

Stay Involved

Your child may act like she wishes you would disappear sometimes. But when it comes to school success, middle graders still need their parents around.

Why?

When parents get involved in learning, student achievement soars. Middle graders score higher on tests, turn in better projects, and participate more in class if they know their parents care.

When?

You can be involved in your child's learning at any time of day. Talk about homework while you're making dinner. Watch a documentary together at night. Visit a museum on the weekend. You'll show your child that you think learning is important.

Where?

Teachers will welcome your commitment, whether you help in the classroom, volunteer at evening events, or simply support your own child at home. Call or email your middle grader's teachers to see what you can do—in or out of school—to help.

The Counselor's Corner

LAFAYETTE COUNTY C-1 SCHOOL DISTRICT
MIDDLE SCHOOL

DECEMBER 2014

A Note from the Counselor

It is hard to believe that 1st semester is already over! I would like to take the time to let you know how much I have enjoyed working with the students, parents, and staff so far this year. I hope you all enjoy your break! **HAPPY HOLIDAYS!**

During guidance lessons in January, 6th and 7th grade students will be focusing on their individual strengths and personal challenges. Students will also identify and practice ways to be a contributing group member. Acquiring knowledge, attitude, and interpersonal skills, will help students understand and respect themselves and others. This month, 8th graders will have opportunities to focus on the future. Students will develop their personal plan of study during classroom lessons to assist them during the high school enrollment process. 8th grade students will also participate in the CHOICES program during 1st block, January 15th and 16th. The CHOICES program is presented by members of our community and gives students insight and information about their potential careers. These presentations have been very helpful for students, as they give students insight and information about their potential careers.

As always, please feel free to call or email me with any questions or concerns. Do not forget to regularly stop by our website at www.huskers.k12.mo.us for updated information.

Husker Heroes

Husker Heroes is Lafayette County C-1's District Mentoring Program. Volunteers meet with students once a week at school for 30-60 minutes. Volunteers are screened and trained and make an enormous difference in the lives of the students they work with. For more information on becoming a Husker Hero volunteer visit the Husker Heroes tab on our school website.



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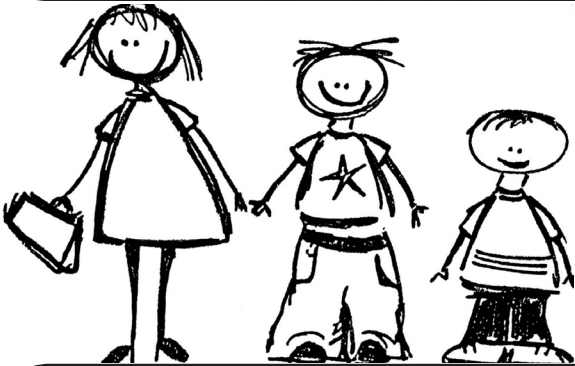


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Am I Normal?

Q: My daughter isn't developing as quickly as her friends are. How can I help her feel better about herself?

A: It's common for kids this age to compare themselves to their peers, especially if they are developing slower or faster than average. To reassure your daughter, you might get her a library book that addresses her concerns. Also, let her know that children grow at different rates and that there's a wide range of "normal." Girls typically begin puberty between 8 and 13 and boys between 9 and 14. Then, it usually takes a few years to finish developing. In the meantime, help your daughter focus on taking care of her body to boost her self-confidence. Eating healthy foods, staying physically active, and having proper hygiene can help her feel good about herself and her appearance.



Bullying

Did you know parents play a critical role in reducing bullying too? It's true. Here are some tips for parents:

- Model compassion and respect. Children learn by imitating parents and adults.
- Do not blame your youth for bringing it on.
- Spend extra time, give extra support.
- Teach safety strategies to your child, both for the target and the bystander.
- Reminder that hitting back or getting even may result in new troubles, such as suspensions.
- Encourage youth to tell the aggressor that this is bullying and is not appropriate.
- Encourage youth to walk away to a safer place.
- Encourage youth to tell an adult who will listen.
- Ask: What is being done to him/her? Who is doing it? What has he/she done to try to resolve the problem? What does he/she need from the adult to get the bully to quit?

Cyberbullying

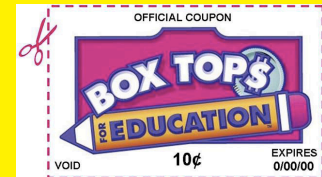
Q: I'm worried about cyberbullying. How can I protect my middle grader from this kind of bullying?

A: Cyberbullying occurs when someone sends hurtful messages online or by cell phone. It can take many forms, such as writing rude comments, spreading rumors, and posting embarrassing pictures. Your child can discourage cyberbullying by giving personal information (name, email address, cell phone number) only to friends. If she receives nasty emails or text messages, she should not respond. Explain that replying just gives the person the satisfaction of having upset her. A good thing to do is simply to log off the computer or turn off the cell phone. Let your youngster know she should tell an adult if she experiences cyberbullying. You can report problems to your Internet provider, school authorities, or even the police.

Box Tops

Help support the Lafayette County Middle School Student Council by collecting Box Tops for Education Labels.

1. Look for this label on any of hundreds of participating products.
2. Clip out the labels.
3. Send them to school.



- Identify safe places - classroom, by adults, rejoin a group of peers.
- Nurture and educate.
- Talk about what bullying is and why there are bullies. (The event was not about him/her, but more about the bully.)
- Instill self-confidence.
- Identify and encourage the youth's talents and attributes.
- If needed, address grooming and clothing issues.
- Emphasize that the school staff cares about safety and has a process to assist.
- Let youth be part of the process in resolving the problem.
- Encourage participation in physical training, sports or activity groups outside of school.
- Ask school counselor about availability of services to address social skills, if needed.