

HOW TO HELP YOUR STUDENT DEVELOP SOCIAL/EMOTIONAL SKILLS

Supporting your growing student with social/emotional skills is difficult as they enter the teen years. Below are a few suggestions and resources on how you can help your student during this difficult time in their lives!

HOW TO HELP YOUR STUDENT DEVELOP BETTER STUDY SKILLS

Transitioning from having 1 teacher in Elementary school to having 6 teachers in Junior High can be difficult. Your student will need to develop study skills to be successful. Below are tips to help your student with those skills.



CONSISTENT ROUTINES

It is scientifically proven that children thrive off of structure and routine. Knowing what to expect helps their development of social/emotional skills.



CHECK YOUR STUDENT'S PLANNER DAILY

Mount Baker Junior High provides your student with a planner and all teachers expect students to write in them either weekly or daily. If you aren't sure what your student needs to work on, checking their planner is a great first step!



TRY OUT THE CHARACTER DARES AS A FAMILY

Each week during Base Camp a weekly Character Dare is provided which challenges students to practice the 8 essential character traits. They are posted on the Mount Baker Junior High website. Try them out with your student!



MAKE DAILY DESIGNATED STUDYING TIME

It is important that time be set aside for your student to study and complete homework. Carving out time in their schedule before they get "free time" will help your student develop healthy habits and support their study skills.

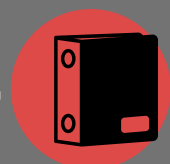
STRENGTHENING FAMILIES

Twice a year our school runs the Strengthening Families program. In this program, parents and students learn how to prepare for teen years. Visit the Mount Baker website for more information.



MAKE SURE YOUR STUDENT HAS ORGANIZATIONAL SUPPLIES

Your student should have a binder with 6 tabs, a pencil pouch with a pen or pencil, and lined paper at minimum. If you need help with getting supplies contact Rob Bennett.



EDUCATE YOURSELF AT A BTC PARENTING CLASS

Bellingham Technical College has parenting classes for every age group. They are relatively inexpensive and scholarships are available. Check out the link below for more information!! <https://www.btc.edu/CommunityAndBusiness/ChildandFamilyStudies/index.html#ParentingEducation>



CHECK SKYWARD OFTEN

Make a habit of checking Skyward early and often with your student. Ask open ended questions and collaboratively create goals on how to improve certain study skills in order to improve their grades.

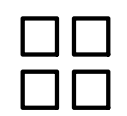
STILL NEED HELP?

Our school counselor is happy to offer more guidance to help promote social/emotional wellbeing at home. Email or call Rob Bennett for specific tips and tricks. We are here to help!



STILL NEED HELP?

The Learning Support teachers are happy to offer more guidance to help promote study skills at home. Email or call Ben Bowen or Britta Martens for specific tips and tricks. We are here to help!



SUPPORTING JUNIOR SENIOR HIGH SCHOOL STUDENTS

AWE-INSPIRING STRUCTURES

HOW TO HELP YOUR STUDENT BECOME A BETTER READER

It can be hard to promote daily reading for students in Junior High. We know you want to help! Here are some strategies and resources to help.

HOW TO HELP YOUR STUDENT BECOME A BETTER WRITER

Writing is a complex process that can be difficult for Junior High students to develop. Below are some tips to encourage your student to practice their writing skills.

HOW TO HELP YOUR STUDENT BECOME A BETTER MATHEMATICIAN

Math is something that builds upon itself each year. If your student struggles with math it could be because they are missing previously learned skills. Below are some resource you can use to build those skills.

LISTEN TO AUDIOBOOKS AS A FAMILY

In our county we spend so much time with our kids in the car. It is really fun to listen to audio books as a family. You can easily pause, ask questions, and make comments. Time in the car is time that we generally see as lost time. Audiobooks steal this time back!



HAVE YOUR STUDENT KEEP A JOURNAL

Not only will this provide your student with an opportunity to write regularly, it also provides a place for them to express their emotions. Try out having a family journal as a safe space to share thoughts, feelings, comments, ideas, and questions.



PROVIDE OPPORTUNITIES TO USE MATH AT HOME

Are you measuring? Are you cooking? Showing your student how math is used in real life not only provides mathematical practice but also can motivate your student as they see the practical application of math.



SET ASIDE A DESIGNATED READING TIME

Set a time where your whole family powers down and everyone reads for at least 30 minutes daily. After reading, talk about what you read with your student!



MAKE WRITING A REGULAR ROUTINE

The more you practice any skill, the better you get at it. It is the same with writing! Making writing a regular routine will give your student the practice they need to become a better writer.



ONLINE RESOURCES

New skills in mathematics often reinforce previous skills, fine tuning them, just like athletes practicing their sports. Do a little bit each day. Work a number puzzle (websudoku.com) or a logic puzzle (logic.puzzlebaron.com) Khan Academy is also a great free resource!

ONLINE RESOURCES

Is your student not into reading fiction? Try websites such as Newsela where your student can choose news articles and nonfiction text to read. It can also be adjusted to your students reading level!



EMPHASIZE READING

The more your student reads, the more exposure they get to sentence structure, paragraph structure, and overall good writing skills. Try having them read a book and write a novel with similar structure using their own ideas.



PRACTICE CRITICAL THINKING SKILLS

Have your student explain why they are doing each step of a math problem. Then have them relate to another way to do the problem and explain why the answer is the same.



GO TO THE LIBRARY

Make a weekly trip to the library. Unable to make the trip? Visit wcls.org to download eBooks, audio- books, or request Mrs. Menti to pick up a book for your student to deliver to the school!



ALLOW MISTAKES

Not all parts of the writing process are about grammar and conventions. Allowing your student to write freely and make mistakes builds writing fluency and will help build their confidence as a writer.



LEARN YOUR BASIC MATH FACTS

Practicing the basic math facts for automaticity greatly helps with freeing up the mental processing power to learn the harder topics that are built from them like equation solving. There are many online games to help practice. Try practicing 15 minutes a day!

STILL NEED HELP?

Mrs. Menti our school librarian is happy to offer more guidance to help promote reading at home. Email or call Mrs. Menti for specific tips and tricks. We are here to help!



STILL NEED HELP?

The English teachers are happy to offer more guidance to help promote writing at home. Email or call your students ELA teacher for specific tips and tricks. We are here to help!



STILL NEED HELP?

The math teachers are happy to offer more guidance to help improve math at home. Email or call your students math teacher for specific tips and tricks. We are here to help!

