February 2013

Manhattan Village Academy
Mr. Hector Geager, Principal

High School YEARS

Working Together for Lifelong Success

Short Clips

A great exchange

Expose your high schooler to another culture and its language by hosting an exchange student. You might be able to house a teen from abroad for as short as a week or as long as a school year. If you're interested, contact your child's school counselor.

Open-book tests

Even open-book tests and quizzes require advance preparation. Suggest that your teen read relevant chapters in his textbook so he knows where to find information—if allowed, he might mark them with sticky notes so he can quickly turn there. Since some questions may not be based entirely on the textbook, he should also review notes and handouts.

Focus on the positive

Complimenting your teenager can create good feelings between the two of you. It can also help balance out times when you have to give "negative" attention to correct or discipline her. Try offering specific praise when it's warranted ("I'm proud of how hard you worked on your flute solo").

Worth quoting

"Do something wonderful, people may imitate it." *Albert Schweitzer*

Just for fun

Q: How do you scare a snowman?

A: With a hair dryer!

Anti-bullying strategies

Bullying can affect your teen whether she is a victim or a bystander. And chances are that she has seen bullying at some point—a majority of U.S. students say they've witnessed it. Help your child be part of the solution with these suggestions.

Talk about telling. Let her know that if she sees bullying or is bullied herself, telling a trusted adult makes her responsible, not a "rat." Informing someone can keep the victim safe and lead to the bully getting help. Have her choose several people she could go to, such as school counselors, teachers or other staff, relatives, coaches, or clergy members.

Show her how to step in. When bystanders get involved, the victim gets emotional support, and incidents end much faster. Practice strategies your high schooler can use. She might address the bully ("Cool it!"), speak to the victim ("Are you okay?"), or text a friend to get help. She could also alert a nearby adult or give the victim an out ("It's time for class—let's go").

Teach anti-victim skills. Discuss ways to keep a bullying situation from escalating if she is targeted. Encourage her to stay calm, stand up straight, and look the bully straight in the eye. Being assertive—like firmly saying "Stop!"—can also discourage a bully. To avoid being targeted, your teen should stick with friends in areas where bullying is known to occur, such as hallways, stairways, bathrooms, the cafeteria, bus stops, and the back of the bus.

Build reading comprehension

Your high schooler can sort through and use information better if he understands more of what he reads. Here are some strategies to improve comprehension.

Visualize

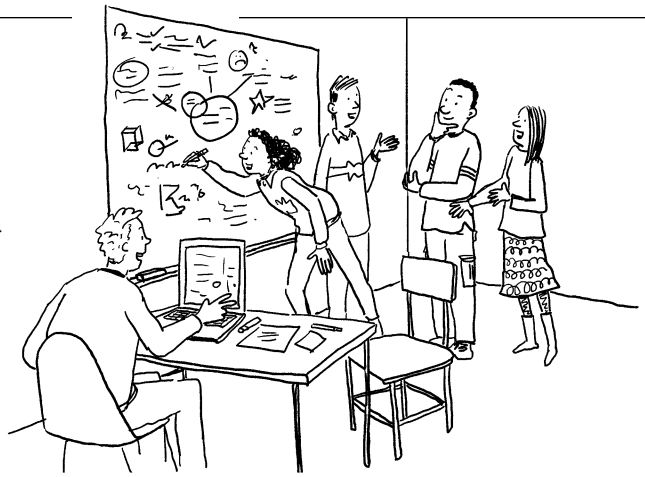
Forming mental images can help your teen connect with and remember reading material. Suggest that he imagine characters in a short story or picture himself carrying out a science experiment. The more he does this, the more automatic it will become.

Ask questions

Encourage your child to consider what he knows about a topic before reading. Then, he can predict events or react to information as he goes. When he's finished, have him ask himself if anything was a surprise. Did what he read fit with what he already knew?

© 2012 Resources for Educators, a division of CCH Incorporated

The art of brainstorming



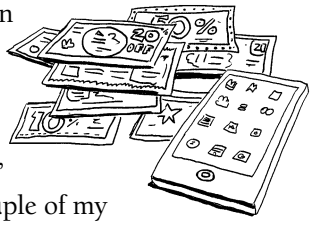
Whether your child needs an angle for a presentation or a topic for an essay, brainstorming can help him find the answer. Share the following advice for tapping into ideas:

- Try brainstorming alone and with others. Some people need quiet to do their best thinking. For others, bouncing ideas around with friends or relatives spurs creativity.
- Say or write down every suggestion, not just the ones that sound practical. Don't edit as you go—or even comment on the concepts. Those that seem off-the-wall just might lead to others that are the best ideas yet.
- Use different methods. To "cluster," write the topic in the center of a piece of paper or a dry-erase board, and add words, phrases, and thoughts around it. Develop more ideas by thinking of synonyms and opposites for each word. Finally, circle related concepts in separate colors. Or try the "bullet-points" approach. Place the subject on top, and list categories underneath. Fill in bullet-pointed ideas for each one, creating new categories as needed.

Parent to Parent

My own app

Our son Justin has always dabbled in computers. Recently when he saw me clipping coupons, he said someone should make an app to keep track of them since I have so many. I suggested he create one himself.



First, Justin checked around for similar apps. Then, he "interviewed" me and a couple of my coupon-clipping friends to see what features we would like. He decided to make an iPhone app, so he watched YouTube videos on designing apps, and he checked out Apple's development center *(developer.apple.com/devcenter/ios/index.action)*.

Now he's busy working on his app. He's practicing research skills, and he's even learning about business as he looks into marketing the app. I'm glad he's following his passion for computers and getting this experience—and I'm looking forward to using the final product!

Put your best foot forward

Taking pride in her work can help your child succeed in whatever she does. Try these strategies for encouraging her to do her best.

Share your own examples. Point out how good it feels when you meet a need and earn respect at work or at home. Also, discuss how you react when others come through for you. Then, ask how *she* feels when someone does their best for her—like when a partner on a school project works hard or a teacher spends extra time helping her.

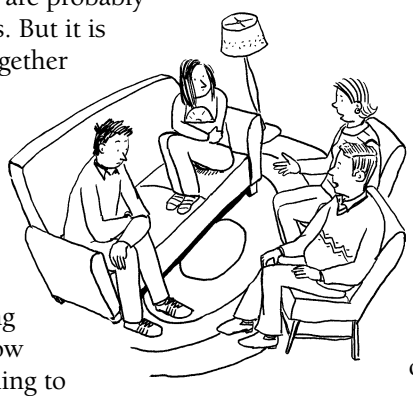
Encourage her to go above and beyond. Have her think of ways she could tackle her work with extra care. For example, she might redo an assignment that didn't come out well or proofread papers carefully so she doesn't hand in sloppy work. On the job, she can smile at customers or pay attention to detail while entering data.

Q&A

Announcing a split

Q *My wife and I have decided to separate. How should we tell our teenage children?*

A Your teens may have already noticed tension at home, so they are probably aware there are problems. But it is important to sit down together and explain your decision to them. Try putting your differences aside so that you and your spouse can present a united front.



Tell them in general terms why you're splitting up. You can let them know that they didn't do anything to cause the problem and that there isn't anything they can do to fix it.

They need to understand how the change is going to affect their day-to-day lives, including where they will live, where each of you will stay, and when they will see each of you. Finally, reassure them that you'll both continue to be there for them and that their extended family (grandparents, aunts, uncles, cousins) will remain a part of their lives.

OUR PURPOSE

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

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfecustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5605

© 2012 Resources for Educators, a division of CCH Incorporated