



Back to School - Five Tips To Help Your Middle and High Schooler Adjust

Going into middle and high school comes with a surge of adolescent hormones, uncertainty about the future, and the characteristic nervousness associated with a new school year — the transition from elementary to middle and middle to high school may be the most stressful in your student's life. Anxieties include, "Suppose I can't find my way around and am late to class?" "I've heard that the teachers are really strict and mean." "Suppose older kids pick on younger kids?" "Suppose I have no one to sit with at lunch?" "Suppose I have no classes with any of my friends?"

While our kids are going through a minefield of development and changes, there are a number of things parents can do to help ease the tension and support their student. One thing we must not do is pull back from supervision. We may feel like our kids are "at that age" where they need to be more independent. That's true, but they still need parents and healthy boundaries to keep them safe.

Below are five tips for middle and high school parents.

Middle School

1. Identify and calm common entry fears of middle school – Let them know that you understand their fears and that within the first few weeks, the new school routine will establish a sense of familiarity.
2. Supervise the completion of all homework – Most young people don't self-correct from academic failure. Set a good homework routine and help develop study skills to help your child be successful.
3. Let your middle schooler know that you want to be told about any social cruelty that occurs in person or online.
4. Encourage involvement – Middle School offers many activities, sports and clubs. The Fountain Hills Coalition offers an Above That Club that meets monthly after school.
5. Connect with other parents – Stay in the know. The Safe Homes Network connects parents in Fountain Hills for the sole purpose of keeping our kids safe and healthy. Download our mobile SHN app. It's free and a quick reference to other families in Network. For Droid instructions [CLICK HERE](#). For iPhone instructions [CLICK HERE](#).

High School

1. Encourage involvement – Fountain Hills High School offers many different activities, sports and clubs. Getting involved will help your child feel a part of the school culture. Urge him or her to take that often stressful first step of attending a meeting that interests him/her. The Coalition sponsors an after-school club, Above That 2, and we're looking for new members.
2. Promote time management- With an increased workload and a quickened pace of learning, many students struggle to keep up. Coach your son on how to prioritize assignments and activities, so Sunday nights don't turn into a fight to get everything done. Buying an agenda or planner is an easy first step to keeping your teen organized.
3. Avoid discussing college - The first few months of high school are indeed stressful. Academics are, of course, a top priority, but so, too, are building and maintaining friend relationships and finding your way. Heaping on the pressure of thinking about college may not prove as productive as you may think. Instead, help your teen focus on what he/she can do to be successful now, what good habits to continue, and what

constructive changes to make.

4. Focus on health- So much focus is placed on grade point average and starring in the school play that often the most important aspect of your child's life falls by the wayside — his or her health. Ensuring that your high schooler is getting enough sleep, eating well, and managing stress will only make him or her more productive and happier in the long run.
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It's Time For Our 4th Annual Back 2 School Bash!

Friday, August 24th from 5-8:30PM

Back to School time means our 4th Annual Back 2 School Bash is just around the corner!

Join us Friday, August 24th from 5-8:30PM at Four Peaks Park for end of summer fun that includes games, waterslides, food, music and much more! Along with our Town of FH Community Services Department, we invite you to attend this FREE, family-friendly event! Be sure to stop by our Coalition table for some cool give-aways and remind your friends to come by to learn about our \$20 Safe Homes Network Back 2 School pledge promotion before it ends on August 31st!

See you there!



Safe Homes Network Pledge Promotion

If you are currently a Safe Homes Network member and have a student in high school, it's not too late to renew your pledge and receive \$20 via mail if you renew before



August 31st. Thank you for your continued support of Safe Homes Network!

Click [HERE](#) to renew your pledge.



Thank You! Spotlight

Thank you! to the following businesses for their financial contributions to the B2S Bash: Launch Real Estate, Bay Equity Home Loans and Thrivent Financial. We appreciate your support!