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## Peirce middle school basketball

The first, biggest struggle when they become the parent of a middle-schooler is this: wrapping your mind around the fact that your baby (emphasis on baby) will soon be catapulted to the wolves - or at least the surly flock that seems to populate your child's future school. Since when did sixth-graders grow sideburns? Stop breathing in the paper bag. Your child's going to be all right, you're the one we're worried about. We know that as a parent, it can be hard 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 want to turn back the clock to simpler days - the ones that involved cajoling a fearless toddler to eat broccoli. But that, my friend, is your first mistake. It's time to get your mental game going. If your child's foray into middle school will be OK (and it is), then you have to get your head in the game. And that means realizing your child is growing up and mapping out a strategy to deal with it before the first day of school arrives. Survival strategy two: Independence Day sweet freedom. Middle-schoolers yearn for it 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 your child's desire for freedom (which is a natural developmental event, by the way) by allowing him or her to participate in a number of approved activities. Playing on the basketball team, for example, offers your child an outlet for many things: camaraderie, physical activity and even peer pressure. Yes, peer pressure can have a good side. Just ask any tween that has dumped pre-algebra, been benched by the coach and let down her teammates. It won't happen again. Even better, organized extracurricular activities offer your child a (supervised) chance to get away from your watchful eyes. But you still get to participate by cheering on the games, applauding a two-act play or going to an art show. Whatever interests your child, give him or her a way to explore it. Your role is to offer limits, limitations and support. One way you get to practice your role is when it's time for homework. The National Association of School Psychologists says homework teaches children how to manage time, make choices and solve problems. Help your child set up a system — a place and time to study with the necessary resources — and let him or her tackle the challenges of middle school work without your hovering presence. 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 an email — use it to send the occasional query about your child's performance in class. three: Oh, drama it's hard to be a tween bent on teen-hood. Not Not there is increased self-awareness (thanks, puberty), but there are also a host of new relational situations to encounter. When school turns into a fashion show or popularity contest, all this drama becomes a bit risky. That's because it's hard for parents to know when to step in and when to let their son or daughter work things out alone. We happen to agree with Joe Bruzzese, author of Parents' 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 girl's mother and having our say, but we learned the hard way that it usually doesn't help. Steer clear of the daily vein drama, but be willing to step in if you sense your child is being bullied. Another minefield to avoid? Fashion. Set a few clear boundaries, like hemline length or a waistband stopping point, but be willing to let your child have something to say in what he or she wears. While tweens shout for friendship in the middle school melee, they tend to try a variety of styles. Personally, we don't start worrying until talk of tattoos and more piercings come into play. When guiding your middle school, remember: Your role is not perfection. Shake any nagging doubts about your self-esteem that can bubble up to the surface the first time you chaperone a middle school dance. (Hey, it happens!) The key is to get involved even as you allow your tween more autonomy. According to a report by Johns Hopkins University researchers, when you're clued into the middle school scene, your child's more likely to have better grades, attendance and homework skills. Plus, they'll be ready to succeed in high school. Hyperventilating again? It's ok. You can put the paper bag down. We will leave our high school discussion for another day. Page 2 Back-to-school time means stocking up on pencils, glue sticks and other traditional supplies that generations of children have crammed away into desks, cubbies and closets. In elementary and middle schools, teachers usually provide lists of specific topics 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 other ones to keep in mind. Today's students have an arsenal of tools and gizmos to help him or her manage workloads and improve the learning experience. Whether it's a fresh spin on a classic or a newfangled gadget, these five cool school tools do grade to get your son or daughter studying in style. Content Even pre-K students can get a head start on their computer know-how with learning laptops. For less than \$50, these laptoplike strengthen the basic skills taught in the classroom with fun, educational games and and in their short history, learning laptops now come in handheld sizes with more sophisticated graphics and an extensive range of software covering topics including reading, math, foreign languages and more. Children can navigate through many of these models with a keyboard, electronic pen or control pad with an interface like a video gaming system. For middle and high school students who need word processing capabilities and internet access, netbooks are a great option. Priced at a few hundred dollars, these mini-laptops have been grabbing tech headlines for their utility and affordability. In fact, some schools are starting to utilize 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 back. Fortunately, there are alternatives out there to please both parties. Unfortunately, you probably have to spend more money in exchange for ergonomic quality. Look out for packs with lots of padding to protect your back and back. Padded straps and rear panels are good characters. Make sure that the straps are close to the body and that the backpack comes with a chest strap for extra support. When carrying the backpack, it should sit higher on your back instead of straining the spine by hanging on to your hips. There are also rolling backpacks to choose from, but some schools no longer allow them. And they can degrade this crucial cool factor that your student requires. Ad It is important that schoolchildren learn to add, pull and so on in their heads - with the occasional help of their fingers and toes. But when higher maths rolls around in junior high and beyond, it's time to pull the big guns. Calculators have been a routine commodity in older children's backpacks for a while now, and they now offer 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 tutorial programs on certain models. Students can now also choose from more aesthetically pleasing calculators, such as bubblegum pink graphing editions and brand engine 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 notekeeping capabilities, Smartpens are neat and relatively cheap at about \$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 is Time to study, Smartpen hooks in a computer to download all the notes in one source. This allows students to place the SmartPen on notes on the specialized paper to hear the corresponding sound. If your student doesn't require as much tech 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 special typography. Since Pentop does not store audio, there are many discrete mP3 recording devices and additions to audio recordings for iPods that can fulfill this feature Advertising between note-taking, laptop learning and backpack toting, kids have to do their homework. Whether it's solving a hard mathematical problem, researching a science fair project or creating a bibliography for a concept paper, the Internet has a wealth of educational resources. But tracking down the best of these resources can be challenging, and parents may be hesitant to free their children on the internet. Fortunately, some companies have developed robust home helpers programs for students of all levels of learning. DiscoveryEducation.com, for example, provides assistance to seven different subject areas, along with interactive games and student-tailored external web links for further 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 leveraging the breadth of valuable information online, children can improve their learning experience and continue to do A+ grades. Ad

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