

**Parent & Student Weekly Email  
Nitschmann Middle School Weekly Update  
Sunday, October 29, 2017 to Sunday, November 5, 2017**

**[Home of the Nitschmann Nation!](#)**

**All of this information can be downloaded at our [Nitschmann Middle School Website!](#)**

**Stay on top of your child's grades & attendance at [BASD Parent Portal](#)**

**Attachments to Review**

November Middle Years Newsletter

**Upcoming Dates to Be Proactive!** (All dates are listed on our [NMS website](#))

*11/3 School Dance; 11/5 Bethlehem Parade; 11/6 NPG Meeting; 11/7 No School/Teacher In-Service/Election Day; 11/16 David Tuck Assembly; 11/20 Fall Conferences 12pm-3pm; 11/21 NPG Holiday Extravaganza 4-9pm, Fall Conferences 5pm-8pm; 11/22-27 School Closed/Thanksgiving Break; 12/25-1/2/18 No School/Winter & Holiday Break; 1/15 No School/MLK Day; 1/24 1st Semester Ends; 2/15 Winter Conferences 5pm-8pm; 2/16 No School/Teacher In-Service; 2/19 No School/Presidents' Day; 3/29-4/2 No School/Spring & Easter Break; 4/9-13 PSSA ELA Exams; 4/16-20 PSSA Math Exams; 4/23-27 PSSA Science Exams; 5/28 No School/Memorial Day; 6/7 Last Day of School*

**Monday, 10/30 Day 1**

**Tuesday, 10/31 Day 2** El Café del Día de Los Muertos @ Breakfast

**Wednesday, 11/1 Day 3** End of 1st Quarter (Report Cards 11/14)

**Thursday, 11/2 Day 4** Start of 2nd Quarter

**Friday, 11/3 Day 5** School Dance 6pm-8pm

**Saturday, 11/4**

**Sunday, 11/5** Daylight Savings Time Ends, Makeup Date Bethlehem Halloween Parade 12pm

**\*All athletic events are listed at the bottom of this email \***

**PE/Health Schedule**

Wills and Wallace in Gym

Villani in Health

**Recent Nitschmann News!** (Always posted on our Social Media sites too!)

*Twitter [@NitschmannMS](#); Facebook [@NitschmannMiddleSchool](#); Instagram*

*[@BASDNitschmannMS](#); Google+ [@NitschmannMiddleSchool](#); Pinterest [@NitschmannMS](#);*

*[NMS School Website](#) ; [YouTube](#)*

**Thank you! (Ellis/Kocon)** Nitschmann Middle School Student Council would like to thank the Nitschmann Nation for its tremendous support of our Walk-A-Thon this year. With the students hard work and everyone's contributions we were able to raise over \$12,000.00 for student activities! Great job Lions!

\*\*\*\*\*

**School-wide Announcements**

**BASD E-News (Dr. Roy)** The [October 27, 2017, Edition of the BASD e-News](#) is available for you to view.

**David Tuck, Holocaust Survivor (Getz)** All parents and community members are invited! David Tuck will speak at Nitschmann on November 16th from 1:15-3:00. If you plan on attending, please arrive a few minutes early. He will share his story and experiences as a survivor of the Holocaust. Check out his biography here: [David Tuck Biography](#)

**End of the 1st Quarter on Wednesday 11/1 (Mayes)** A reminder to all parents to double check the Parent Portal for an update of your child's grades and make sure any missed assignments are completed before the end of the 1st Quarter this Wednesday 11/1! Link: [BASD Parent Portal](#)

**NEW! All Students After-school Recreation Club with City of Bethlehem (Mayes)** The City of Bethlehem is starting a new afterschool club at Nitschmann for students on Monday & Thursdays, starting on November 6th. Students should please enter the information below if you are interested in participating in a recreational game club after school. These will be playground-style games, played indoors in the Auxiliary Gym from 3:10pm-4:10pm. We will group later this week to start next Monday, November 6. Link to Register: <https://goo.gl/forms/KA0BhIPWaStORW9n1>

**NEW! Intro to Breakdancing with City of Bethlehem (Mayes)** The City of Bethlehem is starting a new afterschool club at Nitschmann for students for an Introduction to Breakdancing. Dates & Times to be announced. Link to Register if Interested: <https://goo.gl/forms/LiKmwTIwr3UW4ryn1>

**NEW! School Dance Friday (Hriniak/Kehler)** This Friday will be our 2nd school dance of the school year, benefiting the Nitschmann Dramatics Club. Come to the Nitschmann Gone Wild dance on Friday Nov. 3 from 6:00-8:00pm. Dress up as your favorite animal (no masks or full face paint). Tickets are \$6 and will be sold at school this week and at the door on the night of the dance. Go to Mrs. Hriniak's website to request a song!

**NEW! The Lion's Den (Dendrinov/Evancho)**- The grand opening of the school store will take place this Wednesday Nov. 1st. It will be open Mon, Wed, and Fri starting at 7:45 AM through homeroom. It will also soon be open at lunch one day a week. Stay tuned...

**NEW! Candy for our Troops (Ellis/Kocon)** NMS Student Council is collecting candy to send to our servicemen and women serving overseas. Last year we donated 25 copy paper boxes full of candy! Send in your extra, unwanted, or newly purchased candy. Homeroom teachers will collect the candy. Donations will be accepted through November 6th.

**Nitschmann Parent Group (NPG) -Follow us on Twitter! [@NitschmannPG](#)**  
[nitschmannparentgroup@gmail.com](mailto:nitschmannparentgroup@gmail.com)

**Executive Committee**

Pres. - Erin Coughlin [ecogs76@gmail.com](mailto:ecogs76@gmail.com)

VP - Deb Clark [clark70g@msn.com](mailto:clark70g@msn.com)

Treasurer -

Secretary / Volunteer Coordinator - Kimberly Marcantonio [JK0359@HOTMAIL.com](mailto:JK0359@HOTMAIL.com)

### **PAC Representatives**

- 1) Amy Wuertele
- 2) Kimberly Marcantonio
- 3) Therese Gyauch

**Box Tops!** Please send any box tops with your child to school!

**NEW! Update (Coughlin)** Friday November 3rd is the school dance and I am still in need of a few volunteers to help the night of the dance. Also I could really use some bake goods that we can sell at the dance. If you can donate your time or baked goods please send me an email or shoot me a text. Let's make the dance an amazing time. Don't forget our next NPG meeting is Monday November 6th at 6:30 at Nitschmann. We will be discussing The Holiday Extravaganza and recapping the dance. Hope to see you there! Have a great week!

### **Academic Team Updates**

**Team Lafayette** (6th) (Twitter [@NMSLafayette](https://twitter.com/NMSLafayette)) Team Lafayette toured Lafayette College on Tuesday. They also did a science experiment with a professor and his students. It was a fun and educational day! On Friday, students dressed as Idioms. They paraded through the auditorium and had their picture taken. Then the sixth grade students who made their Chips Ahoy goal played bingo. Next Tuesday, Team Lafayette will be given a tour of Historic Bethlehem. All students should bring a bag lunch. In science, we started our PPL energy project. Energy kits were sent home. Please help your child complete the energy assignments. They are due November 3. In math, students are learning about integers. Team Lafayette students are almost finished presenting their Island Projects in social studies.

**Team Lehigh** (6th) (Twitter [@NMSTeamLehigh](https://twitter.com/NMSTeamLehigh)) None at this time.

**Team Moravian** (6th) - (Twitter [@NMSTeamMoravian](https://twitter.com/NMSTeamMoravian)) please like our new Facebook page [@Nitschmann Team Moravian](https://www.facebook.com/NitschmannTeamMoravian) to see the pictures from our Idiom Day on Friday! The students are working hard on preparing for their student led conferences in a few weeks. Be sure to look for the sign up link. You won't want to miss this great opportunity.

**Team Kutztown** (7th) (Twitter [@TeamKutztown](https://twitter.com/TeamKutztown)) This week marks the end of the first marking period. (Nov. 1) All work missed during absences must be made up. (Have your child see his/her teacher if they are missing any grades.) There will be many assessments given this week, and although there will not be more than 2 unit tests on a given day, your child should organize a schedule for study. **Math** - Students in periods 2 and 5 are having a test on UNIT 2 on Monday. Students in period 1 are having quiz on ratios and proportions on Monday. Students must check parent portal for missing homework grades that must be turned in by the end of the quarter! Beginning Quarter #2 late homework will no longer be accepted unless students have been

absent or unless prior arrangements have been made. **English** - Students will complete a Literature Unit on the short stories of "Saki." All literary terms should be reviewed by applying them to the stories that were read. These terms should be in the literature notebook. (inference, theme, foreshadowing, dramatic irony, situational irony, setting, internal/external conflict, and satire) Vocabulary Lesson 6 is due on Thursday. (sentences & definitions)

**Science** - This coming week students will be taking the second part of the test on the metric system on Tuesday, October 31st. Following the test, they will learn how scientists solve problems using the scientific method.

**Team Penn State** (7th) (Twitter [@NMSPennState](#)) Parents and students - please check grades on the parent portal this weekend as the quarter ends on Tuesday. **SCIENCE:** We have learned all the characteristics/qualities of all living things. This will lead us into our unit on the microscope, which will allow us to see the basic unit of life....cells! **Geography:** "Create a Place" projects are due on Monday. Students designed a place using the 5 Themes of Geography. The project must include an image for each theme and be in color. **Reading:** All work due on Reading Class on Tuesday, October 31st. **ELA** - vocabulary quiz Tuesday, all anchors due by Tuesday. **Math:** Periods 1,2,5,and 7 have a quiz Tuesday on unit rates and proportional relationships (textbook sections 2-1 - 2-4). Period 8 has their Unit 2 test on Thursday.

**Team East Stroudsburg** (8th) (Twitter [@NMSTeamESU](#)) What a wonderful day for a football game! Although the Warriors were shut down in the 4th quarter, the students from ESU had a great day on the campus of East Stroudsburg. We tailgated, played some pre-football football, watched the game, had photo ops with the cheerleaders and the Warrior mascot, and had an all-around great day! Thank you to the parents who donated food/drink items for us, for those parents who ventured on the bus with us, and for those who met us there. It really was a great time! If you missed it, hopefully we will have other opportunities like this one later on in the year. GO ESU!!!! In ELA, we will continue on with grammar and begin reading NightJohn. We will also start our historical narratives. Tuesday - October 31st - dress like your favorite author or book character! Math 8 students will be taking their Topic 1 Exams. Study! Algebra 1 students will begin identifying the prerequisite skills that they need to work on to get prepared for Topic 2, Linear Equations. History classes will focus on the Columbian expeditions: autocatalytic changes with the exchange of foods, diseases, cultures and religion. Reading classes will continue to read CLK/Manhunt and analyze the character and motivation of John Wilkes Booth. All book reports are due this Monday. Science: We will be exploring the periodic table next week by starting our new element projects. Students will assume the role of a salesperson for an element and they need to create presentations + piktocharts for these projects. They will need to dress business casual when the projects are complete/ready for presentation. Main topics: Periodic Table, Metals, Non Metals, Metalloids, Technology and Business.

**Team Northampton** (8th) (Twitter [@TeamSpartanNMS](#)) Our Team Celebration is Tuesday - PINK is the choice of color! In History, the classroom was flipped this week - watching a video The Vikings: Voyage to America at home. Assignment was given Thursday. Quiz on Tuesday. Students can take notes(optional). This supplements the National Geographic Article handed out

in class on Thursday. Last Chance to get in missed work this week. End of the 1st quarter is right around the corner. We look forward to our Student Led Conferences in November.

**Team Temple** (Encore) ([Blog](#))

**Counseling Corner** (Kehler, Litak, Hipp) None at this time.

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### **Extracurricular Activities**

*Is your child interested in an after-school club or activity? Email the advisor for more information!*

**AM Basketball** (Off. Conley) Thursday morning basketball will be this Thursday at 7am to 7:45am. ALL students will then be required to attend school breakfast. The program will be held in the main gym. Any student involved in a fall sport may not participate due to injury concerns. All students that participate must not be failing more than one class. Academic eligibility will be confirmed prior to each session. If you have any questions please see Officer Conley.

**Anime Club** (Advisors Mrs. Fehr/Mrs. Wallach) Our next club meeting is 11/13 in room 104. Please bring your bookmark to be laminated and any sketches or books with you.

**Art Club** (Advisors Mrs. Kozero/Mrs. Lund) Art Club will have its first meeting on Thursday Oct 26 at 3:15-4:15 in the art rooms. All students who have already submitted an application have been accepted into the Art Club. Art Club is now full and applications will no longer be accepted.

**Bandfront** (Advisor Mrs. Hriniak) Bethlehem parade is postponed to Nov. 5. Regular rehearsals Monday and Thursday mornings.

**Artsmart @ Banana Factory** (Advisor ) - We continue to meet Tuesdays and Thursdays. After working on homework / projects for the first hour, the bus picks us up and takes us to the Banana Factory for the various art classes. The students are making all kinds of awesome artwork! Due to being off for election day and a half a day for students conferences, The Tuesday classes last day will be on Tuesday, November 28th. The Thursday classes last day will be November 16th. Thank you for picking your child up promptly at 6 P.M.

**Cheerleading** (Advisor Mrs. Guerrieri) None at this time.

**Dance Team** (Advisor Ms. Sierra) Practice until 5:30 Wednesday \*Students can bring a snack to eat during practice. \*If they have money, they can get a snack from the snack machine during break. \*\*\* Students must report to a teacher for extra help by 3:10.

**German Club** (Advisor TBA) None at this time

**Heart & Sole Club** (Advisor Mrs. Hipp/Ms. Bouhana) Heart & Sole will practice Tuesday and Thursday this week till 4:45.

**FCS/DIY Club (Advisors Mrs. Del Priore & Mrs. Hoffman)** The FCS/DIY club member list will be posted beside the FCS room doors on Wednesday morning. Stop by anytime to see if your name is on the list. We look forward to the first activity on Tuesday, November 14th! Check your email next week for more information.

**French Club** (Advisor Mrs. Lare) None at this time.

**Intramurals** (Advisor Mr. Ortwein) None at this time

**Intro to Breakdancing (City of Bethlehem)** The City of Bethlehem is starting a new afterschool club at Nitschmann for students for an Introduction to Breakdancing. Dates & Times to be announced. Numbers limited to 15 students. Link to Register if Interested:  
<https://goo.gl/forms/LiKmwTIwr3UW4ryn1>

**Lion Service Club** (Advisor Mrs. McLaughlin) None at this time

**Mathcounts** (Advisor Ms. Novatnak) None at this time.

**National Junior Honor Society** (Advisors Mrs. Wallach/Mrs. Lanzetta) (Twitter-@Njhs\_Nistchmann; Instagram- @Njhs\_Nistchmann ) Our next meeting is 11/1 in room 104 both before (7:45) and after school. Members must attend ONE of these meetings. We will be signing up and planning for our annual fundraiser event, the Holiday Extravaganza.

**Nitschmann Dramatics** (Advisor Mrs. Hriniak) Monday cast, Tuesday crew, Wednesday principals/understudies, Thursday dance committee, Friday dance.

**Pennsylvania Junior Academy of Science (PJAS)** (Advisor Mr. Amen) None at this time.

**Reading Olympics** (Advisor - Mrs. Nonnemacher) We will be meeting Wednesdays until the competition on April 5th, 2018. A calendar was sent home with our schedule for the year. Please ask your child to see it. The students are getting into the routine of reading the books and writing the summaries. We are looking forward to a great year of preparing for the competition!

**Recreation Games Club (City of Bethlehem)** The City of Bethlehem is starting a new afterschool club at Nitschmann for students on Monday & Thursdays, starting on November 6th. Students should please enter the information below if you are interested in participating in a recreational game club after school. These will be playground-style games, played indoors in the Auxiliary Gym from 3:10pm-4:10pm. We will group later this week to start next Monday, November 6. Groups will be limited under 20 students per session and will run until the Spring of 2018. Link to Register: <https://goo.gl/forms/KA0BhIPWaStORW9n1>

**The Lion's Den School Store** (Advisors Mr. Dendrinis & Mrs. Evancho) The grand opening of the school store will take place this Wednesday Nov. 1st. It will be open Mon, Wed, and Fri starting at 7:45 AM through homeroom. It will also soon be open at lunch one day a week. Stay tuned...

**Ski Club** (Advisors Mr. Downey) Blue Mountain has extended sign ups until Nov. 1. Sign up and join us for Monday night skiing at Blue. It is nearly empty on Mondays, so it is great for beginners and families. A link to the payment portal can be found on the Nitschmann website.

**Spanish Club** (Advisor Ms. Bouhana) We will be hosting a Día de Los Muertos Café October 31st from 7:45 to 8:05. Please stop by to show support for Spanish Club and enjoy some delicious food items. We will be selling churros, flan, cupcakes, cookies, sangría, empanadas, and tres leche cake; everything will cost \$1. We have also created a website to showcase our work and events; this month we are focusing on El día de los Muertos. The website is linked below <http://nitschmann-middle-school-spanish-club.webnode.com/>

**Step Team** (Advisor Ms. Sierra) Practice until 5:30 Tuesday and Thursday. \*Students can bring a snack to eat during practice. \*If they have money, they can get a snack from the snack machine during break. \*\*\* Students must report to a teacher for extra help by 3:10.

**Strategy Club** (Advisor Mr. Kehler) Attention needed! Strategy Club is being moved from the large group room by the cafeteria to Ms Mendez's room, 107. Meeting in room 107 will begin this Monday 10/23. We will meet in room 107 for both Mondays and Thursdays. Again, that's room 107 for Strategy Club.

**Student Council** (Advisors Mrs. Ellis) Thank you to the Nitschmann Nation for donating to our most successful Walk a Thon ever! We truly appreciate your support.

**Yearbook** (Advisor Mrs. Ellis) None at this time

## **Nitschmann Middle School Performing Arts Department Updates**

### **Instrumental Music**

*Mr. Zettlemoyer, Instrumental Music [dzettlemoyer@basdschools.org](mailto:dzettlemoyer@basdschools.org)*

### **Instrumental Rehearsal Schedule**

10/30 Monday - Band rehearsal 7:15 AM  
Day 1 Jazz Band 8:26 AM  
10/31 Tuesday - Orchestra rehearsal 7:15 AM  
11/1 Wednesday - Jazz Band rehearsal 7:15 AM  
11/2 Thursday - Band rehearsal 7:15 AM  
11/3 Friday - Orchestra rehearsal 7:15 AM  
11/5 **Bethlehem Parade report 12:30 PM**

### **Important Reminders**

- November 5 - Bethlehem Parade - Meet in the band room [DETAILS](#)

- 
- November 8 - Chipotle Dine to Donate Event - [DETAILS](#)
- **Second Spring Trip payment is due November 15 - [Details](#)**
- How to put on your new uniform [VIDEO](#)
- November school lessons schedule. The lesson schedule can be found here:  
<http://www.nmsim.org/lessons/>

### **Important Upcoming Events**

(Details at [www.nmsim.org](http://www.nmsim.org))

October 30 - November 3 - Orchestra Q2 chair auditions

November 2 & 3 - All is Calm Solo Auditions

November 5 Bethlehem Parade

November 9 Chipotle Dine to Donate

November 6-10 Band Q2 chair auditions

November 10 - NIMAS Bingo Night

The Nitschmann Instrumental Music Association is a part of Amazon Smile. You can shop at Amazon, get great deals and support the Nitschmann Instrumental Music Association all at the same time. Log onto [smile.amazon.com](http://smile.amazon.com) and select the Nitschmann Instrumental Music Association as your charity.

### **Choral Music**

*Mrs. de Vries, Choral Music Director [ldevries@basdschools.org](mailto:ldevries@basdschools.org)*

*Mrs. Parris, Choral Music Director [jparris@basdschools.org](mailto:jparris@basdschools.org)*

None at this time.

### **Lions/Lady Lions Athletics Updates (Twitter @NMS\_Athletics)**

*Mr. Jon Ortwein, NMS Athletic Director [jortwein@basdschools.org](mailto:jortwein@basdschools.org)*

### **Boys Nitschmann Basketball, Interscholastic**

Head Coach Mr. Wills, [jwills@basdschools.org](mailto:jwills@basdschools.org)

### **Girls Nitschmann Basketball, Interscholastic**

Head Coach Mr. Ortwein, [jortwein@basdschools.org](mailto:jortwein@basdschools.org)

### **Boys Nitschmann Volleyball, Intramural**

Head Coach Mr. Kocon, [ekocon@basdschools.org](mailto:ekocon@basdschools.org)

### **Boys Liberty HS Freshman Wrestling**

Head Coach Mr. Veras, [msveras@gmail.com](mailto:msveras@gmail.com)

\*\*\*\*\*

*Mr. Peter Mayes*



*Principal  
Nitschmann Middle School  
A LEAD School, partnering with The Leader in Me  
“Lions Lead the Way!”*

*Our Collective Vision Nitschmann Middle School is committed to cultivating a respectful community of innovative learners who are socially competent citizens ready to meet the challenges of their future.*

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# Middle Years

Working Together for School Success



## Short Stops

### Which language?

Is your child taking a foreign language now or thinking about taking one? Suggest that she weave a new language into her leisure time. She could watch a televised soccer game in Italian, set an online account or her phone to Spanish, or listen to music in French. She'll pick up new words—and be motivated to continue learning.

### “What I do well...”

Focusing on your tween's strengths will help him see himself as capable. Point out what he's good at (“The characters you invent in your stories really come to life”). Then, encourage him to develop talents by stretching his skills. For instance, he might try his hand at writing a science fiction story or enter a writing contest.

### Hygiene habits

Middle school is a good time for you and your children to evaluate their hygiene routines. At this age, they'll start to sweat more, so they'll need to work harder to keep their skin clean. Introduce habits like washing their faces morning and night and using deodorant daily.

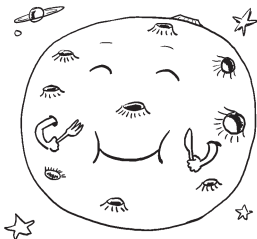
### Worth quoting

“A good head and a good heart are always a formidable combination.”  
*Nelson Mandela*

### Just for fun

**Q:** How do you know when the moon has had enough to eat?

**A:** When it's full.



## Respect all around

Being respectful will make your middle schooler's relationships better at school and at home. Here are ways he can show respect for himself, other people, and the world around him.

### Respecting himself

Tweens with self-respect are more likely to stick to their values and say no to risky behaviors. Teach your child to check in with himself *before* he makes decisions. Say a friend invites him to a party where parents won't be home. He could think about what might go on there and say, “Thanks, but that's not for me.”

### Respecting others

Explain that showing respect will make it easier for your tween to get along with adults and peers—and help him earn their respect, too. He can do that by treating people as he wishes to be treated. For instance, he should eat snacks in the kitchen at a friend's house if that's the family's policy (even if he eats in the living room at your house). Also, he'll respect classmates by doing what he



says he will, such as completing his part of a project he's doing with a partner.

### Respecting the environment

Encourage your middle grader to adopt the motto, “Leave a place better than you found it.” To put that into practice, he might throw away trash that he sees in your neighborhood or at a park. Conserving resources is another way to respect nature. He can turn lights off when he leaves a room and shut water off while brushing his teeth. 👍

## Help wanted

When your child is stumped about a concept or a homework problem, teachers want to help. Plus, asking for assistance shows that your tween cares about her work. Encourage her to seek help confidently with these tips.

■ **When to get help:** Her question may have an easy-to-find answer. Suggest that she check her textbook and notes or call a classmate. If that doesn't work, she should approach her teacher.

■ **How to ask:** Your child might wait until the teacher is free and say, “I'm having trouble with my essay thesis. Can you help me?” Or if the question pops up after school, she could email, “I don't understand why I got this algebra problem wrong. When is a good time to stop by?” 👍



# STEM at home

You don't have to be a scientist to foster a love of STEM in your middle grader. Share these quick-hit ideas for exploring STEM at home.

**Science.** Play with sound by turning a straw into a musical instrument. Let your child experiment with ways to create vibrations—and thus produce noise. For instance, she can make a “flute” by poking holes in a straw, or an “oboe” by flattening one end of a straw and cutting it into a point.

**Technology.** Make a stop-motion movie. Suggest that your tween snap a series of photos of an object, moving the item



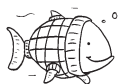
slightly each time. Then, she could upload and string the photos together to create the illusion that the object is moving.

**Engineering.** Piece together a “marble trampoline” with household items. Have your child come up with different materials to use for a ramp and a

“bouncy” target. The goal? For her to send a marble down the chute so it bounces off the “trampoline.”

**Math.** How would an object look if it were suddenly much larger or smaller? Ask your middle grader to measure an eraser or a sneaker. Then, using graph paper and what she's learning about ratio and proportion, she can draw the same item scaled up or down by 1, 5, or 10 times. 👍

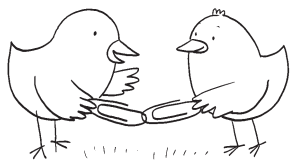
## Conversation games



Being able to carry on a conversation will help your tween in everything from participating in class to hanging out with friends. Have fun practicing together with these games.

### Link by link

Show your middle grader how conversation connects people. Choose a topic (movies, holidays), and set out one paper clip. Go in a circle, and let each player speak. For each related comment, follow-up question, or answer, add a paper clip to the chain. When the chain reaches 20 links, switch topics and play again.



### Freeze chat

Teach your child to speak on his feet. Have two people stand, set a timer for two minutes, and call out a random question (“What's better, snow or sun?”). The players go back and forth discussing the answer. When the timer rings, whoever is talking freezes, and another player takes his place. Ask a new question, and the game continues. 👍

## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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## Parent to Parent

### A self-conscious tween

During the first few weeks of school, my son Sam forgot his gym uniform several times. When I casually mentioned it, Sam got a little touchy, but ended up saying he looks “stupid” in it since he's skinnier than the other boys.

I told Sam that I felt self-conscious at his age, too. I was shorter than my friends and not very coordinated. Exercising made me feel better about myself. I thought it could help him, too. Since I run on the weekends, I invited him to join me. During our cool-down, I pointed out that everyone develops at different rates. I eventually grew taller, and I told him his body would grow and change, too. Regardless, I let him know that what matters most is the awesome person on the inside.

Sam hasn't forgotten his gym clothes lately. I'm taking that as a sign he's feeling a little more secure. 👍



## Q & A

### Conferences: A good choice

**Q** Now that my oldest child is in middle school, do I really need to go to her parent-teacher conference?

**A** It's a good idea to attend parent-teacher conferences regardless of your student's age. Going to them sends her a clear signal that you're interested in her education.

Knowing that you're paying attention can inspire her to give her best effort. Plus, teachers will share helpful

insights about your child, from her work habits to her social life.

Before you go, see if your tween wants you to bring up specific topics. Also, look over her graded papers. That way, you'll pinpoint anything you want to discuss, such as the math she's working on or her progress in English.

Finally, consider any changes at home that her teachers should know about (a military deployment or a change in marital status, for example). 👍



# Middle Years

Trabajando para el éxito escolar



## Notas Breves

### ¿En qué idioma?

¿Está estudiando su hija un idioma extranjero o piensa estudiar uno? Sugíerale que entrelaja un nuevo idioma en las actividades de su tiempo libre. Podría ver un partido de fútbol televisado en italiano, poner una cuenta en línea para su teléfono en español o escuchar música en francés. Adquirirá fácilmente nuevas palabras y se motivará para seguir aprendiendo.

### “Lo que hago bien...”

Cuando se concentre en los puntos fuertes de su hijo le ayudará a que se vea como una persona capaz. Indíquele las cosas que hace bien (“Los personajes que te inventas en tus cuentos realmente cobran vida”). Luego animelo a que desarrolle sus talentos exigiéndose más a sí mismo. Por ejemplo, podría intentar escribir un cuento de ciencia ficción o participar en un concurso de escritura.

### Hábitos de higiene

La escuela media es perfecta para que usted y sus hijos evalúen sus costumbres higiénicas. A esta edad empiezan a sudar más, así que tendrán que esforzarse más por mantener limpia la piel. Acostúmbrelos a lavarse la cara por la mañana y por la noche y a usar desodorante a diario.

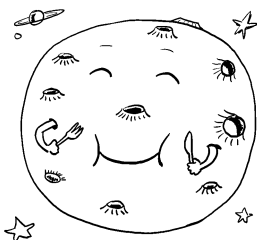
### Vale la pena citar

“Una buena cabeza y un buen corazón son siempre una combinación formidable”.  
Nelson Mandela

### Simplemente cómico

**P:** ¿Cuándo sabes que la luna ha comido lo suficiente?

**R:** Cuando está llena.



## Respeto por todas partes

Si su hijo es respetuoso mejorarán las relaciones en la escuela y en casa. He aquí formas de mostrar respeto por sí mismo, por otra gente y por el mundo que lo rodea.

### Respeto por sí mismo

Los preadolescentes que se respetan suelen adherirse a sus valores y decir no a comportamientos arriesgados. Enseñe a su hijo a pensar dos veces *antes* de tomar una decisión. Digamos que un amigo lo invita a una fiesta en la que los padres no estarán en casa. Podría pensar qué podría acontecer y decir “No, gracias, pero no me interesa”.

### Respeto a los demás

Explíquelo que mostrar respeto hará más fácil llevarse bien con los mayores y con sus compañeros y le ayudará también a ganarse el respeto de ellos. Puede hacerlo tratando a la gente como le gustaría que lo trataran a él. Por ejemplo, debería merendar en la cocina en casa de su amigo si esa es la norma de su familia (aunque en casa de ustedes coma en el cuarto de estar). Respetará también a sus compañeros cuando haga lo que ha prometido hacer, por



ejemplo completar la parte del proyecto que está haciendo con un compañero.

### Respeto al medioambiente

Anime a su hijo a adoptar el lema “Deja el lugar mejor que lo encontraste”. Para ponerlo en práctica, podría recoger la basura que ve por su barrio o en un parque. Conservar recursos es otra forma de respetar la naturaleza. Puede apagar la luz cuando salga de una habitación y cerrar el agua mientras se lava los dientes. 👍

## Se busca ayuda

Cuando a su hija la confunde un concepto o un problema de sus deberes, sus maestros están dispuestos a ayudarla. Además, pedir ayuda demuestra que a su hija le importa su trabajo. Con estos consejos la animará a pedir ayuda con confianza.

■ **Cuándo buscar ayuda:** Puede que sea fácil encontrar la respuesta a su pregunta. Sugíerale que consulte su libro de texto y los apuntes o que llame a una compañera. Si eso no da resultado, debe preguntar a su maestra.

■ **Cómo preguntar:** Su hija podría esperar a que la maestra esté libre y decirle: “Tengo dificultad con el tema principal de mi redacción. ¿Puede ayudarme?” Si la pregunta le surge después del colegio podría enviar un correo electrónico: “No entiendo por qué me equivoqué en este problema de álgebra. ¿Cuándo le viene bien que me pase a verla?” 👍



# STEM en casa

No es necesario ser científicos para desarrollar en su hija el amor por STEM (las siglas en inglés para ciencia, tecnología, ingeniería y matemáticas). Comparta con ella estas ideas para proyectos rápidos a fin de explorar STEM en su hogar.

**Ciencias.** Jueguen con el sonido convirtiendo una pajita en un instrumento musical. Que su hija experimente con distintas formas de crear vibraciones y así producir ruido. Por ejemplo, puede hacer una “flauta” perforando agujeros en una pajita, o un “oboe” aplastando un extremo de la pajita y cortándolo en punta.

**Tecnología.** Hagan una película cuadro a cuadro. Sugírela a su hija que haga una serie de fotos de un objeto, moviendo un



una diana “que rebote”. ¿El objetivo? Que envíe una bolita de vidrio por el conducto de modo que rebote del “trampolín”.

**Matemáticas.** ¿Qué aspecto tendría un objeto si de repente fuera mucho mayor o menor? Dígale a su hija que mida un borrador o una zapatilla. Luego, con papel cuadriculado y lo que está aprendiendo sobre razón y proporción, puede dibujar el mismo objeto a escala 1, 5 o 10 veces mayor o menor. 👍

poquito el objeto cada vez. A continuación podría subir y enlazar las fotos juntas para crear la ilusión de que el objeto se mueve.

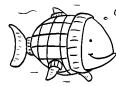
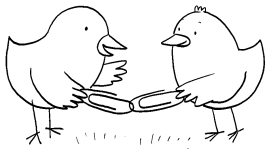
**Ingeniería.** Fabriquen un “trampolín de bolitas de vidrio” con objetos de uso doméstico. Dígale a su hija que encuentre materiales diversos que pueda usar como rampa y

## Juegos de conversación

Ser capaz de mantener una conversación ayudará a su hijo en muchas cosas, desde la participación en clase hasta las salidas con sus amigos. Diviértanse practicando con estos juegos.

### Enlace a enlace

Demuéstrele a su hijo cómo la conversación une a las personas. Elijan un tema (películas, fiestas) y saquen un clip para papel. Pónganse en círculo y que cada jugador hable. Cuando hagan un comentario relacionado, una pregunta de seguimiento o una respuesta, añadan un clip a la cadena. Cuando la cadena tenga 20 enlaces, cambien de tema y jueguen otra vez.



## De padre a padre

### Preadolescentes cohibidos

Durante las primeras semanas de colegio, mi hijo Sam se olvidó el uniforme de gimnasia varias veces. Cuando se lo mencioné como de pasada Sam se incomodó un poquito, pero al final me dijo que se ve “estúpido” con el uniforme porque es más delgado que los otros niños.

Le dije que a su edad también yo me sentía cohibido. Era más bajo que mis amigos y un poco torpe. El ejercicio físico consiguió que me sintiera mejor conmigo mismo. Creía que también lo ayudaría a él. Como yo corro los fines de semana, lo invité a que me acompañara. Durante el enfriamiento le comenté que cada persona se desarrolla a su ritmo. Yo me hice más alto y le dije que su cuerpo también crecería y cambiaría. En todo caso le expliqué que lo más importante es la fantástica persona que lleva dentro.

Últimamente Sam no se ha olvidado la ropa de gimnasia. Lo tomo como una señal de que se está sintiendo un poco más seguro. 👍



### Habla paralizada

Enseñe a su hijo a hablar con rapidez. Dígales a dos personas que se levanten, ponga la alarma de un cronómetro para dos minutos y haga una pregunta al azar (“¿Qué es mejor la nieve o el sol?”). Los jugadores hablan sin parar comentando la respuesta. Cuando salte la alarma, la persona que tiene la palabra se detiene paralizada y otro jugador toma su lugar. Hagan una nueva pregunta y que el juego continúe. 👍

### NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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## P & R

### Reuniones: Una buena decisión

**P** Ahora que mi hija mayor está en la escuela media, ¿debo ir a la reunión de padres y maestros?

**R** Es buena idea asistir a las reuniones de padres y maestros al margen de la edad de su hija. Su asistencia comunica a su hija que usted se interesa por su educación.

Saber que usted está prestando atención puede inspirarla a esforzarse al máximo. Además, los maestros compartirán con

usted observaciones sobre su hija, desde sus hábitos de trabajo hasta su vida social.

Antes de ir, averigüe si su hija quiere que usted mencione algún tema específico. Eche también un vistazo a las correcciones de sus trabajos. Así verá cosas de las que quiere hablar, como las matemáticas que está estudiando o su progreso en inglés.

Finalmente, tenga en cuenta cualquier cambio en su hogar del que sus maestros deban estar al tanto (una incorporación a filas o un cambio de estado civil, por ejemplo). 👍

