

Mitchell Junior High School **Bluejacket Bulletin**



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Seven Ways to Prepare for Middle and High School Transitions

What can I do to help my children make the transition to middle school and high school? Whether it's sixth grade or ninth, graduating to a new school level usually means bigger school buildings, larger student bodies, more choices and more freedom. Along with excitement, students can feel anxiety, frustration and isolation. We spoke with several veteran middle and high school educators who gave us the following advice for how parents can help their children make a smooth transition.

1. Logistics are the hardest part.

Let's start with middle school, where students' first hurdles are logistical — needing to remember a locker combination, learning the building layout and getting to class on time. All those little things that at their stage of development become everything to them. One safeguard is early exposure. Attend any orientations or open house events to get familiar with the surroundings.

2. Let them handle challenges on their own.

Emphasize the importance of giving children the space to handle challenges on their own. That could mean letting them fiddle with their combination lock without stepping in to help. Or, if they come home with a complaint about an assignment or class, pushing them to problem solve for themselves. Instead of stepping in with a solution, parents might ask, "Have you spoken with your teacher?"

Homework is another area where parents should show support but not take over. Parents can help by focusing their praise not on talent or natural ability, but the hard work their child is doing.

3. Don't end your involvement; change it.

Parent involvement is still important as children grow older — the form just

needs to change, middle school educators said. Classroom volunteering is usually not appropriate after middle school, they said, but parents can show interest by having dinner with their children, asking about their day and monitoring their phone use and social media presence.

Extracurricular activities, whether at school or in the community, are also very important to students' success. Parents should let their children pick activities themselves.

4. In high school, establish routines.

When it comes to the high school transition, the number one thing students have to adjust to having a broader spectrum of peers and a wider range of movement within the school building. In addition, the rigor amps up a little bit. The amount of work amps up a little bit.

For some students, the demands of high school can bring about feelings of loneliness and isolation. Parents can help their new high-schoolers by setting up after-school routines at home to ensure homework gets done and students stay organized.

5. Monitor progress.

Parents should monitor their students' grades and attendance if the school offers some type of online parent portal showing students' progress, like Harmony. If parents see poor grades or attendance, it may be a sign that the student is wasting study time, battling disorganization, or struggling in some other way. It is also suggested that parents push students to monitor their own progress.

6. Keep track of friends.

At both middle and high school, educators recommend that parents keep track of their child's friends. Parents should be wary if their ninth-grader starts hanging out with 11th- or 12th graders, whether in a romantic relationship or a platonic friendship.

7. Red flags to watch for

At the middle school level, red flags that may indicate the transition isn't

going well include students complaining of headaches, stomach aches, sleeplessness or simply not wanting to go to school. That's definitely a time when parents need to say, "What's going on?"

Parents should not only watch for any out-of-character behavior, but also any mismatches between how students say things are going and what their grades or other indicators suggest.

Source: Chalkbeat Colorado

Perfect Attendance for 3rd 9 Weeks

The following students were recognized for having perfect attendance during the last grading period.

Grade 6

Alec Barlow, Hannah Bell, Vincent Bodkins, Landon Bohnenkamp, Sarah Chastain, Jon Drake, Caeden Jackson, Cole Karr, Jeremiah Martin, Joshua Ray, Marah Roop, Chase Sears, Stasha Stroud

Grade 7

Cierra Bell, Kalee Butler, Sarah Dalton, Jackson Gore, Jakob Hack, Garrett Lindsey, Amber McCracken, Mia Nicol, Adrienne Young

Grade 8

James Brown, Kirk Denny, Jada Ely, Nolan England, Matthew Gaines, Alex Haas, Jacob Hollars, Diana Holman, Akacia Howe, Bethany Hudson, Andrea Jagers, Haley Miller, Allyson Passmore, Marah Pennington

PRO Student Cards 3rd 9 Weeks

The following students were able to collect 5 PRO Student cards during the first 9 weeks for demonstrating exceptional PRO Student behaviors:

Lonzo Smith, Jacob Heshelman, Shane Conley, Kadesia Owens, Trenton Fluitt, Wyatt Woolston, Austin Shaffer, Cameron Smith, Seth Johnson, Markayla Haas, Macy Graves, Andrea Jagers X2, Kaitlyn Spencer, Brooke Pinnick, Cassandra Stutz, Brynna Nicol, Makayla Watterson, Shane Conley, Kree Walt, Josh Setlak, Emily Snow, Savannah Terrell, Drew Simpson, Eliza Zeeks, Gabbie Willoughby, Abriona Sullivan, Austin Sullivan, Cole Karr, Jeremiah Martin, Jayden Shaff, Grace Bohnenkamp

MJHS 3rd 9 Weeks Honor Roll

8th Grade High Honors

Leyton Allen, Heaven Baker, Anna Beaty, Jasmine Blais, Kamryn Bridges, Dalton Clark, Kinley Day, Gracie Haas, Jacob Hollars, Diana Holman, Bethany Hudson, Andrea Jagggers, Olivia Lagle, Addison Myers, Allyson Passmore, Amelia Wilkinson, Lauren Wilson, Lauren Woods, Eliza Zeeks

7th Grade High Honors

Sarah Boaz, Abigail Briscoe, Lucas Brown, Lauryn Davis, Lucas Fletcher, Sierra Gilbert, Matthew Goodman, Luke Lafavor, Hunter Myers, Drake Peters, Hanna Pugh, Grant Rainey, Tyler Reszka, Hailey Ritchison, Breanna Russell, Megan Terry, Thomas Waggoner, Gabriella Willoughby

6th Grade High Honors

Alec Barlow, Abigail Embry, Lauren Hudson, Andrew Norrington, Marah Roop, Collin Spear, Kiara Terry, Madison Williams

8th Grade Honor

Alexzander Asbery, Ian Beck, Logan Boyer, Elizabeth Case, Briannah Clouse, Shane Conley, Savannah Cravens, Cora Elmes, Torrie Greathouse, Alex Haas, Tyson James, Reid Marlow, Haley Miller, Peyton Moore, Devin Oster, Cody Petty, Joseph Pitel, Nicholas Reed, Macy Robbins, Drew Simpson, Ian Tincher

7th Grade Honor Roll

Lauren Beeler, Cierra Bell, Callison Blais, Grace Bohnenkamp, Sierra Cox, Sarah Dalton, Hayden Dersch, Kristopher Dowden, Jessica Eubanks, Lauren Goldfuss, Jackson Gore, Ashlen Grimes, Markayla Haas, William Hamala, Jacob Hedge, Rylee Hiles, Nathan King, Garrett Lindsey, Teagan Marshek, Madison Mathias, Amber McCracken, Indy Needhamer, Jarrett Phillips, Amaya Premo, Dane Pritchett, Kameron Richardson, Korbin Richardson, Morgan Rife, Emma Roberts, Jayden Shaff, Tyson Shoopman, Levi Smith, Trey Speer, Hayley Stewart, Zuri Talbott

6th Grade Honor Roll

Nakya Albertson, Zoey Brim, Fox Butler, Macguire Butterfield, Josie Campbell, Gracee Canada, Sarah Chastain, Elijah Cook, Bryan Dillery, Jon Drake, Alyssa Duncan, Nichole Edwards, Emerald England, Trenton Fluitt, Macy Graves, Alexis Haste, Caeden Jackson, Cole Karr, Mandie Leamer, Mattie Leamer, Trevin Lee, Jeremiah Martin, Victoria Moore, Brynna Nicol, Mattison O'Shields, Tanner Payne, Tyler Petty, Christina Phillips, Brooke Pinnick, Nicholas Pitel, Ashlyn Premo, Shelby Pruett, Luke Riley, Kelsey Robertson, Jaylie Sams, Gracie Snow, Kaitlynn Spencer, Cassandra Stutz, Savannah Terrell, Gavin Tincher, Makayla Tincher, Jacinda VanSlyke, Matthew Walker, Chloe Young

MJHS 3rd 9 Weeks No Discipline Referrals

6th Grade Alec Barlow, Hannah Bell, Sydney Bishop, Vincent Bodkins, Malachi Brazzel, Zoey Brim, Josie Campbell, Emma Canada, Gracee Canada, Sarah Chastain, Dylan Compton, Constance Cowden-Anderson, Chloe Deweese, Jerrin Dotts, Jon Drake, Alyssa Duncan, Trenton Fluitt, Ericka Gaines, Jaylen Hall, Jacob Hildum, Lauren Hudson, Caeden Jackson, Cole Karr, Lance Key, Mandie Leamer, Mattie Leamer, Devani Martinez, Jeremiah Martin, Andrew Norrington, Mattison O'Shields, Brooke Pinnick, Joshua Ray, Luke Riley, Marah Roop, Jaylie Sams, Emily Schrader, Makenzie Schultz, Chase Sears, Austin Shaffer, Alaina Smith, Cameron Smith, Stasha Stroud, Cassandra Stutz, Kiara Terry, Gavin Tincher, Makayla Tincher, Javan Turpin

7th Grade

Alfredo Arana, Amber Bakker, Lana Barlow, Lauren Beeler, Cierra Bell, Sarah Boaz, Liberty Brewer, Abigail Briscoe, Lucas Brown, Kalee Butler, Makayla Butler, Edric Cash, Triston Cornejo, Sierra Cox, Sarah Dalton, Lauryn Davis, Connor Doss, Ethan Duncan, Aaron Friend, Lauren Goldfuss, Matthew Goodman, Jackson Gore, Ashlen Grimes, Giovanni Guzman, Markayla Haas, Jakob Hack, Jacob Hedge, Rylee Hiles, Katelynn Jones, Andrew Kimble, Nathan King, Luke Lafavor, Garrett Lindsey, Madison Mathias, Nathaniel Matthew Hanna Pugh, Grant Rainey, Tyler Reszka, Morgan-Ann Rife, Emma Roberts, Brandon Russell, Jayden Shaff, Trenady Shaw, Tyson Shoopman, Trey Speer, Hayley Stewart, Braxton Stout, Taylor Strunk,, Megan Terry, Olivia Wethington, Gabriella Willoughby

8th Grade

Cassandra Aldridge, Leyton Allen, Matthew Asbury, Jesse Bales, Paul Blair, Jasmine Blais, Kamryn Bridges, James Brown, Elizabeth Case, Dalton Clark, Briannah Clouse, Shane Conley, Shelby Cooper, Kinley Day, Katherine DeLawter, Kirk Denny, Lars Eller, Cora Elmes, Jada Ely, Nolan England, Damara Fox, Matthew Gaines, Nathan Gratzter, Torrie Greathouse, Ethan Grissom, Alex Haas, Gracie Haas, Bryan Hamm, Jacob Heshelman,, Jacob Hollars, Diana Holman, Akacia Howe, Bethany Hudson, Andrea Jagggers, Tyson James, Charles Johnson, Jansen Keynon, Abby Leonard, Evan Mattingly, Haley Miller, Nicholas Miller, Peyton Moore, Klarissa Mundy, Addison Myers, Allyson Passmore, Evan Payne, Marah Pennington, Ethan Pridemore, Macy Robbins, Ashley Sanders, Justin Shipman, Drew Simpson, Caleb Smale, DeAndra Stroud, Andrew Terrell, Emma Terrell, Tatelyn Terrell, Katlyn Terry, Ian Tincher, Ashton Tredway, Charlene Walrath, Kree Walt, Amelia Wilkinson, Lauren Wilson, Lauren Woods, Skylar Workman, Eliza Zeeks