

The Middle Years

Spring Hill Middle School

Goals for the Night....

- To increase your comfort level with sending your child to middle school.
- To heighten your awareness of life in the middle school and set a foundation for the years to come.
- Introduce you to the ins and outs of life as a Maverick



Session Outline - in Two Parts+1

Part 1 - The Day to Day Maverick Life

-what you and your child can expect about middle school

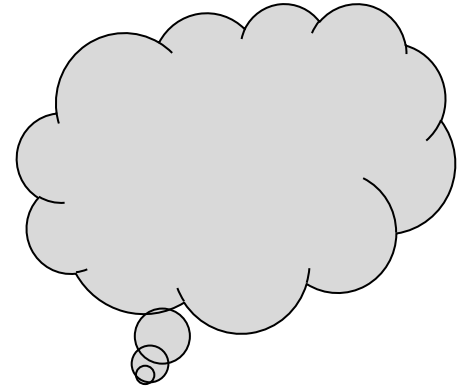
Part 2 - The Adolescent Brain and their Social & Emotional challenges

-a look into the developmental challenges of middle school

+1 - Impact of Social Media

-Spend time with Krista Boan from Wait Until 8th, as she discusses the dangers and impact social media has on our kids.

Think Back.....



What do you remember about middle school??

The perception of Middle School.....



The Reality of Middle School...

We strive to create an environment where all kids can feel safe and welcomed!

We are not perfect, yet we strive to coach kids in working through their daily struggles toward becoming a better person.

A Day in the Life of a Maverick

7:45 am–Dropped off at school. Wait in the commons until 7:55.

*breakfast if desired and a time to reconnect with peers.

7:55 am – Bell rings and student's begin the journey to their lockers & classroom.

*lockers, MacBooks, hypersensitivity to others

8:05-8:47 – 1st Hour Electives

* bathrooms, nurse, hallways

The Day in the Life of a Maverick

8:51-1:55- 2nd-6th Hours CORE CLASSES & Recess

* Lunch, Homework, Passing Period, Grades, *The Principal's Office*

1:59-2:29 -7th Hour Homeroom

*A class designed to help students be successful in school.

2:33-3:20 - 8th Hour Electives

*Elective Options

3:20 - Dismissal

*Car, Bus, Walkers

The Adolescent
Brain &
Social-Emotional
Development

Who is the school counselor and what does she do?

Becky Beach

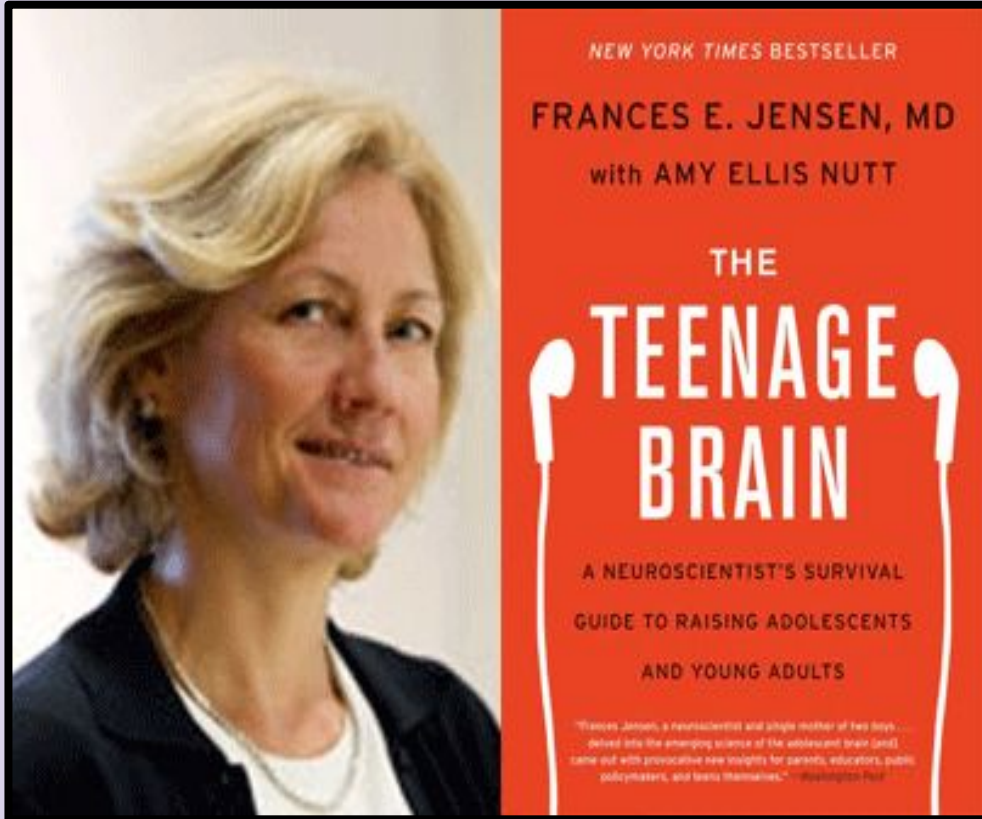
- Married to an elementary school principal
- Mom to four students in the Spring Hill schools
- Worked for the school district since 2013
- Education
 - Master's in Rehabilitation Counseling from WVU
 - Master's in School Counseling from ESU

My Job is to provide (handout available)

- Direct Student Services
 - School Counseling Core Curriculum
 - Individual Student Planning
 - Responsive Services
- Indirect Student Services
 - Consultation
 - Collaboration
 - Referrals



The Teenage Brain



A teenage brain is like a Ferrari with weak brakes.

Frances Jensen, M.D.

The Human Brain

Frontal Lobe

Suppresses socially inappropriate behavior.
Predicts consequences of actions.
Plays a role in the choice between good and bad actions.

Parietal Lobe

Assists with the interpretation of touch.
Plays a role in the knowledge of numbers and their relationships.
Helps with the understanding of objects, shapes, and space.

Occipital Lobe

Processes and makes sense of visual information.

Temporal Lobe

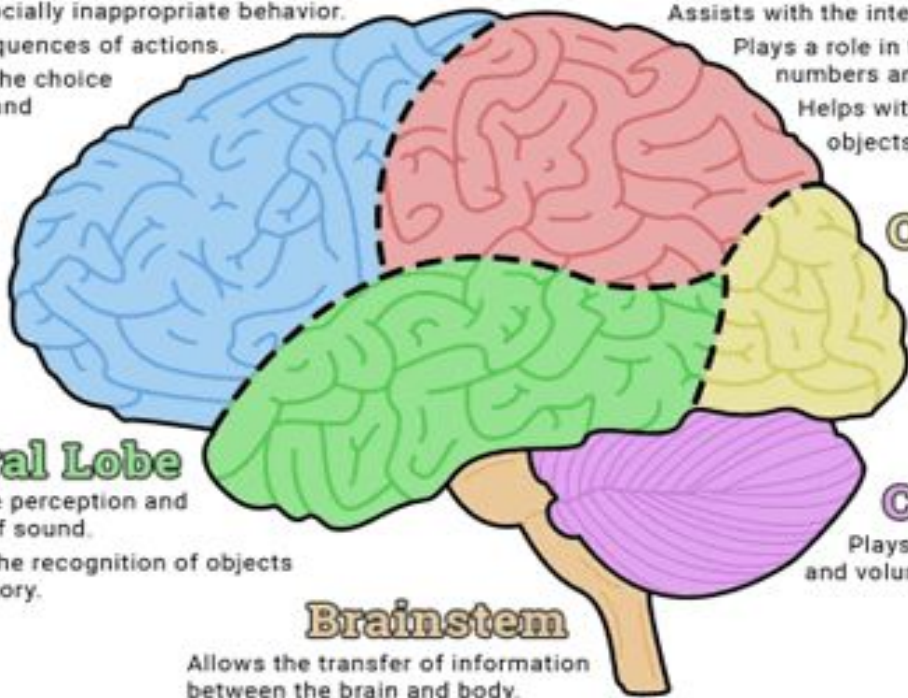
Assists with the perception and interpretation of sound.
Plays a role in the recognition of objects and visual memory.

Cerebellum

Plays a major role in balance and voluntary motor skills.

Brainstem

Allows the transfer of information between the brain and body.
Plays a role in automatic functions such as the heartbeat and breathing.



Why do they do that?



Social-Emotional Development

- Self Awareness
- Developing a sense of identity
- Testing the limits
- Social Awareness
- Emotions start to become more intense & change quickly
- Learning to manage relationships



How you can help with their development and transition?

- Have a great deal of patience and empathy
- Talk about morals, help them define theirs
- Encourage your child to speak openly about their issues/concerns
- Point out the positives
- Discourage comparisons
- Help them see beyond the current situation
- Empower your child
- Establish routines, set limits, and help them learn time management and planning skills
- Teach them about responsible decision making
- Provide opportunities for independence
- Consider working with a professional



A rectangular image of a dark, textured chalkboard. The words "Any Questions?" are written in white chalk in a cursive, handwritten style. The word "Any" is on the top line, and "Questions?" is on the bottom line. The background of the chalkboard shows various dark smudges and streaks from previous use.

Any
Questions?