

Hello new Falcon Families!

Adjusting to Middle School is way more than learning to switch classes and manage a locker. The social-emotional component is a huge factor in this time in your child's life. Below are some tips for helping your middle schooler navigate these issues.

- **Is your child disorganized? Can't remember what's homework? Homework is a battle?**
 - Click [HERE](#) for ways to support your child in middle school.
- **What is TASK?**
 - Every student has a period either 8th or 9th hour called "TASK". This is a type of study hall for students.
 - NOTE: If your child is in Band or Choir, they will not have TASK as that is when Band/Choir meet.
 - Task is 36 minutes long and typically students are scheduled with one of their teachers.
 - During this time, students should:
 - Make sure they have all their assignments captured for the night (either in a planner or electronically).
 - Check their grades in Skyward.
 - Check to see if they have missing assignments in Skyward.
 - Work on any classwork/homework that they have.
 - Students may also:
 - Ask to see another teacher for help with a concept/assignment.
 - Ask to go to the library to get/return a book.
 - Go to another teacher to complete/make up a test.
- **Two key aspects we work on at PKMS are RESPONSIBILITY and ADVOCACY.**
 - Encourage your child to be responsible for themselves with peer conflicts. Check out this helpful guide:
 - [Navigating Peer Conflict](#)
 - If your child has a lot of homework at night, they are most likely not using their class time/Task time well.
 - Personal belongings (such as phones) are students' responsibility. If items go missing from lockers, our first questions will be if the locker was propped open (students do this with a pencil) or if they shared their combination with anyone.
 - Encourage your child to ask teachers questions. Many middle schoolers are afraid to do this, especially at the beginning of the year. An option they have is to email their teacher their question. Teachers are great at supporting students in this manner until they are comfortable asking questions in person.
 - Remind your student that it's ok to make mistakes! Mistakes are how learning happens!

- **Support your child to have strong mental health:**
 - Our Student Services area is always available to students who could use a little extra help. Check out this [short video explaining Student Services](#) or some of the resources for supporting mental health that we have on [our website](#).
 - [Mindfulness Meditation with Dr. Scruggs](#)
 - [Anxiety Education Animation](#)
 - [Interactive Calming Room](#)
 - [301 Cares Tip Line](#)
 - **Sleep is Critical**
 - Use the summer to set up healthy sleep habits such as getting off screens an hour before bedtime, keeping all devices outside of the bedroom at night, and ensuring **8-10 hours for teens and 9-12 hours per night for tweens**.
 - **Eat right**
 - [Healthy Eating for Teens](#)
 - [Fueling your Adolescent Athlete](#)
 - **Stay Active**
 - [Emotional benefits of Staying Active](#)
 - **Limit social media**
 - After a year of screen time overload, reset your family ground rules this summer. All screen time is not created equal. Consider how much time is spent consuming vs. creating and what activities kids may be missing when they are on screens for so long. Explore more [digital media tips](#).

Woah, that’s a lot of information! Who do I reach out to with questions?

You can always reach out to admin, but your first point of contact should always be your child’s team leader:

6 Red: Hallie Munao	7 Red: Lindsay Melvin
6 Silver: Tina Scruggs	7 Silver: Laurie Heise

Or you can reach out to our Student Services team: [Charles Brooks](#), [Kayla Kopetsky](#), or [Eden Yurgil](#).

We look forward to seeing you all soon! And as always - *It’s a great day to be a Falcon!*

Sincerely,

Matt Newquist
Principal

Carrie Ahlstedt
Assistant Principal
Student Services

Megan Minehart
Assistant Principal
Behavior & Environment