Transitioning from Elementary to Middle School

Student Assistance Counselors
Environment Changes

- Lockers
- Different building
- More/less people
- Different schedule
  - More classes/teachers
- Changing for gym
Academics

- More work
  - Some classes become leveled/more competitive
  - Increased technology use
  - Electives
  - Greater need for organization/planning
Organization is Key

- Color code by subject
- Regular backpack clean outs
  - Make sure they are handing in homework
- Quiet study space
  - Turn off the phone
- Planner/calendar
  - Google calendar
- Genesis
Transformations

✓ Puberty/Sexuality
✓ Confidence (Little Fish/Big Pond syndrome)
  ✓ Taking responsibility for their own confidence
  ✓ Comes from how they choose to think about themselves
  ✓ Focus on improvement, effort and persistence
✓ Social decision making
  ✓ Peer pressure
  ✓ Social Media
  ✓ Substance Use
✓ Changing relationships
  ✓ Family
  ✓ Peers
  ✓ Need to initiate and maintain their own social contacts
✓ Bullying
  ✓ Cyber bullying (see handout)
Tools for Success

- **Communication** – Listen more than you talk
  - Planners, Genesis, Google classroom, Email
- **Move towards the consultant mode to an extent**
  - More monitoring less hands on
  - Encourage child to connect with the school
  - Use student assistance services as needed
- **Model the behavior you expect from your child**
  - Confidence
  - Composure
  - Focus/organization
- **Allow for mistakes and failures**
  - Role play challenging situations
- **Balance freedom with responsibility**
Family Goal Setting

✓ Link student’s goals with family’s goals
  ✓ Create a vision of success together
✓ Be specific
✓ Identify behaviors they do well
✓ Identify areas in need of improvement
✓ Create a daily/weekly plan that utilizes strengths and improves weaknesses
✓ Set up rewards for goals accomplished
✓ Write it all down see it everyday
Middle School Health Requirements

- Immunizations: Tdap and Meningococcal Vaccinations
- Middle School Health History Update Form
Physical Changes in Early Adolescence 11-13

Girls

- Body shape changes
- Breast development
- Underarm hair
- Pubic hair
- Peak growth (height, weight, muscle mass - within one year of onset of puberty)
- Menstruation (18 months - 2 years after onset of puberty...average onset just before 13th birthday)
- Prepare your daughters with information, loving support and supplies!
Physical Changes in Early Adolescence 12-14 Boys

- Testes enlarge and skin thickens and darkens
- Penis growth
- Pubic hair
- Underarm hair
- Chest hair
- Voice Change ~ voice box (larynx) enlarges
- Peak Growth (height, weight, muscle mass- two years after onset of puberty)
Nutrition

- Boys: 2,800 Calories ~ Girls: 2,200 Calories
- Growth Spurt and Appetite Surge
- Eat Breakfast, Pack Lunch and Snacks
- Family Dinner

Sleep

- Change Circadian Rhythm (Body Clock) in Teens
- 8.5- 9.5 Hours of Sleep Needed

Hygiene
Middle School Nurses

Encourage Resilience and Competence
Foster Independence and Self-care

Visit the Nurse’s website from each school homepage

- Glenfield:
  Debra Rolandelli 973-509-4174

- Mt Hebron:
  Eva McGorry 973-509-4221

- Renaissance:
  Betty Strauss 973-509-6410