

# Mitchell Junior High School **Bluejacket Bulletin**



1010 W Bishop Blvd.  
Mitchell, IN 47446  
[www.mitchell.k12.in.us](http://www.mitchell.k12.in.us)

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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.

## **ISTEP Testing Information**

This Spring 2016, the ISTEP+ assessment will be different than the past, as it will measure standards that are more challenging and require higher levels of problem solving, writing, and critical thinking. These types of skills are particularly important in preparing students for college and/or careers.

The second round of ISTEP testing will occur April 27-29. Please be sure your child comes to school prepared and ready to test.

## **Yearbook Orders**

2015-16 yearbooks can be ordered at anytime for \$25.00. Order forms are available in the office, library or online on the school website. You may also order yearbooks online at [yearbooksforever.com](http://yearbooksforever.com). There will only be a small number of books available at the time of delivery and the price will be higher. Be sure to lock in the \$25 price before May 1.

## **Snow Day Reminder**

Just a reminder that school will be in session on Friday, April 22, due to a snow day earlier in the year. School will not be in session on April 25 or May 13th due to unused snow days.

## MJHS 3rd 9 Weeks Honor Roll

### Grade 6

#### Highest Distinction Honor Roll

Holley Arthur  
 Kenadi Bridges  
 Alexandria Brown  
 Kylee Butler  
 Hannah Clark  
 Olivia Corns  
 Taylor Duncan  
 Chloe Fiscus  
 Sarah Fletcher  
 Kynlee Hiles  
 Mercedes Hill  
 Macee Little  
 Gabriela McNeely  
 Paige Miller  
 Jordyn Sarver  
 Andrew Shepherd  
 Landon Woods  
 Lillian Zeeks

#### Distinction Honor Roll

Juan Arroyo  
 Alyssa Bennett  
 Abby Brothers  
 Ava Butler  
 Kaci Chapman  
 Charleston Davies  
 Kylie Dorsett  
 Rayce England  
 Connor Fields  
 Alivia Hall  
 Sade Hallmon  
 Jenna Hawkins  
 Keegan Jackson  
 Nevaeh Jones  
 Matalyn Kauffman  
 Dayson Martin  
 Jakob Miller  
 Nicholas Mundy  
 Ashton Pritchett  
 Riley Ritchison  
 Madeline Robertson  
 Jasmine Scudder  
 Jase Shaff  
 Ava Smith  
 Jason Sweet  
 Bryce Todd  
 Andrew Wagnon  
 Briley Waldbieser  
 Emmaleigha White  
 Hayden Williams

### Grade 7

#### Highest Distinction Honor Roll

David Callicott  
 Alyssa Duncan  
 Abigail Embry  
 Andrew Norrington  
 Luke Riley  
 Marah Roop  
 Collin Spear  
 Cassandra Stutz  
 Matthew Walker

#### Distinction Honor Roll

Alec Barlow  
 Fox Butler  
 Gracee Canada  
 Sarah Chastain  
 Elijah Cook  
 Elizabeth Corbin  
 Emily Cravens  
 Jon Drake  
 Nichole Edwards  
 Emerald England  
 Trenton Fluitt  
 Ericka Gaines  
 Macy Lynn Graves  
 Alexis Haste  
 Mandie Leamer  
 Mattie Leamer  
 Trevin Lee  
 Devani Martinez  
 Brynna Nicol  
 Mattison O'Shields  
 Jason Parsons  
 Christina Phillips  
 Nicholas Pitel  
 Ashlyn Premo  
 Nathan Lee Reynolds  
 Emily Schrader  
 Makenzie Schultz  
 Chase Sears  
 Savannah Terrell  
 Kiara Terry  
 Makayla Tincher  
 Sawyer Wade  
 Madison Williams  
 Audrey Young

### Grade 8

#### Highest Distinction Honor Roll

Lauren Beeler  
 Callison Blais  
 Sarah Boaz  
 Abigail Briscoe  
 Lucas Brown  
 Sarah Dalton  
 Lauryn Davis  
 Hayden Dersch  
 Kristopher Dowden  
 Jessica Eubanks  
 Lucas Fletcher  
 Matthew Goodman  
 Nathan King  
 Luke Lafavor  
 Amber McCracken  
 Drake Peters  
 Jarrett Phillips  
 Dane Pritchett  
 Hanna Pugh  
 Grant Rainey  
 Tyler Reszka  
 Emma Roberts  
 Breanna Russell  
 Tyson Shoopman  
 Levi Smith  
 Megan Terry  
 Thomas Waggoner  
 Gabriella Willoughby

#### Distinction Honor Roll

Cierra Bell  
 Liberty Brewer  
 Kalee Butler  
 Sierra Cox  
 Lauren Goldfuss  
 Jackson Gore  
 Ashlen Grimes  
 William Hamala  
 Rylee Hiles  
 Ashley Holt  
 Nathaniel Matthew  
 Ashlyn Mounce  
 Mia Nicol  
 Kadesia Owens  
 Kameron Richardson  
 Korbin Richardson  
 Morgan-Ann Rife  
 Hailey Ritchison  
 Jayden Shaff  
 Trenady Shaw  
 Abigail Sorg  
 Mia Whiting  
 Adrienne Nicole Young