

Middle School Building Blocks

For a Great Year

Middle School Counselor: Mary Kay Osteen, mary.osteendavies@ocps.net

CANVAS & SKYWARD

Canvas and Skyward are tools to help you keep current with your student's academics. Set a dedicated time after school to review Canvas and Skyward together. Once this assignment check becomes routine your student can do this on their own with you checking occasionally. You can also set up Skyward to alert you with low grades and missing assignments.

SLEEP

Your teen needs 8-10 hours of sleep a night. Lack of sleep is linked to the inability to concentrate, poor grades, and depression. Create a family wind-down routine and enforce a strict bedtime. Ensure that phones are out of reach during bedtime.

SOCIAL MEDIA & CELL PHONES

While social media and cell phones can be fun and facilitate family communication they can also be addictive and harmful. Social media negatively affects teens, distracting them, disrupting their sleep, and can expose them to bullying, rumor spreading, peer pressure, and other dangers. Your student's phone should not be private from you. Regularly, check your student's phone and browser history and do not allow access after bedtime. Middle school students may use their phones during lunch but should not be using phones during school.

MANNERS & KINDNESS

Let your student know that manners and kindness are valued and expected at school. We have little children and fragile beings here. Enforce politeness and kindness to keep everyone safe and feeling valued.

READING

Make reading a family activity. You can read aloud, take turns reading aloud, or even listen to an audible book together. Reading together is so fun! It can help you relax, slow down, encourages imagination, improves vocabulary, and much more.

SHOW UP

Show up for everything. Even if they say they don't care ... they do. Attend games, concerts, school events, all the activities. Bring them lunch and enjoy lunch outside at the picnic tables. Let them know that they can count on you to be there.