

The Middle School Parent Behavior Bulletin

August/
September
2022

Tip of the Month

The first few weeks of being back at school can be draining and stressful, even for your most easygoing children! Here's a few tips to help make the transition easier:

-Plan a good school day **routine** with your children, including a good "lights out" time that allows for 9-10 hours of quality sleep. Involve your children in the decision making (as much as is reasonable) so they have ownership in the process.

-Make an **electronics "parking lot"** in the living area of your house, and "park" electronics there at night before everyone goes to sleep. Electronics make it harder to fall asleep!

-Try not to pack in the schedule the first few weekends of school in order to give your kids **time to adjust** to increased school day demands.

Connect With Me

Hi parents and caregivers! I would love to get to know you and help you support our academic and social goals at school through your work at home with your children. I can provide consultation for you to help your child with concepts such as organization skills and time management. Additionally, I would love to celebrate your family's successes and recognize those students here at school. Please feel to reach out to me via e-mail at AMinsinger@PWay.org for consultation or to share your successes!

Behavior Support

Hi everyone! My name is Allie Minsinger and I'm Quibbletown's new behaviorist. I will be a part of the school's counseling team for all students in grades 6-8. I work within our school to provide behavior and social-emotional support and strategies for students and teachers.

For **your children**, I will be a strong support system and cheerleader! I will help guide them to make good behavior choices through individual check-ins, small group work, and being an active and welcome face in the school. For **parents**, please see the next box! I am here to help and support you, too.

A main goal of mine this year is to help our students continue to foster a strong sense of positivity and respect in their thoughts, actions, and communication with each other. Coming back to school following multiple years of pandemic-related changes has been a change for all of our students, and I hope to support them as they adjust back to the social dynamics that come along with that! I want all students to enjoy coming to school and feel welcome and successful in our school community.

Prior to this year, I lived and worked for a rural school district outside of Savannah, GA where I worked as a behaviorist for middle and elementary students. I am excited to get to know and work with all of you! I hope your first few days of the school year have been great.