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Middle school cheerleaders stretches

The first, biggest fight when you become the parent of a middle school river is this: to wrap your mind around the fact that your baby (weight of baby) will soon be thrown to the wolves - or at least the surly gang that seems to fill your child's future school. When did sixth graders start sideburns? Ok. Stop breathing in the paper bag. Your child will be fine - it's you we're worried about. We know that as a parent it can be difficult to watch your baby grow up and become his or her own person. Watch them pile on the pressures of a new school, peers, sports and homework, and that's enough to make you turn back the clock to simpler days - those who involved cajoling a terrifying toddler to eat broccoli. But that, my friend, is your first mistake. It's time to get the mental game going. If your child's pursuit into middle school is going to be OK (and that is), then you have to get your head in the game. And that means realizing that your child is growing up and charting a strategy to deal with it before the first day of school arrives. Survival strategy Two: Independence Day Sweet freedom. Middle school el! for that, but can't handle too much of it, and you may not be ready to start letting go. The key is to find a balance that is healthy for both of you. One way to do this is by fulfilling the child's desire for freedom (which is a natural developmental event, by the way) by allowing him or her to participate in a variety of approved activities. Playing on the basketball team, for example, your child offers an outlet for many things: community, physical activity and even peer pressure. Yes, peer pressure can have a good side. Just ask someone tween who has flunked pre-algebra, been benched by the coach and laid down his teammates. It won't happen again. Even better, organized extracurricular activities give your child a (monitored) chance to get away from your watchful eyes. But you still get to participate by cheering on the games, applauding a two-act game or going to an art show. No matter what interests your child, give him or her a way to explore it. Your role is to offer boundaries, limitations and support. One way you get to practice your role is when it's time for homework. National Association of School Psychologists says homework teaches children how to handle time, make choices and solve problems. Help your child set up a system—a place and a time to study with the necessary resources—and let him or her deal with the challenges of homework in middle school without hovering. Stay in touch with teachers, even if your child assures you that this is the most uncool thing you've ever done. That's why a smart person invented email - use it to send occasional questions about your child's performance in class. Survival Strategy Tree: Oh, drama it's hard to be a tween bent on teen-hood. Not there is increased self-awareness (thanks, puberty), but there are also a number of new relational situations to face. When the school turns into a fashion show or popularity contest, all this drama becomes a little dicey. That's because it's hard for parents to know when to go in and when to let their son or daughter figure things out on their own. We happen to agree with Joe Bruzzese, author of Parenting Guide to Middle School Years, who advises parents to play a supporting role as peer relationships form and dissolve. Sure, we've been guilty of calling the bad girl-mother and having our say, but we learned the hard way that it usually doesn't help. Steer clear of the daily friend drama, but be willing to step in if you feel your child is being bullied. Another minefield to avoid? Fashion. Set some clear boundaries, like hemline length or a waistband stop, but be willing to let your child have something to say in what he or she wears. While tweens are clamoring for friendship in middle school melee, they are likely to try on a variety of styles. Personally, we do not begin to worry until talk about tattoos and more piercings comes into play. When you guide your middle school, remember: Your role is not one of perfection. Shake off some nagging doubts about your self-worth that can bubble to the surface the first time you chaperone a middle school dance. (Hey, it happens!) The key is to be involved, even if you allow your tween more autonomy. According to a report by Johns Hopkins University researchers, when you are clued in the middle school scene, the child's more likely to have better grades, attendance and homework skills. In addition, they will be prepared to succeed in high school. Hyperventilating again? it's okay. You can put the paper bag down. We leave our high school discussion for another day. Page 2 School hours mean stocking up on pencils, glue cans and other traditional supplies that generations of children have stowed away in desks, cubbies and cupboards. In elementary and middle school, teachers usually provide lists of specific items to pick up; and even in high school, many instructors require certain types of notebook paper, pens and the like. In addition to the classic supplies - crayons, notebooks, rulers - that constantly make these back-to-school lists, there are also a number of others to keep in mind. Today's student has an arsenal of tools and gadgets to help him or her manage workloads and improve the learning experience. Whether it's a new spin on a classic or a newfangled gadget, these five cool school tools make the grade to get your son or daughter to study in style.

Content Even pre-K students can get a head start on their computing know-how with learning laptops. For less than \$50, these portable gadgets can enhance the basic skills taught in the classroom with fun, games and and In its short history, learning laptops now come in handheld sizes with more sophisticated graphics and an extensive range of software that covers, including reading, mathematics, foreign languages and more. Kids can navigate through many of these models with a keyboard, electronic stylus or control pad with an interface like a video game system. For middle school students who need word processing options and Internet access, netbooks are a great option. Priced at a few hundred dollars, these mini-laptops have taken technical headlines for their usefulness and affordability. In fact, some schools are starting to use netbooks in the classroom thanks to their budget-friendly assets. Ad Finding the perfect backpack is essential for many school-age children. After all, they tote it around with them every day and want it to make a cool impression. Parents are probably more concerned about the toll the package takes on the young backs. Fortunately, there are options out there to please both parties. Unfortunately, you probably have to spend more money in exchange for ergonomic quality. To protect the back and spine, watch out for packages with plenty of padding. Padded straps and back panels are good signs. Make sure that the straps are firmly against the body and that the backpack comes with a chest strap for extra support. When wearing your backpack, it should sit higher on your back instead of straining your spine by hanging down on your hips. There are also rolling backpacks to choose from, but some schools no longer allow them. And they can degrade the decisive cool factor that your student requires. Ad It's important that schoolchildren learn to add, subtract, and so on in their heads – with occasional help from fingers and toes. But when higher mathematics rolls around in middle school and beyond, it's time to pull out the big guns. Calculators have been a routine item in older children's backpacks for some time now, and they are now offering more math and science help than ever before. Texas Instruments, one of the most common brands of calculator manufacturers, offers additional software, memory storage and preinstalled tutorials on certain models. Students can now also choose between more aesthetically pleasing calculators, such as bubblegum pink graph editions and fire truck red beginner models. Advertising Pencil and paper will never go out of style to take notes. But for techie students out there who want to make the most of their note-taking abilities, Smartpens are tidy and relatively cheap at around \$150. LiveScribe's Pulse Smartpen writes on specialized paper that digitally records what you write and where on the page. At the same time, the pen can also record audio, which means that a student can take notes and record the lecture at the same time. When it time to study, smartpen hooks into a computer to download all the notes to a source. That way, students can place the Smartpen on notes on the specialized paper to hear the corresponding sound. If your student doesn't require as much technology magic, fly fusion pentop computer from Leap Frog also digitally records what a student writes. The writing device then converts the written notes into digital documents. Like the LiveScribe Smartpen, Pentop also requires specialized paper. Since Pentop doesn't store audio, there are many discrete mP3 recording devices and audio recording add-ons for iPods that can fulfill the Advertising Between Note-Taking, Laptop Learning and Backpack Tongue, kids need to do their homework. Whether it's solving a tough mathematical problem, researching a science fair project, or creating a bibliography for a semester paper, the Web has a wealth of educational resources. But tracking down the best of these resources can be challenging, and parents may be hesitant to unleash their children on the Internet. Fortunately, some companies have developed robust homework helping programs for students of all learning levels. DiscoveryEducation.com, for example, provides help to seven different disciplines, along with interactive games and student-customized external web links for additional guidance. For a monthly fee, Cosmeo by Discovery Education is a one-stop-shop for Discovery videos, scientific articles, step-by-step academic teaching and more. By using the breadth of valuable information online, children can improve the learning experience and continue to create A+ grades. Advertising advertising

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