

topics to
talk with
your child
about



PARENT UNIVERSITY NOTES:

1.

2.

3.

4.

**Life in
the
Middle**

"Every home is
a university
and the parents
are the
teachers."
-Ghandi

1. YOUR CHILD IS NORMAL.
2. LISTEN TO YOUR CHILD & EMPOWER THEM TO ACT.
3. HELP YOUR CHILD OWN THEIR LEARNING & DECISIONS.
4. NEVER FORGET THAT YOU ARE THE PARENT.

Leadership
Engagement
Accountable
Disciplined

Steps to helping your child socially:

Step 1: Observe your child to find out who they are socially.

Is she passive? Aggressive? A self-starter? Listen to her choice of words and sensibility, and trust your instincts. Parents are often able to detect that something is not quite right, even without their child saying a word. For instance, you may notice changes in the way she acts toward you or her siblings or that she rejects favorite activities. A typically early riser may slump over her cereal, while a child that's always loved school might suddenly complain about boarding the bus. Having this information will help you to better navigate the next steps.

Step 2: Connect with them without taking over.

This means asking questions and doing your best to empathize. Think about replacing your standard "How was your day?" with more socially focused questions, such as, "Who did you play with on the playground?" "Did you make any new friends today?" As you listen to your son, restate what he tells you in your own words. For example, "It sounds like you were angry that Jack did not save you a seat on the bus." This will help her know that you are on his side before you switch into problem-solving mode.

Step 3: Guide them as a teammate.

Work together to brainstorm possible solutions until you find a few you both agree on. Simply seeing that there are numerous possible solutions to a seemingly impossible problem is empowering. Another powerful strategy is to tell her a story from your own life that mirrors her experience. Your child will be eager to hear that they are not alone in facing social setbacks and disappointments.

Step 4: Support them to act on one of the solutions.

Remember, he chooses his actions and follows through, not you. If he's nervous, role-playing can help build a sense of comfort and confidence to face difficult social scenarios. Remind your child that there is no single right way to approach or resolve a complex problem.

Not every situation requires all four steps. And in some situations, you may need to revisit each step more than once. Observing and connecting with your child on a regular basis will often allow you to see patterns or notice that your child is unhappy. If your child or another child is in physical or emotional danger or placing someone else in danger, of course, it's best to act immediately and involve the proper supports and authorities.

Additional Resources

-<https://yourteenmag.com/teenager-school/teenager-middle-school/top-10-things-to-expect-in-middle-school>

-<https://www.verywell.com/middle-school-facts-for-tweens-and-their-parents-3288096>

-<https://www2.ed.gov/parents/academic/help/adolescence/adolescence.pdf>

-<https://www.kidsinthehouse.com/>

-<https://childmind.org/topics-a-z/>

-<http://www.stanfordchildrens.org/en/topic/default?id=the-growing-child-adolescent-13-to-18-years-90-P02175>



Individual Plans of Study: An Overview for Families

As students navigate through high school and into career and college, it is important that they set educational goals and create a roadmap for success. This roadmap, or Individual Plan of Study, includes the development of a flexible career focus and an education plan to assure a successful transition to further education after high school (postsecondary education, i.e. technical, 2 yr. or 4 yr. colleges and universities) and/or the workforce. **The Kansas State Board of Education expects all school districts to implement Individual Plans of Study for all students beginning in the middle grades.**



What is an Individualized Plan of Study (IPS)?

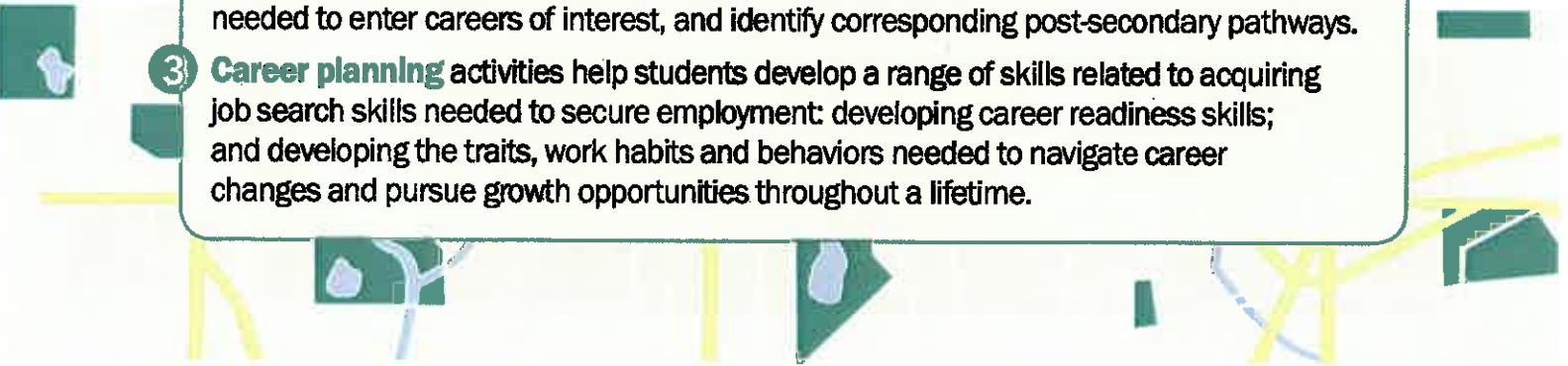
- An Individual Plan of Study (IPS) is both a product and a process that students may use with support from school counselors, teachers, and families to help them define their career goals and postsecondary plans and make informed decisions about their courses and activities throughout high school.
- The process of examining self-interest and aptitudes, setting goals, and laying out a plan that will lead toward those goals will serve students long after they have left high school.



How and when is the Individual Plan of Study (IPS) used?

The IPS is not a one-time activity, but an ongoing process by which students define, explore, and then refine their interests and goals throughout high school. Students usually begin using an IPS in middle school to guide their decisions about high school courses and start a process of career and college exploration.

The IPS is more effective when it is regularly reviewed and updated beginning in middle school and continuing through and beyond high school. Quality IPS activities provide opportunities for students to engage in three phases of skill development: 1) self-exploration, 2) career exploration, and 3) career planning.

- 1 Self-exploration** activities develop a student's ability to identify career interest, skills, and work values.
 - 2 Career exploration** activities develop a student's ability to connect their interests, skills, and values to a range of career options, identify the school courses and employability skills needed to enter careers of interest, and identify corresponding post-secondary pathways.
 - 3 Career planning** activities help students develop a range of skills related to acquiring job search skills needed to secure employment: developing career readiness skills; and developing the traits, work habits and behaviors needed to navigate career changes and pursue growth opportunities throughout a lifetime.
- 

What information is included in an Individualized Plan of Study (IPS)?

The IPS includes information specific to each student that families, students, and school personnel can use to guide decision making and monitor students' progress toward goals. The IPS may include the following information: skills, abilities, hobbies, and accomplishments; graduation requirements; current and past classes and activities; grades and test scores; examples of student work; results from career, college, and interest inventories; personal goal statements; work based learning experiences and, college and financial planning activities.

How can families participate in the development of the Individualized Plan of Study (IPS)?

It is important for families to show an active interest and support for their student's interests and abilities, as well as the IPS process. One way family members help influence their student's perspectives of work and postsecondary education is by providing a variety of life experiences. By communicating perceptions of work, parents help contribute to their student's personal, career, and academic development.

Although the school is responsible for the development of an IPS, it is important for families to contribute and participate in their student's IPS process. Families should attend any and all of the Parent/Teacher Conferences or school meetings in which the IPS may be discussed, developed, or updated.

In order to provide input into the IPS process families could consider:

- Their student's strengths and challenges
- How he/she learns best
- What he/she enjoys doing
- His/her special talents
- Their main hopes for their student this year
- The long term goals for their student
- Other services supporting their student
- Questions they may have about their student's future

Families may also be asked to provide their signature on the IPS. This ensures that the families have participated in the discussion and the development of the IPS.

It is important to understand that the IPS is a flexible product that is built on the student's interests and skills. It is understood that a student's interests may change at any time in the IPS process and the IPS can be adjusted accordingly.

How can families find out if their student's school has an Individualized Plan of Study (IPS)?

If families are unaware if their student has an IPS or are unsure if their middle school or high school develops an IPS for each student, they may ask a school counselor, teacher, or principal about the IPS process in their school.

Do students with an Individual Education Program (IEP) also need an Individual Plan of Study (IPS)?

The IEP is a legal document required for any student receiving special education services under the Individuals with Disabilities Exudation Act (IDEA). The IPS is a product and a process for ALL students including those students with an IEP. The IPS can be an excellent resource in the development of the transition planning requirements of an IEP.

Find more information on the
Kansas Individual Plan of Study (IPS) at:

[http://www.ksde.org/Agency/Division-of-Learning-Services/
Career-Standards-and-Assessment-Services/CSAS-Home/
Individual-Plans-of-Study-IPS-Student](http://www.ksde.org/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/CSAS-Home/Individual-Plans-of-Study-IPS-Student)



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Announcements

www.shms.usd230.org

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YouTube:

USD 230 Spring Hill KS

Pinterest:

Spring Hill KS USD 230

LinkedIn:

USD 230 Spring Hill KS

Google+:

USD 230 Spring Hill KS

How to use social media

Social media is a great way to connect with your school. Spring Hill Middle School and USD 230 use social media to let you know about upcoming events, share accomplishments, and provide important information. Please like, love, share and comment on our posts.

If you have a problem or concern please reach out to a teacher or administrator by email, phone call or make an appointment to see them. We respect the privacy of our students, parents, and staff, thus we will not engage with patrons via social media in issues that should be addressed personally.

Please engage with the Spring Hill Middle School PTO page. They are a great resource for all the events and information related to PTO. Please post questions regarding PTO to their page and questions regarding school activities to the school page. We want to ensure you are receiving accurate information directly from the appropriate representative.

Announcements and Maverick Minutes

Weekly announcements and Maverick Minutes can be found on the Home page of our website.

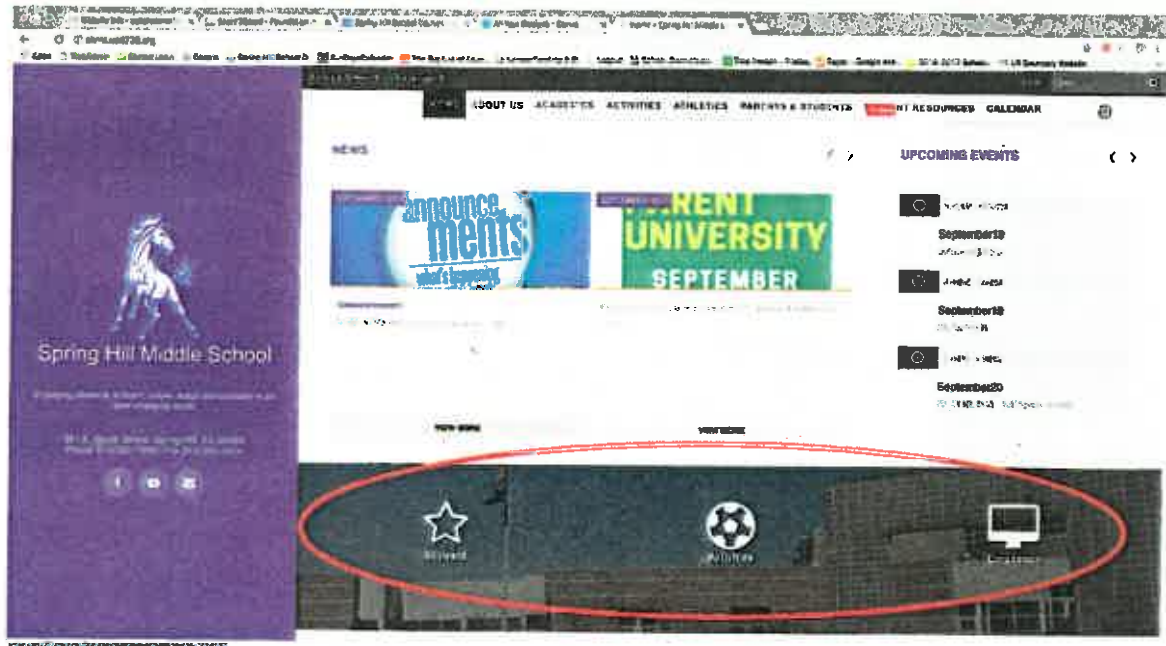
Website

The website is a valuable resource for district and school specific information. You can find the calendar of events, student handbook, current news, community resources, student activities, teacher webpages, Skyward access, and much more. www.shms.usd230.org

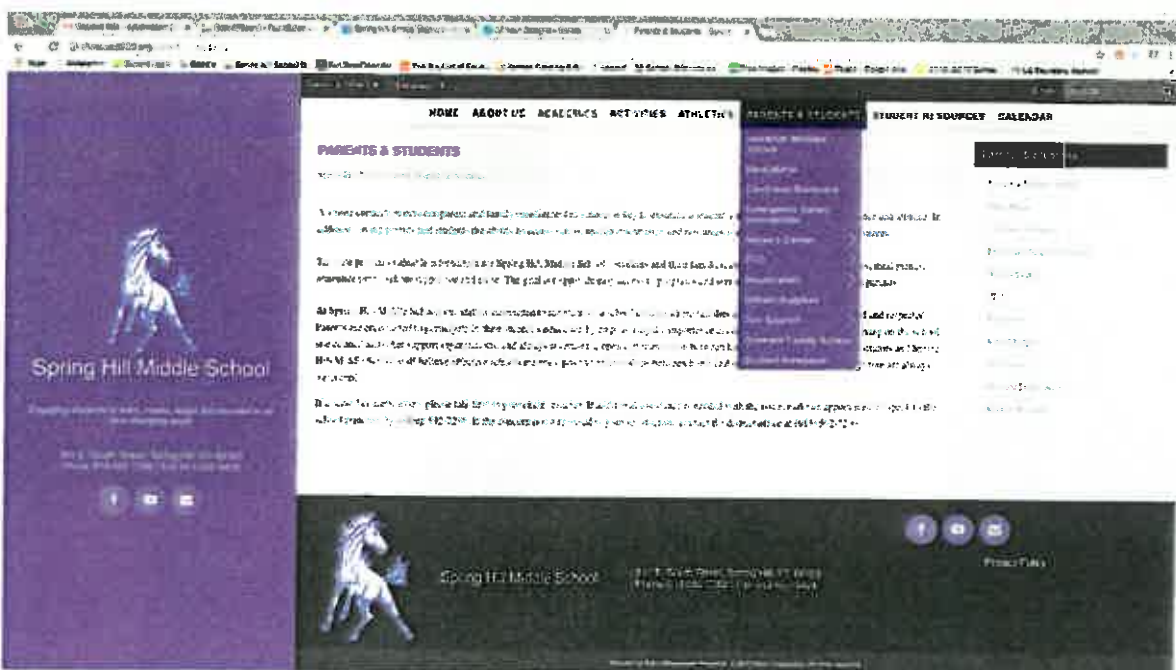


SHMS Website Tips

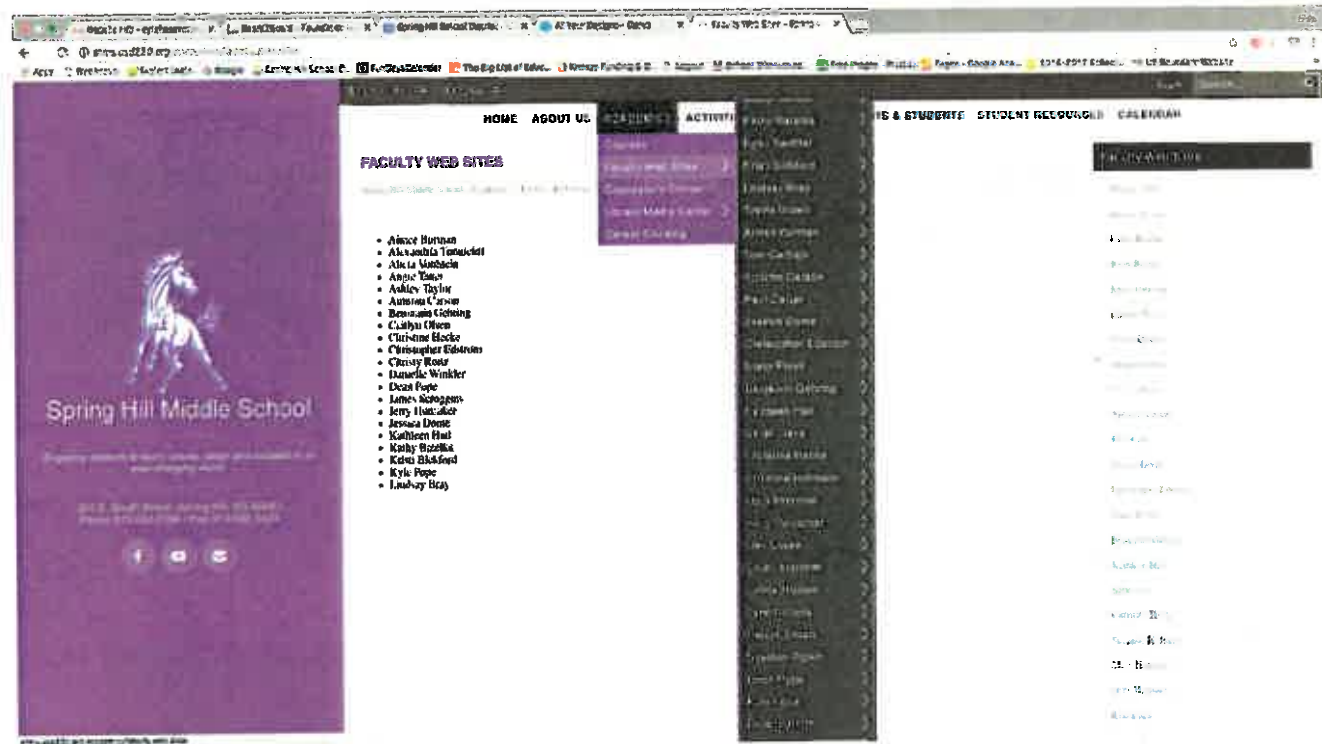
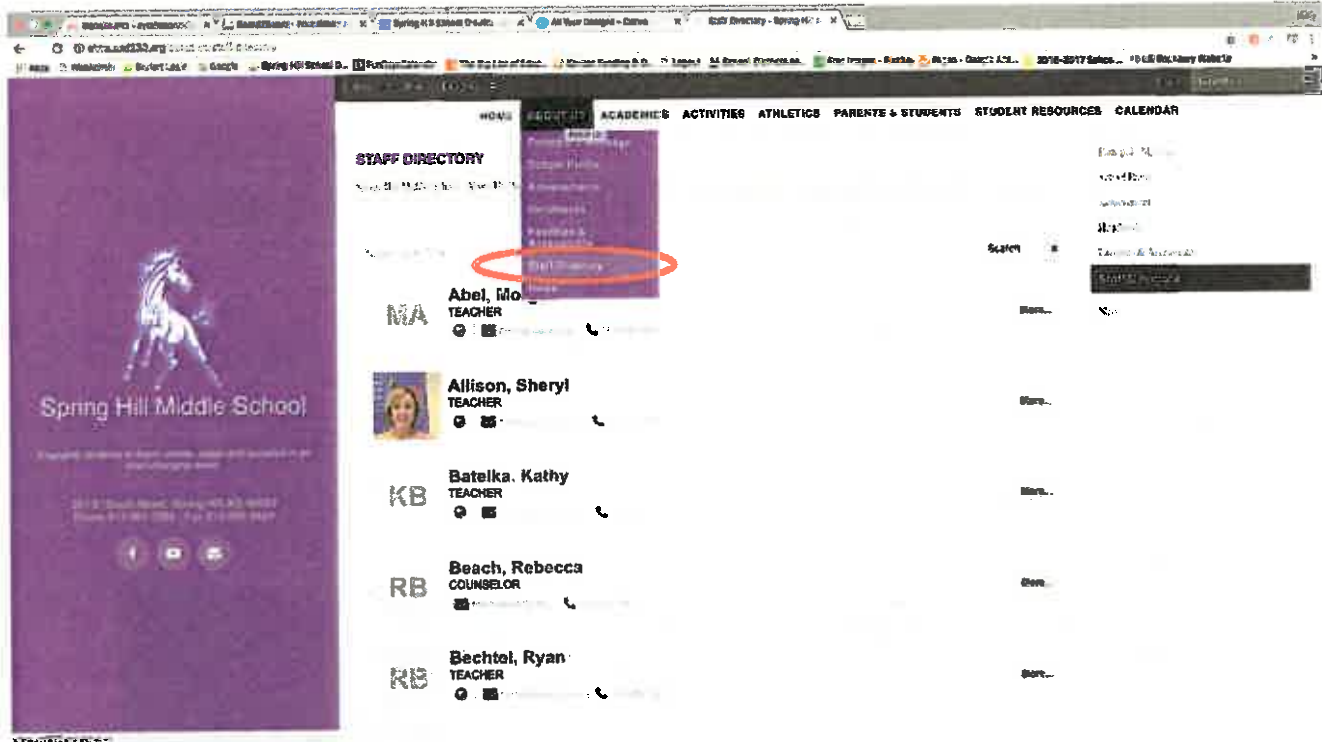
Find the things you access frequently in the Quick Links section on the Home page.



Find Maverick Minutes Videos, Meal Menu, Electronic Backpack, Nurse's Corner, PTO, Site Council and much more in the Parents & Students drop down menu



Contact information can be found using the Staff Directory or Teacher Webpages (click on Faculty Web Sites to view the entire list).



SPORTING HILL MIDDLE SCHOOL'S TOP 5 SKYWARD LIFE HACKS for Maverick Parents

Check Grades: You don't have to wait for grade cards to come out to see how your student's grades are doing. Click on the **GRADEBOOK** tab to see your student's current progress in each class. You can even click on the grade to see an itemized list of graded assignments!

Lunch Account Balance: Where does it all go? Skyward can show you! See your student's balance and purchases, and add money to their account from the **FOOD SERVICE** tab.

Schedule: Seven or eight different classes can be hard to keep track of. Skyward allows you to view your student's schedule and teacher information by clicking on the **SCHEDULE** tab.

Missing Assignments Email: Helping your student stay on top of absent or late work has never been easier. If your student has an assignment marked missing in the gradebook that they need to make up, Skyward will let you know! Be sure to opt in to receive these emails.

Message Center: Feeling out of the loop? Skyward can help! The Message Center, viewable from the Family Access homepage, is a great place to view upcoming events for the week, messages from teachers, and more!

The screenshot shows the Skyward Family Access interface. At the top, there are navigation tabs: Calendar, Gradebook, Attendance, Student Info, Food Service, Schedule, Discipline, Test Scores, Fee Management, Activities, Educational Milestones, Academic History, Portfolio, Skyler, and Login History. Below the navigation is a section for 'Family Access' with a search bar for 'STUDENT'S NAME'. There are two main content areas: 'You have unread messages' and 'Upcoming Events'. The 'unread messages' section lists several messages with dates and times, including 'SHMS Activities - Sept 25th - 30th', 'Monday, September 25th - FINAL DAY FOR FUNDRAISER ORDER TURN IN', 'Tuesday, September 26th', 'Wednesday, September 27th', and 'Thursday, September 28th'. The 'Upcoming Events' section lists events like 'Today, Mon Sep 25, 2017' and 'Today, Mon Sep 25, 2017'.

For more information on how to access these features and many others, go to <https://www.skyward.com/parents-and-student/sfamily-access-toolkit/parents>.

