

# Tips for Heroic Parents

From the desk of Liz Brewer and Hattie Rush

## **EMOTIONS IN THE MIDDLE YEARS**

*Moody, private, self-conscious.....if this sounds like your middle grader, you're not alone. At this age, his/her body and emotions are changing rapidly. Here are ways to help him cope.*

- *Managing Moods - Physical growth and worries about friends, sports, and schoolwork can cause moodiness. Let your child know you are available to talk.*
- *Finding Privacy - It's natural for your middle grader to want some time to themselves. Show them you respect their growing need for privacy by giving them space.*
- *Fitting In - Many middle graders feel self-conscious. Being part of a group of people who share their interests can help your youngster focus on their strengths and feel more confident. Encourage them to participate in extra-curricular activities outside of school.*



**NAVIANCE...** What is Naviance? Naviance is a computer program in which students and parents can start planning their careers prior to high school. This program allows parents and students the ability to “log in” and check out careers, interests, view colleges, and etc. through Family Connection independently, at home or in classes at school. To LogIn go to Naviance on the CMSD website. Click on Sign In: Students and Families. Next put in the school zip code 39705. Click on Columbus Middle School in the box. Students will type in their school username and password. Their first task will be to take the *About Me Survey*. They are also encouraged to explore careers in the Roadtrip Nation section. **Stay tuned for more instructions to come.....**

**MORE TO COME.....**

**LEARNING AND EARNING.....**Students will get rewards for GOOD BEHAVIOR at school by earning credits and making purchases in the *CMS INCREDIBLE LE STORE*. Items may be purchased online or in the store. Students can make purchases or save credits to purchase big items or save to be eligible to win Grand Prize INCREDIBLE LE items at the end of the year. Students will have their own passwords and usernames to login to their own account. **More information to come.....**