

## *From Your Ridgecrest Counselors*

This month we celebrate Red Ribbon Week. All of the activities and speakers we welcome to Ridgecrest will help students better understand the importance of a drug free life and realize their potential. As we move forward throughout this year, we hope students will continue to inspire one another to keep healthy and respect not only one another but also themselves. Having a middle school student requires you, the family, to also serve as a role model for responsible behavior. Did you know that according to the Red Ribbon Campaign, teenagers who regularly have conversations with their families about drugs are 42% less likely to use drugs than those who don't? Support your child by taking the Red Ribbon pledge (<http://redribbon.org/pledge>) and help provide a healthy environment that encourages your child to reach for any goal they set! As your students' counselors, we are always available to talk with and provide support and resources should you or your child need a safe place or someone to talk to. We look forward to a safe, healthy, great, and fun school year!

### *Tips for a Successful School Year*

- Help your student stay on top of all of classwork
  - Set up a time to check Aeries together on a weekly basis
  - Check that your student is using the agenda book for daily assignments
- Promote positive study habits
  - Create a routine for completing homework
  - Help your child recognize the importance of time management on bigger projects and tests/quizzes
- Check in with your child on a daily basis
  - Ask your child specific questions about the day (i.e., who did you eat lunch with? What was your favorite thing you learned today?)
- Help your child forge friendships
  - Empower your student to reach out to a new friend from school

### *Questions to Ask Your Student*

#### **6th Grade Student**

What did you learn about working with others from participating in Adventure Day?

How can you use the skills you learned from Adventure Day in your everyday life?

#### **7th Grade Student**

What was your experience choosing partners for your Science Fair Project?

What did you discover about yourself when you had to make a decision about who you work with?

#### **8th Grade Student**

How can you serve as a role model for the 6th and 7th grade students?

What goals would you like to accomplish this year? As a parent, how can I help you achieve your goals?

### *Suggested Reading Material*

How to Talk So Kids Will Listen and Listen So Kids Will Talk : 20th Anniversary Edition by Adele Faber & Elaine Mazlish (Paperback -- October 5, 1999)

Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated by Anthony E. Wolf (Paperback -- August 1, 2002)

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