

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