

TIPS FOR SURVIVING THE TRANSITION FROM ELEMENTARY TO MIDDLE SCHOOL

The transition from elementary to middle school can be painful for adolescents and their parents. It is a time children are "toying with adulthood," but are still kids. The mission of middle school is to help students learn self-management and social skills necessary to successfully cope with high school.

Self-Management Skills:

- Discipline to keep track of homework
- Work ethic to process it on time

Social Skills: 3 C's

- Comply with the rules, conform to routines and cooperate with authority

If a student doesn't learn self-management responsibility and social skills in middle school, he or she will have a harder time making it through high school.

Worries:

- Adjustment for parents and students (multiple teachers instead of one)
- Uncertainty
- Absolute angst: "Suppose I have no one to sit with at lunch?" "Suppose I have no classes with my friends?" (school orientation will help establish a sense of familiarity)
- Search for identity
- Raging hormones/ changing bodies
- No longer a child, but not yet an adult
- Social cruelty: teasing, exclusion, bullying, rumoring, ganging up
- Not having friends
- Being too different: too tall, too short, too weak, not pretty
- Testing the waters: choosing risk-taking behaviors

Biggest Challenges:

- How much independence do you give middle school children as they start pulling away from their parents to create more freedom? They will begin to rely more on their peers.
- Too often parents think they should let go completely, especially of their child's academic responsibilities. That could be a big mistake!
- Some may say they'll learn from their zeros for no homework and learn from failure.
- MOST will learn failure, so that is why parents have to be there.
- Making sure homework is done and turned in
- No. 1 cause of depression of teenagers: school failure

Tips for surviving Middle School:

- Understand middle school is not elementary school.
- Avoid overreacting to grades.
- Supervise the completion of all HOMEWORK.
- Communicate your desire to be told of any social cruelty that occurs so you have someone who loves you, who can support you and who can help you through it.
- Encourage your student to join sports teams, clubs, or other extracurricular activities. This will help in the development of their self-esteem.
- Enroll your student in social circles outside of school.
- Monitor their cell phone texting, computer and social networking.

HONOR SOCIETIES

Mu Alpha Theta is a mathematics honor society for students who have completed five semesters of college prep mathematics with a G.P.A. of 3.5. Students also have to have an overall 3.00 G.P.A. Students are enrolled in Algebra II when they are considered for membership. Certificates of membership are awarded at the awards programs in May. Moderator – Scott Trousdale

National Honor Society – The William Henry Elder Chapter of the National Honor Society is open to high school students who have completed at least five semesters of high school and exemplify the organization's characteristics of scholarship, character, leadership and service. The criteria for membership are the following:

*Scholarship: The student must have a cumulative grade point average of at least a 3.75.

*Character: The student must have a satisfactory disciplinary record at school and in the community.

*Leadership: The student must be a leader on campus and in the classroom.

*Service: The student must have completed 15 of the school's required service hours for that year to be considered for membership.

A faculty committee will evaluate candidates for membership. No student has a right to membership in the National Honor Society. The decision of the faculty committee regarding admission is final.

To continue membership, a student must maintain the standards of the organization. Any member not maintaining the 3.75 average will be put on probation for the following semester. Failure to achieve the 3.75 average will cause the student's withdrawal from the society. Any serious infraction within the St. Joseph conduct system will also result in the student's dismissal from the society. All members are required to participate in the service projects of the National Honor Society. Moderator – Ryan Starrett

National English Honor Society This society was founded to recognize high school students who have excelled in Honors and/or Advanced Placement English. A student is eligible for membership after a minimum of five semesters of high school. In addition, a student must have a 4.0 average in Honors or Advanced Placement English courses and an overall core grade point average of at least a 3.75. The student must also have a satisfactory disciplinary record. Moderator – Dr. Ronald May

National Junior Classical League Latin Honor Society - Membership in the National Latin Honor Society is open to Latin II and III students who have maintained an A average in Latin. These students must show dedication to their Latin scholarship. Students must also have demonstrated honesty, integrity, and exceptional citizenship outside the classroom. Its purpose is to encourage an interest in and an appreciation of the language, literature, and culture of ancient Greece and Rome, and to impart an understanding of the debt of our own culture to that of classical antiquity. Moderator – Matthew Hosler

Sociedad Honoraria Hispanica/Spanish Honor Society - Membership in the Spanish Honor Society is open to Spanish II and III students who have maintained an A average in Spanish. These students must show dedication to their Spanish scholarship. Students must also have demonstrated honesty, integrity, and exceptional citizenship outside the classroom. Its purpose is to encourage an interest in and an appreciation of the language, literature, and culture of Spanish speaking countries. Moderator – Ben Jaques

Quill & Scroll International Honor Society For High School Journalists - This high school journalism honor society recognizes excellence among high school journalism students. Students who are at least in the 9th grade, who maintain at least a B average, who are on the staff of *Bruin Sports Radio*, *Bruin News Now*, *The Shield* or *The Bear Facts* are eligible for membership. Moderator - Terry Cassreino