



Hugoton Middle School  
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## Hugoton Middle School Weekly Bulletin

**"Failure cannot cope with persistence."**

This week we are celebrating FFA with a spirit week. Please be sure to follow the school dress code.

Monday- February 21st, Wear American, coloring contest begins- Color pages are in the office

- 7th/8th grade boys basketball HOME vs Cimarron 4PM

Tuesday- February 22nd, Battle of the Brands

Wednesday- February 23rd, Be a Redneck

Unplugged Focus: **Patience Parent Focus Questions**

- Was your seminar patient with each other? Why or why not?
- In what ways could you have been more patient?
- When are times I need to work on my patience?
- What are things in our daily lives where we could practice my patience?  
(ex. waiting for 3 minutes to drink my pop or eat my ice cream, practicing saving a little each week for my new pair of shoes, etc.)

Thursday- February 24th , Wear Camo

- KMEA music in Wichita
- MS Quiz bowl HOME 4PM

Friday- February 25th, School Spirit

- KMEA music in Wichita

Saturday- February 26th



Seminar Patience House

Courtesy of Yuridia Lopez



- PARENT POINTS TO PONDER:

## 7 Undeniable Characteristics of Middle Schoolers Parents Should Know

If there is one common theme that surfaces every time I talk with parents of middle schoolers it's this: it's really confusing and really hard. Why? Because change is what marks this phase of life, and change isn't easy for anyone.

I have worked with middle school students in educational, athletic, and ministry settings for more than 14 years now. Although each context was uniquely different, there were still a few basic things about (most) middle schoolers that remained the same no matter what.

### 1. They push their parents away.

This is normal. Middle schoolers want freedom. They aren't kids anymore, and when they are treated that way, they revolt. They push back on everything from bedtime to chores to going

places by themselves to social media. They want to make their own choices. They are tired of being told what to do and when to do it. That's the tension of living somewhere in the middle. That's why it's so important as a parent of a middle schooler to have adults you trust in their life other than you. Those adults can stand in the gap between your teenager and you (and help them see you are right after all).

## **2. They may act one way with you and the complete opposite with someone else.**

You get a call from their teacher, coach, or small group leader, and hear a story about how helpful they are around the classroom, or encouraging they are during group time. And you instantly think, "Seriously? My kid? I can't even remember the last time they said anything encouraging to their siblings, or the last time they helped around the house without complaining." It's confusing when they act different with different people. Why do they do that? It's not that they are being fake, they are just trying on different parts of their personality to see what fits them best.

## **3. What their friends think matters more than anything else.**

This is difficult, because as puberty begins to change them from the inside out, middle schoolers are desperately trying to fit in. Peer approval will always trump advice from adults (especially their parents). They can't be seen wearing those pants, hanging with those boys, or walking around in public with their parent. The point is, teenagers in the middle school phase care more about what their peers say than anyone else. This isn't just your kid.

## **4. They exaggerate (and sometimes lie).**

When you find yourself wondering, "What happened to my kid? They didn't use to be this way," know you are not alone. This is middle school. Something happens at the 8th grade dance, and your kid is huddled in a circle crying in the bathroom with her friends. If it's trending, they are

talking about it... non-stop. Friend drama is basically an all out brawl (with words or rumors). It thunders outside, and they act like they've never been in a storm before in their lives. They see a snake outside, and it's most certainly trying to eat them. Their teacher is obviously the most unfair person on the whole planet. Oh, and they didn't copy that homework or cheat on that test; they were just scratching their head! You get the point. It's a phase full of all out exaggeration.

## **5. They are incredibly insecure about what is happening to their bodies.**

They feel like they are the only ones going through this thing called middle school. And when you feel like you are the only one going through something, you feel like all eyes are on you at all times. Normalizing what's happening to and around them is important, but be sensitive to the fact that when you bring up what's happening to their body, they may get even more insecure at the fact that you are noticing. If you are trying to get your middle schooler to do something in front of their peers and they resist, there is probably a physical explanation for it. Sweat stains. Period leakage. Wrong bra. Gas. Food in their braces. Acne. Though it's all normal, it feels isolating to them. So don't push them.

## **6. They want to have fun, but they want to be taken seriously.**

You can't be boring, or they won't want to spend time with you. They don't want you to just allow them to have fun; they want you to have fun with them. At the same time, they want you to be real with them. They want to be taken seriously. They don't want surface answers. They want direct, real explanations. When they tell you something that seems silly to you but real to them, you can't laugh. You can't dismiss it. You have to engage it with a matched level of seriousness to show them you care.

## **7. YouTube is Gucci.**

According to many research studies, 80%-95% of Generation Z seeks advice through YouTube

channels and videos. The most searched videos are about real stories, day-in-the-life videos, behind-the-scenes videos, or how-to videos. They want to know about relationships and dating, teen trends, advice on how to do new skills, and more. If they don't know how, they go to YouTube. If they don't know what it is, they go to YouTube. If they want to become famous, they go to YouTube. So basically, you should be on YouTube, too.

Parenting middle schoolers is no easy task, which is why understanding where they are and what's normal will help you stay sane as the parent. Remember: It's not just your kid, it's just middle school.