one entree' • Hamburger On A Bun (332 Cal) • Deli Sandwich Choice (390 Cal) Sides • Baked Beans (151 Cal) • Salad Bar (73 Cal) • Mandarin Oranges (90 Cal) • Tropical Fruit (70 Cal) • Ketchup & Mustard (35 Cal) • Pickles • Milk (103 Cal)	Choose one entree' • Chicken Fried Steak (350 Cal) • Dinner Roll/Margarine (97 Cal) • Deli Sandwich Choice (390 Cal) Sides • Salad Bar (73 Cal) • Mashed Potatoes (65 Cal) w/Gravy (50 Cal) • Strawberry Applesauce (39 Cal) • Banana (110 Cal) • Milk (103 Cal)	Choose one entree' • Chili (227 Cal) • Corn Chips (114 Cal) • Salsa (21 Cal) • Deli Sandwich Choice (390 Cal) Sides • Corn (75 Cal) • Salad Bar (73 Cal) • Diced Pears (80 Cal) • Fresh Orange Wedges (63 Cal) • Cinnamon Twist (80 Cal) • Milk (103 Cal)	Choose one entree' • Dutch Waffle (300 Cal) • Turkey Sausage Patty (80 Cal) • Deli Sandwich Choice (390 Cal) Sides • Hash Brown Rounds (100 Cal) • Salad Bar (73 Cal) • Diced Peaches (60 Cal) • Fresh Kiwi (51 Cal) • Ketchup & Syrup (72 Cal) • Milk (103 Cal)	Choose one entree' • Macaroni & Cheese (280 Cal) • Little Smokies (158 Cal) • Deli Sandwich Choice (390 Cal) Sides • Green Beans (19 Cal) • Salad Bar (73 Cal) • Pineapple Chunks (70 Cal) • Frozen Lemon Berry Swirl Juice Cup (80 Cal) • Milk (103 Cal)
9	10	11	12	13
Choose one entree' • BBQ Rib Patty on a Hoagie Bun (344 Cal) • Deli Sandwich Choice (390 Cal) Sides • Baked Beans (151 Cal) • Salad Bar (73 Cal) • Mandarin Oranges (90 Cal) • Tropical Fruit (70 Cal) • Milk (103 Cal)	Choose one entree' • Popcorn Chicken (240 Cal) • Biscuit (110 Cal) • Deli Sandwich Choice (390 Cal) Sides • Seasoned Potato Chunks (120 Cal) • Salad Bar (73 Cal) • Strawberry Applesauce (39 Cal) • Banana (110 Cal) • Grape Jelly (35 Cal) • Milk (103 Cal)	Choose one entree' • Beef & Bean Burrito (280 Cal) • Salsa (21 Cal) • Deli Sandwich Choice (390 Cal) Sides • Chuckwagon Corn (80 Cal) • Salad Bar (73 Cal) • Frozen Horchata Juice Cup (90 Cal) • Fresh Orange Wedges (63 Cal) • Milk (103 Cal)	Choose one entree' • Pepperoni & Cheese Calzone (310 Cal) • Deli Sandwich Choice (390 Cal) Sides • Green Beans (19 Cal) • Salad Bar (73 Cal) • Diced Peaches (60 Cal) • Fresh Apple Slices (30 Cal) • Snickerdoodle Cookie (119 Cal) • Milk (103 Cal)	Choose one entree' • Egg Roll (160 Cal) • Vegetable Fried Rice (270 Cal) • Deli Sandwich Choice (390 Cal) Sides • Steamed Broccoli (12 Cal) • Salad Bar (73 Cal) • Pineapple Chunks (70 Cal) • Frozen Lemon Berry Swirl Juice Cup (80 Cal) • Sweet N Sour Sauce (15 Cal) • Milk (103 Cal)
16	17	18	19	20
Choose one entree' • Garlic French Bread Pizza (320 Cal) • Deli Sandwich Choice (390 Cal) Sides • Green Beans (19 Cal) • Salad Bar (73 Cal) • Mandarin Oranges (90 Cal) • Tropical Fruit (70 Cal) • Milk (103 Cal)	Choose one entree' • Grilled Chicken Sandwich (350 Cal) • Deli Sandwich Choice (390 Cal) Sides • Peas (60 Cal) • Salad Bar (73 Cal) • Strawberry Applesauce (39 Cal) • Banana (110 Cal) • BBQ Sauce (21 Cal) • Milk (103 Cal)	Choose one entree' • Turkey & Noodles (190 Cal) • Dinner Roll/Margarine (97 Cal) • Deli Sandwich Choice (390 Cal) Sides • Mashed Potatoes (65 Cal) • Salad Bar (73 Cal) • Diced Pears (80 Cal) • Fresh Orange Wedges (63 Cal) • Milk (103 Cal)	Choose one entree' • Corn Dog (281 Cal) • Deli Sandwich Choice (390 Cal) Sides • Spudsters (136 Cal) • Salad Bar (73 Cal) • Diced Peaches (60 Cal) • Fresh Apple Slices (30 Cal) • Chocolate Chip Cookie (144 Cal) • Ketchup (20 Cal) Mustard (4 Cal) • Milk (103 Cal)	No School Winter Recess
23	24	25	26	27
No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess
30	31	1	2	3
No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess	No School Winter Recess

Milk:

More Details: usd305.nutrislice.com/menu/south-middle/lunch/

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Middle Years

Working Together for School Success



Short Stops

A cozy tradition

Family traditions give tweens a sense of security as they deal with the ups and downs of adolescence. Here's one idea: Have hot chocolate parties on cold winter days. Set out toppings like marshmallows, cinnamon, and nutmeg. Then, chat about your day while you enjoy your treat.

Welcome, second semester!

Before your child goes back to school, remind her to check her schedule for any changes second semester will bring. She should make sure she knows where new classrooms are and what supplies she'll need. *Tip:* Send an email introducing yourself to any new teachers she has.

Middle school dating

If your tween mentions classmates who are dating, ask him what that means in middle school. Often, tween relationships start with "talking," which means texting or chatting on social media. Ask your child whether he's interested in anyone, and share your expectations, such as only exchanging messages and photos he'd be okay for you to see.

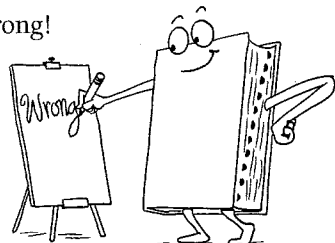
Worth quoting

"There are no shortcuts to anyplace worth going." *Beverly Sills*

Just for fun

Q: What word is spelled wrong in every dictionary?

A: Wrong!



Healthy technology habits

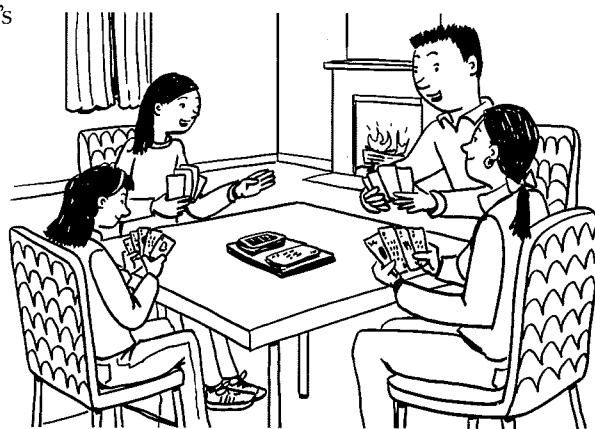
Limiting your middle grader's screen time encourages her to interact with people in real life and focus on schoolwork. Try these tips.

Join in

Setting limits on electronics use for the whole family may make your tween more likely to cooperate. Ask everyone to silence and put away devices during game nights or car rides. You can enjoy conversation and pay attention to each other. Also, set up a charging station where everyone leaves devices at night so that sleep isn't interrupted.

Socialize face to face

Suggest that your child brainstorm screen-free activities to do with friends. *Examples:* Make up dance routines, work on a giant jigsaw puzzle. Or they could use electronics in ways that don't involve staring at screens. Maybe they'll sing along with a free karaoke app or go



outside and see who can take the coolest nature photos.

Stay focused

When your middle grader uses electronics for homework, have her close all apps or windows that she doesn't need for the assignment. She should also turn off notifications so she's not tempted to reopen the apps she closed. And if she takes a break, encourage her to make it screen-free. Perhaps she'll go for a short walk or play with her dog. 👍

Developing a growth mindset

Does your child know that learning actually makes his brain grow? Help him adopt a *growth mindset*, or an attitude that he can develop his abilities if he works at them, with this advice.

■ **Find alternate routes.** Say the dialogue in a story your tween is writing sounds unrealistic. Rather than thinking, "I'm just not a good writer," he could look for ways to improve his writing. Perhaps he'll ask someone to act out the story with him and decide how the characters would really talk.

■ **Aim for variety.** Encourage your child to strengthen the growing connections in his brain by learning new information in multiple ways. For example, to study Spanish vocabulary, he could choose a picture book and listen to an audiobook version of it in Spanish while he follows along in the book. That way, he'll see, hear, and say the words he's learning. 👍



Meaningful math

Math isn't just for the classroom. Numbers help to determine professional football team rosters, which TV shows stay on the air, and how new cars are designed. Your child can work with data, ratios, and percentages in areas that interest him. Share these examples.

Sports

Let your middle grader compare stats of teams and players in his favorite sport. He might look up and chart a hockey team's win-loss record and the star player's goals, assists, and total points. What percentage of the team's goals has that player scored so far this season?

TV shows

Television networks and streaming services decide which shows to keep based on how many people watch them. For a



month, suggest that your child follow weekly Nielsen ratings online for your family's favorite shows (see nielsen.com/us/en/top-ten/). By what percentage do viewer numbers change from week to week for each show?

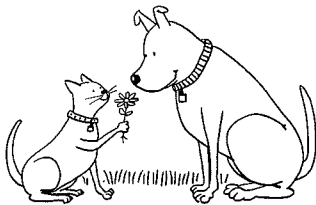
Cars

Engineers use math to design fuel-efficient cars. Ask your tween to look up the weight and gas mileage for various cars and calculate the weight-mileage ratio. He'll discover that lighter cars generally get better gas mileage. 🍷



Q & A Spread kindness

Q I recently overheard my daughter and her friend making mean remarks about another girl. How can I encourage my child to be kinder?



A Being kind has benefits that matter to tweens, like helping them make and keep friends and feel good about themselves.

Suggest that your daughter challenge herself to do at least one kind act each day. Maybe she could smile and say good morning to the bus driver or custodian, or invite someone who's sitting alone in the cafeteria to eat lunch with her.

When you ask your child about school at the end of the day, be sure to include, "Who were you kind to today?" and "Who was kind to you?" Tell her what you did that was kind, too—you'll give each other ideas to try another day. 🍷

Ready, set, debate

When would you want your tween to argue with you? During a friendly debate! Knowing how to make a strong argument can help her write persuasive essays and participate in class discussions. Here's a fun way to practice.

- 1. Choose a topic.** You might debate whether it's better to shop online or in stores, or whether we should colonize Mars or the moon.
- 2. Prepare arguments.** Have each person write down facts that support each side. *Examples:* Shopping online saves time because you don't have to drive to a store, and you can quickly compare options from several sites. But in a brick-and-mortar store, you can choose the vegetables you want or try on clothes, and you'll get in more steps for the day.
- 3. Hold a debate.** Assign half the family to one side and half to the other. Then, present your arguments for your side. Next, swap sides—each person argues the opposite position. Did anyone's opinion change as a result of the debate? 🍷



Parent to Parent

Nervous? Try this

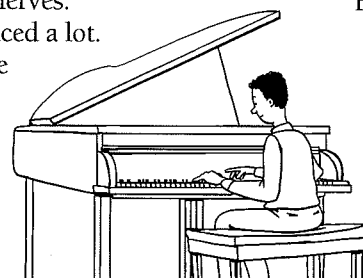
My son Ben loves to play piano, but he was nervous about this year's recital. I recently gave a big presentation at work, so I knew how he felt. I decided to talk to him about strategies I used to calm my nerves.

I told Ben that I practiced a lot. That helped me feel more confident because I knew the material better. Then during the presentation, I looked for friendly faces in the crowd. I

also kept going even when I stumbled over a few words.

Ben has been practicing for his recital, and he has also asked me to listen so he could play in front of an audience.

He said that on recital day, he plans to glance at our family for a boost of confidence before he sits down to play. I'm hoping that following my advice will make him a little less nervous. 🍷



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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